Community College: End of the Line or Fast-Track?

By Alena Khaimchayeva, Mickel Nescutu, and Leticia Rodriguez

When you tell someone that you go to a community college, what is the response? Is it surprise? Or is it, “Oh that’s nice,” followed by an awkward silence? Whatever it may be, you and I both know that since the day you arrived at Queensborough Community College, you wondered if it was a good choice. Whether it was your choice or you were required to come to a community college due to your grades or lack of funds, we all wonder if we are in the right place.

One of the biggest questions we face is, “what do others think about community colleges?” Specifically, what do students who go to four-year universities think? Chris W., a full time student at the University of Albany said, “I honestly think that community college is just for people who either can’t afford a four-year college or simply didn’t do well in high school.” He continued, “You don’t have great parties like we do in universities, and I doubt the classes in community college are as big as the ones we have. Things like that are experiences that you are missing out on by attending a community college.”

Some Queensborough students however feel it’s a great place to start. Emir, a full time student of Queensborough Community College, said “I see Queensborough as a lily-pad; it’s a small step to go into a four year school. QCC is a clean slate, somewhere you can start fresh.” One of many of the benefits of attending a community college is that you can improve your grade point average. By working really hard and doing the best they can, students can go on to a four-year college with a great start. As Emir observed, “It’s better to a community college than a four-year college [because] if

Have You Seen Molly?

By Coreyena Owens, James Moore, and Nalam Kim

On November 5th, 2013, there will be a mayoral election. The two candidates are Democrat Bill de Blasio, and Republican Joseph Lhota. These two candidates have very different stances on the hot topic of stop–and-frisk.

The Center for Constitutional Rights describes stop-and-frisk as “the practice by which a police officer initiates a stop and frisk of an individual on the street, allegedly based on reasonable suspicion of criminal activity.”

On one hand, the Republican Party believes the stop-and-frisk policy is effective, because it helps stop criminals that might have illegal weapons on them. On the other hand, the Democratic Party believes the policy is unconstitutional and promotes racial profiling.

Judge Scheindlin of United States District Court, who ruled in August that the stop-and-frisk tactics of the New York Police Department violated the constitutional rights of minorities in the city, stated, “officers routinely stopped people partly on the basis of “furtive movements,” a category that officers have testified might encompass any of the following: being fidgety, changing directions, walking in a certain way, grabbing at a pocket or

Mayoral Candidates Spar Over Stop-and-Frisk

By Anthony Freyta, Denise Camacho, Genesis Feliz and Nektarios Psoras

Exactly what is “Molly,” what does it do to our bodies and why are so many kids taking so many dosages of this drug? While some Queensborough community college students have never heard of the drug, others have experimented with it. Those who have taken Molly say they do so because it keeps them “dancing and give[ing] them energy all night long”, or, as one student put it, “because it makes me feel loose and doesn’t make me feel tired when I stay at a club or concert for many hours.” They learn about it and know how popular it is through their friends on social media, like Facebook and Twitter.

Why do they keep taking it? One student explained, “it is addictive: I feel every time I go out with my friends I need to take one in order to have a good time.” As another put it, “I know I need to stop but I can’t – it’s just too addictive – but I can say I’m trying to stop.” Still others who used Molly have stopped, in one case, because of the side-effects and deaths that the student read about, and with the help of family support.
Many students are having a hard time finding a career path and the right job to go along with it. With all the pressure of a hectic class schedule, family and a social life, who has time to juggle all of these things and still find the time to work?

Students like us are doing it every day because we want to secure a better future for ourselves. Choosing the right career can be extremely difficult; students want something that is fulfilling and lucrative.

I walked around the QCC campus and asked my peers what career paths they have chosen and how their job search is going. Many either replied, “it’s hard to find a job,” “I haven’t chosen a major,” or they were not working in a job that would help them with their career. Interviewing students did not help me figure out how to inform my peers of the help that they can receive.

I then began to search the school website and I could not believe what I found—Focus 2, resume builders, internships and much more. With all this new information that I found and didn’t know I had access too, I then began to ask what’s the next step? How do I get more help and who should I speak to?

I immediately made an appointment with Constance Peluso the director of career services, and found she was very helpful.

I asked her many questions like what are the top four trending careers and she replied, “Liberal Arts and Sciences, Nursing, Criminal Justice and Business Administration.”

She also pointed me in the direction of a program on the QCC website called Focus 2. Focus 2 is a career aptitude test that helps students figure out what career best fits them. All of this information is out there and there are wonderful people like Ms. Peluso who are more than willing to help.

I developed a three-step process to help students begin finding a job.

First students should pick a major, try using Focus 2, build a resume, and make an appointment to be advised—and most of all, if you need help, don’t be afraid to ask. Lastly check out our QCC career services website www.qcc.cuny.edu/careerservices. I hope it’s as helpful to you as it was to me!

Good luck my fellow peers and remember you’re not alone and take advantage of all the resources you have on campus. Make your college experience an enjoyable one!
Can Sexuality Be Positive?

By Melissa Romeo, Jasmine Allen, Sabrina Jackson

“Yo, look at that smut!!! Would you cuff or pass?”

Does this sound familiar? Many young women on college campuses are subjected to objectification, a social stigma that constrains women’s sexuality.

Responses to an anonymous survey of questions on women’s sexuality and appearance revealed that many Queensborough students have conflicting beliefs on women’s sexuality because of the negative connotation that is attached to—especially for young women—in our culture.

Although the majority of respondents expressed largely liberal views about sexuality, they still put certain restrictions on how a woman should express her sexuality.

According to one 18 year-old female, it is not “wrong” for a woman to have multiple sex partners but, she asserted, “a self-respecting woman has standards and won’t just have sex with any man.” Another student, an 18 year-old male, believes the term “slut” is degrading, but does not believe mothers should be allowed to breastfeed in public.

