Nothing is the End of the World (p.8)

What is Social Justice from the Perspective of Three Transgender Individuals?

By Enoe Garcia

Three transgender speakers were recently invited to speak on a panel on March 11 at Queensborough Community College. The three spoke with students about their childhood stories and how they came to their decision to transition to the opposite sex by going through several surgical procedures.

The three speakers were Brooke Cerda, Shagasyia Diamond and Oliver Estrella. Transgenders are those who feel uncomfortable in their own bodies and feel as if they were born to be the opposite sex. Another term that has been used is “transsexual,” but the term is seen to be related more to sexuality. Transgender is more of an umbrella term, which means anyone who relates to being the opposite sex can be under it.

“Transsexual means you do not click with the mainstream but you click with your gender,” said Brooke Cerda.

Although LGBT (Lesbian, Gay, Bisexual, Transgender) individuals have received some rights, such as marital rights, many still discriminate against them. Cerda stated that it is hard to find jobs and places to hang out, and most transgenders feel isolated because when most people look at them they think, “prostitute.”

Cerda is Mexican and came out to her mother when she was young.

“I always questioned myself, like what was different with me?” she explained.

Her brother accepted her immediately. He was present during the lecture, as was her mother.

Cerda started her talk with the story of Isan Nettles, who was a transgender woman that was brutally attacked by a man after he tried to make a pass at her and realized she was transgender. Unfortunately, Nettles was taken off life support and died.

This brought the very shy, yet talented Shagasyia Diamond to speak out. She said she started acting very different at a very young age. She used to sit on the toilet and use the bathroom as a woman, although she was biologically male. This caused her family whom were strict Baptists, to literally “beat the difference out of her.” She was from Arkansas and has not seen her family in over 20 years.

In the document “Family Matters: Fast New Facts about Transgender People and SOFFAS,” it was reported that 57 percent experienced some level of family rejection.

Referring to the lack of respect she has encountered because she is transgender, Diamond said, “I am human wherever I go.”

No one has ever disrespected her because she demands respect everywhere she goes, she explained, because you cannot label a person because of his or her ethnicity, gender, or sexual preference. We are all human.

The speaker who seemed to have fewer problems coming out was Oliver Estrella, who was a former QCC student. When he first came out to his mother she continued on page 6

Free Tutoring Services Are a True “A”ssist

By Michelle Vohra

With midterms coming up and ten page essays due this Friday, college can seem a little overwhelming. Luckily, that’s where being a Queensborough Community College (QCC) student can be beneficial. QCC offers free tutoring services for a wide variety of subjects to students. The Student Learning Center (SLC) is located in L-125, which is the first floor of the Kurt R. Schmeller Library. The SLC is where students can go for tutoring sessions for the subjects they need some more help with. Trained tutors are experts in their subjects and provide proficient guides and strategies to assist you.

Anastasia Arias, a second year student at QCC, was having trouble in English.

“I love the tutoring place they have here at QCC,” she said. “I remember my first time going there. My English professor suggested that I go to the Writing Center because I got a C- on my draft and luckily, I still had time before the final paper was due. When I went, my tutor saw my paper and created a chart for me to refer to when I went back home to revise my paper. I achieved an A- on my final paper, whereas if I hadn’t gone I would still be stuck with my C-.”

With tight curriculums and office hours that meet at the same time as your next class, going to professors outside of class can be a challenge. Some professors are not always available during their office hours or may be busy with another student. Students can go to the SLC and find a tutor available, and many of them know the styles of specific professors and can guide you.

Kim C. Kuen, a first year student majoring in Education, says, “What I like most is that although they don’t give you the answers or do the work for you, they definitely make things more clear and explain in more detail than what I learn in the class. Sometimes professors just assume everyone knows as much as they do, but some things are just not as easy for people like me who are learning this for the first time.”

Most students also have a job after school and might not think they can go to tutoring. The Learning Center is a great way to learn to organize your time and the tutors give advice on the different ways to study continued on page 11

India: It’s Time To Speak Up

By Fateha Begum

Sexual violence, assaults, threats, and attacks are among some of the many instances that women in India are not only in danger of but must face everyday. Articles on such frequent occurrences are found everywhere on the Internet. Indian women have started to open up and break the silence they have held in for a long period of time. Stories of young Indian girls and women that have survived attacks inflicted against them are spreading. More and more Indian women have decided to firmly stand up, not only for themselves, but also for each other.

According to Sarah Degnan Kambou, President of International Center for Research on Women, “Just last week, we heard news that two young girls in a rural village were gang raped and hanged from a tree. Another news story reported the four 16 to 17 year old girls were attacked and sexually assaulted in a rural village in Haryana State. These brutal assaults are just two that made the headlines in a week’s time”. Several attacks similar to this nature have become well known to all citizens of India; they are not considered continued on page 5
Teaching History with the QCC Harriet and Kenneth Kupferberg Holocaust Resource Center and Archives

By Jalexus Apollon

Queensborough Community College (QCC) has many different arts venues and departments on campus, from Theatre to Dance. However, many students are not aware that there is another area on campus showcasing a different kind of art and history. Located near the front entrance of the college, the Harriet and Kenneth Kupferberg Holocaust Resource Center and Archives (KHRCA) is trying to help change the future by teaching students about the past.

The Holocaust, also known as the Shoah, was the genocide of approximately six million Jews by the hands of the German Nazis throughout over 20 different countries within Europe during the 1930s and early 1940s, until the end of World War II. Although, seven decades have passed since the end of the Holocaust, it is important to keep the history alive to educate all the generations that follow. As is asked on the homepage of the KHRCA website, “And When the Last Survivor is Gone, Who Will Tell of the Holocaust?”

The KHRAC is home to many historical artifacts from the Holocaust, such as a teenager’s actual diary from Germany prior to the war, and parts of a Nazi officer’s uniform. There is a library in the Center specifically dealing with genocides and the Holocaust.

In the lobby of the KHRCA there are also video excerpts from several survivors, including Ethel Katz, Steve Berger, Hanne Liebman and others who share their stories of their experience during the Holocaust.

Many of the survivors whose videos are on display at the center, have visited the QCC campus several times over the past five years as a part of one of the three KHRCA Internships offered by the Holocaust Center. Each fall and spring semester, QCC students can submit an application along with a resume to apply for the internship. It is a twelve-week program, which allows for the interns to cover important historical subjects that interest them.

The students also get to interview one of the Holocaust survivors over a period of a week, in order to gain better insight and understanding of their experiences. Following the end of the final week, the student interns get to present their stories to the QCC community alongside their paired survivor at the KHRCA.

Videos of the past years stories can be seen on the school’s personal Youtube account, www.youtube.com/cunyqueensborough. More information about the KHRCA internship can be found on their website.

The KHRCA holds many events yearly to spread the word about the history of the Holocaust and to raise money to educate others.

On Thursday, April 16, the KHRCA along with the National Endowment for the Humanities (NEH) will be hosting an event called the “Testimony Across The Disciplines: Cultural and Artistic Responses to Genocide.” Students of QCC will be showcasing what they have researched about genocide from Holocaust survivors and genocide scholars through music, art, writing and dance.

“The event will show the different skills and talents of the students and how they perceive genocides,” said Dan Leshem, the new director of the KHRCA.

“Hopefully the event will shed light on the history of the world.

It can possibly bring awareness to situations going on in the present day.”

“IT is meant to be full of education and artistry,” Leshem continued. “It’s going to be a really nice event. To have the students of QCC showcasing their research of the many different genocides through the arts will make it great and worth witnessing.”

The event is free and will begin at the KHRCA with the NEH Student Art Exhibition from 5 p.m. - 7 p.m. The second half of the event will be the Music, Poetry, and Dance taking place at the Queensborough Performing Arts Center (QPAC) from 7 p.m. - 8:15 p.m.

Swimming Is for Everyone

By Sajida Sakhi

Water-based activities are enjoyable for plenty of people. The swimming classes at Queensborough Community College (QCC), located in the Robert F. Kennedy Hall, are relaxing, fun and competitive. Students work in groups, while practicing and helping each other in learning how to swim.

Swimming classes at QCC teach non-swimmers or fearful swimmers how to relax in the water. Students learn basic skills, such as breathing control, floating and basic strokes, like the backstroke and crawl. The pool is open throughout the year, and lifeguards are always on duty.

Swimming is a tremendous way to build endurance, cardiorespiratory fitness, muscles or to burn calories, and is a great way to escape the summer heat. Swimming is also meditative.

According to ScienceDaily, there are many psychological benefits to swimming. If one relaxes and swims with very little effort and lets their mind wander focusing on nothing except the rhythm of their stroke, before long a feeling of well-being settles similar to the feeling one gets from meditation.

“Swimming has kept me in shape and active through the years,” said Nicholas Bombay, a QCC student. “Taking swimming classes in QCC, has helped me overcome the fear of water.” Bombay plans to continue swimming since it keeps him relaxed and fit. He likes the way swimming loosens his muscles, which are often tight when jogging, and credits swimming as one of the main reason why he plans on to major in Physical Education.

According to “The Joy of Swimming, and Meditating” from New York Times, swimming improves one’s cognitive state of mind, continued on page 12
Faculty Spotlight: Carol Imandt
CUNY Administrative Assistant Office of Academic Affairs

By Dayna Stropkay

I was first introduced to Carol Imandt when I received notice that I was on the Dean’s List for the fall 2014 semester. I had only contacted her in regards to the procedure of the Dean’s List ceremony.

She was so excited for me, and I instantly felt like she cared about Queensborough Community College’s (QCC) students and their success. Being in a wheelchair had limited me from attending this event because the Humanities Theater is not handicap accessible. However, Carol made sure I had my choice of how I wanted to be included in the actual ceremony. Her kindness and empathy are evident in all she does. I hope my interview with her gives the reader the opportunity to get to know her the way I did.

WHAT DO YOU LIKE BEST ABOUT WORKING IN THE COLLEGE?

Working in QCC has afforded me the opportunity of meeting people from all areas of the world and from different walks of life. I love the energy on a college campus. The plethora of ideas and interests shared amongst the students, faculty and staff on an everyday basis makes for a very stimulating and fun environment.

DID YOU ALWAYS WORK IN THE OFFICE OF ACADEMIC AFFAIRS?

When I first came to the college in 1996, I started working as a secretary in the Admissions Department. It was there that I learned how much I loved working with students and helping them ease their way into college life and to navigate our campus’s many resources.

It was an exciting time to be working at the college and in the business world in general, as new technology was rapidly transforming the workplace. From my previous employment, I brought to my new job a working knowledge of word processing and modern office procedures. The office’s transition fostered teamwork, and I was lucky enough to work with a wonderful group of very talented people.

My new job motivated my creativity, and I enjoyed the challenge of being involved in the implementation of something new and different.

As time passed, other opportunities for personal growth presented themselves to me at the college, and I left the Admissions Department and worked in other offices on campus. I acquired a very keen sense of community along the way as well as an understanding of how the offices and academic departments support the students and interact with each other. I am now with the college almost 20 years and have spent the last seven in the Office of Academic Affairs. The office is primarily responsible for supporting the work of faculty and overseeing curriculum and new curricular initiatives; faculty hiring and promotion; support for faculty research and presentation; overseeing the operations of the Library and other offices within the division of Academic Affairs; coordinating faculty and student academic ceremonies and for overseeing the honors program.

WHAT ARE SOME OF YOUR RESPONSIBILITIES AS ADMINISTRATIVE ASSISTANT?

