Queensborough Community College Men’s Soccer Wins CUNYAC Championship

By Abraham Islam

The Queensborough Men’s soccer team wouldn’t let this amazing season end with a loss. The Tigers finished this year with an overall record of 9-1, proving their record was no fluke as they went onto play in this year’s CUNYAC Championship game.

Coming out on top, the Tigers won 2-0 versus Bronx CC Broncos to win the 2013 Men’s Soccer CUNYAC Community College Championship. Our title was secured by goals from Brandon Diossa and Fookkee Liao.

I met up with Ricardo Marin, star midfielder and was able to ask some questions about his team and winning the Championship.

Ricardo Marin: Our biggest challenge was injuries. Some games we had no subs at all.

RM: Our goal from day one was to make it there. We’ll probably end up in jail if we don’t learn how to rap first. But at least I can get an education and a degree.

AI: How did the team work around this problem?

RM: We just hoped for our guys to heal quickly and we had to make adjustments to our formations. A lot of guys had to step up.

AI: The team went 9-1, what helped the team maintain focus especially with our formations.

RM: Our biggest challenge 

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Smartphones in Class: Tool or Distraction?

By Anthony Freyta

Students on college campuses have practically been raised on smartphones. Whether the companies are Apple, Windows, Android or Samsung, students have adapted to this technology. Some professors find smartphones distracting to students when it comes to class time, which reflects on the grades students earn. Although many professors at Queensborough Community College find smartphones distracting, some let their students use their smartphones in class.

Professor Kathleen Alves has a policy that cell phone use for work outside of class (texting, gaming, etc.) will result in a 5-point deduction from the final grade, but makes an exception when the use of smartphones supports classwork. “When class work or discussion calls for it,” she explains, “I let students use their phones to look up information relevant to the material or, most commonly, to look up definitions of words and in close readings.”

Another professor, Beth Cunihann, explained, “I encourage students to use their smartphones in class when doing group work, to look up references or vocabulary.” She, too, forbids smartphones for any other purpose. “Students should be focused solely on the class activities: taking notes, participating in discussion, listening to the professor and other students, etc.,” she adds.

Other professors speak out against students using smartphones in class under any circumstances. Professor James Cutchone states, “Texting of phones is not permitted in my class. Occasionally, I need to remind students but it is very much under control. I state the procedure during the first class, I place it on my syllabus and there are few problems if any during the semester.” Professor Jennifer Gliere notes, “I often find that when students are ‘looking something up,’ they’re really texting, Facebooking, or doing something that has nothing to do with class.”

Students’ opinions on the use of smartphones in class often differ. One student, Michael Sandulescu states, “Well, we are paying for the classes so I think we should have the right to use cell phones. If we are paying for those two hours of class, we are basically buying time. You do what you want with your time, especially if you’re paying for it?”

Another student Richie Bossi says he uses his smartphone in class because his professors are “boring” and argues that he already knows how to do work in class. As he puts it, “Why do I have to keep on listening to these boring lectures if I already know how to do this work.”

Yet students have also admitted that their smartphones can be very distracting to them. Blake Goodman noted, “Whenever I’m trying to do homework or studying, I am always on Facebook or Instagram looking at stuff that me and my friends put.”

Terry Lyons observed, “I understand that class is important but I like to check my texts once in a while or stuff that I do online.”

Still others say when it comes to class time or studying they use their smartphones to look up information to help them understand more of the subject and whenever they study they turn off their smartphone so that way they can concentrate.

According to a study based on a survey at six colleges and Universities, conducted by Barney McCoy, an Associate Professor of Broadcasting at the University of Nebraska at Lincoln, and published by The Journal of Media Education, students check their phones 11 times or more per lecture and 80% or more admit technology affects their grades. More than half of students across five U.S states (the University of Nebraska, Morningside College in Iowa, the University of North Carolina, the University of Kansas and the University of Mississippi) have told researchers that they check their texts and social networks in class because lessons are boring. Texting is the most popular distraction technique while the other people admitted they regularly play games when they should be listening.

Yet students also believe their technology obsession is interfering with their learning and some blamed poor grades on exams on the fact that they use their smartphones instead of concentrating and revising. Among the reasons students gave for checking their phones were “texting, followed by checking the time, E-mail checking, social networking and games,” according to Scott Jaschik, reporting for Inside Higher Ed.

Jaschik also noted students confessed they were “distracted” by smartphones in class, yet argued the “advantages” of “staying connected (70 percent), avoiding boredom (55 percent) and doing related classwork (49 percent)”.

As reported by Education News, a recent study points to a correlation between using smartphones for social media or texting and low GPAs, suggesting that faculty who ban smartphone use of this sort may actually be doing their students a favor.

Fear of Parking

By James Moore

Parking has become a considerable problem for students at Queensborough. There are not enough spots in the lots for even one-third of the students that are currently enrolled in the college. In addition to parking lots often being full, the blocks around the school have no parking at the peak hours students are coming to QCC.

Tickets are being handed out to students regularly, which can make it very difficult for some students to come to QCC.

Students are allowed to park in Lots 2 and 6 on the campus. One QCC student complained, “I come to QCC and the lots are always full and there is a line and all the time just to wait for when the spot opens.” Another student, Rachel Costanzo, explains, “There have been a few times I got into the parking lot and there aren’t even any spots so I paid a dollar and I couldn’t even park.”

Students are especially dissatisfied when spending money to enter a completely occupied parking area. Students also do not understand why there is no parking on the blocks right next to school between 9-11 am and 6-8pm. No parking from 9-11 am is particularly crucial because those are peak hours that many students are taking classes.

Professors and administrators also have problems parking. Christine Drakes, an administrator of QCC, said “it’s hard for everyone to find parking at QCC. There are only so many lots.”

She explained, “If we were to build more parking lots around the school that means tuition for students would have increased on page 3.
Finding A Home in Queensborough Community College

By Marcia Suarez

In this day and age, the percentage of students who belong to the LGBTQ+ (Lesbian, Gay, Bisexual, Trans*, Queer, Asexual/Ally) community has risen incredibly and is getting more attention and respect than it ever has before. However, there are not a lot of schools that give their students access to a welcoming and safe place to express themselves. This is where Queensborough Community College is unique.

With a colorful array of clubs, QCC holds a welcoming community for every group out there. One of the friendliest clubs is the S.O.U.L. Club, an LGBTQ+ group whose acronym stands for “Sexual Orientation Unity League”. They represent the LGBTQ+ community in our own college and welcome everyone regardless of their sexual orientation.

Cristy Cruz, a student for several semesters, said, “It’s really fun and supportive to be there; they’re always there to listen,” about the weekly meetings held by the club. QCC has a community of people that are dedicating their free time to help others find themselves and feel comfortable in school.

Students and Administrators understand the problem of parking in the area and know the problem of lots filling up on them. Once lots fill up, people get stranded and people resort to parking on the streets. There are some blocks where parking is convenient. However, other blocks have signs that restrict drivers with time limits. These parking issues put a burden especially on confused new drivers and/or students.

Parking is a problem that might be solved in the near future for students and administrators but, for now, drivers must be conscious about where they park. If there are no spots in the lot, it is important to read and follow street signs that can help avoid parking tickets.

Fear of Parking

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Homeowners are a part of the reason why there are strict parking codes around QCC because they don’t want their blocks flooded with students. This makes it a hard problem for QCC to fix for students because it’s not completely in their hands.

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Queensborough Community College Men’s Soccer Wins CUNYAC Championship

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win the CUNYAC Championship. Every day we played hard and gave it our all. Our coaches were also a big part of it, especially Zef (the head coach). He always pushed us and reminded us what we were playing for. He never lost faith in us and believed in us all the way.

RM: This year, unfortunately, we lost in the regional semifinals in overtime. We are looking to maintain focused and come back better next season to win not only the CUNYAC but also the Regional Championship.

After speaking to Ricardo, I spoke to Head Coach Zef Kabashi about the season.