These responses convey how some students’ view on sexuality is in a jumble. Although the respondents express some beliefs in sexual freedom, a woman displaying certain parts of her body is considered sexual and judged and restricted.

Some students also expressed the view that the only way a woman can achieve respect from her peers is to dress modestly, and remain a virgin until she meets someone she loves. According to a 20 year-old male, “A self-respecting woman would save herself for marriage rather than a woman with no self-respect. Or a self-respecting woman would only have a sexual relationship with someone they truly have feelings for.”

Despite seeming liberal attitudes towards sex, both in our community and in the larger culture, there is still an idea that sexuality is bad and women who display their sexuality are perceived poorly. Pop star Britney Spears, some feel, epitomizes this paradox. In her youth, she portrayed the image of a chaste girl but was later also sexualized. During her early years of fame she announced her purity ring but at the same time posed for 1999 Rolling Stone issue in bras and panties, standing in a seductive pose in the middle of the room with dolls surrounding her.

An 18 year-old female summed up the cultural attitudes with some irony: “Okay, we masturbate to you, make money and profit off of you, and treat you like “things” to be bought and shown off. But we’re still going to call you sluts and whores at the same time. If you wear..., have sex, or are naked you lose the right to be treated like a human being.”

Mayoral Candidates Spar Over Stop-and-Frisk

looking over one’s shoulder.

She found that in their zeal to identify concealed weapons, officers sometimes stopped people on-the grounds that the officer observed a bulge in the person’s pocket; often it turned out that the bulge was cause not by a gun but by a wallet. “The outline of a commonly carried object such as a wallet or cell phone does not justify a stop or frisk, nor does feeling such an object during a frisk justifies a search,” she ruled.

She emphasized what she called the “human toll of unconstitutional stops,” noting that some of the plaintiffs testified their encounters with the police left them feeling that they didn’t belong in certain areas of the city. She characterized each stop as “a demeaning and humiliating experience.” “No one should live in fear of being stopped whenever he leaves his home to go about the actives of daily life,” she wrote.

Bill de Blasio agrees with Judge Scheindlin.

He believes that the stop-and-frisk policy is unjust and that people of color are scared to even walk the streets because of the possibility of being stopped-and-frisked for no apparent reason.

Joseph Lhota, claimed that stop-and-frisk is an effective policy, which “has a big effect on the citizens of New York.” He says that the NYPD vans go to high crime rate areas, because the cops are trying to supervise those areas not because of race. Since, the ruling was made for stops to be monitored, the city has seen more shooting and a drop in gun seizures, he argues, proving stop and frisk is indeed important to crime prevention. The Stop and Frisk policy keeps weapons off the streets, according to Lhota, though in fact, weapons were actually recovered in only one percent of the all stops.

From 2002, shooting in New York City has only decreased by 3.9%. There is no conclusive evidence directly linked to the NYPD’s Stop-and-Frisk policy to the overall decrease in crime rates or to the slight decrease in shootings.

Since the stop and frisk policy is the main focal point of the two mayoral candidates, this will affect how a lot of people will vote come November. On one hand, De Blasio, as a Democrat, believes the stop and frisk policy is racial profiling, which he thinks is unconstitutional. He believes this policy causes further tension in certain communities that is already high. People see the police as the enemy, rather than as their protectors. On the other hand, Lhota believes that the stop and frisk policy is effective. He believes more guns are picked up in this way keeping, New York City, a little safer. He claims it has nothing to do with race, but with high crime areas.

Where they stand on the issue of stop-and-frisk, will play a big role in how a lot of New Yorkers will vote come Election Day!
### A Cry for Help

**By Myleen Toro and Catherine Pauta**

Some people seek help while others in need of help don’t show it. People who don’t seek help are prone to hurt themselves and possibly even commit suicide. A recent example is Paul Oliver, a former NFL player who was found dead from a self-inflicted gunshot last month. According to CNN, Oliver’s death “is the latest in a string of suicides among former professional football players.”

Suicide is a desperate attempt to escape suffering that has become unbearable. People who commit suicide often don’t actually want to die, but yearn for help. Many people face situations they don’t know how to respond to, and this is a problem that everyone should address. Everyone should be aware of the seriousness of this problem, and how it can be avoided.

Getting help may not seem easy but there are places where help can be found, even here at Queensborough Community College.

**Symptoms**

The first step to helping someone who may be crying out for help is to identify the symptoms which often lead to suicide.

Appearing depressed or sad most of the time is a common warning sign of suicidal behavior. Untreated depression for a period of time is the number one cause of suicidal behavior. Untreated depression for a period of time is a common warning sign of suicidal behavior. Untreated depression for a period of time is a common warning sign of suicidal behavior. Untreated depression for a period of time is a common warning sign of suicidal behavior. Untreated depression for a period of time is a common warning sign of suicidal behavior.

Other symptoms are self-inflicted wounds or talking about death. This symptom can be hard to distinguish because a lot of people get emotional at times and might say things like “I hate my life” or “I wish I were dead” and not mean it at all, especially over dramatic teenagers and young adults. Losing interest in things that used to be enjoyable or withdrawing from friends and family is also a symptom. A suicidal person may experience dramatic mood changes, acting recklessly, abusing drugs and alcohol, and experiencing a change in sleeping habits and a change in eating habits. At school or work a person may be performing poorly. He or she may begin to write wills or give prized possessions away. Most suicidal people don’t want to be alone but tend to make it that way.

When someone asks you about or comments on suicide, you should be aware that they might be suicidal and ask them about it or take action in this issue.

A writer from the website, “Reasons to go on Living” wrote that people prone to suicide tend to feel, “It’s kind of like no one understands me but me.” Some people feel like they’re present but invisible to others. Their feelings are hidden but that doesn’t mean they are not there.