As Administrative Assistant to the OAA, my personal responsibilities are mainly student related. One of my most rewarding job responsibilities is the semi-annual Dean’s List / 30-Credit Milestone Ceremony. I am responsible for the coordination and preparation of the event. The ceremony brings together students and families for an evening of celebrating academic success. As everyone is in a celebratory mood, the energy in the room is high. You can feel the students’ excitement and pride as they step up onto the stage to retrieve their commemorative pins from the Officers of the College.

Another event that students look forward to is the annual Honors Conference held in the spring and open to all our students as well as to students from other CUNY colleges. At the Conference students get a chance to showcase their research projects, share ideas, hone their oral communication skills, and meet other students, faculty members and administrators. Representatives from graduate schools are also there to provide students with a chance to ask any questions they may have about their future transfer. I assist in the preparation and facilitation of this event, in addition to creating and editing the Conference Program that features the students’ detailed abstracts.

WHAT IS THE MOST REWARDING PART OF YOUR JOB?

I consider myself very fortunate to be in a position that bears witness to students’ academic transformation from an unsure college student to a confident career-ready person. The enthusiasm exhibited by students can be contagious and keeps me feeling positive about the work I do. One of the joys of working on a college campus is being around the bright minds of tomorrow’s future. I am in awe by the accomplishments of this generation and their ability to multitask and to embrace and adapt to new technologies.

WHAT DO YOU LIKE TO DO WHEN YOU ARE NOT AT QCC?

When I am not working at the college, I enjoy spending time with my family and friends. I love doing anything outdoors whether it is bike riding, golfing, a stroll in the park, camping, or being at the beach. The perks of working for a college are numerous. Over the years I have taken classes in whatever interests me and enjoyed many of the wonderful cultural events QCC has to offer.

WHAT ADVICE WOULD YOU GIVE STUDENTS AT QCC?

What I would like students to say to students, first and foremost, is to stay in school. It sounds clichéd, but with the decline of decent middle class jobs, an education is needed more than ever now to enjoy an adequate standard of living. In addition to better job prospects and more opportunities, your college education and experience will provide you with a more stimulating life and broaden your perspective. Perform to the best of your ability. Life events and emergencies will arise, but being on top of your coursework means that there will be room for adjustment when things happen that you have no control over.

Be conscious of how your decisions and choices affect those around you and ultimately the world. Embrace and nurture your own uniqueness and respect and welcome that quality in others. Enjoy the little things, and live by the words “to thine own self be true.”

Standing Room Only: Science Building Construction

By Ashley Munna

Grabbing a bite and sitting down to relax after a long day of classes is what most students like to do here on campus. The majority of Queensborough Community College (QCC) students like to go to the cafeteria before, after or even during classes.

Construction, at the science building is underway for numerous reasons. One of the major reasons includes space. The construction is also intended to create a bigger dining area for students.

Some students may find it easy to visit the cafeteria to get a snack. On the other hand, others find it highly annoying since the cafeteria has few seats, and is occupied to the maximum capacity on most occasions. With few to no seats available, this may cause inconvenience to students.

In addition, this will draw students away from the cafeteria since no one likes a small, tight area to have a break and eat lunch. Along with the limited seating arrangement, there aren’t a sufficient amount of tables to place the lunch on.

“I think the eating space in the lunchroom is too small for the amount of students attending QCC, it gets filled quickly especially during lunch times,” said Jessica Reddy, a Queensborough student, who often visits the school cafeteria. “There needs to be more seating options where students can grab a bite with their friends in between classes. Many students, such as myself do not even go to the basement lunchroom because I know that it will be packed. It is a dull room with no windows and isn’t inviting. Students at QCC deserve a better place to eat. They shouldn’t have to scout the buildings for an empty bench to eat on. The school needs to accommodate the needs by creating a larger and more inviting cafeteria. I think that after the construction is over, the latest improvements would benefit the students.”

The Science Building has a seating area in the basement. In this area, there are tables and chairs, which enables students to go eat or study at their convenience. Many students aren’t aware of this area in the basement. continued on page 4
Creating New Horizons with the English Department

By Joseph Wolkin

Queensborough Community College offers a variety of majors for its approximately 16,000 students. However, the English concentration, which is part of the Liberal Arts major, is sometimes overlooked.

The Creative Writing Club held its “English as a Major: Experiences and Opportunities” student panel on April 1 to expand knowledge of the concentration. Hosted by Lecturer Benjamin Miller, along with Assistant Professor George Fragopoulos, the two-hour long panel provided an inside look at what an English-focused degree can do for students once they graduate from Queensborough, or transfer to enter a bachelor’s program.

In front of approximately 15 students, a presentation showing some of the most notable people within the world that were English majors in college, including Barbara Walters, Conan O’Brien and Vin Diesel.

“The goal today is to create conversations,” said Miller to start the panel. “I heard people wanted to major in English, but it is seen as impractical.”

Michelle Velez, a current student at Queensborough, led off the three-student discussion by elaborating on her plans to become an English teacher. She found her passion after taking an English 102 course, and is now on pace to graduate from the school with an associate’s degree as an English concentration.

Meanwhile, Francesca Contreras, who graduated as a Liberal Arts major with a literary emphasis at Queensborough and currently attends CUNY Queens College, spoke about her love for writing. Articulating her journey to Queens College by speaking for approximately 15 minutes, she explained the wide variety of options that English majors have once they earn their degrees.

“I don’t want to limit myself because this is what I love to do,” said Contreras. “I took the jump at QCC, and now I’m in an English honors program. I’m really excited to see where it takes me. You have to put yourself into everyday that you read.”

To end the panel, Jessica Golden performed an emotional recap of her transformation to become a writer. Speaking about issues of social anxiety throughout her childhood, she evidently overcame her struggles to become a student at Queens College, where she transferred to after receiving an associate’s degree from Queensborough.

“Writing became an escape,” Golden said. “If it comes easy to you, then that’s the way to go. I learned to express my opinion. Being an English major gives you a greater understanding of yourself.”

Standing Room Only: Science Building Construction

continued from page 3

Many students have no other choice but to sit on the floor, or even stand up to eat or study. The cafeteria has a small staircase that leads to the basement, which is currently closed off. Many students may not know which direction the staircase leads to.

“I feel that the school cafeteria does not provide enough seating for the amount of students the school has,” explained Liat Ohayon “I don’t think it’s fair that us students, purchase food that we can’t even sit and enjoy. We pay a good amount of money to attend college so the least they can do is provide students with an abundance of café seating areas. Not only would it be more enjoyable to sit and eat, but it will also allow students to set up lunch meets so they can socialize and study together.”

The Science Building has been under construction, and it is set to be completed during the spring 2015 semester. The construction is being done to develop the school, and expand seating areas for students to use. The new renovation will provide a new roof over the courtyard, which makes it beneficial to the students.

Despite any condition of weather, students will be sheltered with the outdoor roof. It will also offer an expanded dining space for the campus. The construction will also improve the science building lobby and restrooms.

Also, there will be an addition of a new elevator to improve access inside the building. The construction of the dining area is useful for the students since they will have more available seating to eat, study and socialize.

National / International News

Republican Senators’ Open Letter to Iran

By Michael Wong

Republican Senators wrote an open letter to Iran undermining President Barack Obama and his efforts to form an agreement between its leaders to prevent the nation led by Ayatollah Ali Khamenei from obtaining nuclear weapons. The letter states that any type of agreement without proper legislative approval could be altered by the next president “with a stroke of a pen.”

If an agreement does come out of this, Iran would slow down its nuclear program, and limit the supply of resources needed to produce a bomb. In exchange for this, the United States, alongside other world powers, would lift sanctions on Iran. This potential agreement would last at least 10 years.

Military surveillance of Iran would also increase, if an agreement is made, to ensure that Iran holds up their end of the bargain and does not try to import critical materials to create a bomb.

“It’s definitely in our best interest to make sure that if this [agreement] is formed, Iran holds up their end of the deal, but first let’s see if both sides can meet in the middle with terms,” said Queensborough Community College student John Wagner. “This is all speculation until a final deal is made and settled upon by both sides.”

The Logan Act is a United State federal law, enacted in 1799, that clearly states that it is forbidden for unauthorized citizens to negotiate with foreign governments that are having a conflict with the United States government. Discussion about whether the letter violates the Logan Act is still in question, as Republican Senators openly try to interfere with President Obama and his attempt to come to terms with Iran.

According to the New York Times, President Obama stated: “It’s somewhat ironic to see members of congress wanting to make common cause with the hard-liners in Iran.”

Republican Senator Tom Cotton from Arkansas drafted the letter. He explains that he took the initiative to draft the letter since Iran’s leaders might not be clear on America’s constitutional system.

He spoke about the political danger Iran can face if this isn’t a permanent agreement. Iran would be vulnerable by holding their end of the agreement to a deal the next American president could easily change. Cotton said all but seven Republican Senators signed this letter and he tried to get Democrats to sign the letter, but had no success.

Josh Earnest, the White House press secretary, described the Republicans action as “just the latest ongoing strategy, a partisan strategy to undermine the president’s ability to conduct foreign policy.”

“In our view, this letter has no legal value and is mostly a propaganda ploy,” said Iran’s foreign minister, Mohammad Javad Zarif. “It is very interesting that while negotiations are still in progress and while no agreement has been reached, some political pressure groups are so afraid even of the prospect of an agreement that they resort to unconventional methods, unprecedented in diplomatic history.”

Many from both Democratic and Republican parties are concerned that if an agreement is reached soon, President Obama wouldn’t need congressional action to proceed because due to having he has the power to lift sanctions he imposed under his own executive authority. He also has the authority to briefly dismiss others sanctions imposed by the 114th Congress. Permanent lifting of sanctions made by Congress would eventually need a vote.
India: It’s Time to Speak Up

“out of the ordinary” anymore.

Another attack that caused a huge riot amongst the people of India, and brought international attention, was the gang rape of a 23-year-old female paramedic student in Delhi, India. On Dec. 16, 2012, upon returning from the cinema at 9:00 PM, the 23-year-old student, along with a male friend, boarded a bus. Initially, they were hoping the bus would take them closer to home; however, what awaited them was something far worse. Her attackers had badly beaten her male friend and sexually assaulted her for an extended period until she was left unconscious and brutalized. Both she and her companion’s naked bodies were flung out of the window of the moving bus only to be found by others.

In an article by Naila Kabeer, Professor of Development Students at the School of Oriental and African Studies we learn that the victim had recovered enough to provide a statement to the police about her assailants but passed away on Dec. 29. After news had spread of this violence, she was named ‘Nirbhaya’ meaning ‘without fear’, by the press - none of whom revealed her name. Kabeer goes on to write, “she was named ‘fearless’ because of the fight she put up against her attackers (she left marks on at least one of their bodies), because of her determination that her attackers be brought to justice and because of her struggle to live, despite horrific injuries to her internal organs.”

In late 2012 before the gang rape in Delhi, the International Center for Research on Women (ICRW) went to India and organized a study to find and understand whether views of safety for women had changed or improved in Delhi. What they had discovered just from surveying men and women in streets, bus stops, and market places were grave and concerning issues. The women that were surveyed said they did not feel safe while they were in public and the other half of men admitted in being sexually aggressive. Several of these men felt that women were responsible in the end if they were sexually assaulted or harassed. This further proves that women in India have felt unsafe and fearful of the places they must pass through on a day-to-day basis even before the gang rape in Delhi. Only five percent of the women surveyed told researchers of ICRW that they either feel “safe” or “very safe” in the public areas in New Delhi. While 73 percent say the girls and women face sexual aggression in their own neighborhoods, and 63 percent are fearful to go out when it is dark. More than 20 percent say they do not like going outside alone and avoid doing so due to threats they may come across.

