QCC’s Ups and Downs

BY OLUWADAMISI K. ATANDA

Whether it’s Verizon with its exceptional call service but unsatisfactory employee benefits, or McDonald’s affordable meals but degrading customer service, most, if not all, institutions or corporations face the up side and down side of an increasingly tough market to please.

So, it is no surprise that our very own academic institution, Queensborough, isn’t exempt from complaints and praise. Taking the comments and ratings of random students, here are the top five and bottom five things students like and dislike about Queensborough:

Bottom 5:
1) CUNYFirst
   This is the number one headache of many students. CunyFirst is the new student, faculty and staff system that replaced SIMS earlier this year. Assuming that you all already know what “Cuny” stands for, “First” stands for “Fully Integrated Resources and Services Tool”. The frustration over this new system is incredible; one student said, “It’s so confusing, I have no idea where to go. My classes keep dropping!”
2) No Over tallies
   Ever needed a class so badly only to discover it was filled to capacity and enrollment was closed? What did you do next? Over tally! Many students complain that departments refuse to grant over tallies and thus hinder their academic prospects and, in fact, their career plans. The History and Social Sciences Departments have been pointed out as the common and chief perpetrators of this act. Once you walk into the Social Sciences Department office, the sign “No over tallies! No exceptions!” immediately greets you. On the other hand, departments such as Business and English have been praised for their understanding and granting of over tallies to students.
3) Food Cost
   “A sandwich for $4.25, are you […] kidding me,” one student said. Food prices have been an issue for years at QCC. The Metropolitan Food Services pointed to the continuous rise in nationwide inflationary rates on food items as the reason for the continued surge in food prices.
   Although the prices disgust students, many were satisfied with the quality and taste of campus food but stressed that food prices are a major problem.
4) Bathrooms
   Many mentioned that the restrooms all around campus are poorly maintained, often times out of hand soap and toilet paper. And some toilets are missing their seat covers and flush handles, making one student shout: “Oh wow!”
5) Q30 Bus
   And the fifth most disliked aspect of QCC is the distance of the Q30 bus stop to the campus. “[…] in the winter, I dread the walk to school […] sometimes I just stay home […]” one student said. Students for over ten years have questioned the MTA and urged the college management to work on ways to resolve this issue soon.

Top 5:
1) Diversity of Student Body
   “I love how almost all cultures are represented on campus. I learn new things every day and appreciate diversity more,” Murtaza Akbar, a student in his last semester, noted. According to the College’s President, Dr. Diane B. Call, “Queensborough has nearly equal populations of African Americans, Asians, Caucasians, and Latinos. In fact, close to half of our students were born in another country, and 47% speak a language other than English at home.”
2) Location
   Surrounded by residential family houses, trees and a commercial street just a few blocks away, Queensborough calls beautiful Bayside, Queens, New York home. Tiffany Owie said, “It is a perfect environment to learn; it’s quiet and beautiful […].”
3) Professors
   Many students claimed to have the best professors; they mentioned how professors at QCC affected their lives positively. This is somewhat unusual because often professors and students don’t gel; QCC professors have found the magic glue! Arnold Chiang enumerated: “The faculty here (QCC) are so approachable and accessible; many know what it is to be in a community college and having other pressing responsibilities […].” Nekesha St. Rose also said, “They bring the real world experience into the classroom […].”
4) Support Services
   The freshman academies, ASAP, MALES, College Discovery and CSTEP programs, computer lab and learning centers are greatly acknowledged by students at QCC. Freshmen are able to adapt to college life with the available help from their academy coordinators or advisors, and many can receive free textbooks, academic advice and metro cards by their membership in one of the many programs. Also, the learning center (writing center and math center) provides free tutoring and other avenues to help students review course work.
5) Campus Activities
   One student said, “There’s always something going on somewhere on campus- a fair, party, show, seminar […], and I get to have free food at most of them […].” It is evident that many students like the extra-curricular activities of QCC.

As stated on the Queensborough Community College’s annual security report, our campus is considered to be safe for all students and faculty members with a small number of minor crimes. However, these crimes do occur, and they can happen anywhere and to anyone at anytime. Crimes reported on campus vary from robberies and burglary, to liquor law violations and even sex offenses. Luckily, our QCC campus is located in the considerably safe neighborhood of Bayside, and we can count on the efficient work of our Public Safety Officers, also known as Peace Officers, to never let these crimes escalate.

The QCC campus consists of about 27 experienced Peace Officers who patrol the area 24/7. According to Officer Abubakari, a 15-year experienced Public Safety Officer (who has worked at our campus for six years), the common crimes he has witnessed at QCC are electronic devices being stolen and fights that Peace Officers immediately stop.

A major concern about the safety of our campus involves the seemingly easy entrance into the college. Unlike other CUNY schools, I.D. cards are not required for entry on to the QCC campus. Many feel that it is too easy for anyone to trespass. Regarding this issue,
just too easy for anyone to trespass. Regarding this issue, Officer Abubakari explained the reason for not requiring I.D. cards to enter the campus, stating that we have an open campus for the public. However, he assured that all officers can spot intruders just through detecting abnormal body language and other factors, such as an unfamiliar face, and they are immediately escorted off campus and even arrested if necessary.

Although crime on campus is more likely not to happen, it is important to be cautious and to have an idea of how to handle victimization. Officer Abubakari stressed that to prevent such situations we should keep our eyes on our belongings, especially laptops and cell phones which are the main targets of theft. Since an aggressive reaction might make the situation more dangerous, he recommends screaming loudly because there is always someone around, and this action might even scare the criminal away. In case of an emergency, there are “red phones” available in the hallways of each building, phones that directly connect to the Security Department Office.

An important factor to keep in mind is that most of these crimes do not occur on campus but around campus; Officer Abubakari said to “ask any officer to escort you and they will gladly do it.” The Peace Officers on campus are all very friendly, and Officer Abubakari reassured that one can approach them for any issue, “unless, you [are the perpetrator of a crime], then [the Peace Officers] respond accordingly.” Remember it is important to report any crime in order to take action and to prevent future violations.
Your President's Corner

Dear Friends,

Welcome to the debut of the Student Government Association (SGA) column of the campus newspaper. We strive to establish a direct communication line with you— the student body. To us, communication is key! How will we advocate for you if we don’t even know your concerns?

Through this medium, we will disseminate information we think is of relevance to you and also address concerns. If you have any questions or concerns, shoot us an email at asksga@gmail.com.

Throughout the semester, we will host and support other clubs in hosting events. Most extra-curricular events take place during club hours which are observed every Wednesday from 1pm to 3pm. This isn’t to say that clubs are restricted to having events only within this time.

The Office of Student Government and Student Activities is located in the lower level of the Student Union Building; the building also houses a café, the I.D. office, a relaxing lounge with cable TV, and several computers. It’s the ideal place for a break with friends! So, if you are free between classes, want to have fun or are simply interested in Student Government, walk over to the red roofed building over by the RFK gymnasium.

Our goal is to advocate, educate and entertain the student body. Together with your support, we have no doubt that these goals will be successfully achieved. For more information, please visit our webpage at www.qcc.cuny.edu/studentActivities/studentGovernment.html.

Have a jolly good read!

Best,

“K” Oluwadami Atanda

---

Letter to the Editor

Dear Editor:

We would like to take a moment to update you on events and activities happening at NYPIRG. For those of you who may be unfamiliar with us, NYPIRG, the New York Public Interest Research Group, is the state’s largest student-directed consumer, student’s rights, environmental protection, and government reform organization! NYPIRG, with QCC students, continues to fight every semester for affordable and accessible higher education, prevention of hunger and homelessness, and mobilizing voters across the state.

Last year at QCC, we registered hundreds of voters, took students up to Albany to lobby their local officials on affordable higher education and financial aid, made peanut butter and jelly sandwiches for the hungry, and organized a talent show to educate the student body on hunger and homelessness.

This year, NYPIRG will continue its fight to register hundreds of students on campus. In 2008, less than half of eligible voters between the ages 18-24 made it out to the polls, according to the Center for Information and Research on Civic Learning and Engagement. The 2012 election season is already heating up, and now more than ever it’s imperative that the voices of CUNY students are heard loud and clear.

If you have not registered to vote or have recently changed your address, please stop by our office in the Student Union Basement or contact us at (718) 225-9121 or qcc@nypirg.org. If you want to get involved with the various issues NYPIRG works on, please contact us or come by our table at the Science Quad, every Tuesday and Thursday from 11:00AM to 3:00PM. We look forward to seeing you at our upcoming events!

Sincerely,

Vanessa Rodriguez

---

Bathroom Dilemma

By Roslyn Joshua

Visiting the ladies’ restroom at QCC can be a daunting task; with the absence of hand soap and hand towels strewn on the floor or deposited in the toilet bowls, the ladies’ restroom can make many women think twice before visiting these facilities.

Two trips to the ladies’ room on the 4th floor of the Humanities building during the first week of the 2011 fall semester left female students dissatisfied by the lack of soap, but custodians too are equally frustrated with students’ indifference in helping to maintain a healthy environment in the washrooms.

Diana Gonzaga, a senior in her last semester at QCC, said that on Monday, September 12th, she needed to change for her yoga class at the JFK gymnasium. She went to the bathroom on the middle floor and immediately noticed a horrible stench coming from the room. Investigating, she discovered the automatic toilets had failed to function. There was also no soap in the dispensers.

Nekesha St. Rose of Student Government and Vice President of part-time students said that she was locked in a bathroom stall on the second floor of the Science Building last semester. The door’s latch wouldn’t budge, but thanks to another person in the restroom, she was able to help St. Rose escape from her dilemma. The other person also mentioned that the same thing had happened to her friend.

Another QCC student, Jon’a Balkum, complained that last semester she had a class in the C building on the 2nd floor. She reported that the lights in the ladies’ room were extremely dim, mirrors were usually unclean and the floors were frequently dirty.

