The Harriet & Kenneth Kupferberg Holocaust Resource—
The Bigger Picture

By Rebeca Almodovar

The Harriet & Kenneth Kupferberg Holocaust Resource Center and Archives opened on October 18th 2009. It never really interested me until I stood outside the center one day and the first thing to catch my eye was the flaming Star of David wrapped in barbed wire. “A little grisly” I thought to myself. I sat down and did a little research to discover the word Holocaust comes from the Greek word holokauston, meaning a burnt offering to the gods. This find only further repulsed me but also intrigued me. I decided to move to the word Genocide: the deliberate and systematic killing off of a large group of people, especially those of a particular ethnic group or nation. The word Holocaust offered distinction of the occurrences in Nazi Germany to those that occur all over the world. Genocide is occurring at this moment somewhere in the world. This is the realization that drove me to set up a meeting with Dr. Arthur Flug, executive director of the Kupferberg Holocaust Center on campus.

At first I was hesitant to interview Dr. Flug because I had some hard hitting questions. What differentiates the Kupferberg Holocaust Center from a House of Horrors? Why is it so necessary to memorialize terrorism? But most importantly: What is so important about the Holocaust when there is genocide occurring at this very moment all over the world. After about an hour with Dr. Flug (who happens to be a VERY pleasant and open minded person), I left the center with a completely different feeling about it.

Dr. Flug taught me about the very layout of the Kupferberg Holocaust Center and how it is meant to tell a story through sequence of events. Students don’t walk into the center and see piles of dead bodies. They learn the events that led up to the Nazi invasion with audio visual aids to explore Germany through the eyes of the victims. They learn about the places included Armenia, Bosnia, Cambodia, Darfur, Nanjing, Rwanda & Ukraine. Though I expected to walk into show...
**Editorials**

These editorials represent the opinion of the Editorial Board of Communiqué, which is solely responsible for its contents. These are not necessarily the views of the Queensborough Community College administration and staff. Communiqué welcomes any letters or editorials for the population of QCC. Submit work to Communiqué, H-428. The Editorial Board reserves the right to edit letters for spatial needs and grammatical accuracy.

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**Obama’s Stand Republicans vs. Democrats**

By Elmira Ruiz

For a year now we have had a change in the leadership of our country. Barack Obama is the 44th president of America, and there are some questions as to whether Americans made the right choice. Of course, there are two sides to every story. In Obama’s defense he has made it clear to the American people that he wants to better our country by reforming health care, and the economy. There is on the other hand an underlining question as to whether Obama is leaning towards a socialist government.

Socialism is the government taking control over the economy. Socialism is the opposite of capitalism in which the people have control over the economy. Socialism can lead to communism. When confronted with such accusations of being a socialist Obama’s administration states that Obama is just trying to revive the American economy and save capitalism in our country. In an article written by Patricia Murphy on September 9th 2009 she states “Frank Llewellyn, the National Director of the Democratic Socialists of America, the country’s largest socialist organization offered his belief that Republicans have historically called opponents ‘socialists’ in order to stop moderate reforms, and that the new stickiness of the Obama socialists association is one part misinformation, one part ignorance.” The Republicans are doing the same thing they did when Roosevelt was president, confusing somebody who is trying to save capitalism from itself with somebody who is trying to destroy it. (Obama) is not trying to destroy capitalism.”

On the other hand Obama’s health care reform, in which the government is taking control over health care, is leaning towards a more socialist approach. In Great Britain which is a socialist government, has a similar socialized health care plan very similar to the plan Obama is trying to put into effect here in the United States. In England they are dealing with the government trying to take control, with surveillance cameras in public places. The English are beginning to have no privacy.

If Obama is taking the steps to reform our nation by following the path of England, it could mean that we might have the same problems Great Britain has in our near future. In another sense Obama might actually be making a positive change in the path he is moving us towards. Just because Obama seems to be leaning towards a more socialist approach doesn’t mean that he will turn our nation into a socialist government. In the same article by Patricia Murphy she states “The socialists won’t claim Obama as their own. They won’t even call him a socialist.” Are we headed towards Socialism, a society characterized by equal access to resources for all individuals?

Another of Obama’s stands is his views on the current war in the Middle East. During Obama’s campaign for presidency he spoke openly about his views of the current war taken place, and that he would not fight an unnecessary war. Obama is said to...

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**Graffiti is Vandalism!**

By Brandon Hanson

Graffiti is everywhere! You see it on all occasions, if it’s on your way to work, school, visiting friends, taking the subway, etc. Besides graffiti being done all over our city streets, it is even being done in our school. It ranges from being on the walls, desks, radiators, windows, vending machines, and many other bizarre spots. These Graffiti does think that it is harmless and aren’t really aware of the damage they are causing in multiple ways, not realizing graffiti is vandalism.

First of all, graffiti first originated traceably as far back to the time periods of the Greek and Roman empires. The graffiti from these time periods were inscriptions and drawings on sculptures and walls, which is pretty similar to today’s graffiti. In America around the late 1960s, graffiti was used as a form of expression by political activists, and also by gangs to mark territory. Around the 1970’s graffiti started to cover the streets of New York City and vandalism began to dominate...