Sarah Degnan Kambou tells us that according to research fear and actual experience of sexual violence in public has a huge impact on female’s daily routines, lifestyle, and their emotional and physical health.

The legacy that was left behind by Nirbhaya greatly impacted India’s people and left a permanent mark in the fight against violence for women. Millions had come together to protest and speak against such a significant and recurring issue. This had been a line crossed one too many times and citizens were sick of it. According to The World Post, “statistics indicate that in India a woman is raped every 22 minutes. The conviction rate for rape stands at an abysmal 24.2 percent. Add to that the knowledge that most cases that do make it to the headlines come from urban areas and rarely do they touch upon the complex social hierarchies that govern the mentalities that justify rape.”

According to Naila Kabeer, “What happened to Nirbhaya could have happened to any of the thousands of young women currently attending university. They do not necessarily come from privileged backgrounds. Many, like Nirbhaya, come from humble backgrounds and have had to struggle to find a place in what the new India has to offer. Many, like Nirbhaya, are the first generation of women in their family to make it into college. In Nirbhaya’s case, her father had to sell what little land he had in order to make this possible.

In that sense, she was ‘everywoman’ for this generation of university students. Her very anonymity, what one writer has called her status as ‘the unknown citizen’, has allowed people to see their own story in her life and death.”

According to The World Post, more and more ‘Nirbhayas’ are emerging, sharing their stories and powerful words. Here are a few:

“Sexual violence is rampant because you think you can get away with it and that I will be too ashamed to report it. If I do speak up you think you can shut me up.” “Nirbhaya’s attackers were tried and convicted because of the public outrage. Let’s not forget, this was the only conviction of the 706 cases reported in Delhi in that year. Even when I, and my family, gather enough courage to file a report, the police will often refuse to register the offense.” “Often I am told that I was assaulted because of the way I carry myself. The way I walk, the way I talk. Often I am told that ‘I asked for it’. How do you explain when a 7 year old is preyed on? Did she ‘ask for it’?” “Why am I told that to be raped is to lose my dignity? Why is it that I am the one to lose face after being raped? Why is it that no rapist is ever consumed by the shame of his act?”

The World Post also reports that, “rape will not stop until you stop thinking of my body as an object. It will not stop until you stop telling me what I should do and what I should think. It will not stop until you stop transacting me for a dowry. It will not stop until you think I should cook and clean for you just because you have married me. It will not stop until you stop making a list of do’s and don’ts for me. It will not stop until you consider me your equal. And equal not just nationally but equal in rights, in opportunities, in inheritance, in property and everything else you have kept as your privilege.”

As Kayonaaz Kalyanwala writes in The World Post, “I am Nirbhaya. I know no fear. And I will stop you from stopping me to live my life the way I want.”
The Ivory Trade

By Elanie Dida

The illegal ivory trade is on the rise, while the population of Africa’s giants steadily reaches extinction. African elephants are being slaughtered by the thousands each year because of poachers, who kill them for their tusks. Conservationists have estimated that if the killings continue at the rate they are today, by the year 2020, African elephants will cease to exist.

The human desire for ivory has caused the devastating decline of African elephants, which were numbered at an estimated 26 million in 1800, to less than 500,000 today. National Geographic reports that this startling decrease in the population spiraled out of control in the early 1900s, when the mass production of combs, jewelry, religious art objects, piano keys and pool balls fueled an ivory craze. By 1913, the United States was consuming over 200 tons of ivory each year. This dropped the elephant population from 10 million in 1900, to 600,000 in 1989.

According to National Geographic, Richard Leakey – a conservationist – convinced Kenya’s president, Uhuru Kenyatta, to publicly burn the country’s stockpile of ivory on July 18, 1989. He explained the idea by stating, “I felt we had to do something really dramatic. If you can bring world attention to the problem facing elephants, you can stop it.” The images had the effect that Leakey hoped for and within a year, ivory was banned worldwide.

For over 10 years, the demand for ivory faded, and the killings had stopped. This allowed the elephant population to reach nearly one million. However, that victory was short lived because of the decisions made in 1999 and 2008.

Pressure from southern African and Asian countries led to sanctioning a legal trade of tusks. The consequences of those decisions have been disastrous. Today, levels of poaching in some areas are in its worse shape since 1989.

As if the staggering loss to the elephant population wasn’t enough to stop the ivory trade, ivory has been linked to terrorism. The Los Angeles Times reports that an 18-month long investigation uncovered a financial trail between the illegal ivory trade, rhino horns and the terrorist group Al-Shabab. During her announcement of a new global effort to stop poaching, Hilary Clinton stated that African terrorist groups, “fund their terrorist activities to a great extent from ivory trafficing.”

The Los Angeles Times detailed the 18-month long investigation, which revealed that groups like Al-Shabab act as middlemen. They take orders from agents in Persian Gulf States and Asia, then purchase ivory from small brokers to fill all the orders. The terrorist groups often pay better than most middlemen, which in turn makes them attractive buyers.

Not only does the ivory trade cause the massive killings of elephants and – in some cases – funds terrorism, it also causes emotional trauma to the elephants that survive the ordeal. In a documentary called “Saving Africa’s Giants,” Animal Planet took an inside look into the lives of baby elephants left orphaned because of poaching.

The documentary told the stories of the orphaned elephants from the David Sheilrick Wildlife Trust – a wildlife sanctuary that specializes in elephant pediatrics. The sanctuary is home to 28-orphaned elephants – considered “the lucky ones” at the sanctuary – and all arrive psychologically damaged.

According to National Geographic, Richard Leakey – a conservationist – convinced Kenya’s president, Uhuru Kenyatta, to publicly burn the country’s stockpile of ivory on July 18, 1989. He explained the idea by stating, “I felt we had to do something really dramatic. If you can bring world attention to the problem facing elephants, you can stop it.” The images had the effect that Leakey hoped for and within a year, ivory was banned worldwide.

For over 10 years, the demand for ivory faded, and the killings had stopped. This allowed the elephant population to reach nearly one million. However, that victory was short lived because of the decisions made in 1999 and 2008.

Pressure from southern African and Asian countries led to sanctioning a legal trade of tusks. The consequences of those decisions have been disastrous. Today, levels of poaching in some areas are in its worse shape since 1989.

As if the staggering loss to the elephant population wasn’t enough to stop the ivory trade, ivory has been linked to terrorism. The Los Angeles Times reports that an 18-month long investigation uncovered a financial trail between the illegal ivory trade, rhino horns and the terrorist group Al-Shabab. During her announcement of a new global effort to stop poaching, Hilary Clinton stated that African terrorist groups, “fund their terrorist activities to a great extent from ivory trafficing.”

The Los Angeles Times detailed the 18-month long investigation, which revealed that groups like Al-Shabab act as middlemen. They take orders from agents in Persian Gulf States and Asia, then purchase ivory from small brokers to fill all the orders. The terrorist groups often pay better than most middlemen, which in turn makes them attractive buyers.

Not only does the ivory trade cause the massive killings of elephants and – in some cases – funds terrorism, it also causes emotional trauma to the elephants that survive the ordeal. In a documentary called “Saving Africa’s Giants,” Animal Planet took an inside look into the lives of baby elephants left orphaned because of poaching.

The documentary told the stories of the orphaned elephants from the David Sheilrick Wildlife Trust – a wildlife sanctuary that specializes in elephant pediatrics. The sanctuary is home to 28-orphaned elephants – considered “the lucky ones” at the sanctuary – and all arrive psychologically damaged.

What is Social Justice from the Perspective of Three Transgender Individuals?

was in denial, but later on she accepted him. Now he is 23 years old and has overcome several procedures.

“While everyone thought of getting a car, I thought about being comfortable,” he said.

By comfortable, he was referring to his breasts. His father was surprisingly at ease, but later on she accepted him. Cerda said, “all the problems are being looked at in another way.”

A QCC student from the audience, Karen Hall, explained how she saw a post on Tumblr saying that they were people trying to create a bodyguard type of protection for transgenders still in school. These people would volunteer their time to walk them to school and basically protect them.

Hall recently came up with the idea of a “bathroom buddy,” which will be a person going to the bathroom with a trans because they have such great fear of going to the bathroom alone while transitioning because they are indeed perceived as different.

After the lecture, Hall explained, “I want people to be recognized as people, not some alien that needs to be isolated from society.”

At the end of the lecture one professor asked the speakers, “What advice would you give to a younger you, or another student going through the same thing?”

Diamond replied, “Just honor every child’s feelings, and when you are done listening, tell them it is okay to be different.”

Credit: Photo credit: google.com
Airbnb Who?
By Carla Demartini

When considering a vacation, many things come to mind. Two important questions to answer are, “Where am I staying?” and “How much will it cost?” With summer vacation just around the corner, many may consider using Airbnb to answer these questions.

Whether traveling to a different country or someplace as local as Boston, Airbnb offers rooms, some for as little as $10 per night and up.

“I live in New York and have a passion for traveling and investing,” said Patricia Demartini who regularly uses Airbnb for travel and business. “I travel every month all over the world and miss my home a lot, when coming upon Airbnb a few years ago I was happy to learn I can travel comfortably while making new friends. It was also great to know, I can now rent out my apartments in Colombia and be stress free, knowing I’ll have people who enjoy traveling comfortably and making new friends like myself with the security measures Airbnb provides from insurance of damage to verifying identities.”

Airbnb has many security measures that protect both the host and the traveler. The key is knowing who the traveler is and who the host is; each individual has a profile on the site that is verified thru a scanned ID, email verification, social media verification, professional photo request, and traveler reviews.

Communication between host and traveler is provided by the company through a messaging service.

Payments are made safely through Airbnb itself by using PayPal accounts. When you pay for a room, the payment is processed through Airbnb and paid out to the host after a representative contacts the person(s) upon arrival to confirm all is as promised.

Controversy has been surrounding this new business since 2008, however. Some of these controversies may seem funny, while others may prompt potential Airbnb users to ask, is this new way of traveling really worth it?

“The Bélo” represents Airbnb’s new logo intended to signify belonging together as a community nationally and internationally. This logo sounds nice but the problem is that once it hit the internet, viewers commented that the symbol looked a lot like a certain female body part.

According to an article in Daily News, Sara Lando tweeted “Well, nothing says ‘home away from home’ like a vagina. #airbnb”

“I thought I was downloading a menstrual app on my iPhone when I saw it,” said Arturo G, a supporter of Airbnb.

Many also claim that Airbnb copied the logo from another up-and-coming California company, Automation Anywhere. In 2014 both companies released extremely similar logos. This has been acknowledged by both companies, releasing a joint statement in Valleywag.

“In early 2014 both Airbnb and Automation Anywhere began use of new logos that, by coincidence, have similar designs,” the companies stated. “Airbnb stated that this is “good news for New Yorkers encounter—so far. According to the Washington post Coordinators] said, is that hosts are flipping dozens of apartments to rent them out to tourists, which ultimately decreases the amount of affordable apartments and houses left for those who need them. (Not to mention the fact that hosts are not paying any type of occupancy tax on those units, depriving the state of tax revenue—prompting Attorney General Eric Schneiderman’s recent campaign to ferret out tax cheats—in October, Mr. Schneiderman subpoenaed Airbnb for information about 15,000 New York hosts.)”

Hosts, or “landlords,” of Airbnb both agree and disagree with many of the arguments.

Yes, some landlords are taking advantage of this new way to rent out apartments and are buying apartment buildings to strictly be able to Airbnb the entirety of their property. But critics argue that the majority of hosts on Airbnb that are using this new method to make use of extra unused bedrooms or of unoccupied homes while they are on their own vacations.

The cost of living in New York City is high compared to other states and this makes it difficult for some people to live comfortably. According to the Observer, Kaye, who has suffered from a massive health issue and can now barely afford her village apartment says, “For us Airbnb is crisis money. It is the thing that we need every month.”