Custodian Carolyn Frazier, an employee at the college who works mainly in the pool area bathrooms, pointed out the problems she encounters daily. Paper hand towels are thrown inside the toilet bowls which causes them to clog. Also, female students disregard bins placed for garbage, lost and found items and recycling. They litter floors with food items, even though eating is not allowed in the pool’s changing area. Sanitary napkins are stuck to the toilets instead of being dumped into dispensers, and, at one point, someone used a dirty tampon to write profanities on the bathroom wall.

Dexter Williams, who is now head custodian, confirmed Miss Frazier’s accounts. He said that at the back of every washroom door, there is a contact number posted so students can call if there is a maintenance problem. There is also soap in the dispensers.

Mr. Williams also assured that improvements are ongoing to replace old mirrors. He said that at the back of every washroom door, there is a contact number posted so students can call if there is a maintenance problem. There are also buttons on the top of every toilet in case they don’t flush automatically.
GENERAL/LOCAL NEWS

Wall Street Outcry

By Eve Johnson

As of September 17th, a pedestrian can walk to Zuccotti Park near the World Trade Center and find a group of peaceful protesters with signs saying, “We are the 99%” and “Debt=Slavery.” Though they are peaceful with the air of a 1960’s hippie movement, police stand in straight lines surrounding the park, keeping a close watch for troublemakers. A liberal and leaderless movement called Occupy Wall Street is the spark for what some say is a nationwide movement. As a group, most are divided when it comes to explaining why they are truly protesting. But, for the most part, the consensus laments the major gap between the rich, the poor, and all in between. According to the New York Times, the protests focus on “greed, corporate influence, gross social inequality and other nasty byproducts of wayward capitalism,” with demonstrators conveying their beliefs by way of music, dancing, signs, and chanting every word of every speech given by members from the crowd.

Since October 1st, as many as 700 protesters were arrested and issued summonses while crossing into traffic on the Brooklyn Bridge during a march. A week before that, they were treated to pepper spray and brutality by the NYPD, which was caught on film and posted on YouTube. Due to the treatment of protesters, the protests have gained notoriety, causing more people to visit the protests or to march with the group.

Noted musicians and celebrities have joined the demonstrations, such as Michael Moore and Immortal Technique who were supportive from the beginning. Aside from the protests in NYC, there is one scheduled on October 6th in Washington D.C. while others have been held in San Francisco, Chicago, and other states.

Students Face Recession

By Alshanette Moodie

Have you ever wanted to become a journalist, entertainer, or an athlete when you were younger? Well, we are all trying to make our dreams come true, hoping that a college degree will lead us to a job opportunity after we graduate. Going to college in today’s world means more than anything else. It is the source of job opportunities, or so we think it is. The skills and knowledge we are taught in school prepares us for a future career; we graduate with a degree and the confidence that we will get a job. But the day when that big moment in our lives happens, we discover that looking for a job or a career isn’t all that it’s cracked up to be.

Now that the economy is in a recession, students are struggling to find available jobs. An article titled “Got Work?” written by John Berman from ABC News focuses on students who had a hard time finding work after college. A Trinity College graduate from Hartford, Casey Savage, had a 3.8 GPA with honors, but couldn’t find a job. Savage said, “I just feel that there are limited opportunities at this point.” Another Trinity College student, Chauncey Kerr, took the advice of Lanna Hagge, a director of Career Services, to do an unpaid internship. Hagge suggests that doing almost anything will help students “get the experience and exposure.”

Bryan Hopkins, a senior at the University of Florida, said that the process of the entire situation is frustrating. Feeling frustrated, Hopkins questioned if making the effort to look for work was even worth it. He said, “In a perfect world, I would have walked right off the stage and into a full time job in my field, but I mean I have the degree now, and I am still waiting.” Reyna Nowacyzk, a senior at the University of Arizona, said the lack of job prospects has left her “overwhelmed.” She said, “I don’t know what to do next. I’ve done all the right things: done my fair share of internships, studied languages while abroad. I have my letters of recommendation from employers. I feel like I prepared myself; I feel like I’m ready. I want to work.”

Alex Shephard, a NY native who graduated from Oberlin College in Ohio with an English degree, did odd jobs, such as being a camp counselor and babysitter to support him financially after college. Alex was unable to find any full time jobs that pertained to his major, so he did freelance, editing technical manuals for companies. On his free time, Alex and some of his friends developed a literary website that is frequently updated from time to time. Since Shephard did not have a steady job, he had to borrow money from his parents and sleep at his friend’s house. Alex also had to go under his parents’ health insurance. “I’m still optimistic about my employability,” Shephard said, even though his father, who’s a history professor, makes more than he does.

Lisa Kahn, a Yale University School of Management professor, has stated that recent graduates will suffer the long-term effects of this recession. This is because of the economy’s downfall. She mentioned that seniors in recent times are going to earn less in salary than previous graduates who had a better chance in getting a job when the economy was better. “Graduating from college in a bad economy has a long-run negative impact on wages,” Kahn added.

Continued on page 8
GENERAL/ LOCAL NEWS

LESS CRIME IN A RECESSION

BY FREDDY VILLAMARIN

The Bureau of Justice Statistics’ annual survey remarked a double-digit drop in rates of violent victimization in 2010.

According to the report, Americans ages 12 and older experienced a 13% drop in the rate of violent victimization in 2010. Between 2001 and 2010, the rate dropped 40%.

The Bureau of Justice Statistics (BJS) also pointed out that total strangers perpetrated 39% of violent victimizations in 2010, down from 44% in 2001. In addition, the decline in the rate of simple assaults accounted for about 82% of the total decrease in the rate of violent victimizations in 2010. The BJS also reported that for the first time men and women in 2010 had nearly equal rates of violent victimization. In previous years, males had a higher rate.

Many wonder about the reasons behind the decrease in crime, despite the country’s recession. According to guardian.co.uk, one widely accepted explanation is that prisons contain large numbers of criminals, which keeps numerous dangerous criminals out of the streets. Also, strict gun control laws in states such as New York and Washington help to regulate the access of weapons.

If you have any information regarding a wanted person or a crime being committed, please call Crime Stoppers at 1-800-577-TIPS or text “TIP577” (plus your message) to “CRIMES” (274637). Be a good citizen—help our city be a safer place.

Amanda Rack began her career at Hofstra as a dual major in business and dance. While interning in the office at a dance studio of an alumnus, she tapped into her passion for business. Shortly after graduation, Amanda danced her way into a career as a tax accountant.

Amanda Rack ’09  B.B.A., Accounting; B.A., Dance

Rasheeda Johnson transferred to Hofstra as a scholarship recipient and paved her way to acceptance into top dental schools.

Rasheeda Johnson ‘10  B.S., Health Science

Each year, hundreds of students transfer to Hofstra, and now, transferring to Hofstra is simpler than ever. We’ve improved and streamlined our transfer process, requirements and orientation, specifically to help transfer students succeed. With more than 140 academic programs, state-of-the-art resources and facilities, and a network of peers and mentors, you’ll discover your strengths and nurture your talents.

Transfer to Hofstra — a move in the right direction
Apply and receive an admission decision and credit evaluation, meet with an academic adviser and registrar for the spring 2012 semester.

Find out more at hofstra.edu/transferdays
EDITORIAL

MODERN BABYSITTER

By Brooke Smith

Christopher Rodriguez, a former QCC student, brought the power of the Nintendo DS to my attention. Rodriguez and his girlfriend are in fact expecting twins. Therefore, when he sarcastically said, “Those DS’s are the best. Put my girls in the backseat and just hand them two of those… [and] silence,” he pointed out how we have all become a part of the problem.

Perhaps giving a child a new Nintendo DS on his or her birthday is not the end of the world, but it does contribute to the problem of turning young minds away from being nurtured. Game systems are only advancing, and children are being swept into another world, which leads them to escape from the troubles they might be facing. Parents of all ages should step in while they have the authority to do so, and take the proper steps to open a communicative pathway for their children.

The lack of communication parents experience with their children builds a gap of misunderstanding between one another. Once that gap is built, it is hardly ever restored. The first and most important aspect to keep in mind as a parent when trying to break the mold of distance is sometimes to just keep quiet and listen. Break free of the habit of shutting out your children by appeasing their wish lists, and simply open up your ears.

The next key step is to become more involved in their lives. Merely being the parent of someone no longer means you automatically share a life with him or her. As scary as it may sound, every young person lives a life separate from his or her family’s home-life.

It is important to remember that being angry about these technological advances will get you nowhere. Try to embrace your child’s passion, regardless of your perspective of it. Holding your child’s passion dear to you as if it were your own is a crucial part of the process of getting to know your child as an individual. Whether you have a child already, or you are someday planning to, these are the vital components of being an active parent.
Don’t you hate it when your friends ask you, “So what do you want to do today?” and you have nothing in mind? Or when you constantly throw out suggestions, and your friends say, “Been there!” or “Done that!” In New York City, things can get a bit repetitive. Thinking of new things to do with your friends is challenging. It’s either ice skating, watching a movie, or getting bubble tea in Flushing. Ever want to try something new, but you’re just too lazy to get onto Google to type in: “Things to do in NYC”? Well, I have some suggestions that are affordable and perfect for most college students!

Spa Castle: Located on 131-10 11 Ave. College Point, NY, 11356
If you ever want to get away for a day and relax, Spa Castle is the place to be. Spa Castle is a large, five-story building designed to be the utmost comfortable and relaxing environment. Facilities in this “castle” include indoor spas, sauna rooms, lounges, bade pools, outdoor spas, and fitness centers. V.I.P. massages, body massages, and foot and hand massages are all offered. And you won’t have to worry about starving, either! Spa Castle features a food court consisting of Starbucks, Juice Farm, Little Italy, Sushi Sushi, a salad bar, and frozen yogurt. On weekdays, adults pay only $35 but on weekends they pay $45. Spa Castle might seem a bit pricey, but let’s just say this isn’t something you would do every weekend. The adult spa, sauna, indoor and outdoor pool, aqua bar, waterfalls, Hinoki bath, and foot and body massage pool are included. These facilities can be used all day, from 6 a.m.-12 a.m. For more information, please visit the website above. Spa Castle is a great experience, and it’s right here in Flushing!