People should speak up if they notice any of these symptoms in a friend or family member. Suicidal people are in need of help but often they’re just afraid to speak to someone.

**Pressures at College**

You may think that none of your friends would ever commit suicide, but there have been numerous cases of college students who have committed suicide. Suicide was rated the third leading cause of death for young people aged around 15-24 years old the second leading cause of death among college students, according to the website “Suicide.org.” The website refers to the sixth NYU student who has committed suicide in one year, Joan Mitchell Levy, when discussing college and the stress it can create.

According to Kevin Caruso, “College can cause tremendous stress in students, and high levels of stress can cause depression.”

Another college suicide case was Tyler Clementi’s. According to the New York Times, Tyler was bullied by his roommate and other guys who recorded him having sexual intercourse with another man and put it live on the internet. Unable to deal with the embarrassment, Tyler jumped off the George Washington Bridge, thanks to the boys’ hateful attitudes towards gay men.

**Statistics**

On average, one suicide occurs every 16 minutes. In the U.S suicide in 2005, more people died from suicide than from homicide. The U.S Suicide statistics for New York in 2005 showed that the suicide rate was 1,189 and that 1.3% of all deaths are from suicide.

According to Suicide.org, there are highly asymmetric rates of attempted and completed suicides between both males and females. More males die from suicide than females (four male deaths by suicide for each female death by suicide), suggesting that female suicide attempts tend to be more of a cry for help rather than an actual attempt to die, whereas men more often complete the act. The highest method of committing suicide is firearms. There where over 800,000 attempts of suicide in 2005.

**Ways to Help**

The band, Good Charlotte, was impacted by suicide statistics and was inspired to write an anti-suicide song called “Hold On.” People had written to the band to explain how they were feeling and what was going on with their life. The way the band put their words together and the feeling of the song greatly impacted many people and some said when they heard the song, it gave them a reason not to let go and keep holding on.

If you suspect someone might be having suicidal thoughts, talk to them and let them know that they are not alone.

There are many people you can speak to about suicide. There’s a hotline in the U.S 1(800) 273-8255.

You can also get help on campus in the Counseling Center at the Library Building in Room 422 or you can reach them at 718-631-6370 (Mondays and Thursdays: 8:45am-6pm, Tuesdays and Wednesdays, 8:45am-7pm and Fridays, 9am-5pm).

There are also many websites you can go to for help, such as 800lifenet.org and thereasons.ca, to express your feelings and learn from others why there are reason to go on living.
you work really hard and get a great GPA you can earn a scholarship that will help you pay the cost of a senior college.”

Dr. David Humphries, Chair of the English department explained the difference between the two types of colleges in terms of the emphasis on teaching: “A two-year college like ours is a teaching college first, while many four-year colleges put research first. That means, for example, that you are more likely to get full-time instructors at our college for your introductory courses. Our adjunct (or part-time) instructors are great, but it’s good to have some full-time instructors who are much more likely to be around when you need a recommendation letter or some mentoring or advising help.”

The professors in QCC are more dedicated to their students rather than their research. This focus on the students helps students do better in four-year colleges if they transfer. Dr. Humphries explained, “I have seen data that QCC students who transfer with 60 credits -- the amount required for an associate degree -- to Queens College do better than students who start with 0 credits at Queens College. Basically, our students who stay here for 60 credits earn higher GPAs. Students who transfer early do not do as well. A lot of students are eager to jump to the next step, a four year college, but they don’t realize that they are getting the preparation they need right here at QCC while paying less in tuition.” In this way, Queensborough faculty members’ main motivation is to prepare students for the next step in their lives.

Many people never thought of going back to school; Queensborough along with other community colleges gives them another chance. It gives them hope in being able to pursue their careers. When Melissa Romeo, another Queensborough student, was asked about her experience at the college, she replied, “Queensborough to me was an opportunity that I didn’t imagine having again. I was out of school for three years and didn’t imagine going back to school, but when I came to QCC, I was given a chance at a career for my family and myself.”

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Fans are nearly falling off the edge of their seats as they wait for a brand new album coming this November 11th. After some months of absence due to a broken hip and some studio time, female pop artist Lady Gaga has returned to our car radios and television screens with a new single, and announcements and teasers on her upcoming fourth studio album, \textit{ARTPOP}.

The singer has recently been promoting the new album through performances, interviews, and social media. Lady Gaga's official YouTube page published a short film teaser for the album on August 12, titled “Lady Gaga is Over.” The video displayed Gaga herself with captions popping up on the bottom of the screen showing viewers negative comments about the singer and her new album. But why would her team, Haus of Gaga, tell her fans to not purchase the album? Subliminal messaging, perhaps?

She also spread word of her new album through the opening of MTV’s Video Music Awards in August with a performance of her first single off \textit{ARTPOP}, called “Applause.” Lady Gaga promoted the album at the iTunes Music Festival, Good Morning America, BBC, American radio stations, and Twitter. In an interview on Good Morning America, Lady Gaga explained her intentions for the sound of the album. Her happiness influenced the music to sound happy, bouncy, full of color, and to make her listeners feel positive about themselves.

Some of her personal Twitter updates have hinted what to expect of \textit{ARTPOP}. On September 21st, she tweeted some lyrics from a track titled “Do What You Want (With My Body).” In one particular tweet, she described her point of view of the 15-track album, claiming, “\textit{ARTPOP} is a psychedelic-pop journey, an album trip that represents my love of pop music while exploding and pushing its ’artificial’ limits.” She continued to explain that each song is individually unique and reflects on various genres. Most of the songs have been described to be personal to the singer. According to an article on ABC News Radio Online, a track called “Temple” was inspired by her boyfriend, Taylor Kinney. Gaga also admitted that another of the songs is a “confession of weaknesses.” Weaknesses for what? Fans are aching to know more.