“Airbnb has won all the lawsuits they have encountered—so far. According to the Washington post Airbnb stated that this is “good news for New Yorkers who simply want to share their home and the city they love.”

Airbnb should be home free soon enough, which can enable more options for potential users throughout the future.

Do you like to write?
Do you want to share your writing with others?

Then write for the Communiqué.

The QCC Communiqué is looking for a few good writers for its Spring 2015 issues.
We are especially interested in micro-reviews (200-300 words) of new movies; editorials related to QCC, higher education, NYC, and the world; feature articles about college life; and book, theatre, and music reviews for our arts section.

Writing for the Communiqué is a great opportunity to share your ideas with other QCC students and contribute to the campus community. It’s also an excellent way to beef up your resume and your college applications.

Interested students should contact Communiqué Faculty Adviser Prof. Elisabeth Toohey at EToohey@qcc.cuny.edu

The COMMUNIQUÉ:
It’s Your Paper!
Un-Fare Commutes

By Alexis Savva

On Sunday, March 22, the Metropolitan Transportation Authority (MTA) fare hike went into full effect. Though these fare hikes are no surprise to fellow New York Authority (MTA) fare hike went into full effect. Though

The subway and local bus fare is now $2.75, while reduced fare is now $1.35. In addition to the fare hike, in order to purchase a new card you must pay an additional $1.00 as opposed to the card itself being free. Weekly metro-cards rose from $30.00 to $31.00, and Monthly metro-cards rose $4.50 from $112.00 to $116.50.

Along with these increases, the toll prices are being raised! If you use your EZ-pass, the rates went up about 4%, and if you decide to pay cash, the toll has risen anywhere from 6.7%-10%.

An MTA bus driver who chooses to stay anonymous said, “The fare-hike doesn’t affect me or my routes, all it does is make people complain more.”

With subways having a record use of more than six million riders, people are not happy but they have no choice but to deal with the cards that they have been dealt. Everyday MTA user John Tiejen is not too happy with the fare-hike. Tiejen said, “I read there was a $2 billion surplus supposedly being used for projects, so what is the real reason for the fares rising? For those who can’t make alternate travel plans, it will become very costly. I use the express bus on the way to work and the subway home.”

They are not pleased with the fares and tolls rising across the city.

The fare-hike. Tiejen said, “I read there was a $2 billion surplus supposedly being used for projects, so what is the real reason for the fares rising? For those who can’t make alternate travel plans, it will become very costly. I use the express bus on the way to work and the subway home.”

Though there is nothing we can do to stop the fares from rising, there are ways we can save our money! Avoid the new $1.00 card fee by constantly refilling your older card until it expires. You will receive an 11% bonus each time you add $5.50 or more to your card.

You may also consider getting the EasyPayExpress Metrocard, which is linked to a credit or debit card and it will automatically refill itself, automatically giving you your 11% bonus.

By keeping these few tips in mind, you can save your money and prepare for the next toll hike, which we all know, will be coming sooner than later!

Nothing Is the End of the World Brings Laughs and Reflection on Identity

By Dontae Rodriquez

Nothing Is the End of the World (Except For the End of the World) is opening May 1st at The Shadowbox Theatre. General admission will be $10, senior admission will be $3. Performances will be held in The Shadowbox Theatre. General admission will be $10, senior admission will be $3, and QCC students and Faculty/Staff will $3.

For the End of the World

The Queensborough Community College (QCC) Theatre Arts department has produced many intriguing plays in the past, the most recent of which was Metamorphoses, directed by Arthur Adair, which opened in late February.

The QCC Theatre Arts department is currently in production of their next play, Nothing Is the End of the World (Except For the End of the World), the second play of the season, which will open on May 1st.

“Godfrey is created to make sure that Olive doesn’t find out that she is half-human, so he becomes protective of Olive,” said Omar Gill, the actor playing Godfrey. “They also struggle making friends.”

“I’ve mostly directed dramas, and not too many comedies,” Jiminez notes. “It’s an interesting style. Directing comedies it has been more interactive.”

His actors agree. “So far I like it because I really love comedies,” Gill said.

“I think they’re doing an excellent job,” Jiminez says of Shweda and Gill.

Both actors feel the play offers a commentary on identity.

“I think it says to be yourself and don’t put on a mask,” says Gill.

Schweda agrees. “It teaches you about how to be your true self. I think it could relate to regular life.”

Nothing Is the End of the World (Except For the End of the World) is opening May 1st at 7:30pm and will have performances on May 2nd at 7:30pm, May 7th at 7:30pm, May 8th at 7:30pm, May 9th at 7:30, with a special $1 matinee May 6th at 12:15pm. Performances will be held in The Shadowbox Theatre. General admission will be $10, senior admission will be $5, and QCC students and Faculty/Staff will $3.
A Gentleman’s Guide to Love and Murder
A Show That Will Make You LOL

By Lea Passione

Ever get that feeling and you are the only one who was not as into the trend as the rest of the crowd? That was me in the fall of 2013, when a little show called *A Gentleman’s Guide to Love and Murder* took the town by storm.

I did not hear anything about the show other than its small, murderous synopsis. A couple months later, a few Tony Award wins, including the award for Best Musical and a laugh-out-loud performance in Bryant Park during the summer, I got a taste of why this show was so popular.

Based on Roy Horniman’s novel *Israel Rank*, *A Gentleman’s Guide to Love and Murder* is set in England in 1909. The story centers on Monty Navarro (Jeff Kedydy), as he tells his memoirs from his beginnings as a normal guy struggling in the lower class, with plans to turn his life around. He gets news from Miss Shingle (Carole Shelley), a friend of his recently deceased mother, that she was a member of a royal family, the D’Ysquith’s, thus making Monty in line for the title of Earl of Highhurst— ninth in line to be exact.

Only eight other relatives (all played by Jefferson Mays) stand in his way. Navarro decides to get that throne faster to rise up by making all the relatives in the line of succession kick the bucket. Of course, this is would not be called *A Gentleman’s Guide to Love and Murder* without a love story.

A subplot entails Navarro juggling his two loves: his mistress Sibella (Scarlett Strallen) and Phoebe D’Ysquith (Catherine Walker), who is Navarro’s cousin, but who’s keeping track?

Seated in the mezzanine level of the Walter Kerr Theatre, one can see the entire stage, which is excessive in size, and hovers above the orchestra. There is a stage within a stage, as if we are watching a show within a show. The setup, as well as the musical style, dialogue and costumes, were all reminiscent of an English music hall type of show.

The story was something out of the ordinary, like a slap in the face. It is very easy to follow, and almost every line and comedic antic will make you laugh. Think of it like the TV show “How to Get Away with Murder,” but with comedy, musical numbers and a setting in England.

The songs will make you laugh just as hard. From the manly man “Better with a Man” and “Poison in My Pocket” to the operatic, door slamming, three-way comedic love-fest “I Decided to Marry You,” there is no doubt that every lyric sung and movement done will make laugh so hard that you will fall out of your seat.

The costumes put a classic touch for the time period. The cast also welcomed Kristen Hahn at the performance I saw, who made her debut in the ensemble and in the small role of Miss Barley.

The cast has a talent on how to tickle everyone’s funny bone. As Navarro, the show’s protagonist, Jeff Kedydy manages to pull off every song and scene. Plus, he knows how to work Monty’s charm, with not only his scene partners, but also the audience.

Watching Jefferson Mays performing as eight different unfortunate characters is a theatrical treat. You see him as one character in a scene, and in the next - he is a completely different character with a different personality, voice and more.

At the stage door after the show, I asked Mays how he does all those changes. “There is wonderful team of dressers in the dark,” he responded.

Scarlett Strallen, a recent addition to the cast as Sibella, his mistress with a desire for a higher social class, gives classic, British charm. She has a wonderful voice and makes original choices that work wonderfully. Since she has been in the show about a month, she may also grow more with Sibella as time goes.

Catherine Walker, as Phoebe, has a glorious soprano that rings through the theater. She brings innocence and charm to her performance. She has wonderful comedic timing, and it plays well opposite of Kready’s Monty.

As murderous and original the plot is - it is no wonder it is one of the hottest tickets in town.

*A Gentleman’s Guide to Love and Murder* plays eight times a week at the Walter Kerr Theatre (219 W. 48th St. between Broadway and 8th). If you are looking for a great story that is filled with drama and comedy, with a touch of class, this show is the one you are looking for.

The National September 11th Memorial Museum: A Review

By Moses Mangalindan

The National September 11th Memorial Museum, which opened in Sept. 11, 2011, lies near the base of One World Trade Center, next to the North Memorial Pool and South Memorial Pool in downtown Manhattan. It was created to honor the victims of the 9/11 attacks, the World Trade Center (WTC) bombing and the personnel who put their lives at stake to save others.

The museum experience begins the moment you enter. On the way to the information and membership desk is *WTC Tridents* an exhibit comprised of two of the eighty-four columns that gave The Twin Towers its unique look. They were excavated from Ground Zero. A rescaled figure of *The Sphere* that resided in WTC plaza is also in the vicinity.

The introductory exhibit provides a refresher course of what happened on 9/11. One of the exhibits here is a map of the northeastern section of The United States. The airports, departure times, flight paths, and collision locations of American Airlines (AA) Flight 11, United Airlines (UA) Flight 175, AA Flight 77, and UA Flight 93 are shown here.

Further down is an exhibit that utilizes the *We Remember Recordings* from the archives of the museum. Foreigners from abroad and Americans at home recorded their recollection of the morning of 9/11. Their words are shown on multiple screens that are in various languages such as English, Spanish, and French.

One of the more interesting exhibits here informs you that where you are standing (in order to read the exhibit notes) is the epicenter of the WTC bombing of February 26, 1993. 1,200 lbs. of explosives were placed into a van and left in the parking lot. There were six casualties, which included a pregnant woman. Over 1,000 building occupants and ERs were injured.

Many other highlights of the introductory exhibit area include an overhead view of “The Last Column”, the chosen symbol of the incident; the *Dedication Pedestal* made to honor the creation of the WTC, and *Missing Posters*, which is a compilation of hundreds of posters made by people who were looking for their missing relatives, loved ones, and co-workers.

The lowest level features the main exhibits of the museum. More remnants from Sept. 11, 2001 are located here.

The Center Passage contains a couple of emotionally heavy exhibits in the museum. An elevator motor used to reduce elevator travel time in the WTC is on display here. Next to that is the recovered spire that was used for the radio tower in the North Tower. The next exhibit is a damaged fire truck belonging to Ladder Company 3. “Helmet belonging to FDNY Captain Patrick John Brown” is an exhibit of his enscased firefighter helmet. He was one of the members of Ladder Company 3 who lost their lives on 9/11 and it has Continued on page 10
The National September 11th Memorial Museum: A Review

Continued from page 9

been placed here in honor of his memory.

The Memorial Hall features an art installation made by Spencer Finch entitled, *Trying to Remember the Color of the Sky on That September Morning*. It uses 2,983 individual watercolor drawings that are in unique shades of blue. One of the only exhibitions you are allowed to touch is *Plaza Benches* from Austin J. Tobin Plaza and the WTC complex. They are conveniently placed directly in front of the art installation and provide a brief resting spot to sit down and admire the artwork.