Chelsea Piers: Located on 23rd St. and the Hudson River. New York, NY, 10011
http://www.chelseapiers.com/index.html (212) 336-6100
If you’re not the type of person for the spa, you’ll probably fancy this place. The Chelsea Piers Sports & Entertainment Complex is a major center for public recreation. There are many sports to play at Chelsea Piers, including baseball, basketball, bowling, boxing, ice skating, dance, gymnastics, gold, ice hockey, rock climbing, soccer, swimming, volleyball, and yoga. This $120 million, privately-financed building was opened in 1955, offering a large selection of sports for people to come together and play every day. The prices for each activity vary, so visit the website and take a closer look at the prices and discounts for the sports you’d like to play.

Sing Sing Karaoke: Located on 9 St. Marks Pl. New York, NY, 10003
http://karaokesingsing.com/page/home/ (212) 387-7800
If you like singing, Sing Sing Karaoke is where you want to go! Located in St. Marks, the Sing Sing Karaoke lounge offers every possible song for the would-be singer’s enjoyment. On this website, there is a way to search songs and see if the lounge provides them. The rooms are clean, the song selection is great, and the food is delicious- all for just $12 for three full hours! There’s another location for Sing Sing Karaoke in Bayside (Bell Blvd. to be exact!), but the site at St. Marks offers the great food and awesome street stores that’ll definitely tickle your fancy!

BounceU: Located on 132-25 14th Ave. College Point, NY, 11356
http://www.bounceu.com/ (718) 747-5867
You guys might think that BounceU is for kids and that it’s not worth visiting because we’re all college students. But this place is for people of all ages. BounceU is a large facility with giant inflatable bounce stadiums. There are many different rooms with different inflations, and the facility offers a steep inflatable slide that people climb to reach the top. Sliding back down is terrifying! You can bring your friends and family to BounceU; your younger siblings or relatives will definitely enjoy themselves. Sometimes it’s fine to be a kid even when you’re not! What’s so great is that BounceU is age-friendly. You can make reservations for a birthday party, where you can invite your friends and have your own private, large room to bounce around in, or you can go in one day and bounce around on your own. Each person pays a small price of $12.99.

East Manor: Located on 79-17 Albion Ave. Elmhurst, NY, 11373
http://www.yelp.com/biz/east-manor-elmhurst-2 (718) 803-1111
For the eaters out there, East Manor is a great place to be spoiled. Located in Elmhurst, East Manor is a huge building that offers a buffet, dim sum, hot pot, or regular dining. The restaurant mainly serves Asian, mostly Chinese cuisine. It’s known for its Peking duck, which is also served in the buffet. Overall it’s a great steal. Although the price might seem expensive, $25-30 a person for the buffet, it’s worth it. The food selection is wide, and the quality of the food is exquisite. For lunch on weekdays, you’ll only have to pay $9.99 for the buffet. This restaurant is famous for having large selections of great quality food. It’s a good five minute drive away from Queens Center Mall, so be sure to visit or plan a family dinner whenever you feel hungry!
Dear Amy,

I have curly hair, and I want to dye my hair. I don’t want to strip a lot of moisture out my hair. What is the softest color treatment for curly hair? Please help!!!

From Jenny in Queens, New York

Dear Jenny,

Well, no color is good for the hair, even if the color is advertised as being “good” or soft on hair. When people color their hair, they are stripping their hair, which leads to the hair becoming dehydrated, and the brighter the color the more stripping occurs. Yes, this may sound scary, but the good news is there is a way around this harsh stripping process. To avoid dehydrating hair, make sure that after you color your hair use hair treatment and hair oils. Make sure that your hair treatment contains coconut oil, especially since you have curly hair, and curly hair tends to dehydrate easily. Also, make sure that you treat your hair with olive oil or avocado oil (the oils have to be for hair) the night before you wash your hair. These products can be found in your local beauty supplies store. Good Luck.

Dear Amy,

I have a problem getting to know people in school because I feel I have no social life on my campus. What would be a nice way to get to know people in QCC?

From Ally in Richmond Hill, New York

Dear Ally,

A good way of getting to know people on campus is by attending school events. If you don’t know when an event will take place, all you have to do is go to the QCC website. From there, you’ll be able to access the calendar for when events take place. Also, another good way to start a social life on campus is by joining a club. There are many different clubs on campus. To find the club that suits your interests, go to the QCC website, and click on the tab “Student Activities and Clubs.” Make sure you have fun and be friendly!!

Dear Amy,

I have trouble managing my time and prioritizing my life. How can I schedule my time better?

From John in Brooklyn, New York

Dear John,

The best way to start managing your time is to first make a list of the things that you have to do from the most important to the least. Then make a schedule that includes the time and date of when you are doing it. Make sure that you also schedule time for yourself to relax or spend time with family and friends. Keep in mind that sticking to the schedule is important; it’s your responsibility to follow it.

Dear Amy,

How do I know if I’ve grown apart from my significant other?

From Joseph in Bayside, New York

Dear Joseph,

Just the fact that you’re asking this question should tell you something: this is not a question most people ask themselves when they are in a relationship. A way to know if you’ve grown apart from your significant other is to consider if you’re constantly thinking of breaking up with the person. Also, if you’d rather hang out with your friends or if you’d rather be alone than with your significant other, then you may be growing apart. And if you feel that you can’t talk to that person because he or she won’t understand you, or if you can spend days without talking to her and you can accept this, then the two of you may be at the end of your relationship.

Dear Amy,

I have a huge crush on my science professor. What should I do?!!!

From Anonymous in Jackson Heights, NY

Dear Anonymous,

Well, to be honest, even though having an intimate relationship with your professor is frowned upon at most colleges, it’s not illegal if you’re over 18. But there are some things you need to consider. Instead of daydreaming about your professor, you should just focus on your class work. For the most part, he may be married. Just stay away; you don’t want any problems with your school or any discrepancies about your grade that could get him fired from work. Look for someone else to have a crush on or to even date. Even if you were to date him, you’ll have to hide the relationship from everyone. When you date a person, you want to be worry free!

Dear Amy,

Is college even useful if I can’t get a job when I’m finished?

From Sara in Flushing, New York

Dear Sara,

Even if you finish school and you are unable to get a job in your field, you are more like to get a job doing something else that may require you to have a college degree. When you’re getting your degree, try to also minor in a specific field. If you have a minor, this might help you to have a backup plan in case you can’t find a job in the field of your main degree. When you get your degree, consider that you might not find a job in the same state where you received your degree, so be willing to move to a different state to find a job. If a person chooses to have only a high school diploma or GED, most likely he or she won’t be able to find a high-paying job.

__________________________________________________________________________________________________________

Dear Amy,

I have curly hair, and I want to dye my hair. I don’t want to strip a lot of moisture out my hair. What is the softest color treatment for curly hair? Please help!!!

From Jenny in Queens, New York

Dear Jenny,

Well, no color is good for the hair, even if the color is advertised as being “good” or soft on hair. When people color their hair, they are stripping their hair, which leads to the hair becoming dehydrated, and the brighter the color the more stripping occurs. Yes, this may sound scary, but the good news is there is a way around this harsh stripping process. To avoid dehydrating hair, make sure that after you color your hair use hair treatment and hair oils. Make sure that your hair treatment contains coconut oil, especially since you have curly hair, and curly hair tends to dehydrate easily. Also, make sure that you treat your hair with olive oil or avocado oil (the oils have to be for hair) the night before you wash your hair. These products can be found in your local beauty supplies store. Good Luck.

Dear Amy,

I have a problem getting to know people in school because I feel I have no social life on my campus. What would be a nice way to get to know people in QCC?

From Ally in Richmond Hill, New York

Dear Ally,

A good way of getting to know people on campus is by attending school events. If you don’t know when an event will take place, all you have to do is go to the QCC website. From there, you’ll be able to access the calendar for when events take place. Also, another good way to start a social life on campus is by joining a club. There are many different clubs on campus. To find the club that suits your interests, go to the QCC website, and click on the tab “Student Activities and Clubs.” Make sure you have fun and be friendly!!

Dear Amy,

I have trouble managing my time and prioritizing my life. How can I schedule my time better?

From John in Brooklyn, New York

Dear John,

The best way to start managing your time is to first make a list of the things that you have to do from the most important to the least. Then make a schedule that includes the time and date of when you are doing it. Make sure that you also schedule time for yourself to relax or spend time

Dear Amy,

I have a huge crush on my science professor. What should I do?!!!

From Anonymous in Jackson Heights, NY

Dear Anonymous,

Well, to be honest, even though having an intimate relationship with your professor is frowned upon at most colleges, it’s not illegal if you’re over 18. But there are some things you need to consider. Instead of daydreaming about your professor, you should just focus on your class work. For the most part, he may be married. Just stay away; you don’t want any problems with your school or any discrepancies about your grade that could get him fired from work. Look for someone else to have a crush on or to even date. Even if you were to date him, you’ll have to hide the relationship from everyone. When you date a person, you want to be worry free!

Dear Amy,

Is college even useful if I can’t get a job when I’m finished?

From Sara in Flushing, New York

Dear Sara,

Even if you finish school and you are unable to get a job in your field, you are more like to get a job doing something else that may require you to have a college degree. When you’re getting your degree, try to also minor in a specific field. If you have a minor, this might help you to have a backup plan in case you can’t find a job in the field of your main degree. When you get your degree, consider that you might not find a job in the same state where you received your degree, so be willing to move to a different state to find a job. If a person chooses to have only a high school diploma or GED, most likely he or she won’t be able to find a high-paying job.