AI: As the coach, what were some of the challenges you faced this season?

ZK: The biggest challenge was getting all the players to attend practice and games consistently. Due to players coming into pre-season late and coming into the program late, they were unable to adjust their class and work schedules to make time for practice.

AI: What helped you get through them? What did you have to change?

ZK: I changed my pre-season training. I gave the team days off after games to recover, where in the past I would hold training and practices. We also enjoyed more frequent lunch and dinners together and had each player fitted with Puma attire, which helped create a great atmosphere of professionalism and helped the team feel a sense of pride playing for Queensborough and being known as the Tigers.

AI: What do you think pushed/motivated your team the most this season?

ZK: The players are all self-motivated and together we were motivated by accomplishment. Once they realized what they could accomplish, as a team, they gradually became stronger as the season progressed.

AI: The team went 9-1, how did you accomplish this?

ZK: After suffering our first loss, we maintained a positive attitude and stayed focused. We never gave up. We were down 4-2 at halftime against Westchester and were able to come back in the second half to win 5-4; we played hard and against all odds and simply never gave up.

AI: What’s next for your team?

ZK: Our goal next season is always the same every season. Another CUNYAC Championship, a Regional Championship and a visit to the National Tournament. We were very close this season. Next season we will be even closer. My goal is to be a National powerhouse and I won’t give up until we get there.

Funding for Education or Incarceration?

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Legislative Analyst’s Office noted that over the previous decade, state spending per inmate has increased by two-thirds, mostly due to a federal court order to improve prisoner health care and increased spending on rehab programs.

State spending on corrections is growing six times faster than state spending on higher education, according to a 2011 report commissioned by the NAACP. Our government now spends more money to incarcerate its citizens than it does to educate them, and this is clearly a national trend.

If this trend continues, state dollars on prisons will soon transcend state spending on higher education in every state of the Union.
**Film Review**

“Inequality For All” in America Is All the Rage

By Chris Semetsteides

We live in a nation where the top earning 400 people have more wealth than the rest of our nation combined, and for the past 90 years the gap between the middle class and the 1 percent has grown dramatically larger.

“Inequality for All” answers the who, what, and where of how it all happened. Former U.S. Labor Secretary and economist Robert Reich charismatically explains all his points in an eye opening and shocking format while director Jacob Kornbluth orchestrates the cinema flawlessly while pulling at our heartstrings.

Throughout the course of the movie, we follow Robert Reich as he explains our economic history, going over the patterns, growths, and shortfalls. The conclusion?

Something happened in the 1970s. Business became more productive and more profitable but wages leveled off. Productivity and wages before the 1970s had been rising together but sometime during the 1970s, wages leveled off as productivity and profitability rose. This is when our downfall began, and the creation of credit only made it worse by masking the issues and making it easier to keep up with our previous lifestyles. From then on the gap between the middle class and the One Percent has grown and continued to do so at astronomical rates.

The point of this movie is to inform. Robert Reich does not hide behind his numbers and let us figure them out for ourselves. He lets us have the facts, telling us what is going on in this nation, and why it’s not working. Jacob Kornbluth also offers side stories of American families barely making it, while also looking at a few stories from people that make eight figure salaries and how their money effects them and the rest of America. (Spoiler alert: The money that these people earn does not circulate back into the economy. It sits in banks, and investments overseas become part of the global economy).

“Inequality for All” also gives a fascinating portrait of Robert Reich, and the lower middle-class and “one-percent” families he follows. The director truly did an amazing job at pulling viewers into lower middle class families the film follows, making them feel like one of those people living a life paycheck to paycheck. The contrast between the second subjects and the third—the One Percent—dramatized the situation further, making the gap even more prominent.

One caveat the deliberate dis-inclusion of the middle and upper middle class to my mind make sthe situation seem grimmer than it really is. This was most likely done to truly dramatize the gap, making audiences feel the struggle.

That being said, I would recommend it for anyone living in the United States. Leaving the theater all I could talk about is how everyone should see this movie, not for the amazing work done making it but for the information that seems far more valuable than the $14 movie ticket. “Inequality for All” definitely accomplishes what it sets out to do, and that is enlightening the viewer.

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**Technology**

### 3-D Printing: Upcoming Miracle or Potential Disaster?

By Ali Deljanin

The advent of 3-D printing technology has already begun to revolutionize the world. 3-D printing is a way to put people’s ideas to use. The ability to compliment creativity with tangibility is making an immense impact in today’s world. Advancements have already been made in the use of 3-D printing in the medical field and it looks like 3-D printing could perhaps be a future aid to help worldwide hunger.

Although these advancements will promote the usefulness of the invention and allow it to shine, underneath it all, there lies an ominous shadow that could hinder society and potentially cause complete pandemonium.

But before we discuss the benefits or problems of 3-D printing, what is it?

An invention created in 1986 to aid astronauts on their space expeditions, 3-D printing is a process for making a physical object from a three-dimensional digital model. Typically, this is done by laying down many successive thin layers of a material. It works by combining special powder with binding material that produces the object. Extra resin could be used to reinforce the strength of the object. Before the printer is put into action, a file is needed.

The file can be obtained by either using the scanner attachment that is so precise, it’s accuracy could measure as close as 40 microns (roughly the width of a strand of hair) or the file could also be created using software where one’s creativity can take over.

With the file ready to go and the binding material and ink jets inserted, all there is left to do is hit print and that new wrench needed to tighten the bolts for the washing machine is ready to use.

3-D printing seems to hold astounding benefits that would improve society. Above all, the practicality of the device is extremely handy. Need a certain type of screw to hang a painting? – Just print. Need a shower curtain ring? – Hit print.

Not only can it be useful for the house, but it also has other practical applications. Need a new pair of boots for the party tonight? – Just print.

3-D printing is also making enormous strides in the medical field. Bioprinters (biomedical engineers who use 3-D printing to produce cells, capillaries, organ tissue, etc.) are helping people and doctors everywhere. Bioprinters are learning to print kidneys, hearts and small bones of the body by using printed cells and tissues.

Although bioprinting is still in its primitive stages, and the organs aren’t functional or transferable, the idea of being able to print out a working organ that can be implanted one day is mind-boggling.

3-D printing could also help doctors by scanning a patient’s organs and printing a replica organ, which can be used in a practice surgery before the real deal, or to show inexperienced med students how the procedure is done.

3-D printing also has the ability to produce simple foods using purées and edible powders. Producing food using 3-D printing is still at its infancy stage. Complex foods such as steak and hamburgers are the next obstacles to tackle. 3-D printing can also produce foods in structurally fun ways. Cornell engineering professor Hod Lipson, created an edible pizza that resembled Italy.

At this early stage, 3-D printing is primarily used to add more nutrition to non-3-D printed foods like Vitamin B, Calcium or Omega-3 fatty acids.

On a seesaw, the benefits of 3-D printing seems to easily outweigh the problems, but there is a heavy danger that has already effected society: 3-D printed guns.

Yes, guns cannot only be printed but can also shoot—

Cody Wilson, a 25-year old University of Texas Law student, is an advocate for the open source production of firearms using 3D printing technology and has developed files to produce the parts needed to make a functional gun. When asked about how he feels on the topic of 3-D printed guns, he says, “There are people all over the world downloading our files, and we say good. You should have access to this. You simply should.”

Whether you’re pro or anti-gun control, the ability to print a functional AK-47 is definitely a serious matter for both ends of the debate.

With the power to easily 3-D print an object, the powerful assembly line that was the core of industrialization will potentially be a scar to businesses on a global scale. Expert economists also believe that 3-D printing will greatly hurt China’s business philosophy of mass production, which will cause the economy of China to plummet.

3-D printing has already established a new age of technology. Will the bright exciting future of 3-D printing outsiane the darkness that lies underneath it all? Or will it put the safety of the world in jeopardy?
On November 1st, the premiere the Queensborough Community College production of “Spring Awakening” took place on campus in the Humanities Theatre. I’m not normally a fan of musicals, so I was happily surprised as the show was not only entertaining but very well directed and performed. “Spring Awakening” is a musical set in the late nineteenth century in Germany. The musical tells the story of group of teenagers discovering their sexuality.