The Foundation Hall provides a view of *The Last Column* (Column 1001B one of 47 that supported the inner core of the South Tower) in its full splendor from the base as opposed to the overhead view provided on the way down. Some of the tributes and mementos posted on The Last Column have been encased in glass for preservation and put on display (replicas were put in place in their corresponding areas.) *The Slurry Wall* is the original slurry wall that was used during construction of the original Twin Towers. It was used as a reverse bathtub to prevent water from flooding or leaking into the site. *South Tower Column* is a column that belonged to floors 30, 31, 32, or 33 (it is difficult to determine its origin.) The extreme stress caused one end of it to fold over completely. Near the end of the Foundation Hall is a unique piece entitled *Timescape* a digital art installation designed by Local Projects. There are many news articles touching on topics related to 9/11 and its aftermath. *Timescape* uses an algorithm that searches for key terms in news articles. It then groups them into separate timelines in order to show the impact of 9/11 since that day. At the very end of the Foundation Hall is “*Shirt worn by U.S Navy SEAL Team Six member during raid on Osama bin Laden’s house.*” It was donated anonymously by one of the six members that were part of that raid, Operation Neptune Spear.

*In Memoriam, Rebirth At Ground Zero, and September 11, 2001 Historical Exhibition* are three notable locations that should not be missed. Photography is not allowed at any time in any of these exhibits.

*September 11, 2001 Historical Exhibition* provides a timeline for the events prior, during, and after the Sept. 11, 2001 attacks. There are four different sections in the beginning of the exhibit. Each of them correspond with different episodes of the day, the WTC North Tower incident and South Tower incident, the Pentagon incident, and the struggle of the passengers on UA Flight 93. There are also four different alcoves corresponding to the four previously mentioned sections that include footage and voice recordings from people who experienced or witnessed the events.

Deeper into the exhibit is an area entitled *Before 9/11*. *Before 9/11* explains that 9/11 was not the first attempt to down The Twin Towers. It provides explanations for the mission of terrorist organization al-Qaeda; the plot of the members behind the WTC bombing; and the efforts of the members who conspired to hijack four different planes in order to use them as weapons.

Following *Before 9/11* is *After 9/11*. This exhibit includes many tributes and dedications given by family members and loved ones, including remnants recovered from Ground Zero. It also brings to the light the various organizations, foundations, fundraisers, and recovery efforts that were formed to aid Americans during their plight. If anything, this section of the historical exhibition shows us the resilience and strength of the American spirit in spite of what transpired. Immediate action was taken to remove tons of debris from Ground Zero. Many people from different walks of life came to provide support and aid.

The *In Memoriam* exhibition honors the 2,977 individuals killed as a result of the terrorist acts of Sept. 11, 2001 at this site, as well as at the Pentagon and in Somerset County, Pa. and the six individuals killed in the terrorist bombing of the WTC on Feb. 26, 1993. All of the victims’ faces are posted in alphabetical order according to their last names. All of them, thousands, all at once, in the same room, looking at you, you looking at them. Multiple interactive screens are spread throughout the exhibit that let you look at each wall without walking around. It also features a search function if you are looking for a specific person. In the center is a dark room that displays the victims and their eulogies. If available, a voice clip recorded by a loved one or a relative is played alongside the presentation.

Finally, *Rebirth At Ground Zero* is an exclusive movie made by Project Rebirth and it’s only available at the 9/11 Museum. It is a chronological exhibition of the recovery process at Ground Zero. Different perspectives of video footage were compiled together in order to show the day-by-day process of removing the debris and building the One World Trade Center. It shows the hard work of construction workers who worked day and night for over 8 years. The experience itself is synonymous with a rebirth. From the ashes of Ground Zero came the 9/11 Memorial Museum, the North and South Memorial Pools, and the One World Trade Center.

I was only in 5th grade at the time of the attack so I didn’t completely understand the gravity of what had happened on 9/11. The National September 11th Memorial Museum provides a comprehensive explanation of what transpired, past, present, and future. It’s a bittersweet epoch that is a part of our history. The losses of that day are irreplaceable. What we gained was a sense of unity that bonded us as New Yorkers, Americans, and people.
Free Tutoring Services Are a True “A”ssist

Continued from cover page

for these exams. Keeping in mind that a lot of tutors are also students at QCC and are familiar with the course.

Some students, such as Adrian Narine, who is completing his last semester, think the SLC is great.

“For classes that I just could not avoid like English and Math, I went to the Learning Center for help and it was probably the best decision I made because I saved myself from failing or doing poorly just by going to tutoring for like one hour a week,” he explained. “It’s not much time, but one hour can really make a difference. They also helped me a lot with citing sources which was so confusing when my professors taught me.”

One smart thing students can do is to make an appointment early to guarantee a session at that specific time. Sometimes there is a high volume of students, especially around midterm week and finals week, and students often don’t have much time to wait for a session. Setting up appointments earlier is more convenient for the student and the tutor.

The subjects of tutoring services at the Student Learning Center include Social Sciences (Sociology, Anthropology, Psychology, Philosophy, etc.) where most writing intensives require research papers that tutors at the Writing Center can look over. Biology, Physics and Chemistry are subjects that require labs and tutors can help explain the concepts of the lab more in depth. Other subjects such as Foreign Languages, History, and Nursing are also available if students need to be tutored.

Not all tutoring services are found in the SLC, however. Math tutoring is located in the Science building Room 216, the Language Lab is located in Room 240 of the Humanities Building, and other learning services and resources can be found on the QCC website.

Raquel Coy, a former student of York College and tutor at the Writing Center says her professor actually recommended that she become a tutor after seeing her outstanding peer reviews in class and he walked her down to apply at the SLC. She advises students in English 101 to take those peer reviews seriously because your professor might see your potential as hers did.

“The best part about my job is that I get to deal with different personalities. On a personally selfish level its great because I get to learn from my students, too, while they’re being tutored. We tutor everything. I get to learn about Biology, Chemistry, Engineering…I get to learn all of these things while reading a paper. It keeps my skills refined and sharp.”

She adds that she loves working at the SLC with great coworkers and a nice variety of students.

Even QCC students can even work at the Learning Center. The basic requirements are:

▪ Minimum 3.0 GPA
▪ B+ or better in courses(s) you wish to tutor OR proof of competence in those subjects
▪ Good listening and communications skills

Ability to tutor in more than one subject is highly desirable. The application can be found on the QCC website.

Students should not let this opportunity slip away. Outside tutoring services can cost over $50 per hour, QCC students can get expert help for free. The Student Learning Center encourages all students to take advantage of this service and do the best they can to have a successful future.
Lifestyle

Tips and tricks on Managing School and Work
By Nataly Rivera

As if school were not difficult enough, many students manage to work up to 40 hours a week – or even more. The pressure of handling both work and school is stressful to students, yet a large number do it.

A new United States Census Bureau report determined that 71 percent of the nation’s 19.7 million college undergraduates were working in 2011. Of that number, one in five undergraduates were working at least 35 hours a week year-round.

Unfortunately, some students don’t have the luxury of choosing not to work. Many students have children, or must pay their tuition themselves, leaving them no option.

Yet working while in college may not always be a bad thing. Research shows that “students who work a modest number of hours per week (10 to 15 hours), on campus are more likely than other students — even students who do not work at all — to persist and earn degrees,” according to Professor Laura Perne of the University of Pennsylvania’s Graduate School of Education.

However, as many students know, obtaining a job on campus can be difficult due to the high number of applicants and that not everyone is eligible. In order to qualify, a student must be taking at least six credits and be in good academic standing, and cannot owe a refund of a Federal Pell Grant or Federal SEOG or other federal aid. (This last point, means that in order to obtain an on-campus job, you can’t be receiving any aid.) Because of this, most students must commute to their jobs, taking more time away from academic studies.

“Yes, I struggle,” said Maris Alvarez, a Queensborough Community College sophomore. “I struggle because I am either worried about one thing or the other. It is difficult to focus on one task at a time. There are simply not enough hours in a day. I feel like I can’t give my assignments my best effort no matter how much I try.”

According to the National Center for Education Statistics, in 2007, nearly half of “traditional” undergraduates — students between the ages of sixteen and twenty-four attending college full-time — worked while enrolled. Moreover, approximately 80 percent of non-traditional-age undergraduates attending college worked part-time while enrolled.

Like Alvarez, many students worry about the effect their jobs are having on their schoolwork. So what can make balancing these two worlds easier? After all, it is a challenge that will be presented to us in the real world many times. Today it may be school and work, tomorrow children and needy husbands or wives.

Here are some helpful tips to keep in mind while juggling both school and work:

Maintain a calendar. It is very important to stay organized when having so much on your plate.

“I keep a to do list, whatever is due first goes on the top,” said Justin Romero, when asked how he maintained his organization. “I also use apps on my phone that serve as reminders.”

Smart phone apps, such as “Color Note,” allows one to make to do lists and post them right on their home screen. Each time one pick up their phone to check Facebook, they can be reminded about that paper due Monday.

Master the art of multitasking. Some jobs, unfortunately, do not give you the opportunity to multitask. But if you are one of the lucky ones, catching up on some reading while having no customers might not be such a bad idea.

Know your priorities. As much as we all love having many priorities, you can’t forget what comes first: school. It’s important to understand that in the long run school will benefit you in reaching your career goals, and try to not lose sight of that. Once you notice grades dropping, take a step back and make the needed changes.

Make time to reward yourself. After all the long hours, a reward might consist of something so simple as making time to sleep. Don’t forget you are still a college student and everyone needs a break. Always leave time for yourself, family and friends.

“I know my work experience will benefit me in the long run, my resume will be enhanced and future employer’s will like my ability to juggle both my work and academic life,” said Nancy R. “I know it is not easy. But I feel good knowing I can handle both. To be honest I am proud of myself.”

It’s not easy, but sometimes it’s necessary. To all those who join in the struggle, give your self a round of applause, and welcome to the real world.

Swimming Is for Everyone

continued from page 2

and puts an individual in a better mood.

“Swimming is one of the best exercises you can do for fitness, and in addition, it’s a specialized skill that can help save a life,” said Dr. Anthony Monahan, a swimming coach at QCC. “Many people have an extreme fear of water. Often, those suffering from aquaphobia are non-swimmers and we help such students overcome the fear of water.”

Swimming is an exercise that can give one’s heart and lungs a solid cardiovascular workout that can help improve flexibility and muscle tone as well.

“College students are so busy with classes, employment and family or social obligations that there seems to be no time left for exercise,” said Zinger Lana, a health professor at QCC.

“Scientific evidence is piling up that shows regular exercise like swimming provides important cognitive benefits that could make your scholarly efforts a little less taxing. Swimming improves mood, decreases stress, increases memory retention and stimulates brain cell development.”

“Water is 12 times denser than air, making swimming more effective at toning your muscles than any other form of aerobic exercise on land. With swimming, you get the cardio portion which acts very much like weights do at the gym, but without the stress on your joints.”

“I never knew how to swim all my life, until I took a class here in college,” said Dayanara Pincay, a QCC student. “It taught me how to float [and] backstroke, and it surely enhanced my breadth control. I recommend every student in QCC to take these terrific swimming classes because knowing how to swim can mean survival in emergencies.”

According to Ask The Doctor, a company partnered with the National Institutes of Health in Bethesda, Maryland, swimming prevents diseases, such as heart issues, diabetes and chronic illnesses.

So what are you waiting for? All you need is a swimsuit to jump in the pool. Swimwear must be comfortable and should fit properly. Due to religious purposes, you may cover up, within reason by wearing clothing such as leggings and a long sleeved tee-shirt. Goggles are essential since they prevent the stinging sensation caused by chlorine in the water, and also help you see where you’re going while under water.

The pool is open to all QCC students who want to practice swimming skills, burn calories or just to splatter through the summer heat.