The reality is that graduates of today’s generation will enter the job market and accept jobs that don’t pertain to their majors. They will more likely have to take lower paying jobs, according to Professor Kahn. Graduates of the past, however, were more fortunate in getting their dream job or career.

Due to the recession, students are reconsidering changing their majors and career goals. Instead of a student picking a major of his or her interest, he or she will choose a career that is in demand. For example, if a student likes music, but there are no available jobs and the entertainment field is competitive, then the student will have to pick a realistic job, such as Nursing or any other position in the healthcare field, which pays more than other jobs.

Many students have trouble accepting the reality that those dream careers they long for are hard to obtain. Even though we have come to the realization that we need to look for a back up or a realistic career, we are torn between what we want to pursue and what we must do to survive. Some of us have followed our hearts by pursuing a career that we love. According to University Parent Connection, a majority of college students chose to study what they were interested in, and their parents supported them, hoping their children will see their dreams fulfilled.

Chastity Kraus, a college student, offered advice. She said, “I guess I never thought about a career choice as being safe during a recession – I decided to go into healthcare because I have always been interested in it”. She added, “I’m not sure any field is safe in today’s economy. Someone should choose a career path because they enjoy it, not because it is supposedly safe.”
LIFESTYLES

Horoscope

By Jessica Riascos

All artwork by Michele Borg

Aries
March 20 – April 19: A cranky face will only give your forehead wrinkles. Smile a little! The stars promise they will not hurt you.
Your lucky numbers are 1, 11, 21, 34, 39, and 40.

Taurus
April 20 – May 20: Laziness is really your thing. Remember, if you want to win the lotto, you must start playing. You most likely will not win, but here are your lucky numbers: 4,8,14,26,30, and 32.

Gemini
May 21 – June 20: Quit being a two-face! Ever hear of being yourself!? I think it’s about time you pick a face. Just make sure you get the good looking side.
Your lucky numbers are 3, 6, 7, 13, 27, and 45.

Cancer
June 21 – July 22: We all hate you. Sorry! This will be your lucky month, though.
Your lucky numbers are 1, 5, 14, 35, 38, and 39.

Leo
July 23 – August 22: You are so vain; you probably think this horoscope is about you. Stop looking in the mirror, and start hitting the gym. Beauty has a price, and you definitely will pay for it, so start saving.
Your lucky numbers are 9, 19, 21, 23, 27, and 36.

Virgo
August 23 – September 22: If you have to stalk someone, it probably means they do not like you. Taking a shower daily usually prevents this type of rejection.
Your lucky numbers are 1, 7, 8, 19, 34, and 40.

Libra
September 23 – October 22: The stars are on your side, so enjoy life. Quit trying to maintain balance and drop that plate already! Sometimes getting loose like a goose makes things run smoothly.
Your lucky numbers are 3, 4, 13, 28, and 45.

Scorpio
October 23 – November 21: It is always better to be loved than feared, so you may want to hide that venomous stinger. Wearing flower patterns always gives a softer look. Try it!
Your lucky numbers are 6, 17, 25, 29, 36, and 38.

Sagittarius
November 22 – December 21: Honesty is not always the best policy. Sometimes, hypocrisy is the way to go. It does exist for a reason.
Your lucky numbers are: 3, 11, 13, 21, 23, and 33.

Capricorn
December 22 – January 19: Vacation is over, and now it is time to get back on your feet. Waking up at 4 p.m. will not be possible anymore. I recommend that you amend your friendship with the sun and get some vitamin D.
Your lucky numbers are 2, 12, 15, 22, 28, and 33.

Aquarius
January 13 – February 17: Enough with the tap water! Next time you go to a restaurant, order a real drink or at least bottled water. Nobody likes a cheap person. Something good will happen to you …eventually.
Your lucky numbers are 5, 7, 10, 16, 21, and 31.

Pisces
February 18 – March 19: Although you are represented by a stinky fish, people often find you to be pleasant. For Halloween, I recommend dressing like a playboy bunny. This may help your image!
Your lucky numbers are 1, 9, 7, 12, 33, and 37.
Men’s Fashion Tips

By PHILLIP ISIDORE

Have you ever taken a look at your family album and noticed what fashion looked like in the past compared to fashion today? So much has changed from decades ago. In today’s world, men can choose from a variety of clothing options, such as different styles, quality of clothing, and comfort. Some people who shop may not pay attention to the name brands of clothing or shoes. But the name brand is important if you are looking for a particular style or taste or if you are looking for good quality and comfort.

Armani offers men both quality and comfort. The company’s website, Armanieexchange.com, displays different styles for men while showcasing the quality of its clothes. Its sweaters, for example, will not shrink if washed properly.

Looking at the site, you’ll notice that different sweaters provide different levels of quality. Most sweaters are made with 50% cotton, 25% wool, and 25% nylon. Most of Armani’s pants contain 76% cotton, 13% wool, and 11% polyester, and most casual shirts contain 100% cotton. The variations of the clothing’s material contribute to the overall excellent quality of the clothes. The prices of shirts range from about $70 to $88; sweaters range from $98 to $150 and pants range from $98 to about $165. But if you can catch a sale, you’ll save a lot of money; sales range from 25% to 50% off the merchandise.

If you are shopping for the fall or winter, it’s a good idea to take a look at the fabric of the clothes before purchasing anything. When shopping for the cold weather, make sure that the material of the clothing is somewhat heavy or made from mostly cotton more than any other fabric. The designs of Armani clothing are not as extravagant as some others. So, if you need something to wear at a casual dinner or a get together, Armani would be a great place to shop.

Some men, though, might refuse to even look at Armani’s line because of the clothing’s cost. Most people have priorities when budgeting money, such as paying for tuition, books, food, and rent. But how often will you have to buy clothing if you choose poor quality clothes that shrink immediately after being washed? Yes, clothing with poor quality might be cheaper, but at the end of the year, you’ll have spent more money buying cheap clothing that will be thrown away, rather than spending a few more dollars on clothing with excellent quality that will last for a long time. Armani might be expensive, but this company is only one option. Express and Macy’s provide good quality clothing at affordable prices, and if you sign up for a credit card at one of these stores, you’ll receive coupons that will save you a lot of money at the end of the day.

Havoc and Chaos Are on Their Way

By JON’A BALKUM

This season’s forecast promises lots of turmoil, a downpour of blazing bright hues, high definition layering, and three-dimensional patterns.

The fall 2011 fashion scene is all about taking a stand. Blending in with the crowd will not cut it this season. Individuality and uniqueness is essential.

Fall 2011 screams bright colors. Red is this season’s black. Red evokes a feeling of love, warmth and beauty. Who wouldn’t want to feel loved, warmed and beautiful? Adding red to our attire will brighten our ensemble. Macy’s offers a fall collection inspired by the fall color red. Kenneth Cole’s asymmetric wool trench coat is a perfect example of the “red” trend. It has a stand collar and is belted at the waist to accentuate the slim waistline. For a sale price of $209.99, we can get our hands on this ravishing red trench coat.

Another popular trend involving color is color blocking. Though it is not a new trend, it definitely is relevant this season. Color blocking is the combination of many colors placed together in one piece of clothing. People sometimes color block by wearing colors that belong in the same palette, while more daring fashionistas mix colors together in the ensembles. Macy’s is once again ahead of fall trends. The store also offers a color blocking collection. The Inc. International color block tunic is a perfect example of color blocking created with colors from the same palette. It is very fashion forward. It can be worn with leggings or fitting jeans. On sale for $39.99, this color block tunic will be sure to turn heads.

Colors are inviting and inspirational, but layering is also popular this season. Layering can be both useful and artistic. For practical shoppers, it serves the purpose of keeping them warm when the climate becomes chilly. The artistic approach takes imagination, transforming the simple act of layering into a science. Layering different articles of clothing together creates a visual effect that makes an impression, certain to make one stand out.

H&M already has its “eye” on this eye-catching trend, offering a perfect representation of layering. The ensemble is constructed of three essential pieces. The oversized checkered shirt pulls the outfit together, and at $39.99, it is quite affordable. Next are the leggings and scarf. The leggings add texture and color for $29.99. The scarf is both practical and stylish. It covers the neck and adds a slouch to the neck line, drawing attention to the model’s beautiful face. The tube scarf is only $6.95. This example of layering will keep us warm and stylish this fall.

Patterns are fun and chic. They add variety to clothes and make an article of clothing more interesting. This season, mixing patterns together is the way to go. The key to mixing patterns is to find an article of clothing with a dominant pattern. The dominant pattern will control the outfit. One of the many cardigans from Forever 21 exemplifies the art of patterns, containing three patterns in one piece. It has stripes, diamonds and zig-zags, which will definitely draw attention to this distinctive piece. For $29.80, this cardigan must be added to our wardrobes.

Fall is a time to cool off from the summer’s blazing heat. Have fun and be brave. Stay warm and stylish with these four trends.
ACADEMY OF ART UNIVERSITY AT NY FASHION WEEK

BY JOHANE CELESTIN

The Academy of Art University in San Francisco is one of the best schools for students who are interested in fashion. San Francisco is a wonderful city and can easily compete with New York, Paris and other cities known for their unique sense of fashion.

The transfer program at the Academy of Art University is fairly easy. To be eligible, students only need a “C” average. It requires two steps, applying online and submitting an official transcript from your college or university. The college will even accept the transfer of college level art work; simply submit a portfolio of your work.

The school helps students get in touch with their creative sides. So, if you are inspired by the simplistic yet classic style of Coco Chanel, the crazy and fun side of Betsy Johnson, or maybe your style is avant-garde, then the Art Academy is definitely the school for you.

Another advantage the Academy of Art University provides is that students get to show their work at the Mercedes-Benz Fashion Week, which is every designer’s dream. The Mercedes-Benz Fashion Week is one of the most exciting weeks in New York. All the big names in fashion come out to play, and designers have their work scrutinized by celebrities and magazine editors. This year’s fashion week was no different. The judge from America’s Next Top Model, and runway diva, Jay Alexander sat in the front row. The fashion show offers students the chance to become the next Vera Wang.