Continued on page 17

Continued on page 16
La Universidad comunitaria de Queens Borough, se vistió de gala en honor a la gran diversidad Multicultural. La Celebración se lleva a cavo cada año durante el semestre primario.

¿Alguna vez has tenido un sueño en el cual somos todos una gran unión, sin distinción racial o color? Si tu respuesta es sí, tu sueño se ha convertido en realidad, y esto fue gracias a QCC. Quien llevó a cabo un evento por todo lo alto.

El miércoles 25 de noviembre del año 2009, se llevó a cabo la celebración del evento más cotizado de este semestre, la celebración Multicultural. La cual se destacó por presumir y demostrar sus estrellas estudiantiles que derivan de diferentes razas en QCC. El evento celebrado un día antes del día de acción de gracias, fue basado en diferentes atractivos, como coloridas danzas tradicionales, obras cómicas o poéticas, presentaciones musicales, y deliciosos platos culinarios. Todos destacando la diversidad en diferentes facetas conocidas.

Como todos los años, el evento comienza con una parada de banderas interculturales celebrando la diversidad. Joel Valerio y su tambor determinaron el comienzo de este fiesta la cual fue llevada a cabo desde los alrededores del campus universitario hasta el edificio "Student Union Lounge", donde la atracción principal se llevó a cabo. Banderas de diferentes países se hicieron presente desde el continente Sur americano, continente Africano, Europeo, y Asiático etc. Esto fue algo diferente bien aceptado por la audiencia, quienes también trajeron sus banderas desde sus casas para hacerse presentar presente.

Después de esta parada, todos procedieron a la segunda localización de dicho evento. Donde la primera presentación escénica se lleva a cabo. La primera presentación fue una danza India titulada “Dil Bole Hadippa” ejecutada por la señorita Sadia Mumu. Quien fue bien acogida por la audiencia, por la simple razón de que fue un baile bien ejecutado y colorido. Una buena representación Asiática. Entre la categoría de bailes esta un baile de titulación “Colorful Cloud of the Yun Nan Province” ejecutada bailarina profesional Shally Xianying Zhang, quién también pertenece a la sociedad Asiática. Estas fueron unas de las primeras presentaciones, pero no las más cotizadas, o aplaudidas de la tarde.

Un elemento literario que estuvo presente en este evento ha sido la poesía. Tres tipos de poesías fueron presentados. Una poesía Pakistana, una China y la ultima Americana, las tres en destacaron las diferentes lenguas en que fueron recitadas. “And Every Path Says Something to very pass” ingles recitada por Delka Rahimi quien es parte de la asociación Musulmana en QCC. La siguiente poesía de título “Goodbye Again Cambridge” resistida por Bei Bei Yen quien también es parte de la sociedad extranjera de nuestra Universidad.

Estos dos poemas fueron recitados en diferentes lenguas, lo cual dejó inhabilitados a muchos, por la simple razón poco o no entendimiento de las lenguas usadas. Pero a diferencia de la última poesía, esta fue en ingles la cual todos deberían haber entendido. “Aim Towards a High Goal” por Joseph Arnaud, una vez más demostrando que hay estrellas reluciente en nuestro centro educacional. Esta fue la más aplaudida. Esto pudo ser por sus ritmicas, basadas en las metas que como estudiantes necesitamos realizar.

Aunque la lengua fue una barrera significante en este evento Multicultural, esto no paro el desarrollo del evento.

La última forma de entretenimiento fue la música y obra cómica musical. “American boy” y “You belong with me” dos canciones Americanas que se han popularizado en un corto tiempo, y fueron presentada en este evento por los dos jóvenes Nico Martín y Nick Suárez. Quienes añadieron un poco de carisma y personalidad a estos eventos con sus presentaciones.

Una canción de título “Bibanke” y una obra estudiantil de título “Never Ever” fueron presentadas por Jóvenes de la Asociación Afroicana en QCC. Empezando por Uwa Sonya Omokor, Chimaka Onyeijukwa, Ihuoma Ezekwem, y Carolyne Udom son los nombres de las artistas en nuestra universidad. La comedia fue una parte clave para mantener la audiencia entretenida, con sus acentos y forma de vida como inmigrantes expresada en la obra. Refleja la diversidad nuestro centro educacional. Es la diversidad que nos hace brillar cada día en la historia de nuestra Universidad.

La primera canción de dos canciones en Ingles de nombre “My Latino Life” y la ultima fueron las más cotizadas durante toda la tarde. “Mixed Groove” es el nombre titular del grupo, integrado por el cantante José Rubio y los que tocan instrumental como Christian Lee, Dominique Jones, Daniel Jones, y Jaime T. Acevedo fueron los participantes del grupo diverso, que se enfoca en el Hip Hop quienes con sus instrumentos y capacidad de proyectar positivismo con música y un buen comienzo del evento. La última canción de nombre “At Last” una canción tradicional Americana presentada por Laticia Smith. Una joven con una gran voz que dejó a todas colas bocas abiertas. Es una estrella más en nuestra constelación de estrellas.