Hours for recreation include: Monday from 8 a.m. to 10 a.m., Wednesday from noon to 2:45 p.m. and Friday from 1 p.m. to 3:45 p.m.
**Lifestyle**

**How to Avoid Credit Card Mismanagement**

*By Kevin Leong*

Credit card companies’ primary goal is to earn money. These companies’ primary ways of earning money comes from the merchant and the user.

Earning a small percentage of each transaction that the merchant has charged, credit card companies also earn money from the users through what are called finance charges.

There are two fees that will normally apply to a user if mismanaged. A flat late fee will be applied when the minimum payment is not paid off by the due date. The minimum payment is usually a small portion of the entire balance dependent on how low the statement balance is.

College Parents of America—an organization that has a goal to help college students and their families successfully complete college in every aspect, including personal finance—mentioned that 7 percent of students admit to being paid less than the minimum balance each month.

A finance charge will also be incurred if the entire statement balance is not paid off by the due date. As Professor Nina Sarkar from Queensborough Community College Business department explained, a finance charge is “the cost of carrying a debt.”

Sarkar elaborated, “When someone uses a credit card, if they don’t pay up whatever they are supposed to, they incur a finance charge.”

Credit card companies use the “annual percentage rate,” or APR, to determine how much to charge. Sarkar explains the meaning of APR as, “the interest that is charged for borrowing, expressed as a percentage.”

One QCC student, who wished to remain anonymous, said that she had a credit card but answered “no,” when asked if she knew what APR meant.

Credit card companies will try to entice consumers into applying for the credit cards by offering low introductory APR or even 0 percent APR, which usually lasts for 12 months.

“Yeah, I had to pay interest,” said Sergio Melendez, a QCC student. “Zero percent APR at first, but they hiked it to 22 percent after [the first year].” I didn’t understand most terms [on the statement] until I asked the bank.”

College Parents of America also notes that 84 percent of undergraduates have at least one credit card. 21 percent of students carry a balance of $3,000 to $7,000. Only 17 percent of students regularly pay off the cards each month. In addition, 82 percent of students carry the balance and incur the finance charge each month.

“The charges are astronomically high and it rolls over, if you don’t pay the full amount,” Sarkar explains. “Your debt keeps ballooning and you keep paying finance charges from each carried over amount. Borrow only the amount that you’re able to pay off. Do not carry debt.”

It is a lifestyle choice to remain debt-free. Sarkar says: “Buy what you need, not what you want.”

Sarkar noted it builds credit, “It helps to build credit scores. Good credit scores would better loan rates, better car loans and mortgage rates. The better credit scores the better line of credit.”

Credit scores are what credit card companies use to determine how likely a person is to repay the loan. The score is determined by their history of credit use as well as income. Credit scores range from 300 to 850, with good credit being 680 and beyond.

“Sometimes it’s very helpful thing, it is always good thing to have a bigger line of credit as long as you are sensible on how to use it,” Sarkar said.

Credit.org’s, whose goal is to provide a comprehensive hub of personal finance education, notes that poor credit ranges from 300 to 550. When a user is within that range, their finance rates can go as high as 28.9 percent, and may not be approved for a loan at all.

Sarkar reiterated that students should only have a credit card under certain circumstances and when they do, it should be one “with a low line of credit so they don’t over borrow. When you’re in college it’s a good time to start building your credit. When you’re in graduate school, you need the car loan. It’s good to build up the credit now.”

The issue at hand is educating students on how to properly use credit cards and the terms that are on credit card statements.

Students are not educated at home as much as is needed. College Parents of America notes that 30 percent of students have rarely or never spoken to parents about credit cards, and showed that 84 percent of students would like to have more information on financial management.

“Colleges should definitely have [a course] on credit cards,” explained Sarkar. “[However, we should] not just teach them about credit cards but as well, personal finance.”

Credit cards and the companies that promote them can be perceived as good or evil depending on how it is used. If used within one’s income level, a user can avoid all fees.

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**Is Going Vegetarian Really a Good Choice?**

*By Stephanie Raza*

Whether it’s a trend or not, research proves that going vegetarian can lower the risk of heart disease tremendously and has a favorable affect on health.

Cutting off meat can help you to budget and also help to preserve the environment. With the excellent variety of diverse vegetarian restaurants in New York, going vegetarian can be pretty appealing.

There are plenty of benefits for becoming a vegetarian. According to Procon.org, “the human anatomy has evolved to sustain a primarily vegetarian diet in that [people] do not have a large mouth or long, pointed teeth of carnivores. Human teeth are short and flat for chewing fibrous food. Carnivores have short intestines, while human intestines are long, and allow slower digestion of plant foods. The liver of a carnivore can detoxify the sugars-sweetened beverages and solid fats whereas the liver of a vegetarian can detoxify the vitamin B12 in foods fortified with vitamin B12. However, there are downsides to being a vegetarian, one of which is some nutrition loss from not eating certain foods.”

According to Vegetarian-Nutrition, “a major concern for those who subsist solely on plant foods has been vitamin B12. While meat, milk and eggs have ample vitamin B12, plants contain none.” Vitamin B12 deficiency can have serious consequences such as early dementia, lack of coordination, forgetfulness, nerve dysfunction, memory loss, disorientation, difficulty with concentration, and difficulty with one’s balance when walking.

It is important for vegans to daily consume foods fortified with vitamin B12 such as fortified soy and rice beverages, some cereals and meat analogs. Reading labels is important to ensure one has an adequate intake. In fact, all persons who are fifty years of age and above should consume foods that are fortified with vitamin B12 since they may have decreased stomach acid to digest the vitamin B12 in animal foods. Yet there are plenty of examples of the increased life span that vegetarians can have, like Loupakis

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Think about this if you’re going vegetarian:

“An unwise selection of foods can leave one short of certain nutrients and may induce deficiency symptoms and adverse health outcomes. Following a plant-based diet lowers the risk of age-related problems such as obesity, high blood pressure, and heart disease,” according to Vegetarian-Nutrition.

Also, according to Live Strong, “despite the potential health benefits of vegetarian diets, these results are not automatic. They are more likely when you mainly choose healthy foods, such as whole grains, fruits, vegetables, nuts, beans and seeds. Vegetarian diets that rely on refined grains, sweets, sugar-sweetened beverages and solid fats can be just as unhealthy as diets that include meat. French fries, doughnuts and snack cakes, for example, are vegetarian, but they can contain dangerous trans fats, which raise your unhealthy LDL cholesterol and lower your levels of high-density lipoprotein, or ‘good’ cholesterol.”

Vegetarianism doesn’t guarantee an immediate elongated lifespan. It just means being very careful and conscious of what selection of foods to eat. Becoming a vegetarian is serious, and requires commitment and consistency along the way. The choice on whether to become a vegetarian can bring long life-changing results, which will keep you energized and full of strength.
International Travel: Japan

By Damon Fields

Since the first Native Americans crossed the Bering Straits into what is today known as Alaska, the people of the Americas have had an inherent urge to travel, conquer or go over the mountains to see what’s there. Though North America is one of the most geographically diverse areas known to man., people get the urge to travel. Millions of Americans, Canadians and Mexicans never leave their immediate geographic area, either due to inherent fears, such as flying, highway driving, open ocean voyages, or economic reasons. Many people cannot afford to travel to Cancun, the deserts of Saudi Arabia or the forests of Finland, nor to their similar versions in the Americas, including Kauai, Death Valley California and the great untouched forests of interior Canada.

But if you can, then do it. And if one can only afford to go one serious place in their lifetime, then visit Japan.

Japan has soul that during the minute you step off the plane at Narita airport, you can feel it. It’s all around everyone: the positive vibes, good energy and positive people. The clean air includes a delightful mix of the sea, mountains and the plain old freshness provide a great experience.

Narita Airport is quite far from central Tokyo, which makes it exciting, as you take transportation through the smaller towns and cities - leading up to the much-vaunted transportation through the main islands of Japan. It’s better to have it, and at least be slightly familiar with the various rail lines before you go.

Make sure your passport is updated, and you have at least 90 days left until it expires, along with checking for any visa requirements months before you book your tickets. Don’t embarass yourself at the airport by getting put back on the same plane that you just arrived for. Always refer to the United States State Departments website prior to traveling anywhere overseas. Pay attention to local rules and customs.

Bring the right clothing and personal care items. Everywhere you go, you’ll see Pokemon, Digimon, Akira or some other poster, book or costume of an anime character. When added to the normal Japanese writing characters (called Kanji), sometimes it’s impossible to know if you are buying a can of deodorant or a Poketball in the local Lawson.

As bizarre as it sounds, familiarize yourself with some anime too. Or better yet, bring what you need, especially clothing since there are few items that are fit for a person such as myself; that is a 200-pound male. A clerk in a local Nara clothing store even referred to me as “Gajjin Gojira,” meaning foreign Godzilla.

Look into booking yourself a Ryokan room prior to going. Don’t just stay in a hotel, and enjoy traditional Japanese customs in a Ryokan - a sort of hostel/boarding house/personal home type set up. Tatami mats made of straw, sliding paper doors, sake and a communal bathroom all make for a memorable, true and authentic Japanese experience. Go to your local bookstore and purchase a Japanese language quick study guide. Learn some basic words and terms for food, urban and rural travel, emergencies and just for generally getting around town. Many quick study books and pamphlets have subway maps of the sometimes complicated Tokyo and Osaka train systems. There are also special trains running in certain cities, such as Nagasaki, and they are a convenient alternative to taxis, with maps also contained in many guide booklets.

Since the Nagasaki Peace Museum is a must-see, download a map from its website, then link the bullet train maps to the trolley maps, and you are now an official savvy traveler.

Understand the Japanese currency (yen), and know the average conversion rates before flying out. Traveling to Japan is expensive, and airfare is always an issue for international travelers no matter where in the world you go. But there are some slick ways to make it a little bit more cost effective.

Join the frequent flyer club of the airlines you want to travel on. ANA Airlines, Emirates, Lufthansa and Hawaiian Airlines all have exemplary frequent flyer programs. Shop for tickets on a Monday or Tuesday around 8-9 weeks before you go. The tickets are usually cheaper. Talk to a travel agent (yes, they still exist). If you do these smart things prior to going on your expensive, but worthy “trip of a lifetime,” you’ll come back with plenty of yen in your pocket.

Break up the trip. For those of you flying from New York, why not stop in Honolulu for a few days prior to going to Japan, and possibly on the way back home? You can fly Hawaiian Air from JFK Airport directly, stay in Honolulu for a day or two, and then fly right into Narita or Osaka airport in Japan.

Get rid of some of that spare Yen you have stuffing your wallet at Honolulu’s ABC stores. Buy your aunt some macadamia nuts, readjust to the time change, and beat some of the jet lag that you will surely feel.

Hey, Whatcha Doing For Spring Break?

By LaToya Warren-Arington

In 2013 the movie “Spring Break” hit theaters, depicting the different experiences that college students have over spring break. The movie told the story of four best friends that were short on money to make a trip to Miami Beach where all the fun would be. The girls hustled up all the funds that they needed to get to Miami only to encounter one horrific experience after another. The movie showed laughter, sadness, great music, and a lot of life lessons.

Although the movie was just a movie, many college students that work extremely hard under relentless stress with exams, studying, and an overwhelming feeling of pressure during the school year, do prepare to have a phenomenal experience and plan exciting trips to places like Miami, Cancun, and Panama City Beach. But, no matter where they land, the mission is all the same. For guys, it’s sexy girls in little bikinis, loud music, twerking, water fights, endless drinking and smoking, red cups in the air and blue water with sandy beaches. And for girls, it’s showing off their bikini bodies, hot guys, dancing on the beach and extreme partying enough to flood Instagram and Facebook and twitter.