Some of the talented seniors from the Academy of Art University showed their work at Lincoln Center, where all the fashion shows are held. The overall ambiance of the show was very earthy. The audience seemed to enjoy the show. One student’s work was inspired by Asian themes, from kimono-esque blouses to Japanese shoes with a subtle simplicity. Another student clearly didn’t follow the “no white after labor day” rule because most of the skirts in her line were white, which looked incredible on the runway. The flowing white skirts gave the runway models an almost angelic look, even though they weren’t smiling.

Fashion Week and the Academy of Art University go hand in hand. If you want to be the next rising star in fashion, you should definitely consider transferring to this school. The University celebrates students’ uniqueness and quirks, encouraging individuality and experimentation. If you have an eye for fashion, applying to the Academy of Art University can be your ticket to the Mercedes-Benz Fashion Week.

---

Move up to UC.
Transfer Opportunities

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

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

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

Learn more about UC. Contact us today.
By StaceyAnn Martindale

Beyoncé, Justin Bieber, Drake, and Lady Gaga are household names to teens and young adults, but there are numerous artists in the music business who get little recognition for their work, even after years of being on the music scene.

Florence and the Machine, a melodious band hailing from South London whose sound crosses between indie pop/rock and soul, formed in 2007 and released their debut album Lungs in 2009. Two years later, they’re gearing up to release their second album Ceremonials, and yet a vast majority of people have never heard of them. Despite winning and being nominated for numerous awards (such as the BRIT, NME, and the Grammy award), the U.S. audience was scratching its collective heads when the group performed their song “Dog Days Are Over” last year at the MTV Music Awards.

Another artist who falls under the category of “barely recognized” is Swedish singer Robyn. Unlike Florence, she has been on the music scene since the early 90’s, her sound changing from bubblegum pop to electropop and dance. Although she released her seventh album Body Talk last year and was nominated for two Grammys in 2009 for her self-titled album Robyn, the U.S. audience hasn’t quite noticed either accomplishment. Fellow foreign acts such as solo artist Lykke Li and the bands Two Door Cinema Club and Phoenix have all dealt with their share of going unnoticed.

When you turn on the radio, the stations basically play the same songs over and over (when they decide to feature something music related). Doesn’t the public get tired of hearing Lil Wayne, Taylor Swift, Katy Perry, and all the other mainstream artists who have taken over the airwaves and television? Could the different sounds of these new and foreign artists scare radio stations and music channels away? Are these stations controlling the public by shaping our tastes to keep big record labels in business, or is something else happening—something behind the scenes? Many people suspect that money controls the music scene, and they’re right.

Years ago, U.S. radio stations could play any song they wanted, if they paid the songwriters instead of the recording artists. In other words, record labels wouldn’t receive the money directly from their songs airing on the radio. This sparked legal disputes and created the Performance Rights Act, which forces radio companies such as Clear Channel to pay fees (up to $500 million) to record labels and artists whose music they play. According to Nate Anderson from arstechnica.com, “Stations that have less than a $1.25 million per year in revenue can choose to pay $5,000 flat rate each year rather than the performance right fee on individual songs.” The National Association of Broadcasters (NAB) blames taxes and pits American companies versus foreign companies, claiming “a performance tax puts all that in jeopardy, simply to line the pockets of the foreign record labels (Sony [Japanese], Universal [French], and EMI [U.K.]).”

Basically, foreign and new artists aren’t getting the recognition they deserve due to money. It’s rare for artists from a different country and even from the U.S. (indie and alternative artists) to achieve mainstream success. Unless you’re always on YouTube or have subscriptions to Complex, Fader, RollingStones, or NME magazines, you probably won’t hear about them. There’s a possibility that you won’t be hearing Florence and the Machine, Lykke Li, and Robyn on the radio anytime soon. Audiences who are dying to hear something new, or experiment with a different sound, should check out MTVU.com, Pandora.com (a free radio website that plays your favorite artists and artists connected by the same genre), and music blogs such as Swaggernewyork.com, Spinner.com, Pitchfork.com, Stupiddope.com, and even Tumblr.com. Scrolling through suggested artists on iTunes and Youtube.com is also a good idea. If you’re accustomed to tuning into the radio, try broadening your horizons, your mind and ears, and check out some artists you’ve probably heard someone mention but never took the time to listen to. You might discover a new favorite artist.
SpacePlant: A Sound from the Future

By Anaís Wong

SpacePlant is a brand new electro house music group composed of four artists from New York: master engineer producer KOIL, musician producers Nova (Jeff Shreiner) and Cozmik (Jordan Yaeger), and DJ producer 2001 (Jason Schabes). On their Facebook page, they posted an original description of their creation – which they talk about as a separate, living entity – in the form of a “biography.” This is their story: “On an unknown planet in a faraway universe, a species of alien in danger of losing all life and sound to an approaching cosmic wave planted an audio seed, a single kick drum hit, in the hopes of preserving life and sound for future generations. This now extinct race leaves behind one legacy, a single life-form recovered millions of years later, now known as SpacePlant. This newly discovered audio-organism which has only recently began to grow is now giving life to new sounds the likes of which Earth has never known.” The Queensborough Communiqué interviewed the head producer of the band, KOIL, to get more information about this newborn dance music project.

Q. Communiqué: What is your relation with each member of SpacePlant?

KOIL: Jeff (Nova) is my buddy from Ohio – I’m from Ohio, and Jason (2001) is our friend from audio school. Then Jordan (Cozmik) is a friend of a friend. Me meeting Jordan is what gave birth to this beautiful plant.

Q. Communiqué: So when and how did the project start?

KOIL: One day in February of this year, I went to DecTown Entertainment, the studio where Jordan works, to hear what our mutual friend had been working on. After my friend and I had been playing each other some pop music, Jordan played one song that was an idea he had been working on – which later would become our song “Watering the Dance.” I looked him in the face and said, “We have got to make music together!” A few weeks later we got in touch again, he sent me some files, and we pieced together “Watering the Dance.” A few months went by where we didn’t really do anything, and then it was in May that SpacePlant concretely started, that the four of us decided to make it a serious project, in whatever spare time we had from our regular jobs. It was then within a month that we ended up getting a release on Ultra Records, which is the leading independent dance music label – a big deal in the world of electro. That’s not the usual timeline for a project that was still an overnight thing.

Q. Communiqué: What is your regular job?

KOIL: My day job is really an engineer in pop and rock music. I master and mix records for Sunset Entertainment and Cove City Sound Studios. I only started seriously producing electronic music five months ago. Before that, I was doing mainly hip hop, with some electro, but nothing this heavy.

Q. Communiqué: Are all the members of SpacePlant music professionals?

KOIL: We all have had training in some sort of music. Jordan graduated from Purchase College with a degree in studio production, and then Jason, Jeff and I graduated from Full Sail University in the audio engineering program. Jeff has had extensive musical training throughout his entire life. He started at a young age with piano and violin and then went on to drums and all percussions. Before he went to Full Sail, he was in a music conservatory in Ohio where all he was doing was playing music. He is a master of all: he can sing, play drums, piano, bass; guitar; any instrument you can bring, Jeff can play!

Q. Communiqué: What is the concrete role of each member of SpacePlant?

KOIL: Though we all take part as producers, each of us has more specific roles in addition to that as engineers, DJs, and musicians. 2001 is the DJ. The name is after Stanley Kubrick’s film 2001: A Space Odyssey. The story takes place in 2001, which was still the future when the movie was released in 1968, so when you watch it today it’s like if you were beyond the future, which matches with the spirit of SpacePlant. Nova and Cozmik are the main musicians and synth performers. They are more musical-minded, where Jason and I are more technical-minded. As the engineer, I put everything together, so I am the kind of the computer brain, but everyone says that I am the “mad scientist.” I even have a record credit that says I was “the mad scientist” on a record that came out in Korea.

Q. Communiqué: Are your songs mainly remixes, or do you create your own music?

KOIL: Our first release, a remix of Mysto and Pizzi’s single “Where Is Love” featuring Jonny Rose (on Ultra Records), and our promotional DJ mix “The GreenHouse Effect Volume 1” are the only tracks that have other people’s songs in it. Well, we did also just remix Britney Spears’ “I Wanna Go” using our original “Moonlight.” Everything else is made from scratch: the songs “MoonLight,” “Eletronix,” “Rocket,” and “Watering the Dance” are entirely ours. We also just finished a second version of “Watering the Dance” with vocals, featuring an artist named Michael James.

Q. Communiqué: What is your future role in SpacePlant?

KOIL: Live shows will be coming by the end of the year. We’ll perform at nightclubs’ private events and “electronights,” where people are coming to hear hard electro. I don’t think any of us expect our music to be for everybody. We know we’re making it for a specific target audience.

Q. Communiqué: What do you think SpacePlant will be doing in the next year?

KOIL: I think we’re going to DJ and perform at music festivals, and I think you could find us playing in small to mid-size venues worldwide. We’re ready to start making moves in going elsewhere to pursue electronic music, in and outside the US. The electronic music scene in New York is actually just starting to really grow in popularity, but this style of music would be much more widely accepted in the European and South American markets. New York is our home base because that’s where we’re all at, and it’s important to be close together during the initial phase. That being said, the four members of SpacePlant have never all been in the same place at the same time to work on music. We’ve only been working in pairs, passing around the work, and could probably manage continuing to make music together with all of us in different places. This kind of music being made on the computer, we don’t need to be in a room all together, which can seem kind of weird but is working for now.