This production was directed by C. Julian Jimenez, a professor in QCC’s Theatre department and an accomplished and award winning director, who received his MFA from the New School. He has directed many performances as well as receiving the 2009 Public Theater emerging writer’s fellowship.

In the opening scene a character by the name of Mendla, played by Jessica Toledo, has a talk with her mother about where babies come from, as she is getting ready to become an aunt herself. After the conversation with her mother she continues with the musical number “Who Bore Me.” This was Jessica’s first lead role but the audience would never know that due to the excellent performance she gave. I am sure she will have many future lead roles as this is her first year at Queensborough.

Another character I enjoyed was Moritz, who was played by Matthew Dulley. This character was different because each of his musical acts had a rock feel to it, which was a pleasant surprise to me. We first see Moritz sleeping in Latin class, followed by him receiving an earful from his headmaster. Moritz’s interest in class was less than others resulting in him later being kicked out or not promoted to the next level. After telling his father, Moritz is incredibly upset and eventually commits suicide. He did come back later in the play in the ending scene as a ghost and performed a musical number with Thea and a character named Melchoir who were eventually joined by the entire cast.

Melchoir was my favorite character. Played by Doryan Robinson, Melchoir seems to have knowledge of not only sex but of the opposite sex, as well. After the suicide of Moritz, a classmate of Melchoir wrote a ten page essay about sex. It was accompanied with life like pictures. After it was discovered, along with a handwriting comparison of all the students, the headmaster confronted Melchoir. After a few pauses, Melchoir begins the musical act “Totally Fucked.” The song was about times when young people are caught red handed in a situation but still don’t care. The cast dancing around him performing were constantly flipping the middle figure both at the sky and the headmaster who was behind them. This was my favorite scene and musical act. I think we can all relate to this.

Melchoir and Mandela begin to fall for each other. They eventually have a sex scene resulting in Mandela becoming pregnant. After Mandela goes to the doctor not knowing what’s wrong, the doctor figures it out that she is pregnant. The mother becomes extremely upset as she isn’t married yet. After Melchoir parents find out they send him to reform school. While Melchoir is gone Mandela’s mother forces she to have what seems to be a “back alley” abortion. This leads to not only the death of her unborn child but of Mandela as well. After receiving a letter from Mandela, Melchoir gets into a fight with a group of kids. He reads in the letter that Mandela is pregnant and leaves reform school. He returns home to find that she has died by finding her grave by the church graveyard. He contemplates suicide but is interrupted by the ghosts of Moritz his classmate and his love Mandela.

For someone who has never really enjoyed musicals, I found this performance to be very engaging. All of the performers did a spectacular job with their singing and acting. The orchestra was also very talented and the stage crew did a great job. The lighting and use of spot lights kept my focus on where it needed to be.

Look for Queensborough’s next theatrical performance of the play “Columbinus” on December 8th in the same theater as “Spring Awakening.” “Columbinus” weaves together fact and fiction, using the Columbine shootings as a backdrop for the trials of adolescence. It will undoubtedly be as thought-provoking and absorbing as “Spring Awakening” in the glimpse it gives into the problems of our modern society.
Banksy’s Mark

Banksy, a street artist from England, has gained popularity in the art world by making elaborate graffiti stencils in many different places, without having his true identity ever being discovered. Over the past month of October, Bansky hit the streets of NYC to start a new project called “Better In Than Out”. For the project he intended on leaving his stencils through the streets of New York for the people to see every single day in the month of October during his residency. On a daily basis he would take pictures of his work and post them on social media sites to show what he had done for the day, something he has never done before.

All through the city, Banksy managed to become more popular by the day making people wonder what his next move would be. He created both groups of fans and enemies in the city. Because of his piece of the twin towers many people were left confused not knowing whether it was a beautiful memorial piece or a work of art made to reawaken sad old memories of the tragedy. Basnky also attacked the new world trade center by stating “That building is a disaster,” causing antagonism from many New Yorkers.

Not only was he pushing New Yorkers’ buttons, he was also creating a war between street artists who were having races to be the first to destroy Banksy’s art. Many graffiti artists believe Banksy’s graffiti isn’t real street art because it is stenciled work and not free hand.

In spite of the enemies he made and the competing street artists, Banksy was able to successfully finish his project without leaving a trace of evidence of his identity. The artwork he left behind has sold for thousands of dollars and he still managed to leave people wondering who he could possibly be. The real question is why did he choose to do this in NYC? Why did he take the risk of having his identity revealed after all these years of remaining hidden. No one will ever be able to answer these questions but the man himself. And considering he kept his identity hidden while giving the streets of New we may never know why, at this time, why Banksy emerged in NYC to leave his mark.
The Girl Who Stood Up for Education

By Nazik Farrag

“I am Malala” by Malala Yousafzai is about a young Pakistani girl who is known for having been shot in the face and nearly dying for standing up to the Taliban. She is someone who strived to get access to education for girls and women in her country. Malala has become a symbol to many for what she has done so far. At only 15 years old, she has overcome so much in such little time.

Malala’s story is a powerful one, and readers will feel like they are taking the journey of standing up for women’s education along with her.

When Malala was born, her father, Ziauddin, knew she was different, she reports, and not like any other girl in Pakistan. Her father named her after Malalai, a great heroine who gave wise words and stood up during the Afghans’ resistance to the British occupation of their country. When Malala was born they celebrated her birth as if she was a boy, because men get praised more than women in Pakistan. Malala’s parents gave her the attention and motivation on what to achieve in a society where women are treated as second class.

Everything changed during the time the Taliban took over, insisting girls should be hidden at home and not educated. Men got shamed into wearing western clothing, women and men couldn’t share classrooms. Malala was just 11 years old when she started blogging undercover for BBC about life under the Taliban, including being forced to wear plain clothing with no color, to hide books, and to give up education entirely on the spot. The Taliban gave warnings to Malala to stop promoting female education, but she didn’t heed them.

On October 9, 2012, while riding to school with her friends, her schoolbus was stopped by a man who Malala described as looking like “a college student.” He demanded, “Who is Malala?” Losing patience, the man shot three bullets, one of which went through her left eye socket and out under her left shoulder, while the others hit two other girls. She was flown out of Swat Valley, to Birmingham, England for protection from the Taliban.

Why is her story so different and compelling from others? Put simply, she has been speaking up since she was 11 years old, and after being shot she has only gotten stronger. Not only has she been writing undercover about living under the Taliban in her hometown, but she also continues to campaign for girl’s rights to education.

“I am Malala” not only shows how powerful Malala is, but what students in Pakistan have to go through to get an education. And try to get to school. This book relates the details of how Pakistani people live day by day with war going on around them and a view of what they have to go through to get an education, when most of us take ours for granted.

Malala’s voice has roared through everyone’s minds, giving them hope and support for what Pakistan can achieve together as a country.

“Does Switching The Cast On TV Really Make A Difference In Ratings?”

By Alessandra Oppedicano

Everyone has a favorite TV show that they watch religiously. Would it make a difference if all of a sudden the cast that you have been watching switched?

Nowadays a spot on TV is not guaranteed and people can’t get too comfortable. In a blink of an eye they’re fired and a new person is hired. It’s “out with the old and in with the new”. TV stations only care about the ratings. If producers want a certain person, money is not an issue. They will pay millions of dollars to get that one person who will spike up the ratings.

Lately we have seen many shows switch their casts as new seasons begin. In the last season of “The X Factor,” producers switched L.A. Reid and Britney Spears out for Kelly Rowland and Paulina Rubio. According to the “New York Times”, this X Factor season posted its lowest ratings. Two seasons ago the number of viewers tuning in was 12.7 million. This season it’s down to 6.2 million viewers.