According to an article published on October 1st on mstarz.com, Lady Gaga revealed some information about the album cover of the record. Hard copies of \textit{ARTPOP} will feature a colorful sculpture of Lady Gaga created by American artist, Jeffrey Koons, known for his large sculptural reproductions of balloon animals, Popeye and the Hulk, as well as for his romance with porn star Ilona Staller. It has also been revealed that a few popular producers in the music industry have contributed to \textit{ARTPOP}, including Zedd, DJ White Shadow, and Madeon. When music magazine Rolling Stone compared EDM (electric dance music) producer Zedd to Lady Gaga’s usual pop, dance sound, he explained, “We didn’t try to make an EDM album – but, at the same time, we didn’t try not to make an EDM album.” Whether we will hear electronic or pop tracks, her fans around the world, also known as her “little monsters,” are ready and waiting for the release of \textit{ARTPOP}.

Pre-ordering the album has become available on iTunes. However, not only can fans purchase \textit{ARTPOP} now, but they will also be able to purchase the album through a free app associated with \textit{ARTPOP} once the record is released. Inspired by her little monsters who she constantly communicates with via Twitter, the software app can be downloaded on smartphones such as iPhones and Androids, as well as tablet computers like the iPad. \textit{ARTPOP} the app gives little monsters the freedom to socialize from all over the world, as well as watch films, hear bonus tracks, play games, discover fashion, and more. \textit{ARTPOP} will be hitting the shelves on November 11th, but more updates on the record will be available by Lady Gaga herself on her Twitter page twitter.com/ladygaga as well as her fan webpage littlemonsters.com.
Book Review: Hunted in Dystopia

By Nazik Farrag

“The Hunger Games” by Suzanne Collins has captured the mind of many readers, bringing them into a different world. Collins has created a suspenseful and dramatic book that relates to family matters, love, life or death situations, and fear.

“The Hunger Games” is set in an unspecified time in the future, the aftermath of post-apocalyptic world, celebrating its 74th annual games. Panem is the ruins of North America. It holds up to twelve districts and the capitol, where the wealthy reside and control nearly everything. The book states that there were thirteen districts but President Snow blew it to bits because the district rebelled against the capitol, giving readers a sense of the violence and repressiveness of the current regime.

The main characters, Katniss Everdeen and Peeta Mellark, both undergo the games together. Katniss Everdeen has taken the role of supporting her mother and sister when her father died when she was 11. Her father died in a mine explosion where he worked, leaving her to take care of the family. To obtain food, she hunted illegally outside of the district using her bow and arrow to kill her prey. Peeta Mellark, the other tribute from her district, was the one who had saved her family from starvation by sneaking some bread from his father’s bakery when Katniss’s mother too was depressed to support her children.

The reaping is an annual event that takes place in all twelve districts. The capitol forces each district to contribute a male and female for the upcoming games. District 12’s tributes where chosen to be Peeta and Primrose Everdeen, but Katniss took over her younger sister’s position knowing far too well that Prim didn’t have the hunting skills of her older sister.

Knowing that Katniss is good with her bow and arrows, she discovers that Peeta is good with camouflaging. Having gained sponsors when they both pretended to be in love during the games helped them in some of their situations. Katniss and Peeta had rebelled against the capitol being the two last standing in the game. Knowing only one can stand Katniss tries to find a way out for both Peeta and herself with some deadly nightlock berries.

The book is outstanding in every way; all the main characters are fully human and have their own downfalls. Unlike much other “YA” (young adult) fiction, they don’t have supernatural powers, nor do they get everything they want. Katniss and Peeta strategize with what they have and make do with it. When heroes are amazing in every way readers can’t relate or learn. With Katniss readers can relate with her family problems, her bravery, how she puts others before herself, and how she volunteered to take her sister’s place in the games.

What doesn’t always work is the cringe-worthy mental images of the deaths Collins gives, through descriptions of how some of the tributes had died. But overall the book is suitable for pre-teens and the mature audience, and still a good read for adults, too. The only thing to keep a look out for is the mild violence.
The competition is open to all CUNY and SUNY Community College students registered for the Fall Semester of 2013 or the Spring Semester of 2014. We encourage students from all academic departments and majors to enter the competition.

FOR INFORMATION ABOUT THE CONTEST VISIT OUR WEBSITE OR SCAN OUR QR CODE

www.nycourts.gov/history
When it comes to Reality TV, how real is it? Reality shows have huge ratings and are extremely popular. Many people all over the world tune in every week to watch their favorite reality show. Some of the highest rated Reality TV shows include “Jersey Shore,” “The Bachelor,” “The Bad Girls Club,” “Teen Mom,” and “Keeping Up With The Kardashians” just to name a few.

But the question is, would people still tune in if they knew the shows were altered or fabricated? Even though these shows are considered Reality TV, they still have producers and a camera crew. Ray Richmond “Television Critic For The Hollywood Reporter” says explains that “[r]eality television [has] switched to “partially scripted television”. “The Real World” cast of 1992 were one of the first casts to openly say that there was in fact meddling by the producers of the show.

In Reality TV shows, many scenes and sequences sometimes are altered or fabricated to spice up the episode. It is very easy to switch stories around and twist situations.

Every show develops certain “characters”. There’s always someone who is considered the villain, the weak, the strong, the bossy, and the sweet from the footage that is seen. What about the footage that is not seen? Are we to quick to judge?

It is obvious that the more dramatic a scene, the higher the ratings, the bigger the payoff. This how they get the viewers attention. In “Jersey Shore” Season 4, the intense fight between “Mike and Ronnie was the second highest rated episode of the season. 8.5 million people tuned in to watch what was said to be “the biggest Jersey Shore brawl in the MTV shows history.” So how real was the fight? How real can a person act with a camera crew following them all day and everywhere they go? This leads to fake reactions, because the viewers’ are watching.