A lot of students see spring break as an escape and seek adventure. It’s a freedom and unexplainable rush of excitement, friends that meet up with other friends that haven’t seen each other in months or years, not to mention all the people they meet along the way and all the pictures they take to remind them of the good times.

“There’s nothing like spring break for me,” stated Jason from Flushing NY. “For the past two years my friends and I have traveled to Miami, and Cancun and it was LIT. We laughed until we cried, met plenty of girls, and passed out from all the alcohol.”

Many may wonder how can college students to go and afford such luxuries of partying and drinking in hotels, and nice beaches?

“I work and go to school so I have money for spring break,” says Jasmine a student from Ozone Park, Queens. “My parents also pay half for my trip because they feel like I deserve to have some fun because they see how hard I work during the year.”

However, everyone’s story isn’t about boarding a plane to sandy beaches party all day and night. Other students take a more low-key approach around spring break time.

“I just like to relax and catch up on things that I am unable to do while I’m in school,” states Brandon Jackson from Jamaica, Queens. “I have a full time job so on spring break I take it easy but because I have a sick parent and can’t really afford to travel, I stay home and try to catch up on rest, something I don’t get while working and going to school.”

Monica from Queens explained how she will never go away on spring break again because her experience of spring break partying did not end well.

“Hey, Whatcha Doing For Spring Break? We can’t go to Miami since we have no money for tickets. We have to find some otherplace to go that is less expensive.”

But regardless of what you may do during this spring break or spring breaks to come, the best advice is to stay focused, stay in control and most of all, stay safe.
The loss of Zach Wheeler opens up a spot for the bullpen destined Dillon Gee. Last season, Gee posted a mediocre seven win-eight loss season and recorded a 4.00 era in 137.1 innings pitched. Manager Terry Collins opted to send him to the injury-plagued bullpen, but was forced to quickly veto that decision after the loss of Wheeler.

When asked about his thoughts about being able to start again in an interview with Newsday Gee replied: “This is not how I wanted to be in the rotation.”

In the same interview, when asked about the limited time for preparation for handling north of 90 pitches per game, Gee said, “I don’t know how else to do it,” referring to having to use the limited amount of games left in spring training to prepare. “I’m not going to cry like a little baby.”

This spring, the healthy Harvey posted a 1.19 ERA in six starts with twenty one strikeouts. Young gun deGrom in five starts went 3-0 with a 2.45 ERA in 22.0 innings of work. The ancient, yet normally efficient Colon was winless in five starts and posted a 7.02 ERA in just 16.2 innings pitched. Despite Colon’s lack of production this spring, he is still set to take the mound opening day against the Washington Nationals.

Lefty veteran Niese and feast or famine Gee combined for five wins in eight starts in 37.0 total innings pitched as a testament to their much needed productivity.

With these five arms set for a strenuous 162-game season, Collins believes that “every night, we’ve got somebody who can compete on that mound.”

“I believe the pitching staff can potentially carry the Mets to a birth in the wild card game”, said lifetime Mets fan Jose Martinez.

Prior to spring training, the biggest question mark surrounding the Mets was their unproven offense. In steps Kevin Long, a career minor league manager who prior to joining the Mets, was the hitting coach for the Yankees for eight seasons. His arrival propelled the team’s collective batting average over the .300 mark this spring.

Last year, David Wright suffered an injury to his rotator cuff, sidelining him for several weeks as he recovered. The captain finished his season with a .269 batting average, eight homeruns and only 63 RBIs, uncharacteristic numbers for the Mets three hitter.

This spring, Wright batted .240 with four home runs and 11 RBIs in 18 games. In 2014, Curtis Granderson had a year where he and Mets fans would certainly like to forget, posting a .227 batting average, eight homeruns and only 63 RBIs, uncharacteristic numbers for the Mets three hitter.

With an overwhelming win against Tompkins Cortland Community College at the Baseball Heaven field located in Yaphank on Long Island, the Queensborough Community College (QCC) Tigers displayed their eagerness to start off the year- winning 11-2.

Though they played a solid game in the first round of the double-header, they came up short in the second game, allowing a Tompkins Cortland Community College victory with a score of 10-1. The Tigers’ strong performance in their first game against Tompkins Cortland carried over to their first official league game, as they defeated Borough of Manhattan Community College by a landslide of 13-2 on March 24.

“We have been having more practices and when we had our first game, it paid off with a win of twelve to one,” stated Luna.

During the winter, the team practices take place in the Robert F. Kennedy Hall Gym. Regular season home games and practices occur on the team’s home field, Padavan-Prieller, located in Bellerose. The Tigers practice three to four hours a day, plenty of weight training, running, batting practice and body weight exercises in order to stay in shape and boost their performance throughout the season.

For some students, it is hard to balance athletics with schoolwork and other responsibilities.

“As a student athlete, time management can get intense,” says Jeremy Molina, who plays on the team. “It feels like there are not enough hours in the day sometimes.”

Slacking off is not an option for student athletes since their grades can impact their eligibility to be on the team. The players must maintain a GPA of 2.2 or higher in order to remain on the team. Though this is the case, Coach Roger Mischel highly encourages his players to have a 2.7 GPA or higher.

He feels that many schools don’t want to take the risk of accepting a student athlete who is in their junior year with lower than that, who can potentially end up failing off the team. Not only this, but if athletes want to receive academic scholarships, they need at least a 3.0 GPA.

Coach Mischel does not see his job as only a coach, but also as someone who prepares his players for the real world and helps them develop into young men.

“I’m not just about developing baseball players, I like to develop young men, so I try and help prepare my athletes to be ready for the real world and by doing that I actually take baseball and use it to apply it to real life situations,” said Coach Mischel. “I’m really big with goal setting and giving them the mental edge of the game and trying to prepare young men and in return hopefully making some great ball players out of it.”

He continuously gives his athletes advice during the season and encourages them to fit their homework and academics into their busy schedule. Mischel also recommends that they take out at least four hours of their time for homework, and to do things ahead of time so they don’t fall behind.

It is also highly preferable, but not required, that while these athletes are on their off season or on vacation, they still practice and train. Their performance skills when they return to the field tend to show the efforts they may or may have not been making during the off-season.

With their strongest competitors this year being Nassau Community College, Suffolk County Community College and Kingsborough Community College, the QCC Tigers have been, and will continue, training long and hard to overcome these games and bring the school pride after winning the CUNY championship in 2013.
Sports

The King of New York

By Daniel Kwon

Henrik Lundqvist saves a shot on goal - Photo credit: tattopictures.cu.cc

“King” Henrik Lundqvist, 33-year-old long-time starting goaltender of the New York Rangers, may just be the most important individual in all of New York sports right now. After returning from a freak accident over eight weeks ago when he took a puck to the throat at breakneck speed, Lundqvist has less than eight games and likely five starts remaining to get into shape with the playoffs looming around the corner.

The Rangers hope for a second consecutive Stanley Cup finals berth this year after losing in last year’s finals in five games to the Los Angeles Kings. Incredibly, Lundqvist shutouts and a .929 save percentage. When Talbot was 25-game absence posting a 16-4-3 record including two shutouts and a .929 save percentage. When Talbot was asked about his incredible stretch in a Newsday interview he said, “It’s a big confidence boost for me,” and that it was “a great run,” but states Lundqvist is “ready to go,” and that “it’s his net.”

A healthy but rusty Lundqvist returned to the ice on March 28th, against the Boston Bruins in a 4-2 drubbing during which the Rangers’ defensemen Dan Boyle, Keith Yandle and Matt Hunwick all made compromising turnovers at the blue line in the first 20 minutes of regulation. Lundqvist looked sharp erasing Boyle and Yandle’s mistakes, but was unable to repeat the magic a third time, allowing Bruins center Carl Soderberg to score on Lundqvist’s turnover at the blue line.

The Bruins’ first goal at 1:41 was ruled a kick and a no-goal on the ice, but was controversially overturned after review which determined Boston’s Milan Lucic’s redirection of the puck with his skate not a “distinct” kicking motion. Lundqvist commented on the ruling before the game, and in a post-game interview for MSG Network saying he was “100% sure it was not a goal,” and so “stayed confident and calm,” but continued that it “set the tone” for the first period when the ruling was overturned.

On his performance Lundqvist said it was a “tough start, obviously not the start I was looking for or the team,” but continues “it was a good test for me obviously,” and that “if you take away that first period I felt pretty solid.” The Stanley Cup playoffs start April 15th and runs through the middle of June in a best of 7 series’. Can the Blueshirts pull off a repeat bid to the finals with Lundqvist at the helm? All eyes are on the “King.”

The Rise of FanDuel

By Kevin Cuesta

A look at the FanDuel lobby from the FanDuel app on an iPhone. - Photo credit : Kevin Cuesta

All year round, sports fans love to compete against friends, place bets on games, and trash talk one another. Founded in 2009, FanDuel is now the largest daily fantasy sports site in the United States. It allows you to challenge your sports knowledge and gives you a chance to win some quick cash.

Unlike other fantasy sports leagues that run for the entire season, FanDuel leagues only last a day or a week. There is no season-long commitment, which lets you pick new teams on a weekly or even a daily basis.

You can sign up on fanduel.com or download the FanDuel app straight to your smart phone. Once you have created an account, you have the option to add funds of $10, $25, $50, or even deposit a custom amount. The payment methods you can use are credit card or PayPal.

Players can enter contests for professional sports such as baseball [MLB], basketball [NBA], hockey [NHL], and football [NFL], as well as college football [CFB] and basketball [CBB].

There are several types of contests to compete in. The head to head contest allows the player to compete against a single rival. League Contests are leagues with multiple prize positions available. The 50/50 contests are low return leagues where half the pack wins prizes.

The tournament contest consists of large player counts with large prize pools. Entry fees range from $1 up to $10,000 per game. The larger the entry fee is, the bigger the prize money will be.

After choosing a contest to enter, players must choose their lineup. Each player has a given salary depending on how many games they played throughout the season and how many fantasy points per game [FPPG] they’ve averaged. All you need to do is stay under the salary cap, which is at standard $60,000.

To win, you must have a higher score than your opponent(s) and the winnings will instantly be deposited into your account. You can then withdraw your earnings into a PayPal account or request a check withdrawal.

The app has been gaining increasing popularity every year. Studies at Queensborough Community College had a mouthful of positive reviews.

QCC Tigers’ Men’s Swimmer and Athlete of the Month of February 2015, Wilson Gonzalez, is a FanDuel friendly user and was eager to share his feedback on the app.

“This is the best fantasy league site I’ve signed up for,” he said. It has a nice variety of contests and is extremely organized. It’s suitable for expert players, but also simple enough for beginners.

“i usually play two to five dollar games in either the 50/50 contest or League contest, that way I have a higher chance of winning,” he continued.

To have the highest possible chance of winning, you can compete Head to Head against only one other rival. However, the prizes aren’t so large in this case.

Another QCC student, Tiffany Ponce, has recently become a FanDuel member.

“My cousin is a huge basketball and football fan,” she said. “He once won $5,000 in a single night! As soon as I got word of that, I didn’t hesitate to download the app. I had seen their commercials in which they gave me a promo code to sign up with. With that code, I received a pending bonus, which slowly adds to my funds every time I win.”

Jonathan Jimenez, a QCC student enrolled in Basketball 101, says FanDuel is his favorite app on his phone.

“I’ve been playing in fantasy leagues for quite some time now, therefore I’m pretty good at choosing all the right players who’ll be sure to win me some big bucks,” he said.

“What I really like is the information they provide in the Player Details tab,” he continued. They give you updates and a full analysis on the player, and also display their season average statistics. This includes them telling you if a player will be out for a certain game due to injury.

“My uncle’s friend claims to have won 20 grand,” he added.