Producers know how to catch viewer’s attention, but they don’t know if the attention will be negative or positive. In the last season of “American Idol,” producers switched Jennifer Lopez and Steven Tyler out for Nicki Minaj and Mariah Carey. It was clear that Nicki Minaj and Mariah Carey clearly did not like each other very much. The “Hollywood Reporter” reported that the season 12 ratings of “American Idol” went down more than 40%. According to the “Hollywood Reporter”. “You could place the blame on any number of factors: from viewer fatigue, the bad chemistry at the judges table, which brought in two feuding pop divas that barely glanced at each other.”

When Regis Philbin left “Live with Regis and Kelly,” viewers also didn’t respond well. Since Regis had been on the show for 28 years, viewers related to him and tuned in to watch every day. Michael Strahan was brought in to replace Regis Philbin, and the ratings of the new show held steady at a 2.7 rating.

“The View” has also switched their casts many times. “The View” recently took off Elizabeth Hasselbeck and replaced her with Jenny McCarthy. Was this a good move for the show? Jenny Mccarthy is known for her no hold back attitude. She is not afraid to speak her mind, and maybe that can be a little bit too much for some people. Her personality is very unique and she brought a different side to the show, a side that was never seen before. On “New York Daily News”, “The Wrap” reported that “The Views” ratings with Jenny Mccarthy averaged at 1.2 rating versus the 1.3 rating that averaged last season.

So why do shows switch casts? Producers tend to switch up a cast when ratings go down, or if someone is simply not doing the job that is expected of them. Sometimes switching the cast is not always for the best. When viewers tune in everyday to watch their favorite show, they tend to get used to and favor the cast. They relate to them. Despite producers best efforts, replacing a cast doesn’t always result in higher ratings.

Happy Thanksgiving
Advice Column: Work Together to Make it Better

By Katherine & Myleen

Have you ever entered a bathroom and walked right back out because it just seemed too dirty to use? Good hygiene is very important. Unsanitary bathrooms may create an unhealthy and uncomfortable environment. We should have clean bathrooms, especially since many of us spend five hours or more each day in school.

A survey given to students and staff members at QCC showed that most of them agree that the bathrooms are unsanitary and that something should be done about it. According to the survey results, unflushed toilets, garbage in the sink, no toilet paper and smelly bathrooms are among the most common complaints.

You don’t have to be germ phobic to desire cleaner bathrooms. Unsanitary bathrooms can cause infections and bacteria such as the common cold, E. coli and hepatitis A. During each use of the bathroom we face many chances of possibly getting sick. Having a cleaner bathroom can decrease the chances of getting any infections.

These conditions can’t be avoided but there are ways we can help. Ladies, if it’s that time of the month be courteous to others and properly dispose of your pads or tampons. Men, aim right!

Other little things such as making sure to flush your toilet after use, trying to avoid any contact with surfaces to avoid getting germs, properly disposing toilet necessities, making sure to wash your hands and perhaps bring a small soap or hand sanitizer with you to campus.

Since the bathrooms appear to be in bad condition, users don’t really want to use the bathrooms and would rather avoid them and this can cause discomfort. If you gotta go, you gotta go! As stated by Dr. Bali from the huffingtonpost.com, holding your urine for a long period of time can cause the bladder to expand and create a ground for bacteria to grow. The bacteria can spread to the kidneys and cause great damage to the body. An average bladder can hold approximately 15 ounces of urine. An average individual urinates about 8 to 10 times a day. When the bladder gets full it sends signals to your brain to urge you to use the bathroom. Don’t ignore them!

Having a clean bathroom environment can diminish unhealthy hygiene if the right supplies are available. A common problem in the bathrooms is the lack of supplies such as soap, toilet paper and overflowing trashcans. After interviewing Veronica, a sweet and caring janitor, we discovered that bathrooms are cleaned about three times a day. The janitors have morning shifts and night shifts and some have their own floor to clean. The janitors are giving their cleaning supplies by their supervisor but if they need toilet paper or anything in that nature they have to contact Buildings & Grounds. There is a phone number on some bathroom doors to call Buildings and Grounds located in the service building, if any supplies are missing or for any other concern and it is (1718) 631- 6231.According to Veronica, staff members try their best to keep the bathrooms clean but it’s also up to every individual to clean up after themselves.

Poor bathroom conditions affect women more than men. When women have to use the bathroom they have to sit on the toilet, while men usually don’t. It is uncomfortable for a female to sit on a toilet where it seems dirty. Many may want to avoid this issue but why not take action rather than holding it in and cause serious problems to the body. According to Veronica and surveys conducted it is clear that female bathrooms are always dirtier than male bathrooms.

Have you ever had to hold the stall door to keep it shut while using it, pretty difficult right? Have you ever had to dry your hands on your clothing or walked out shaking them dry because the dryers aren’t working? These are issues we all have faced. Janitors are not responsible for fixing broken materials; however it is their job to notice these things and contact the locksmith or someone who works to fix these materials.

Some things we can’t fix and it’s up to the school to take action. However, as users of the bathroom we should all try and keep it as clean as possible. This is your school: treat it like home!

Goodbye Hannah, Hello Miley!

By Alyssa Siano

Miley Cyrus released her fourth album “Bangerz” on October 4th, 2013. Within one week after she released her album it sold around 270,000 copies, and debuted No.1 on Billboard top 200. In addition to that, it also hit #1 on iTunes in over 70 countries including the United States. She collaborated with other artists such as Britney Spears, Nelly, Future, Big Sean, and French Montana. US Weekly declared the album to be “the year’s most titillating pop explosion.” Recently, Miley announced that she will be going on tour with Robin Thicke, Future, Big Sean, and French Montana. US Weekly declared the album to be “the year’s most titillating pop explosion.”

Hannah Montana ended, Miley Cyrus has recently made her way back into the eye of the media, causing much controversy along the way. “Hannah Montana” ended, Miley Cyrus has recently made her way back into the eye of the media, causing much controversy along the way.

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Government Shutdown

By Maninder Singh

Most of us were aware of the government shutdown and some of us may have even been affected by it. But many of us may not understand the politics behind the shutdown and its consequences across the country.

The government shutdown was caused by a political argument between the House of Representatives, the Senate and President. The House of Representatives wanted to eliminate financing for the Affordable Care Act, known to most as “Obamacare.” The Senate and the President were completely opposed to this initiative, because eliminating Obamacare would leave millions of Americans without health care. The government shutdown started on Tuesday Oct 1st, 2013, and lasted sixteen days, which put many Americans with federal jobs out of work or they were forced to work without pay. In the sixteen days that the shutdown lasted, there were meetings every day to figure out a plan to end the shutdown because there had not been a government shutdown in decades. When President Obama finally signed the legislation to end the shutdown he avoided a possible government default on the government’s loans. If a default were to occur the government would have to stop paying the men and women in the armed force, put social security checks on hold, and delay the funding of local schools.

The Shutdown was responsible for closing national parks, museums, memorials and monuments. The closing of parks and museums affected tourists because national parks, monuments and museums generate a lot of money for cities and states. Since parks and monuments were closed, there was no one to take care of the facilities and that meant work piled up, including paperwork and janitorial services.

City authorities, such as police officers and firemen, had to work without pay. The brave men and women who protect the American people and save them from fires were forced to work without any pay. Although they were not paid, these men and women still went to work to protect and serve their community.

The shutdown also increased our national debt because the government was not making any money so the American debt was rising at a rapid rate. America is already in debt for 17 trillion and with the government being shut down the debt had risen a few billion dollars. Although the government was shutdown, the stock market was not affected by this mostly because it was short term.

The nuclear regulatory commission announced that it furloughed about 3,600 employees because they could not pay the employees without congressional action. The shutdown was causing difficulties for the energy and environmental programs which would delay progress to find better ways to use or create energy efficiently which would do less harm to the environment. Senator Edward J. Markey said “And inspections and enforcement for onshore and offshore oil and gas drilling could be compromised” if the shutdown was not ended soon.