No matter what, many people are still interested in these reality shows.

“Celebuzz” posted the earnings of some of the most popular reality stars, such as the star of “Here Comes Honey Boo Boo” who earns $2,000-$4,000” per episode; “19 Kids and Counting” earning $25,000-$40,000 per episode; and the stars of “Teen Mom” earning $60,000 per episode. The cast members of “Jersey Shore” began the show earning $30,000 per episode. According to Forbes, Kim Kardashian was listed as the highest paid woman in Reality TV, at 18 million a year.

Reality TV continues to gain huge ratings and the casts continue to get huge paychecks. Reality TV still catches the interest of millions of viewers. The question is, how real is the “reality” viewers are consuming?
Opinion

CUNY Students and Pearson Textbooks: The 99% and the 1%

By Sanghoon Lee

We’ve all been here. During the first week, almost everyone will go through stress, sighing to themselves at just the sight of their textbook prices. Most of them have just wriggled out from the clutches of paying tuition less than a couple months or even weeks ago.

Yet, have we given any attention towards our textbook publisher Pearson?

The gigantic London based for profit organization publishes more than 70% of textbooks of CUNY colleges, and will continue to distribute more textbooks due to an extension of their contract.

The gigantic corporation Pearson is a London based company, which distributes majority of the CUNY textbook to the students. Besides CUNY, Pearson is also involved in many aspects of the board of education of states like NY and Virginia, among others. Students who attended schools in the region of Tristate Area have used Pearson throughout their academic career for more than a decade.

The territory and influence of Pearson is tremendous indeed, yet the influence that Pearson has on students’ financial concerns or struggles cannot be positive. Pearson is a for-profit organization and as is the nature of a for-profit organization, Pearson is eager to earn tremendous amounts of what? Profit.

According to an article from The Huffington Post “Pearson, a British multi-national conglomerate, is one of the largest private businesses maneuvering for U.S. education dollars. The company had net earnings of 956 million pounds or approximately 1.5 billion dollars.

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Is America Popping Too Many Pills?

By Farah Lewis

Our generation has seen many changes. We’ve gone from VHS, to DVD to Blu-Ray. And notably, from having actual music on “music” channels, to having over-rated reality shows on said channels (MTV?).

However, another change our generation has seen, and played quite an active role in, is the spike in prescription drug abuse in recent years. In fact, prescription drug abuse has increased so much that the current statistic for deaths related to prescription drugs is one death every 19 minutes!

Critics are using drug epidemics in various age groups to prove that American culture might be turning into a pill-popping culture. A prime example would be the argument over the overprescribing of ADHD & antipsychotic drugs to children. Yet, there is also the painkiller and sleeping pill abuse epidemic in adults aged 30 to 55. And not to mention the largely ignored overprescription among the elderly, who many doctors may only see as dollar signs.

An L.A. boutique named Kitson Inc. has started selling shirts bearing the names of commonly abused prescription pills such as Adderall, Xanax & Vicodin. The shirts, which the company claims are a “parody of pop culture” are sold for $58 for short sleeved shirts, and $98 for long sleeved shirts.

However, the real attention grabber is the tagline for the advertisements of the shirts, which read “Pop one and you’ll feel better.”

The drug-making companies that produce the pills are suing Kitson Inc, and claim that the company is trying to trivialize prescription drug abuse, which is not a laughing matter. They believe that the company is attempting to capitalize off of the thousands of lives lost to this epidemic, as opposed to educating the public about the fatal dangers of prescription drug abuse.

However, the pending lawsuit didn’t stop the company from defending the T-shirt in the following statement. “The T-shirts are simply a mirror of what is occurring in our culture,” the statement said. “Perhaps more discussion about those whose behavior truly contributes to the deaths every 19 minutes from prescription drugs, those who provide the opportunity for prescription drugs to fall into the hands of our youth, and those who flood the market with the ads, would be a more salient topic.”

The company’s statement is right on target. The blame rests mostly with the drug manufacturing companies and doctors. They contribute to this problem by fanatically advertising & over-prescribing pills with no inhibition. Not enough attention is brought to the prescription drug epidemic, and these shirts—and the subsequent lawsuit—can serve as a thought-provoking spotlight on this problem.

It is also worth noting that profits generated from the sale of the shirts will be donated to the Medicine Abuse Project.

While drugs are our most effective treatment for illness, cost and efficiency-wise, we must address the problem of the rising abuse of these same “remedies.”
You should feel safe at all times, especially here on campus. Over the past year, many tragic incidents have occurred that have involved guns. Guns have been the cause of many deaths and injuries to many innocent people.

Due to all of these tragic incidents, our country should improve our policies on who has the right to purchase a gun. Once the U.S takes more control of this issue, we can avoid many crimes, injuries, and even deaths.

The shooting that recently happened in September in Washington D.C. opened up questions again on whether we should feel that our safety is at risk. How are we supposed to feel safe when there was an outbreak at the Washington Navy Yard, supposedly one of the most secure places? A gunman who had access to the Navy Yard was not properly searched when entering and he shot and killed twelve innocent people. What about the gunman that shot two people in Long Island, near the Roosevelt field mall at the end of September? And who could forget about the Sandy Hook Elementary school horror that happened last year in 2012 when the gunman shot and killed twenty innocent children and six adults.

The problem is that many people argue whether it’s our security that should be enhanced, or if it’s our gun policy that should be changed. Many Americans believe that they should be able to own a legal gun if they have a license, just for their own protection. Another argument people make is that guns already have been and still would be sold illegally just like drugs or other illegal substances. If a person really wants a gun, they’ll find a way to get their hands on one.

But others feel that our country’s policy should change, make it much more difficult to purchase a gun. And that’s exactly what should happen.

The U.S. needs to become more strict about who can own a gun because guns are falling into the hands of the wrong people.