Check out SpacePlant online: http://www.spaceplantmusic.com
http://www.soundcloud.com/spaceplant
http://www.facebook.com/spaceplant
http://www.twitter.com/spaceplantmusic
Days passed since the incident, and I seldom ate during this time, due to the difficulty of finding anything suitable to eat. Only just now have I watched them all fly across the skies, eyeing the occasional feather that descended toward the ground, carried by the brisk winds. While witnessing their flight, I had truly realized what a curse it is to remain a land dweller. Perhaps I had taken my mastery over the skies for granted. I thought with malice of the vermin that had struck the blow upon my right wing, stripping me of my glorious flight. Gazing upon the damaged wing, I noticed the dried blood seemed to have taken an eerie shape, appearing to be much akin to the vermin itself. However, dwelling on it was the last thing I wanted to do.

I began my trek for food and managed to make my way to a nearby park without much difficulty. I never truly feared anything that was capable of inflicting harm upon me, since nothing could ever reach me once I had taken flight, but now I have become more prudent. I have come to this place hoping to find one generous enough to provide me with food. My kind had grown to be quite reliant upon that. We were not the hunting type. We were practically scavengers. We looked upon those tall, legged creatures as though they were gods. Sometimes, I think they feed us not out of generosity but to affirm their superiority over us. Sometimes, they'd deliberately give too little and make us fight amongst ourselves for our food. But there was nobody here. I was grace only by the leaves that smacked against me while they were given life by the wind.

As I passed by one of the two legged god's thrones, I felt a rush of nostalgia, for I had recognized the throne. The wood was chipped severely at the edges, and one of the pieces of wood wasn’t connected to the frame at all. It was always at this time and at this location that I and several others of my kind were fed enough to last the rest of the day. The two legged god that fed us was genuinely generous as opposed to the others. Also, unlike the others, she was rather frail, and time had clearly taken its toll upon her face. I’ve come to notice, however, that a creature’s eyes remain fairly consistent throughout their lives, for despite her feebleness, her eyes still seemed to faintly echo her beauty.

I found myself staring at the empty throne as I thought about the former source of my food, wondering if I would’ve remembered her if she wasn’t just that. As the drop in temperature quickly became more evident, I realized I needed to find a warmer place to stay.

What would’ve normally been a short distance felt like several miles to me on foot. My eyes were ever fixed upon the pavement, scanning for anything I could eat to satisfy me for even a few moments. My fatigue had become very apparent, as did my hunger. Too long had I exerted energy without getting some in return. The night had come, and still I couldn’t find a meal. I walked through a small field of grass, desperately pecking at the cold icy ground for something edible. After a while, I began to feel dizzy, and it seemed as though reality itself were flickering in and out of existence. I didn’t know what was happening, but my very being revolted against the impending darkness and the nothingness.

I woke up to the smell of food. A small pile of seeds was beside me, along with some water in a small bowl. Before questioning how such a blessing had been given to me, I had my meal and a drink before examining my surroundings; I was in a cage of some sort. However, I wasn’t trapped, for it was left easy to open in case I wanted to leave, though I saw absolutely no reason to. Also, my injured wing was feeling a lot better than it had the day before. It was wrapped in some sort of material, to keep it less exposed to the elements. I assumed it was done by the one who decided to leave food for me and provide me with some sort of shelter, even if it was still outside. At least I didn’t need to worry about attackers.

It was later that morning that I met the two legged god that gave me the generous food. He was glaring at me as though it were my fault! The thought outraged me. The food he provided me with was the only reason I stopped trying to fly up onto the railing, though keeping my balance upon it was difficult at first. I awaited him, hoping that he’d take notice of me and remember that he had forgotten to feed me. He never came out. Every day I returned to the rail, and within a couple of days it began to snow upon me. Even as the cold came at me from all directions, entrapping me in its bitter grip, all I thought about was why the god had stopped feeding me. Had I angered him? Did he die?

I no longer returned to my cage. I simply sat upon the rail all day and night, ever awaiting my food.

After the snow had settled, I heard noises from behind the door. I knew he was approaching, and I stared at the door with anticipation. The god came out with a large bag, filled with what I presumed to be my food. He scattered a good amount of it upon the icy ground, finding myself face to face with a giant orange eye. It seemed to be within the ice itself, but as I got myself back up I saw that it was one of my kind. I was confused. Did he hear about the generous god that gave out food to me? I examined him closely, noticing a scar upon his right wing. The scar seemed to glare at me viciously, and my entire being filled with fear. He too had the vermin-shaped scar. The god must’ve found him in the same state I was in. He must’ve been the cause of the god’s disappearance for those days. I was angry. I was not prepared to share neither the god’s time nor food with this cretin!

I immediately turned to the new food the god placed upon the ice, and my beak went after it with haste. It was hard. I couldn’t break it with my beak. And it tasted salty. I examined the food closely and tried biting it again. It was perplexing. What kind of food was this? It was stark white like the snow, but it had a strong and strange scent as well as taste. I turned back to the ice where I saw one of my kind and glared at him as though it were his fault. He glared back.

He was glaring at me as though it were my fault! The thought outraged me. The food the god had cleared turned to stone because of him. But it didn’t matter. It was still mine. I wasn’t going to let him have what the god had given me, whether it be waste or otherwise. I looked for the smallest piece of the strange food, for they varied in size. I couldn’t bite it, so I simply swallowed it whole. And the sharp edges ripped my throat on its slow way down, coming to a sudden stop. I panicked. I ran around in circles futilely until my energy had been completely exhausted. My face was pressed against the ice; I collapsed, convulsing and struggling for air. And there he was, right in front of me, staring back and choking just as I was. I couldn’t help but feel satisfied that at least he wouldn’t be getting any of the god’s food either. I watched him die, his orange eye now wide and looking as though it were about to pop right out of its skull.
I am 20, and I look at myself in the mirror right before I catch the bus. I fix my hair a little and look at the irregular spots that mark the eccentricity in my face. The large, white, almost boldly blemishing spots around my eyes collide with the creamy brown of my skin. My skin is imperfect, with random splotches of white that invade the brown of my skin. I love it sometimes. Except my legs. It makes me happy, it makes me different, and a part of it has made me who I am today.

When I was 19, I stopped going to laser therapy. I got tired of it, and I got tired of spending my Tuesdays in a doctor’s office. When I was 18, I brought my best friend along with me to watch me get lasered, as I called it. She watched in amusement as each area of my skin was slightly pushed by an atrocious looking Synge-like contraption. It looked like I was getting an injection. She asked me if it hurt, I said no.

I was content with who I am, I realized. My brother and I had a fight. He made fun of my skin. I cried and my mother yelled at him.

I still applied the ointments and creams. One kid called me Michael Jackson. “I like his music,” I said.

My friends asked me what was wrong with me. I noticed the stares, and it bothered me. I got sunburn on the white sometimes. It would turn bright red and burn and itch. The treatments continued, with each one a higher dosage of rays and another longer dreadful moment of standing. I stripped down naked and put on a cloth robe that was so thin. It felt cold. I walked into the booth and stood on a stool for being short, and then I closed my eyes. Intense heat enveloped my whole body for thirty seconds. The nurse stopped the machine and handed me goggles. I wore the goggles and stood there for another minute or so.

I covered my white walls with posters and markings. My brother and I had a fight. He made fun of my skin. I cried and my mother yelled at him.

I still applied the ointments and creams. One kid called me Michael Jackson. “I like his music,” I said.

My friends asked me what was wrong with me. I noticed the stares, and it bothered me. I got sunburn on the white sometimes. It would turn bright red and burn and itch. The treatments continued, with each one a higher dosage of rays and another longer dreadful moment of standing. I stripped down naked and put on a cloth robe that was so thin. It felt cold. I walked into the booth and stood on a stool for being short, and then I closed my eyes. Intense heat enveloped my whole body for thirty seconds. The nurse stopped the machine and handed me goggles. I wore the goggles and stood there for another minute or so.

My mom was happy.

When I was 13, my mom found a dermatologist in Manhattan, and I had an appointment. She set me up for UVB and UVA treatments twice-weekly. I hated the white.

The white spread. It spread to my hands and my legs and my chest and my ass and my vagina and my heart and my soul. The white wouldn’t go away.

I tried creams and ointments and teas and herbs and nasty concoctions that made me want to puke my guts out. I tried custom made African Shea butter and coconut butter and oils and more creams.

When I was 12, my skin started to change. I noticed various white spots all over my legs and forming on my eyes. I panicked and went to my mother. We visited a doctor and they relocated us to a dermatologist.

I covered my white walls with posters and markings. My brother and I had a fight. He made fun of my skin. I cried and my mother yelled at him.

I still applied the ointments and creams. One kid called me Michael Jackson. “I like his music,” I said.

My friends asked me what was wrong with me. I noticed the stares, and it bothered me. I got sunburn on the white sometimes. It would turn bright red and burn and itch. The treatments continued, with each one a higher dosage of rays and another longer dreadful moment of standing. I stripped down naked and put on a cloth robe that was so thin. It felt cold. I walked into the booth and stood on a stool for being short, and then I closed my eyes. Intense heat enveloped my whole body for thirty seconds. The nurse stopped the machine and handed me goggles. I wore the goggles and stood there for another minute or so.

My mom was happy.

When I was 13, my mom found a dermatologist in Manhattan, and I had an appointment. She set me up for UVB and UVA treatments twice-weekly. I hated the white.

The white spread. It spread to my hands and my legs and my chest and my ass and my vagina and my heart and my soul. The white wouldn’t go away.

I tried creams and ointments and teas and herbs and nasty concoctions that made me want to puke my guts out. I tried custom made African Shea butter and coconut butter and oils and more creams.
Coping with Stress

**By Rebecca Yonk**

Do you feel a certain amount of stress each day? As a student, it is important to recognize what causes you to become stressed and, most importantly, how to cope with that stress.

So, what happens to you physically when you undergo stress? Your body produces large amounts of Cortisol, Adrenaline, and Noradrenaline. These chemicals trigger what is called the “fight or flight” response, which means that your blood pressure rises; breathing becomes more rapid; the digestive system slows down; the heart rate rises; the immune system becomes vulnerable (so you may get sick more often, especially with the common cold and the flu); muscles become tense, and you may have trouble sleeping.