Although government offices were shutdown, the employees at some facilities were allowed to still come to work without pay. Because if employees worked without pay now, later on in the future the government would pay them back for those days that they had worked. U.S. Federal agent Kamal Pritsingh in an interview said, “I reported in for work even though I was not going to be paid because I knew in the future it would help me.” I later asked him how it would help him and he told me that his boss would help him if he ever needed recommendations because it showed dedication.
The maximum experience of the fast and furious will race over the city next year. The ultimate level of every motor sports Formula-1 will host a Grand Prix in New York City next May, confirmed by Bernie Ecclestone who is the CEO of Formula One Management (FOM).

America has been a home ground for many motor-sports such as Indy-car, Nascar, Drag-Racing, yet America was never familiar with Formula-1 which is the most advanced type of motor-sports. It is faster than Nascar, has better scientific aerodynamic design than Indy-car. Formula-1 is also testing many hybrid systems which we expect to see implemented in the car industries in a few years. Thanks to the Formula-1 technology we are now officially able to use the carbon-fiber built chassis in all the segments of motor-sports mentioned above, and even our everyday cars will have this new technology implemented in the future.

Now, Formula-1 Grand Prix, which goes around the world every year, has become one of the biggest sporting events like the Olympics, and the World Cup. Formula-1 also has a tremendous history. Because of Formula-1, super car manufacturers like Ferrari, Maserati, and McLaren have become popular; the reason why Ferrari was making super cars was to make money to invest into their Formula-1 racing team called Scuderia Ferrari, and to win a Formula-1 Grand Prix was the ultimate dream of Enzo Ferrari, the founder of Ferrari, and Scuderia Ferrari.

The amount of money involved with this sport is enormous. Each constructor spends at least a billion dollars each season to develop the racing car, and for hospitality, payrolls, and an annual contract fee with

continued on next page
Each Formula-1 racing car costs at least a hundred million dollars; its steering wheel itself has many functional buttons and this sophisticated technology costs more than thirty thousand dollars. For the teams who are competing for the World Driver Championship and Constructor title, the cost of the racing cars is double or triple the average amount. Each constructor must have more than two racing cars because two drivers from each constructor must be in the Grand-Prix.

With its great history and technology, to have the Formula-1 Grand Prix in New York City will be a milestone for both Formula-1, and American motor-sports.

The state of New Jersey and New York negotiated with FOM over the last few years to host a Grand-Prix, and finally, both managed to have the America Grand-Prix scheduled in the city for the next four years. Now the people in New York can witness a racing car which runs over 220 mph.

The most attractive part of the contract between NY/NJ and FOM is that the Grand-Prix will happen as a city circuit which means the racing cars and the grand stand will be built on our regular roads just across the Hudson River.

What FOM is expecting from the venue is the North American version of Monaco Grand-Prix, which is a symbol of Formula-1. America Grand-Prix will be a significant opportunity for the sponsors, manufacturers, and other corporations, which advertised them through the Grand-Prix. Some companies like Renault, Petronas, Santander, Total, Vodafone, will be looking for the opportunity to advertise them to acquire a chance to step into the American market. Racing cars have been a great way to make commercial advertisements. Companies who have been sponsor will now aggressively show their logos on their sponsored cars.

Despite the expectation of organization and spectators, there will be some drawbacks, which including inconvenience for the residents. Since the Grand-Prix will happen on the city streets, some streets including the Lincoln Tunnel will be closed during the Grand-Prix weekend, which may produce massive traffic jams throughout the city, and noises from the racing cars and mechanic duties could bother the neighborhood around the circuit.

There is also a concern for mechanical issues. During the last 8 years Formula-1 was using V8 engines regarding the strict regulation. Starting next year, every team must change their engine to single-turbo V6 engine due to the regulation change. Since the credibility and the durability of the new engine have not been proven, it might affect the first Grand Prix of the New York City. According to Leo Levine’s article from the New York Times, “One potential drawback to having 20 or 21 races in 2014 could be a shortage of engines. The rules of the International Automobile Federation, known as F.I.A., call for a new turbocharged V-6 engine, and limit each car to five for the entire season. With an unproven new engine design being more prone to failure, this could add to the drama as the 2014 season gets down to the final races.”

It is less than a year away to see Formula-1 racing cars running around the city. There will be problems to solve, yet one of the most exciting motor-sports events is waiting for the green light on the grid.
Profile: CUNY’s International Students

By Joanna Medina

Simry is a student at LaGuardia Community College. She was born in the Dominican Republic. Her parents are Maria Marte and Hector Medina. She lived in the Dominican Republic until the age of 15, which is when she came to the United States. As a child she was subjected to a chaotic routine, due to constantly moving from place to place. In addition, she also suffered many hardships in her youth. Simry had to bury her little sister at a young age and witness the demise of her parent’s marriage, which caused her mother to flee to United States, in hopes of sustaining a career that would allow her to bring Simry to the States. When her parents were separated she felt lonely, confused, and abandoned. What made her feel even more confused was the fact that she didn’t have a stable home. She was constantly being moved from house to house, living with whichever family member could take her in at the time.

JM: How long have you been in the U.S.?

SM: I came to the U.S in 1988 so I have been here for 25 years.

JM: What do you like the most and the least about the U.S?

SM: The most—opportunities, democracy, human rights. The least—the cold weather, the ignorance that still exist: The most—opportunities, democracy, human rights.

SM: No there hasn’t been a situation of that sort, but what gets me upset is the mix up with history where Christopher Columbus discovered the U.S first which is wrong. He discovered a little island in which he didn’t find anything then he came to discover an island that was formally known as “la Isabella,” now known as the Dominican Republic. But no one acknowledges that that.

JM: What is the general perception of the U. S. in your home country? Are those perceptions correct? In your opinion, what are U.S.’s greatest strengths and weaknesses?

SM: Back home the U.S is known as the Land of Opportunities, Money no matter what kind of job you have, living big, permanent electricity, there is never a lack of food. When I came to the U.S all of this was true but you have to work hard and earn all of those good things. People always thought that the U.S. was paradise from what they had seen in the movies or heard from others that have been there.

JM: Has your experience here helped you gain an appreciation for how the world is interconnected on all levels (environmental, socio-cultural, and geopolitical)?

SM: Yes, but the U.S is more organized compared to other countries, for example here in the U.S people can fight for their rights, vote for whoever they feel is more competent to run the country, the diversity is amazing. But even with all of the diversity the U.S still has a problem accepting it. Growing up I never knew anything other than Catholics. But when I came to America I learned about Christianity along with all the different branches, Judaism, Islam, Buddhism, and Hinduism. I learned about different cultures the different food, music, life style, traditions, religions.

Despite the challenges that Simry has faced she still strives to exceed the precedents set by her parents and academic challenges she has encountered in the States. She is setting her own standards and defying the limits of what it means to be a foreign student.

Restaurant Review: Haru

By Jasmine Allen

When my friends and I arrived in front of Haru, it wasn’t pleasing to the eye at first glance, making me a bit hesitant to eat there, but after stepping inside my initial impression was reversed. We were greeted warmly by the hostess at the front desk—mind you, we had arrived just fifteen minutes before the kitchen was to close. My guest and I were seated feeling at ease, despite our late arrival.

The ambiance was just as welcoming, and the décor made me feel as if I was transported into a fancy restaurant seen on television. Haru has a theme of gold, brown and black with low hanging lights that give the illusion of being illuminated by candlelight. The tables are well spaced, and instead of being partitioned off with walls, poles of bamboo with white Christmas lights wrapped around them were used, giving the space a more open design. It had a romantic atmosphere, though without feeling as if one had to be on a date or a couple just to be there.

Since it was my first time trying sushi, my guest took the lead ordering a dish called Chirashi Sushi which consisted of tuna, whitefish, salmon, sawara, yellowtail, shrimp, kani, octopus (very chewy), tobiko (a red caviar), and tamago sushi on rice. (A word to the wise: If you are a newbie foodie and aren’t open to different textures, go easy on the tobiko. It might not be a pleasant surprise!) We also had a platter of spicy tuna rolls (delicious!) and vegetable dumplings (which I’m sorry to say weren’t so great).