When interviewing students and faculty on the Queensborough Community College campus, I found it interesting that most people agreed that there is a problem with guns in America. And when asking them the follow-up question “Are you happy with this country’s gun control policy” everyone replied “No.”

Safety should be everyone’s number one priority. When I asked Professor Theodore Lauer if he feels safe on campus he hesitated for a moment and replied, “I used to.” Before I had the chance to ask him what has changed his opinion he continued, “I just don’t feel safe in public anymore.”

Interestingly enough, most people agree.

The more tragic things keep occurring, the more people are beginning to realize that we have a problem.

Abraham Islam who is a student at QCC added his thoughts about campus security, “It isn’t something that I often think about, but when I do, I realize that anyone can walk onto the campus at any time; it’s scary.”

But it’s not just QCC that’s out in the open; most college campuses are the same way. QCC has campus security spread out all over to keep both the school and the campus as safe as possible. Whether you are walking alone to your car or walking with a group of friends to class, you want to feel secure whether it be daytime or nighttime. Here at QCC the security guards are on duty throughout all hours of the day when school is in session.

The world can be a scary place but you should not have to live in fear of leaving your house just to go to school. If the U.S was to improve our policies and take more control on who can buy a gun, I guarantee that our world would be a safer place. Fewer murders would be committed, and other crimes involving guns would decline. Who wouldn’t want to feel like they’re living in a safer place? It is never too late to make a change. And you never know whose life you could be saving in the long run!

By Alyssa Siano
billion dollars in 2011." It seems like more than enough money, especially in contrast to students’ financial concerns. Yet this saga or love affair of NYS and Pearson seems very steady.

According to an article from The Guardian, “Last month, hundreds of parents reportedly protested outside the firm’s New York offices, unhappy at the company’s $35m (£22m) contract to provide controversial high-stakes tests for the city’s schools.”

The primary place for purchasing textbooks is the campus bookstore. Yet many students know that the textbooks from campus bookstore cost more than the other places such as Amazon, Cheapbook, or any other online store which sells the books.

Most students know that the older edition cost a lot less then the latest edition, as well. When the publisher releases the edition, can the students or professors find any major difference from the older edition?

Chris Tung(19) who attends Queensborough Community College represents many students when he explains, “There is only a slight differences, only for a couple of pages or little more. Just some pictures, graphs or a few questions.” It’s always been wiser for students to purchase older or used editions rather than purchase brand new ones. In fact, students prefer to purchase the used or older edition because of the significant price gap.

Edmund Clingan, a Queensborough history professor, wrote his own textbook for better efficiency for his classes. He mentioned that there are some slight differences between the editions of the text, but not slight differences for the prices: “There are some history books that are published as what it is called The Dolphin Edition. I am using a Dolphin Edition in my medieval history class. The difference with the Dolphin Edition is that rather than having many color pictures, which is what a lot of textbook costs come from, all pictures are in black and white or blue and there are fewer of them; however, the text is still essentially the same. This Dolphin Edition costs about 40 dollars, as opposed to the regular textbook which goes for about 75 dollars.”

The purchase of used and older edition could be one solution, but that isn’t news for most students. What would be another solution besides buying old books? It’s very simple that if we do not take action against unjust measures, the unjust measures because normal and just a fact of life.

Prof. Clingan added, “I am pretty aware of the cost, but many professors are not, they just aren’t. And if they were informed how much these books cost and if they were informed that there are cheaper alternatives then they may have to assign [the cheaper book]. Let’s just say if there is a math textbook that costs around two hundred dollars, then that is the way it is. If there are similar materials that get covered in a math textbook for only 50 dollars, then the students should try letting the professors know. You can tell the professors that they can assign this book which has the same materials but is much lower in cost, and with that information the professors might be able to act.”

If there is no action or appeal from the students, they will have to keep paying huge amounts of the money for their course materials.

The parents of the students also struggle and express concern regarding to expenses for their children’s education as well. Joy Leone(57) a single parent and mother of a CUNY student, explained, “Every year I feel that tuition has been raised significantly, as well as the materials that my child purchased for the course requirements. Even though my child takes lower number of the courses than the semester before, the money that school charges from the student is brutal nonetheless. I remember he had to give up few courses because we could not afford … that class, and the requirements cost too much, which will force him to [skip] his lunch at least for few weeks. I just guess that now education is a specialty for the upper class, even for the City University. When I attended around 70s, I didn’t have to pay the tuition. Even though I paid for a textbook, it was just few dollars which was very reasonable price.”

The concern that Mrs. Leone has is not just her own. Most students at CUNY campuses agree that the money they put towards their education is staggeringly high. It would be good to remember that while these struggles and concerns become our routine, the profit organization that publishes textbook earns more than a billion dollars every year. Who would say this is a fair circumstance? Would majority of the students from CUNY agree?

If the students want to rebel against the corporation, which takes a huge amount of the money every year, then they must raise their voices. There should be an act of appeal, then something can be adjusted. CUNY’s education’s authority and integrity deserves respect without a doubt, but it should be provided without extracting ridiculously huge amounts of money from CUNY students for a for-profit organization.
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Methylenedioxmethamphetamie, better known as “Molly,” has become a very popular drug among young adults. The term Molly refers to powder or crystalline form usually implying a higher level of purity. It’s a mixture of Cocaine, Crack, ecstasy, meth and bath salts. A few of the most deadliest and addictive drugs combined into one pill. Molly can cause anxiety, intimacy, euphoria, and memory difficulties that usually last for several days. Emergency room visits due to molly have more than doubled in the past 6 years. It has become highly popular due to the high media content and the users like celebrities such as kanye west, jay z and Miley Cyrus. Parents, children and even sellers don’t even know what they are digesting. People have become their own guinea pigs as they experiment, while harming their bodies with the drug.