It is also important to realize that everyone interprets stress in different ways. What is stressful is individualistic and not the same for everyone. Stress is what you think is overreaching and too much to handle. For example, you might feel like you can’t accomplish something because of time constraints. Also, not all stressors are negative. A few examples of positive stressors could be getting married, having a baby, moving to a nicer home, and being promoted.

However, because stress is interpreted in different ways, each person feels the intensity of stress differently and reacts accordingly. In other words, some people might develop an anger problem and have outbursts; they might feel anxiety, burnout, and depression, feel insecure, and have problems concentrating, have forgetfulness, and fatigue. They might eat too much or too little, abuse drugs and/or alcohol.

For all the harmful reactions that stress can cause, it is vital for you to know different methods of how to deal with your stress. Three different ways to manage stress are relaxation techniques, yoga, and exercise.

According to the Mayo Clinic, relaxation reduces the effects that stress has on a person’s mind and body. These techniques are usually free or at low cost and could be done anywhere. The Mayo Clinic states that relaxation techniques have many stress reducing effects. For example, the techniques slow heart rate, lower blood pressure, slow breathing, increase blood flow, reduce muscle tension and chronic pain, improve concentration, reduce anger and frustration, and boost confidence to handle problems.

Relaxation techniques include focusing your attention on something that is calming, making you more aware of your body. In order to get the full benefits, you should try to do these techniques on a regular basis. Although there are many forms of relaxation, the main ones are Autogenic Relaxation, which is the repetition of words or suggestions in your mind to relax. Another method is called Progressive Muscle Relaxation, in which you slowly tense and then relax each muscle group. The Mayo Clinic staff said, “This helps you focus on the difference between muscle tension and relaxation.” Other techniques are hypnosis, massage, meditation, and tai chi.

Yoga is another effective method of reducing stress. It is a series of poses and controlled breathing. It teaches you how to breathe, meditate, and pose in ways that will relax you and thereby reduce your stress level by giving you a peaceful feeling in your body and mind.

There are many different styles of yoga and different intensity levels of the poses. It is important to remember to start in a beginner’s class with an instructor who can correct your poses and positions.

The health benefits of yoga, besides reducing your levels of stress, are increased fitness (You may enjoy better balance and flexibility.), management of chronic health conditions, and weight loss (It might inspire you to change your lifestyle and eat healthier.). The Mayo Clinic staff claimed, “At the end of a yoga session, you should feel invigorated, yet relaxed and calm.”

Thirdly, exercising in any type or form is a great stress buster. It keeps you healthy and reduces your stress because it makes your body produce more endorphins, the “feel-good” neurotransmitters. Exercise also puts you in a good mood because it makes you feel confident in yourself and reduces anxiety and depression.

One thing the Mayo Clinic staff pointed out is that you should “build up your fitness level gradually.” According to the Department of Health and Human Services, a person should be “getting at least two hours and thirty minutes a week of moderate aerobic activity…or one hour and fifteen minutes a week of vigorous aerobic activity…preferably spread throughout the week.” They also recommend “strength training exercises at least twice a week.”

To stick with an exercise routine, it’s important to set a goal, find someone to exercise with, and do what you love and enjoy; don’t force yourself to do something you don’t want to do because then exercise will become a chore and increase your stress levels instead of reducing them. The Mayo Clinic staff said, “Any form of physical activity can help you unwind and become an important part of your approach to easing stress.”

So there you have it—three effective ways to reduce your stress. When exam time comes or you have an assignment due and you feel the stress starting to build up, try these methods and see which one will work for you.

Coffee Goodness

**By Diana Gonzaga**

“If large coffee, black, no sugar,” many Americans grumble at the start of their day. But what are the benefits of coffee besides keeping students awake for early morning classes or finals?

According to Dr. Sears, a doctor on the CBS show “The Drs.,” “Having two to four cups of caffeine alleviates fatigue, improves concentration and relieves stress.” Coffee can help students when they are stressed before or during exams at school. Also, according to the article on Health.com, “Coffee: Is It Healthier Than You Think?” by Sarah Klein, drinking a moderate amount of coffee a day can help lower the risk of colon cancer, Parkinson’s and type 2 diabetes. Dr. Luigi Gratton, a physician specializing in family nutrition and a clinical physician at the UCLA Center for Human Nutrition, said that coffee contains antioxidants. An antioxidant is a substance that counteracts the deterioration in the body of stored food products, according to dictionary.com. Antioxidants not only counteract the stored food products in the body but, also, help reduce the risk of cancer and prevent inflammation in the blood vessels.

However, Dr. Sears mentioned that we should limit our caffeine intake to 300 mg a day, the equivalent of three cups of coffee (eight oz. each). He also said, “Having too much caffeine (four or more cups) can have side effects such as an upset stomach and jitters.” Caffeine stays in the blood for up to twelve hours and later causes insomnia. Caffeine is also a diuretic, which means that drinking too much can lead to dehydration and increased blood pressure.

A QCC pre-med student, Alex Reyes, said that drinking fruit shakes can actually give you the energy you need without having to drink coffee. But for some people, drinking smoothies might not be a healthy choice, since these fruit drinks can be very sweet. According to a study conducted by the British Dieteric Association, Dr. Frankie Philips and other nutritionists pointed out that “Many smoothie drinks in the UK have sugar levels higher than the Food Standards Agency’s healthy limit of 10g of sugar per 100g.”

Dr. Gratton suggested consuming green tea, black tea, red tea, or oolong tea instead of coffee, since they contain half the caffeine. These teas contain a higher amount of antioxidants because they are made from different parts of leaves, and they also promote weight loss. So, drinking teas seems to be the best choice in the morning or when you need that extra boost of energy.
HEALTH NEWS

The Unhealthy Healthy Menu

By Ashley Liszka

Sure, our most famous fast food restaurants promise healthy alternatives to cheeseburgers and french fries, such as salads, yogurts and fruits. But are these alternatives as healthy as we think?

A Wendy’s Apple Pecan Chicken Salad has more calories, more fat, more sodium, and more sugar than a Spicy Chicken Sandwich or a Wendy’s Double Stack. Burger King’s Whopper Junior has less calories, carbohydrates, sugar, and sodium than its Veggie Burger. Also, McDonald’s Fruit & Yogurt Parfait is advertised as a healthy alternative; yet it has more calories, carbohydrates, fat, and sodium than its “Kiddie Cone,” which is a regular vanilla ice cream cone, only smaller.

A few weeks ago, McDonald’s revealed the new “healthier” Happy Meal. The “healthier” Happy Meal now provides kids with a smaller serving of fries and a serving of pre-cut, peeled apple slices. But the meal still contains food that is fried and filled with fat and cholesterol.

So, the questions remain: Are these chain restaurants really conscious of our health? Are the healthy alternatives simply a marketing ploy to lure people trying hard to lose weight? Not only do these healthy alternatives pack on loads of fat and calories, but like the food on the rest of the menu, they are grown and manufactured by large industrialized farms with chickens injected with hormones and vegetables grown from genetically enhanced seeds which may produce greater amounts of food that is also harmful to human beings.

If we happen to look at the fast food restaurants’ menus, we’ll notice that they only provide customers with calorie counts but not the full nutritional facts behind their foods, such as carbohydrates, sugar, sodium, and fat percentages. So, before we give these companies the satisfaction of making money off of fooled customers, we should think twice and do some research. The fast food restaurants provide additional nutritional information on their websites. So, before we patronize these stores for their quickness and convenience, we should visit these sites. We truly need to acknowledge the importance of what we consume on a daily basis; the fats, sugars, carbohydrates, and sodium in these meals can total a day’s worth (and sometimes more) of what our daily consumption should be.

The nutritional facts on the left hand chart comes from the websites of each fast food restaurant. (Wendy’s, McDonald’s, and Burgerking.com)
**Meet Mr. Evolta**

**By Alexander Reyes**

A new competitor is taking on one of the world’s toughest athletic feats, Hawaii’s Ironman Triathlon.

Meet Mr. Evolta, the miniature robot from Panasonic will be the first artificial being to take on the grueling 140 mile race to advertise the long life of Panasonic’s new line of Evolta batteries. The 6.7 inch tall robot that climbed 500 meter cliff at the Grand Canyon this past May and walked 300 miles from Tokyo to Kyoto will swim 2.4 miles, bike 112 miles and run a 26.2 mile marathon on October 24th.

Kyoto University’s renowned roboticist, Tomotaka Takahashi, built three special robots, each powered by three rechargeable Evolta AA batteries for each of the individual events. The swimming version of Mr. Evolta needs to be properly equipped for the water. A flotation device will be attached to it along with spinning arms for propulsion to take on the rough waves and currents of the Pacific. The biking version looks as if it’s riding a little bike with training wheels, while the running version of the robot looks as if it’s in some kind of hamster wheel.

The mini robots will face many challenges on the race, such as sun, wind and road obstacles that everyday creatures can simply step over. The Evolta robot will tackle the course a few weeks after its human counterparts, and because Mr. Evolta is 10 times the size of a human, it will be given a one week time limit to finish the race.

---

**Gaming: The Unhealthy Recreation?**

**By Nicole Haufe**

Can gaming really boost your intelligence, or does it only lead to laziness and obesity?

Studies have shown that playing video games can boost eyesight and coordination, increase brain activity, and even improve a medical surgeon’s precision skills during surgeries.

“First person shooter video games improve visual skills by increasing the brain’s capacity to spread attention over a wide range of events,” according to Researchers at the University of Rochester. Surprisingly, playing video games can help improve Amblyopia, the medical term for “lazy eye”. Nottingham University discovered that playing fast-paced games can help a lazy eye in 30 minutes of play time rather than 400 hours of wearing an eye patch.

Playing fast-paced video games makes the brain interpret movements in an incredible speed, and then the movements of the games are played with the hands and fingertips. By this process, a person is increasing his or her skill of hand-eye coordination, which is essential in everyday life.