The presentation of the food was as striking as the restaurant’s décor. The platters had a vivid array of colors where were very pleasing to the eye. Whether you’re an avid lover of sushi or just looking to try something new, I would definitely recommend Haru for all your sushi needs.

205 west 43rd street, New York, 10021;
(212) 398-9810; broadway@harusushi.com

Harusushi.com
Atmosphere: The service is friendly and efficient, friendly
Stars: 4
Sound Level: Mellow; the music was played at a low volume and the atmosphere was quiet.
Recommended: Chirashi Sushi, spicy tuna rolls, and their vegetable tempura

Drinks and wine: $2.50-8.50
Prices: appetizers to entrée prices difference from $5.75-26 Desserts is optional
Open: Monday 11:30-11pm
Tuesday-Friday 11:30-12am
Saturday 12pm-12am
Sunday 12pm-11pm
Reservations: Accepted
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Restaurant Review: The Custom House

By Jasmine Allen

Although it was by chance, discovering The Custom House was an event I do not regret. Since there are several other restaurants surrounding it, it would be easy to miss. In all honesty, the only thing that led me through its doors was the group of people discussing their future meals on their way inside. Though the hostess appeared to be MIA for a while, I was seated by an attentive waiter.

I ordered the pan seared salmon with red bliss potatoes and the vegetable of the day, asparagus. The best part of the meal were the red bliss potatoes. With a buttery softness and delicate flavor, they really won me over. The asparagus was also enjoyable, which was a surprise, given that I’m not usually a fan of it. It had a faint butter and grilled taste. The salmon had a confusing texture, crunchy on the bottom with a softer texture on top, leading it to break apart too easily. At first taste, it seemed a bit bland, but squeezing lemon on top made the flavor burst out of thin air. Leaving The Custom House I felt satisfied and glad I made the visit.

139 Montague St. Brooklyn, NY, 11201; (718) 643-6000; customhousenycc.com
Atmosphere: Gives off a vibe of a nice low key place to chill after work for a few drinks, dine out with family/friends, or have a romantic dinner for two.
Stars: 4
Sound Level: Quiet for the most part, the sound of people laughing and talking at the bar can be heard but its low enough that it comes off as background noise that won’t ruin your meal
Recommended: Salmon Entrée that comes with pan seared salmon, red bliss potato, and the vegetable of the day, Hummus appetizers, Red cactus margarita and angry sangria
Drink and Wine: Average of $5-12 but if you want to buy the wine by bottle than the prices run from $25-50
Prices: From appetizers to entrée prices difference from $5-12
Open: Kitchen is open 11am-11am Sunday-Wednesday
11am-1am –Thursday-Saturday
Bar is open until 4 am every night
Wheelchair acceptable: Yes

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**Bust Out For Black Friday**

By Nalam Kim

One of the biggest consumer events people save up all year for is Black Friday. On 2013 November 28 to 29 shoppers will be rolling out and ready to shop until they drop for this year’s biggest sales. It’s time for everyone to pre-determine which shops, items, and clothes they’re going to need. Some shoppers have their eye on just one particular thing, while others have many deals in mind. But no matter how old, or young you are, whether you are shopping for yourself or the whole family, Black Friday has something for everyone.

Here are some stores to hit for the best deals.

**Clothes:** A great place to shop is a chain store such as Macy’s. Macy’s always offers categories deals such as items for Bed and bath, beauty products, shoes, handbags, accessories and jewelry. Macy’s also has a diverse selection of popular designers in store, such as Calvin Klein, Michael Kors, Ralph Lauren, and Coach. Macy’s doesn’t really offer 50% off in handbags or cosmetics; however people can get at least 20% off the usual price. For clothes, both women and men can buy a wide range of clothing for different occasions from formal to casual. Macy’s comes in with the half off deal for clothing, so be sure to stop buy and get those clothes racked up for the new year. Another popular store to go to is Century 21 which usually sells designer wear at extremely low prices on a daily basis, and gives even better deals on black Friday.

As far as shopping centers, some great places to go are the Woodbury mall, the Queens Center Mall, and Roosevelt Field. People who like to go to shopping in the city are sure to find their shopping steals in Soho, Times Square, Union Square and on Fifth Avenue. Outside of the city a great place to go to is the Delaware mall in Newark, Delaware because it’s tax free on black Friday, which means even less money to spend!

**Technology:** For tech savvy shoppers, the best places will be Best Buy, Target and Walmart. Walmart will be offering 40-50% for TV, Laptops, the iPad Air, and Christmas trees, and customers with a Walmart card will get an extra additional 5% off. Best Buy is another store to get gadgets at a great price, and where sales will be as high as 40-50% off. Another way to save is by going to their website where there is a “shops&deals” category, which allows shoppers to keep track of best selling items, deals and more about 2013 Black Friday offers. Target also offers exclusive deals and gives weekly ads. You can go to their site to sign up for savings and this year target also offers laptops, TV’s, videos games, cameras, kitchenware, and toys for children for at least half off.

A last resort to black Friday shopping for those who have work the next day or just don’t want to wait on lines in the cold is online shopping. For the best online deals, Amazon is the way to go

One last important note for Black Friday: Always be safe. With all the hustle and bustle it’s easy to get mixed up somewhere you do not want to be, so always bring a friend and if ne store is a bit too much, just remember there are more sales and more stores along the way. Happy and smart shopping to all!

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**Body Image Among Youth Today**

By Melissa Romeo

When asked how she felt about her body image, 19-year-old Blathnaid stated, “There are times when I feel different ways about my body, but I always try to embrace it, because I like being the way that I am.”

Western society has placed an extreme emphasis on the human body, reflected in, and perhaps due to, countless magazine covers where “thin is in,” and trending fitness and diet crazes. At times this emphasis on the human body leads to a dissociation between what is externally significant and internally apparent. There are a variety of stereotypes circulating on the topic of weight, for example that heavy sets are insecure, while thin people are more confidence.

Many people are influenced by the media to find validation within themselves. Body trends are widespread on sites like Tumblr, as well as other social networking sites, idolizing almost impossible body standards, such as one of the newest trends, “thigh gaps.” Thigh gaps are a gap that can be seen between the thighs when a girl stands with her knees together.

What measures do young people go through to attain this ideal body image that besieges our computer screen? Approximately 5% of adolescent and adult women and 1% of men have anorexia nervosa, bulimia nervosa, or binge eating disorder.

The American Society of Plastics Surgeons 2012 Plastic Surgery Statistics report a total of 236,000 cosmetic procedures were done among the 13-19 age group - a 2% increase since 2011. 91% of all cosmetic procedures are female while the remaining 9% are males.

These statistics are exclusive to adolescents and young adults, and yet some college students buck the trends. Nineteen-year old Dave, for instance, reflects, “I’m a little fat but I am kind of sexy,” while the 18-year old Tom states “I should be exercising more and eating healthier but my body image has little hold over how I live my day to day life.”

It’s not just the men these days who are comfortable with, or even aspire to, a little more body fat. According to a new study conducted in the UK, many women are diverging from the skinny body frames aiming for a more voluptuous body. More than half of the women surveyed said Madmen’s star Christina Hendricks body is “sexy” and the standards of ultimate beauty, many people may be ore willing to accept themselves and not let body image encompass their lives.
Relationship Advice: Tips and Tricks

By Alejandra Velasquez

Relationships. We can’t live with them and we can’t live without them. As stressful as they may be at times, it’s the good moments with our significant others that we must enjoy the most. We must also maintain a level of respect for each other throughout the relationship because many sacrifices must be made. The sacrifices double if you’re considering long-term.