Despite the innocent sound of this drug’s name, the reality of the drug is quite the opposite. The drug enhancing ecstasy among the body the side effects prove to be exceedingly agonizing; in some cases the drug has proven to be fatal as proven in recent events such as Electric Zoo in New York City this year. The drug is meant to create a sense of euphoria by releasing large quantities of serotonin in the brain which enables users to feel exceedingly jubilant and social which explains why it has become increasingly popular amongst rave and club goers. MDMA has become alarmingly prevalent amongst the youth of America and has been popularized by a rapidly growing industry of Electric Dance Music (EDM) and ravers.

MDMA has been mentioned numerous songs ranging from rap, to pop music the demographic of individuals partaking in the drug use is widely diverse in race, age, and music preference. The usage has become synonymous with music festivals and concerts. People have become their own guinea pigs as they experiment yet harm their bodies with this drug. Celebrities such as Miley Cyrus, Kanye West, Rick Ross and especially Madonna mention it in a way that drives attention to younger fans. “Something bout Mary, she gone off that Molly Now the whole party is melted like Dali.” The lyrics refer to the fact that MDMA (Ecstasy) makes people thirsty and hot. Famous Spanish surrealist, Salvador Dali’s images of objects.

“So la da di da di we like to party dancing with Molly. Doing whatever we want. “Miley Cyrus’ song “We Can’t Stop” is all about partying, dancing, drinking, and having a good time with friends no matter what age group you are in. If the audience she was seeking are pre-teens, would parents really appreciate the message she is trying to send? After all, she was a huge role model to many of the younger audiences as she played ‘Hannah Montana’ on the Disney Channel. This quote will get many young people curious and eager to try Molly at their next party. As the reigning queen of pop Madonna has yelled at the crowd at the Ultra Music Festival in Miami of 2013 asking “Have You Seen Molly?” Which stirred up controversy. International DJ DeadMau5 slammed Madonna for encouraging drug use but Madonna responded she was simply referring to a friend’s song called “Have You Seen Molly?” the song produced by DJ Cedric Gervais. Cedric Gervais is behind Madonna, in defense, stating the song truly is about a girl named Molly. He says that it’s a girl that “makes me want to dance.”
Food Is Life

By Alejandra Velasquez and Maninder Singh

Healthy eating at Queensborough is not something that is very popular. The reason for this is that students do not have time to make a healthy meal for themselves in the morning because of the demands of balancing work, school and family life. This causes them to go to the fast-food restaurants that are around the campus which are very unhealthy, especially when the food is consumed on a daily basis. As college students, knowing how hectic college life can be, we may not get the time we need to actually sit down and enjoy our food as much as we’d like. Therefore we end up eating too much fast food or junk food to make up for what we may have missed out on.

When asked whether they bring their food from home or if they eat out, three out of four students said that they eat out. The food that students consume if they don’t bring food from home is either McDonalds, Chinese takeout, or food from the cafeteria or the food trucks parked outside of the school which serve burgers, fries gyros and all the other fatty foods you can think of. The majority of QCC students go to work, as well as attending school, which leaves little time for exercise, leading to an unhealthy lifestyle that causes problems such as diabetes, obesity, and heart problems in the future.

When it comes to healthy eating and trying out new foods, we may think of it as getting rid of the foods we love most and having to eat something we may not enjoy as much. In reality, that’s not the case. Healthy eating is all about knowing what’s best for you and even enhancing some of your fave foods just by including them in a healthier meal.

Experts have said eating healthily keeps an individual energetic, as well as in a good mood. Students who do not have time to make a meal full of nutrients in the morning can make the food the night before to have a healthier meal to eat the next day.

You should definitely take what you eat throughout the day into consideration and what pertains to your diet overall. A good choice for breakfast is a bowl of oatmeal which contains plenty of fiber and fills you up nicely to start off your day: you can even top it off with some fruit and nuts. Rather than getting a jam packed cheeseburger from Burger King or McDonalds for lunch, why not try something like a homemade healthy sandwich? You can go ahead and add your favorite toppings to it as well, instead of spending on something that’s going to be twice the calories that you need within that one meal. Then there’s dinner, our last meal of the day which you don’t want to eat too late because we do want to give our body enough time to digest. A good dinner choice to end your day with can range from anything to a grilled steak with avocado salad or even grilled salmon. Just be sure that you’re getting enough of your daily proteins without not overdoing it. You should incorporate healthy eating habits slowly, especially if this is your first time even considering switching up your diet. Every change that you make within your diet matters so it’s good to be aware of what habits it is you’re changing and why.

Another way of adopting healthy eating habits is by going out with friends. You’d be surprised at what others will eat when you’re not around and it will even influence you further into wanting to add some of those dishes into your meals at home. It’s important to branch out from what you normally eat and slowly incorporate new things into your diet (because we’re not getting much younger!) and later on you’ll feel good about making the right choices for yourself and your overall health.

Eating healthier and making changes to your diet can help you maintain a healthy weight and stay there, as well as improve your overall health. So think smart and start making the right choices now. Food will taste even better once you try some new things out, so go ahead and give it a shot!
South Africa, home of exotic wildlife, vibrant cultures, beautiful beaches and unfortunately, the setting of one of the most controversial moments in soccer history.

When the 2010 World Cup was in full swing, a mouthwatering clash between England and Germany took place in Free State Stadium in Bloemfontein, South Africa.

Thirty-five minutes into the game, the tactical Germans had already drawn a two goal cushion on their English rivals. In the thirty-seventh minute, England’s Matthew Upson rose and put in a thunderous header that snatched a goal for the Lions. England started to change gears and their attacking efforts began to worry German supporters.

Two minutes later, Frank Lampard mustered up a shot that hit the bottom of the top goal post causing the ball to drop a yard behind the goal line.