Iowa State University studies showed that surgeons who play video games make fewer mistakes when performing surgical procedures than those who do not play. They complete tasks faster and with minimal mistakes. Laparoscopic surgeons need to have incredible hand-eye coordination to perform operations, and the use of video games increases and trains their abilities.

Video games are not always played for entertainment; they can be used to benefit our health. But it’s important to keep in mind that games need to be played in proportion with other activities throughout the day; otherwise, they can become a distraction and can even lead to obesity.
I recently conducted a phone interview with Kenny Albert of MSG and FOX Sports. At the age of 26, he became a commentator for FOX Sports. He is a fixture in the New York sports scene, announcing Knicks and Rangers games for MSG. Kenny, whose father and two uncles were famous broadcasters, announces MLB and NFL games for FOX. I spoke with him about his broadcasting career.

David Russell: How did growing up in a family of announcers impact you?

Kenny Albert: It was 99 percent positive. The things I learned at a young age were really helpful. I was able to tag along and watch games in New York and sometimes on the road. I got a tape recorder for my fifth birthday, which I practiced announcing into. I was able to learn so much.

DR: What were some of your early announcing experiences?

KA: I started announcing into my tape recorder. My first official games were by coincidence. When I was in 10th grade, the athletic director mentioned a small cable network, Cox Sports, was coming to tape a girls basketball game, and I wanted to announce it. I ended up doing a lot of games over the next three years for them. I didn’t get paid, but I didn’t care. I just wanted experience. Then I went to NYU, which was a Division III sports school. Although it’s a big school, only five or six of us were interested in announcing, so I called those games. My first job out of college was calling games for the Skipjacks of the American Hockey League. I also worked on sales and marketing. It was great to have those behind the scenes experiences. I called Washington Capitals games and then Rangers games on the radio. Then I got the job for the NFL on FOX, after FOX got the rights for the NFC package from CBS. FOX used veterans from CBS, and they also wanted new faces. Me, Joe Buck, Kevin Harlan, Thom Brennaman, we were in the right place at the right time.

DR: What is the experience working in Madison Square Garden?

KA: It’s been terrific. Hockey was my favorite sport growing up. It’s a lot of fun; it’s great working with Dave Maloney, who I work with on the radio. The Rangers are a first class organization, and I’m glad to be a part of it.

DR: How is it working with Walt Frazier?

KA: It’s great. I’ve done it the last three years. I grew up going to all the Knick games as well. I had done some basketball in Washington, before the Knick games.

He’s obviously a legend; his number is up in the rafters. He has a keen sense; he senses the little things.

DR: What is the difference between working Knicks TV and Rangers radio?

KA: It’s definitely different. Preparation is the most important thing, period. A lot of it used to be reading facts, but it’s different now. I used to get tapes on Wednesday to prepare for Sunday, but now with DirecTV I could just tape it ahead of time and have extra time to prepare. Most radio work I do now is with hockey. It’s a fast sport; you really have to describe everything. There’s no time for stories or tidbits. The ball or puck is in action 90 percent of the time. Basketball on TV, I don’t have to describe as much because viewers can see. There is more time for color commentators. Radio is more descriptive, so I have to be more specific. For NFL games, I describe the play, then I lay out and give it to my partners. In football, the rhythm is a play, then thirty seconds, another play, then thirty seconds of talk.

DR: How is it working MLB games on FOX?

KA: Well, I work with three different analysts: Eric Karros, Mark Grace and once in a while Tim McCarver. Baseball is the biggest challenge because the ball is usually not in play. You have to rely on the analyst. I really enjoy going to all different ballparks. Calling national games is different than following one team. I call about 70 Ranger games a year, so I know all the players and the storylines. For national games, I have to catch up on an entire season in a week. Announcing baseball is not fast. It’s kind of laid back; it’s just the nature of the sport. I give credit to everyday guys, the ones who call 162 games for 3 ½ hours a day.

DR: For years you worked with Ron Pitts, then Tim Green, then Brian Baldinger for the NFL on FOX. How is it working with a three-man crew consisting of you, Daryl “Moose” Johnston and Tony “Goose” Siragusa?

KA: It’s different. I liked working with all of those guys. This is year five coming up with Moose and Goose. Our broadcasts are so different because Goose is on the field during the game, even though he’s not a sideline reporter. His microphone is always on. He does a great job down there from behind the end zone, which is his favorite vantage point. The respect factor is there with the Super Bowls. Moose won three for the Cowboys in the 1990s and Goose got his with the Ravens in 2000. When we go to team meetings to prepare for games, all the players know them. I think when people look back we might be seen as pioneers with this kind of set-up.

DR: Is there a difference in the college football games you announced as opposed to NFL games?

KA: There are some rule changes. I haven’t done much of it. The FOX Bowl games I did had a lot of studying and prepping, which is one of the enjoyable parts. There are a lot of new guys you haven’t heard of; I wasn’t familiar with them. The Notre Dame-LSU Sugar Bowl I called with Terry Bradshaw and Howie Long was one of the greatest experiences of my pro-life.

DR: What were your Olympic experiences like?

KA: It was kind of a last minute thing when I first went. Mike “Doc” Emrick, my favorite hockey announcer, pulled out a week before the Winter Olympics in 2002. It took a lot of cramming, but I got the job done, and I was called back twice. Those memories would certainly be near the top of the charts. Those three Olympics, as far as the amount of games in a short period of time go was unlike anything I’ve ever done before. I called something like 23 games in 13 days, and there were pronunciation issues to deal with. I was so happy I could fill in for Mike, and I’m thankful that NBC called me back twice.

DR: What is the best game you ever announced?

KA: Luckily, there are a number to choose from. The 1994 Stanley Cup Finals when the Rangers won the title, which I called for NHL Radio. The Packers-Seahawks playoff game in 2007 at Lambeau Field. Brett Favre was tremendous. The Notre Dame-LSU Sugar Bowl. The Knicks playoff games this year, game one in Boston and game three in New York. And then for baseball I got to do the interviews in the clubhouse for the ALCS in 2003, 2004 and 2009. I talked to the Yankees in 2003 after Aaron Boone’s home run won the pennant and then the Red Sox in 2004 after the comeback.

DR: Any advice for future announcers?

KA: Well, there are two main things. Preparation is first. You can never be over prepared. There are so many ways to prepare, and there is so much information with the internet. Talking to coaches, players, and going to practices is important. Second is practice. Practice announcing a game on television and record yourself. It’s good for preparation and repetition. You get better from it. I listen to my early work, and it sounds so different.

DR: For years you worked with Ron Pitts, then Tim Green, then Brian Baldinger for the NFL on FOX. How is it working with a three-man crew consisting of you, Daryl “Moose” Johnston and Tony “Goose” Siragusa?

KA: It’s different. I liked working with all of those guys. This is year five coming up with Moose and Goose. Our broadcasts are so different because Goose is on the field during the game, even though he’s not a sideline reporter. His microphone is always on. He does a great job down there from behind the end zone, which is his favorite vantage point. The respect factor is there with the Super Bowls. Moose won three for the Cowboys in the 1990s and Goose got his with the Ravens in 2000. When we go to team meetings to prepare for games, all the players know them. I think when people look back we might be seen as pioneers with this kind of set-up.

DR: Is there a difference in the college football games you announced as opposed to NFL games?

KA: There are some rule changes. I haven’t done much of it. The FOX Bowl games I did had a lot of studying and prepping, which is one of the enjoyable parts. There are a lot of new guys you haven’t heard of; I wasn’t familiar with them. The Notre Dame-LSU Sugar Bowl I called with Terry Bradshaw and Howie Long was one of the greatest experiences of my pro-life.

DR: What were your Olympic experiences like?

KA: It was kind of a last minute thing when I first went. Mike “Doc” Emrick, my favorite hockey announcer, pulled out a week before the Winter Olympics in 2002. It took a lot of cramming, but I got the job done, and I was called back twice. Those memories would certainly be near the top of the charts. Those three Olympics, as far as the amount of games in a short period of time go was unlike anything I’ve ever done before. I called something like 23 games in 13 days, and there were pronunciation issues to deal with. I was so happy I could fill in for Mike, and I’m thankful that NBC called me back twice.

DR: What is the best game you ever announced?

KA: Luckily, there are a number to choose from. The 1994 Stanley Cup Finals when the Rangers won the title, which I called for NHL Radio. The Packers-Seahawks playoff game in 2007 at Lambeau Field. Brett Favre was tremendous. The Notre Dame-LSU Sugar Bowl. The Knicks playoff games this year, game one in Boston and game three in New York. And then for baseball I got to do the interviews in the clubhouse for the ALCS in 2003, 2004 and 2009. I talked to the Yankees in 2003 after Aaron Boone’s home run won the pennant and then the Red Sox in 2004 after the comeback.

DR: Any advice for future announcers?

KA: Well, there are two main things. Preparation is first. You can never be over prepared. There are so many ways to prepare, and there is so much information with the internet. Talking to coaches, players, and going to practices is important. Second is practice. Practice announcing a game on television and record yourself. It’s good for preparation and repetition. You get better from it. I listen to my early work, and it sounds so different.
Bring your resume to an
Internship/Cooperative Education Forum
November 16th - 1pm to 3pm
In the Student Union
Open Only To QCC Students

Come meet and network with representatives from various companies recruiting interns to meet their needs in a broad range of functions and roles.

In today’s ever-changing job market, employers are seeking individuals with experience.

How do you get experience?

One of the best ways is through internships.

Cooperative Education Faculty Coordinators and Employers will be present to discuss possibilities in one-to-one conferences with you.

Parting gift!

MUST fill out an evaluation to receive the certificate.

REGISTER for the Forum by logging onto
collegecentral.com/queensborough

For information about the Internship Forum please call (718) 631-6297, or stop by Library 429.

Career Fields:

Company information available closer to the time of the event.

Sponsored by The Office of Career Services