Here are a few tips to help you out along the way. Whether you’re a first timer or if you have had a few other relationships, this should help you out. Now remember the old saying “communication is key”? Well, it is! Your partner won’t know what’s on your mind if you don’t speak up. You’ll be surprised if you realize that you two were both on the same page all along once you talk to one another. But make sure to not ask for too much too soon. Why, you ask? Well, you want to get comfortable with one another before going overboard at the start of your relationship. Take things slow and build a strong foundation, a partnership. TRUST is number one in any relationship. Don’t just say that you trust them; you also have to show them. By showing that you trust them, they will also do the same.

Be fair with each other, you can’t expect something to work out if you are selfish and always want things to go your way. Remember it takes two to make a relationship work in the first place. A lot goes into a relationship when you want to make it work, but there can also be a lot that gets in the way. College is one of them, while work and family life can also be something that gets in the way of your relationship, so here’s a few guidelines that may help things run a bit smoother.

1) Offer Your Support: Comfort each other in any way possible. Set up a mini date night, or go out to a movie, anything that will help keep balance amongst one another.

2) Work On Your Relationship: It takes time but it’s worth it. Keep working on it each and every day. Work out your problems in an effective and healthy way.

3) Be Understanding Of One Another: College is a job on its own, so be understanding of each other. Depending on each of your schedules you may have to make changes and cancel last minute, and remember that that is okay.

4) Be Forgiving: The only way to get through a difficult time is to talk it out and look at both sides of the story. It’s okay to say sorry if you’re in the wrong. It won’t hurt, instead it’ll be a relief.

5) Make Time For Other Things As Well: Keep your individuality. Don’t lose yourself in your relationship and don’t neglect responsibilities that were there beforehand. Have a healthy and fun full life outside of your relationship.

These are just some of the few things that can work for most relationships. Not all of them are going to be the same, so what may work for some may not work for others. At the end of it all, we all just want the same thing, comfort, honesty, someone to depend on and an overall fun relationship to be in. So just make the most of it and make it work.

Workout Supplements, “The Quality of Fitness”

By Mickel Necsutu

Fitness is a part of everyone’s life, or it should be at least. So how can you maintain your own health?

Simple things like walking instead of driving, taking the stairs instead of the elevator, and watching what you eat can completely change a persons physc in the long run. Although we are college students, most of us want to exercise in a gym. It’s a chance for you to interact with others, bring your friends along to help motivate your workout, and, well, “I’m going to the gym” just sounds awesome. Whatever type of fitness routine you have, you might want to think about supplements, which, like working out, people have a love/hate relationship with.

Many people think that supplements in general are bad. They may give you results, but are bad for your health. Yet many supplements, taken in the right way, are very beneficial to your health, and your fitness results. But with all these different brands and prices, which one should you buy?

Don’t ever just go get the cheapest products you can find to save a buck. Remember, its going into your body and you don’t want cheap ingredients in your body, right? The best way to find the right supplements for you is to talk to a friend who has been using supplements for a while, or talk to a professional. They can direct you to the supplements that can help you achieve your goal. Also, consider the company, and research the ingredients. In this industry, the big names really do have the best products. The ingredients is a personal thing. Some may help you, some may not, its all up to what your fitness goals are.

Joe Di Risio, a long time weight trainer, advises “Stick with the basics. A good preworkout supplement with not too much caffeine, to get you ready for your workout. Amino acids to repair your muscles during the workout, and a good whey protein is really all you need.”

A pre-workout supplement is self explanatory, you take it before your workout. It increases your body’s natural nitric oxide production, increasing the blood flow to all of your muscles. Why do you want an increase in blood flow to the muscles? Because that is what gives you a “pump”. The more blood flowing to the muscles, the more reps you will be able to execute. You will be able to lift more weight, and you will last longer in the gym.

Amino acids help to control obesity, malnutrition, and it removes wastes from the bloodstream. They also keep up your energy levels and your metabolism while aiding in muscle repair. Amino acids can be taken before, during or after a workout, but the ideal time to take it is during your workout so your muscles have an aid to work with while under pressure.

Protein is a beneficial part of any diet, but when working out, whey protein is the key to the end of the workout. Your muscles only grow temporarily when you workout, caused by the mass flow of blood being pushed into the muscle. Once you are done, the blood exits, and your muscle returns to normal. Its then that your muscle needs to heal and then grow but it can only do that when it is resting. Whey protein repairs your muscles, while also building it. Take whey protein after your workout, and it’ll repair the stress you’ve put on it, and will help increase the mass of the muscles you worked out.

Its common that people try other supplements than “just the basics.” The most common being Creatine. Jamaine Ritter, a ex competing bodybuilder and current personal trainer at Bally Total Fitness said “Creatine is not for everybody. Its essentially water weight, meaning you get size as long as you use it, but don’t confuse it with steroids. Taken in the right dose in the right way, it can be a simple healer for your muscles, while also building it. Take whey protein after your workout, and it’ll repair the stress you’ve put on it, and will help increase the mass of the muscles you worked out.

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Lifestyles

Easy Ways To Stay Fit

By Genesis Felix

Have you found yourself wanting to eat healthily, go to the gym, or shed a few pounds, but never finding the time to? There are a few simple ways to keep in shape that can work around your busy schedule. Being a college student, and for some, a parent and a full time worker, is not easy and it can be very stressful trying to balance everything. With these easy steps you can maintain a healthy body and they won’t interfere with your daily tasks. These tips can be done on an every day basis throughout the day.

Let’s start off with diet. Preparing a lunch, such as chicken breast, the night before is effortless and affordable. It takes 3 minutes to make and you’ve got yourself a grilled chicken salad or a sandwich. You don’t have to change what you eat, but just eat a modest serving of it. Reducing the salt you put in your rice goes long way. Add a salad to every meal and fruits to every breakfast you eat. You can purchase a bundle at a cheaper price in stores like Bj’s or Costco. With $40 you can have food for the whole week already stored in the fridge and ready to go.

10 EASY STEPS

1. Walk every chance you get. Instead of taking the bus two stops, walk it instead.

2. Replace sugary drinks with water. 8 cups of water is recommended.

3. Stairs are your best friend! Climb them up and down for at least 15mins. Works out your gluts and leg muscle.

4. Look at everyday chores as a workout! Ex: washing dishes, running after a toddler, mopping or doing laundry.

5. Buy ankle weights. They sell them at most sporting good stores for about $8.99.

6. Sleep at least 8 hours a day. Your body needs to rest.

7. Sign up for cardio classes such a spin classes, kickboxing or zumba. They go for about $10 or less per class at your local gym.

8. While at home wrap your stomach with serum wrap while you are doing chores. Burn twice the calories. It gives you a slimmer stomach in a few weeks.

9. Write down everything you eat, make sure you eat 3 meals a day. Breakfast and dinner are the most important meals of the day.

10. STOP EATING JUNK FOOD!! Cutting down on fast food plays a huge role and you will see results immediately.
Reality TV has been around a long time now. Many people were hoping that it was a passing phase. Often times it was entertaining, then all of a sudden, dozens of shows were popping up on all the networks. Over time, we started to realize that they were not going away, and they were changing the TV landscape as we knew it. Its effects on how Black and Latina women are perceived, have often been very detrimental.

Although reality TV is supposed to be entertainment, it often goes much deeper than that. We get to see peoples’ lives that used to be kept secret play out before our eyes. Now the more you air out your dirty laundry, the more lives that used to be kept secret play out before our eyes. It often goes much deeper than that. We get to see peoples’ lives that used to be kept secret play out before our eyes.

Reality TV has been the degradation of American society. Is reality TV really a degradation of American society, or has it just made us more aware, as to how some people actually behave in their daily lives?

Reality TV makes a lot of people look bad—when they are arguing, crying, talking about cheating, and yes, actually fighting on national TV. The showcase of Black and Latina women is even more problematic. Why, you might ask? Because they are women of color. Ethnic minorities arguing, doing paternity tests on TV, multiple “baby daddies,” and grown women, fist-fighting on TV will be remembered. Seeing those images constantly on various shows, helps create and maintain a very negative stereotype. The stereotype is that Black and Latina women are abrasive, angry, and combative.