Cheers and hugs from the English supporters turned into groans and furious hand gestures when referee Jorge Larrionda disallowed the goal. England suffered a loss, which ultimately knocked them out of the World Cup. The game caused a huge uproar with the English supporters claiming they were “robbed”.

Even the president of FIFA (the Federation International Football Association), Sepp Blatter, apologized for the disallowed goal. After the World Cup ended, Blatter said in an interview, “It is obvious that after the experience so far in the World Cup it would be nonsense to not reopen the file of technology at the business meeting of the International FA Board in July.”

The need for goal line technology was imminent and was constantly brought up for discussion. The implementation of goal line tech divided the soccer world. There were the people who believed that goal line tech would blemish the beautiful game and those who believed that it would bring soccer back to the modern world.

I sat down with Queens College soccer coach, Chris Bonawandt to hear his thoughts on bad ref calls and goal line tech.

Emir Deljanin: How does it feel when the ref makes a bad call?

Chris Bonawandt: Terrible! It completely ruins the game. Refs at the college level are terrible. A lot are old and have trouble seeing anything in front of them.

ED: Has there ever been an instance where a goal you saw was disallowed?

CB: For Queens College, at least a dozen. Last weekend, the men’s and women’s soccer team had a double header in Rochester Upstate. The women’s team had a goal disallowed. The ball hit the roof of the net and it bulged causing the ball to come down in front of the goal line and the ref didn’t allow it. Everyone knew it was...
Bonawandt claimed that when a ref makes a bad call, “It’s like going to work for a week and the boss decides not to give you a paycheck.” An interesting analogy that certainly holds much truth.

Now, three years after the World Cup, FIFA has come to the conclusion that goal line tech will be implemented at a cost of about $200,000 dollar per stadium. Both “Hawk-Eye system” and “GoalRef technology” are set to make a debut for the 2012-2013 English Premier League season. Blatter’s words after reaching this milestone: “For me as FIFA president, it became evident the moment [the bad call was made against England] in South Africa in 2010.”

Blatter also thanked Lampard, claiming that it was that moment in South Africa that compelled FIFA to bring an end to an everlasting debate. It is also highly likely that goal line tech will be included in the highly anticipated 2014 World Cup in Brazil.
Interview with the QCC Tigers’ Ricardo Marin

By Abraham Islam

He’s the Queensborough Tigers’ starting center mid fielder and Ricardo Marin becoming a star. In just his first season with the men’s soccer team and at the age of 18, he’s doing everything right to help his team win.

Ricardo Marin has helped his team rise to first place with an amazing record of 6-1, while also netting himself two consecutive CUNYAC/Applebee’s Community College Men’s Athlete of the Week awards. In just his first 7 games of the season Ricardo has scored a goal in each game. He has a total of 9 goals and assisted on another 6.

I was able to catch up with the young star here at Queensboro and got the chance to ask him some questions.

Abraham Islam: Ricardo, How long have you been playing soccer and how long have you been playing competitively?

Ricardo Marin: I’ve been playing soccer for as long as I could remember. I grew up in Columbia and started playing around the age 7. I didn’t start to play competitively until I moved to America at the age of 13.

Q: When you’re on that field, what drives you?

A: I pray before every game, I pray for me to do well and to be able to go out there and give it my all. I go out there every game and I go out there to win. Winning is what drives me.

Q: What motivated you to start playing soccer?

A: Soccer is a sport everyone plays in Columbia; everyone plays as they grow up, Most of the time on the streets. When I got to this country it became my passion. Hyeere is where I found out this is what I wanted to do with my life and ever since I have committed myself to the game.

Q: What would you like to do after QCC and what are you goals for your future?

A: After QCC I would like to get a scholarship to a four year school where I could play Division One soccer. After school it is my biggest dream to play professionally.

Q: Who is your role professional role model or idol?

A: Andres Iniesta he’s the best. He’s the best at his position in the world.

Q: Is it hard being both an athlete and student?

A: Yes, very hard. I have no other time for anything else, but I know it will pay off in the future.

Q: How do you balance school and soccer?

A: I basically got to school in the mornings and right after its soccer whether its practice or a game. Once I am done with soccer its back to school work, I do all my homework and do the same thing the next day. Whenever I do have free time I am usually practicing on my own.

Q: What would you tell younger kids looking to play soccer?

A: Work hard. Dedicate yourself to the game. Believe in yourself. When I first started playing I wasn’t very good, but practicing everyday whenever I could and dedicating myself to the game helped me become the player I am today.
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Assistant Coach: Aziwoh Ayafor  
College President: Dr. Diane Bova Call  
Department Chairperson: Dr. Young Kim  
Website: http://www.qcc.cuny.edu/Sports/  
Athletic Director: Pete Marchitello  
Department Phone Number: 718-631-6322  
Department Fax Number: 718-631-6333
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Earn credits toward your degree
Cooperative Education Faculty Coordinators will answer your questions in one–to-one conferences.

Wednesday, November 6, 2013
12:30pm to 3:30pm  In the Student Union U/L

To register for the Forum please log onto collegecentral.com/queensborough
For information about the Internship Forum please call (718) 631-6297, or stop by Library 429. Open to QCC students ONLY!

CAREER FIELDS

Company information available closer to the time of the event
Attend Our Open House

Saturday, November 9 at 1 pm

• Learn about our Degree Programs
• Speak with Career Services about professional Internships
• Discuss Scholarship Opportunities with Financial Aid Representatives
• Presentations & Demonstrations in our Professional Studios
• Meet our Award-Winning Faculty

Five Towns College

• AUDIO RECORDING TECHNOLOGY • BROADCASTING • BUSINESS • FILM/VIDEO
• JOURNALISM • ELEMENTARY TEACHER EDUCATION • MUSIC TEACHER EDUCATION
• MUSIC BUSINESS • MUSIC PERFORMANCE • MASS COMMUNICATION • THEATRE ARTS

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