Although you must be somewhat knowledgeable on the topic, the game sometimes relies on pure luck. You never know when your star player will get into a slump, or when a rookie will rise to the occasion and set a new career high.

Some have questioned the legality of FanDuel and labeled it as a gambling site. Due to fantasy sports being considered a game of skill, FanDuel has received an exemption from the 2006 Unlawful Internet Gambling Enforcement Act, making it legal.

The states of Arizona, Iowa, Louisiana, Montana, and Washington find the law to be unclear, so only allow free contests in their states. With the exception of those states, FanDuel is legal in the USA and Canada.

In 2013, FanDuel won the award for the Fantasy Sports Trade Association (FSTA) Best Fantasy Contest. Every year, FanDuel continues to skyrocket in users, prizes, and revenue. In 2014, they distributed a total of $564,462,785 in prize money. They also achieved a total of $57,261,642 in revenue for the year.

Both the Rangers and the Kings are giving New Yorkers something to cheer about as they currently hold first place in the Metropolitan Division and are in pole position with the Montreal Canadiens and Nashville Predators to pond the NHL regular season in first place overall. The Rangers have already clinched a spot in the playoffs with a 5-1 victory over the Ottawa Senators on March 26th with substitute goalie Cam Talbot starting at the net. Cam Talbot essentially spelled Lundqvist in the latter’s 25-game absence posting a 16-4-3 record including two shutouts and a .929 save percentage. When Talbot was asked about his incredible stretch in a Newsday interview he said. “It’s a big confidence boost for me,” and that it was “a great run,” but states Lundqvist is “ready to go,” and that “it’s his net.”

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Opinion

The Stress of Being a Police Officer

By Riadh Saadallah

There have been many incidents of excessive force involving the New York Police Department (NYPD) in the media, and many of these issues bring a major question that is connected to police brutality or negligence. How well does the NYPD maintain their officer’s psychological health? As an Emergency Medical Technician I had the opportunity to work with many NYPD officers in Crown Heights, Brooklyn. After four years of working in this field I have come to the understanding that depending on the person and location, being a police officer is a stressful and sometimes psychologically damaging career.

Unfortunately, the media shows a one-sided story for the sake of sensationalism but leaves out the real important issues and questions. We always hear about police brutality, but rarely do we hear about the stressful situations that the police have to deal with on a daily basis. For example, The NYPD is involved in many 911 calls. Be it a police matter, some emergency medical service (EMS) matters, or fire. The police were involved in one of the emergencies I responded to, which was a psychiatric emergency. Interestingly enough that is one of the EMS matters that the police have to respond to for the safety of the ambulance crew. During that specific event the patient was mentally ill and needed to go to the hospital. That patient attacked all of us and resulted in 3 injured officers as well. I remember talking to one of the injured officers about the incident, and he stated, “I can’t take it personal, he’s sick and needs help, and it’s the job”.

On another occasion I was dispatched to a shelter for a patient with abdominal pain. Our dispatcher advised us for our safety not to enter the building until the NYPD arrives. Once the police arrived, I found my coworker and myself being escorted into the shelter by six police officers. I remember as we were walking in the central yard people were shouting threats towards the police officers, and they were very uncomfortable. One of the officers told me that many officers and EMS personnel were attacked in this shelter. He smiled at me and said, “We’re here to help them and they want to hurt us”.

The unfortunate truth is in most areas the police in general are a hated entity. Not many people in those areas say thank God the police are here! Unlike fire fighters and paramedics/EMTs the police have little fans and many enemies, and despite each individual police officer’s personality, they have to take on this rough and strict personality on the job to be able to do their job. Police officers have a lot of psychologically compromising situations to deal with. For example being assaulted and dealing with victims of rape and murder. These are factors that affect them emotionally and psychologically. These factors are encountered on a daily basis and over time the officer would develop negative psychological and emotional ways to cope, for example lack of anger management, burnout, anxiety and depression.

One would think that the NYPD acknowledges these factors and the dangers they hold on their officers, and they do. The nyc.gov website states, “Psychologists evaluate potential candidates for employment for specific job titles (Police Officer, Police Communications Technician, School Safety Agent, etc.) through the use of clinical interviewing and the administration and interpretation of standard group and individual tests of personality development and intellectual capacity. They also provide trauma debriefing, counseling and evaluation of members of the service following major incidences or during times of personal crisis; and evaluate investigative personnel for psychological fitness for specialized assignments.”

The statement explains that the NYPD does in fact give their officers psychological exams prior to employment and assistance after a traumatizing situation, but a police officer despite the extensive training is still human, and no matter how strong that person is, he/she is affected by his/her environment. That being said the NYPD needs a better system that would constantly evaluate and maintain the police officers psychological and emotional health.

Why do The Wrong Cops Keep Getting Hired?

By Brendan McCormick

We, the citizens of America, give certain positions of authority to people whom we find admirable and able. Why is it that the quantity of claims against the NYPD has doubled in the last six years? Why do we find ourselves in a time of strife when it comes to the relationship between the police and the community? Why is it that the people who are hired to protect us from the deviants of our society, are acting just like those lawbreakers?!

I feel that there is a dilemma at hand. The way the NYPD hires and cultivates an officer’s ability to serve is tampered by the taboo that comes with anything dealing with psychology. The unfortunate truth is in most areas the police in general are a hated entity. Not many people in those areas say thank God the police are here! Unlike fire fighters and paramedics/EMTs the police have little fans and many enemies, and despite each individual police officer’s personality, they have to take on this rough and strict personality on the job to be able to do their job. Police officers have a lot of psychologically compromising situations to deal with. For example being assaulted and dealing with victims of rape and murder. These are factors that affect them emotionally and psychologically. These factors are encountered on a daily basis and over time the officer would develop negative psychological and emotional ways to cope, for example lack of anger management, burnout, anxiety and depression.

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Opinion

Letter to the Editors:

A Reply to “Where to Go When Its Cold Outside”

The library is very happy to announce that a second silent study room has opened on the upper floor. Funded by students, this room will be very helpful for students who need to study without any noise. Our other silent study room is on the main floor.

The library also has space on the upper floor for students who want to study together. Students can talk in a conversational tone, but are not permitted to shout, play music without headphones, play cards or engage in any other activity that disrupts those who have come to study. Covered beverages, fruit and cookies are allowed if you are sitting on a tiled floor. No other food is allowed anywhere in the library. Signs have been requested so that students will know about the purpose of the different library spaces.

The recent article raised interesting questions about what students know about college libraries. The most frequent complaint about the library is that it is too noisy. Students who come to study are bewildered by students who see the library as recreational space or additional eating space. We understand that leisure and eating spaces are limited. We all look forward to the opening of the science cafeteria, but the library cannot be leisure space or serve as the campus food court. We hope everyone understands what the library intends to do and will be considerate of those who need to study.

The library is here to help with your academic success and we look forward to seeing you!

Prof. Jeane Galvin, Chief Librarian

We’re Slaves to Our Technology

By Divya Hansraj

Yeah, yeah...wait, what was that? These are phrases that you may often hear when you’re sitting in a room having a conversation with your friend who is texting the entire time. Or you are in the same room with your boyfriend or girlfriend, but there is no interaction going on because you’re updating that Facebook status. Our phones are constantly buzzing, which distracts us. Oftentimes we think it’s vibrating even when it’s not.

We usually get excited when we see a red light on the top of the screen and leave whatever we’re doing to check that text. As students we could put our devices aside and pay attention to our surroundings because we can learn more from one another. As young consumers in a digital generation, we’re influenced by branding unconsciously. Branding affects our point of view, prioritizing desires rather than needs.

Even though our generation has become dependent on our technological gadgets, it is important to put it down and interact.

Social media gives individuals a sense of anonymity and it is an outlet where we can express ourselves, but once that screen is closed we become dependent on our own minds to make right and wrong decisions rather than friends or strangers on the web.

Professor Singh at Queensborough Community College (QCC) stated, “during my break, I walk to the cafeteria and grab a bite to eat. While I walked down the hall I observed that students have a tendency to be buried into their phones, rather than saying hello to classmates or talk to students sitting beside them.”

Students who are social media fans are usually texting away, taking selfies, using Snapchat on Facebook, Twitter or Instagram.

Jennifer, a student at QCC states, “One friend has an iPhone then [everyone] follows, just like when I pull out my phone when my boyfriend and I are talking and our conversation goes dead.”

Jennifer continued, “Even when I’m on the bus it’s such a boring long ride. I think everyone would agree that when you have company or a great conversation the ride isn’t as terrible on the Q30.”

Mike, a student at QCC says, “Spending too much time with technology affects the relationship among you, and it’s important to build positive relationships because when your phone cuts off, social media and online friends won’t come to your rescue.”

The price of cellphones vary from as little as $10-$1000+. Therefore, just about anyone can purchase a smartphone.

Amanda, a student attending Hunter College said, “I have tried many smartphones and discovered that they all share the same purpose, regardless of the expense. On top of that, I am unlucky with phones and crack my screen somehow about once a month.”

We take so much time fixing our phones when we break them and it’s frustrating that devices we consume so much time on are costly to fix when they’re broken. We cannot count on repairing relationships each time we ruin them.

John, a Criminal Justice major attending QCC says, “$800 smartphones are totally worth its cost because it’s helpful in terms of getting information right away.”

Most individuals enjoy being in the “know” as soon as possible because it’s convenient, so they don’t have to read the newspaper that’s published tomorrow or find the nearest television to listen to the news.

The history of technology has revolutionized throughout the years causing us to depend greatly on technological developments. As consumers we need open our eyes to recognize that companies reach out to potential buyers to gain more independence on devices by updating and charging a bit more on products.

Kevin, a sales rep at Best Buy, states, “Companies change their products almost every year, gaining consumers’ trust in purchasing their newly designed, faster processor. Some may favor one brand more than the other because stocks are rising but most smartphones serve the same purpose, talk, text, web, games.”

What will our future generation look like if this behavior of overindulging in our technology continues? Electromagnetic radiation (EMR) are produced by electrical appliances like our Ipads, iPhones, cellphones, power lines, wiring in buildings, and a slew of other technologies that are part of modern life.

Here are some ways you can overcome this situation.

Stay a distance away from phones. Hearing loss may occur if we wear headphones all the time as we’re putting unnecessary pressure on our ear drums.

Keep them at a reasonable distance from your face. Educate yourself. Radiation from handsets and from the tower-based antennas carrying the signals have been linked to development of brain tumors, genetic damage, and other exposure-related conditions.

Don’t hold your phones for hours at a time. Set your phone aside, rethink social media and make a connection with those among you.

Even though our generation has become dependent on our technological gadgets, it is important to put it down and interact. Remember, phones come and go but relationships are precious and it’s not worth sacrificing.
Office of Career Services
Department of Student Affairs

Presents

Terri Thompson
Professional Speaker, Business and Social Success Trainer

Etiquette In Action
A Business Dining Experience

Space is limited to the first 50 registrants.
Thursday, April 16, 2015 – 4pm sharp to 6:30pm
Oakland Dining Room/Loggia

Space is limited to the first 50 registrants. You must come to the Office of Career Services located in the Library Building Room 429 to pick up an application to be completed and returned by March 19, 2015 with a copy of your Spring 2015 Bursar receipt, and a refundable deposit (cash or check*) for $20.00 made out to Queensborough Community College.

*Your check will be returned to you upon your participation at the conclusion of this free event.

For admission you must have a valid QCC ID and be appropriately dressed in business attire.

Prompt arrival is required as a full dinner will be served.

If you have any questions, please call 718-631-6297 or visit L429.

This is a free event for QCC students only who have never attended this event in past years.