Shows like the “Bad Girls Club”, “Basketball Wives”, “Love and Hip Hop”, and “Real Housewives of Atlanta” showcase Black and Latina Women in a very negative light. While they might seem entertaining to many, the ramifications of the stereotypes they are creating are being cemented into the general public’s minds. Young kids, teenagers and grownups, are talking in all this, and it’s seeping in. It is no longer just entertainment, but starts to modulate the way some people start to act themselves.

Yes we are all supposed to have our own minds, but as human beings, we can also become like sponges to influences around us. Influences like these shows can make people feel more aggressive, and start to act on that aggression. Some even start to see other females as “the enemy” and always have their guards up, or their ready to pick a fight.

This can really affect Blacks’ and Latinas’ lives as a whole. People who are not open-minded might start actually believing that, all of them act that way. This can hurt them by the level of respect they are shown. It can especially hurt their job prospects. If companies deem Black and Latina women as being hostile, or difficult to deal with, they will be less likely to hire them. Who would want to work with someone who is hostile all the time, or difficult to work with?

These negative views might even have something to do with security guards, following certain customers around stores. The impact of these negative stereotypes can be far reaching, and deeply embedded into our psyches. All for the sake of entertainment purposes, and really fat checks for those who run these shows!

Dirty Cops

By Justine Garcia

Growing up, I watched a lot of cartoons. A lot of them had a mean, nasty cop who was always seen eating or goofing around. Wow, I thought to myself. Does my father do this all day? I wondered if he really drove around eating donuts, looking for someone to pick on.

As I grew older, I didn’t believe the misconceptions I had as a young girl, but I still thought police officers had a fairly simple job. But after interviewing my father, Jason Garcia, a retired NYPD officer from Harlem, I have come to the conclusion that being a cop is and has been a very difficult job.

Government issued policies can promote racist or exploitative behaviors that cops are not necessarily responsible for themselves. Racism seems to be a growing assumption about police officers among the public here in New York. In the 1990’s Mayor Rudy Giuliani adopted the “broken window” policy, which states that “small acts of deviance -- littering, graffiti, broken windows -- will, if ignored, escalate into more serious crime,” according to Wray Herbert of The Huffington Post.

Out of this policy grew the idea of “stop and frisk” where police officers could stop and search anyone who looked suspicious. In addition to these policies, some precincts would even establish stop and frisk quotas for the officers. Officer Adhyl Polanco, an eight-year veteran of the NYPD who works in the Bronx, said that he was told at a daily roll call that he had to log at least five stop-and-frisks, make one arrest and write 20 tickets each month, according to CNN Affiliate NY1. Mandated quotas promote the idea of racism and forces cops to make unnecessary stops.

As for exploitation, or “dirty cops,” this is not seen as a common act amongst police officers. My father explains, “You have bad apples in every occupation, so it’s no different for the police department. But the thing is the majority of the cops are hard working, good people that just want to go to work and go home. It paints a bad picture for the good cops that are working hard whenever one cop is caught doing something really stupid.”

My father suggests that not all cops should be punished because of another cop’s blunder. They, too, are regular hard working citizens who receive bad reputations because of government policies or the poor choices of others.

Why is it so important for police officers to have a good reputation?

Police officers are often looked up to by society as someone to go when they’re in trouble. We have all memorized the phone number 9-1-1 in case of an emergency. If there is no trust for the cops, the citizens can’t and won’t expect a safe environment in their city. If cops are perceived as corrupt, people will gradually begin to dislike them and find other means of protection. If there were no police officers, all hell would break loose. People could murder, rape, steal, and commit the most heinous crime without any consequences. There would be no investigations for serious crimes like kidnappings and no help when your house has just been broken into.

The truth is, as much as some may despise the police, we desperately need them. It’s important that we have policies that support their work, instead of ones that undercut it like “stop and frisk” does.
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Gay Marriage

Imagine being completely and utterly in love with someone and not being able to marry them. Yet legalizing gay marriage has always been controversial in our nation.

Just recently, Judge Mary Jacobson of the Mercer County Superior court ruled that same-sex couples could marry in New Jersey. New Jersey’s Governor Chris Christie was opposed to this. According to an article in USA TODAY, “[Christie] believes marriage is between a man and a woman, and that change in the law should be put to a vote rather than legalized by judicial decree or legislative action.”

Society’s attitudes have evolved about marriage. Gay marriage is now supported by most Americans and if same sex marriages become legalized it would not affect heterosexual marriages nor change “family values”. That’s the big scare to society but a study published on Apr. 13, 2009 in Social Science Quarterly discovered that, “[L]aws permitting same-sex marriage or civil unions have no adverse effect on marriage, divorce, and abortion rates, [or] the percent of children born out of wedlock...”

Same-sex couples should have access to the same benefits as heterosexual couples, whether it’s something as small as showing their affection and commitment publicly, or having access to family health coverage. At present, they don’t receive inheritance rights nor hospital visitation rights during an illness. It is absurd to think that you cannot visit the person that you love because you’re gay and not married to that person because it is banned in your state.

Gay marriage is a civil right. The 1967 Supreme Court case Loving v. Virginia confirmed that marriage is “one of the basic rights of man,” and same-sex marriages should receive the same protections given to interracial marriages by that ruling. The National Association for the Advancement of Colored People (NAACP) named same-sex marriage as “one of the key civil rights struggles of our time.” We’ve been though a time of abomination for women wanting to vote, then African-Americans wanting to vote, then a Caucasian wanting to marry an African-American person, and now our society needs open their eyes to same-sex marriages.

It is time for our country to realize that love is love and it is blind. You cannot control who you fall in love with and the government most definitely should not try to control it or penalize people for who they love.

By Alena Khaim
High-powered careers start with a degree from Long Island University.

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**Michael Gutnick ’68**  
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What will you do with your LIU degree?
Advising Under the New Academies

continued from cover story

to my expectations because I didn’t feel my advisor cared.” Ms. Khaim states that an advisor directed her to take an unnecessary math class, “I spent money on a class that does not go with my major”.

Robert Park is the director of Academy Advisement at QCC. Although Park is relatively new, he is the person to speak to about the procedure of advisement and how to correct errors that occur between staff and students. Mr. Park stated that prior to June there were only two academies: Freshman Academies and Continuing Education Academies. In September 2013 Queensborough’s president established five academies: Business, Health Related Sciences, Liberal Arts, Stem, Visual and Performing Arts. Advisement is now handled by all five academies. Prior to this students were placed under Freshman Academies or Continuing Education. Mr. Park confirmed “This fall students are assigned to an advisor from their academy. There are 18 academy advisors and QCC is currently hiring more advisors.” However, students are still encouraged to self-advise if they have obtained a GPA of 2.0 or higher and 15 or more credits. Degree Works is still available and can be accessed by logging into the CUNY Portal.

Mr. Park spoke extensively about the improvements Queensborough is making for students in the area of advising. He says that although mistakes happen they can be easily avoided if students and staff communicate effectively. Errors can be avoided by not rushing the advisement process. Students should take time to make the appointment and communicate clearly with staff. Advisors, in turn, shouldn’t rush a student to an answer, but take should take time and double check the students’ information, and not give an answer if they’re uncertain. Both faculty and student email systems work and email is an effective way to ask advisors questions. Advisors can answer emails more thoroughly than if a student were to make a quick, face-to-face appointment. Communicating with the advisor this way gives the advisor time to check and see what works for the student. Students, who are unsure of what classes to take, how to transfer, or who need extra help picking a major, should not be afraid to ask questions. Students should obtain a sense of clarity not fear. Advisors are meant to help by finding the student’s information: what classes have already been taken, what classes are needed to graduate, choosing classes, and transferring.

The end of the semester is swiftly approaching, so now is the time for students to make appointments or start to self-advise. QCC has made many changes to the advisement process, and now the system is stronger than ever. If students need help choosing and scheduling classes, or transferring, now is the time to ask.
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