Algo que no se puede ignorar es la comida. Desde lasaña, ensaladas, arroz con gandules, papas majas, pavo, pollo al Bar-B-Q como platos principales Ext. Deliciosos dulces Chinos Indios, y Americanos los dieron el toque dulce al evento como ultimó éntreme. Como bebidas se sirvió limonada y ponche de frutas. Lo mejor de todo es que fue comida gratis.

“Cual quiere estudiante de la Universidad QCC, se le abren las puertas y se les da la oportunidad de hacer presentar un acto en la lengua de su preferencia. Como toda presentación u organización que todo evento requiere de reglas y regulaciones. Por ejemplo, una prueba de lo que se va a presentar en el cada evento es requerido. La cada acto en cada eventos como esté sé, tiene q ser ejecutado por estudiantes en QCC. Estas fueron las palabras de la señiorita Ziomara Zamora la asistente directora de actividades estudiantiles. Con la ayuda de miembros como la vicepresidenta del gobierno estudiantil Señiorita Leen Feliciano, presidenta Gladys Juca, presentador del evento y parlamentario Mario Rojas. Todos grandes responsables de la realización del gran evento. El festival Multicultural de la celebración de nuestras raices, las raices de QCC.
Finding Cheaper Textbooks & How NYPIRG Can Help

By Laurie Imhauser

QCC students spend an average of $1,000 each year on textbooks. Have you ever noticed that most textbooks have no prices printed on them, and prices aren’t disclosed until you actually pay for the books? While working on another story for the Communique, a professor told me the Campus Bookstore overcharges students for textbooks, so I decided to do some research. Using the ISBN # of one of my textbooks, I compared prices for both new and used books on www.amazon.com, at the QCC Campus Bookstore and on Barnes & Noble Online. My findings were as follows:

1. (Amazon.com) (free shipping on orders over $25)
   - New book original cost: $79.95 + tax
   - Amazon new book price: $59.50 + tax
   - Used Book: $43 & up + tax ($3.99 shipping from non-Amazon seller)

2. (QCC’s Campus Bookstore / Barnes & Noble Online)
   - Last semester’s prices (Spring 2010 prices are not online yet)
     - New Book: $75.65
     - Used Book: $56.75

3. Barnes & Noble Online
   - New book: $76.95 (note: prices change frequently)
   - Barnes & Noble Member ($25 membership fee): $65.41

In the end I chose to order a new book. For a difference of $2.75 I got a new book from Amazon.com instead of purchasing a used book from the Campus Bookstore.

I wondered why a used book should cost almost the same as a new book and who actually profits from the sale of textbooks. I decided to investigate textbooks at the New York Public Interest Research Group (NYPIRG). According to www.en.wikipedia.org, NYPIRG is a non-profit student political group inspired by Ralph Nader. Currently there are more than 25 New York state colleges with NYPIRG offices on their campuses, including QCC. The organization was started in 1973.

In 2008 NYPIRG helped to pass legislation requiring disclosure of textbook pricing to faculty members so they could better serve students. Many professors and teachers try to keep book costs down according to NYPIRG’s “Sticker Shock 101” report. NYPIRG’s goal is full disclosure of textbook prices to students as well as faculty. NYPIRG also offers an online Book Exchange where students can sell used textbooks. Students can sell old books for any price they determine, providing there is a willing buyer. For used books the QCC Campus Bookstore offers no more than 20% of a book’s original value.

If you are interested in NYPIRG, go to www.nypirg.org, for additional information. You can work with them on a single event, join the organization or do an internship. You can even participate by doing something as simple as filling out a survey. As indicated on NYPIRG’s website, the organization works on issues which affect everyone living in New York State. These include higher education, local and state government, public transportation, the environment and consumer advocacy. Starting this spring, NYPIRG will keep students posted on all upcoming projects and events in the Communique. Besides trying to do something about textbook prices, NYPIRG offers students an opportunity to get involved in other issues concerning QCC, our community and our state.

Tips from NYPIRG: Helping Students Save on Books

By Andrew Sokolof

When the spring semester begins, too many cash-strapped students will be forced to forgo or delay purchasing one or more of their textbooks. To help, NYPIRG (New York Public Interest Research Group) a student advocacy organization, is encouraging students to comparison shop and rent books online, advocating book exchanges and other campus-level money savers, watchdogging implementation of new textbooks laws, and supporting pending state legislation aimed at reining in book prices.

You’re probably already well aware that early book adoption is the best way that faculty members can help students save money on textbooks because it allows the bookstore to obtain more used copies from the wholesale market and from students themselves during the on-campus buyback. Here are a few other things that you can ask your professors to do to help you save money.

- Ask the professor to use the same edition for as long as possible and allow students to use older editions of your assigned texts.

- Ask for extra copies of your texts to be put on reserve in the library, especially very expensive texts. CUNY has allocated an extra $2 million this year to college libraries to make more textbooks available by direct loan.


- Check if your assigned textbook is one of the 7,000 online or downloadable eTextbooks available for subscription (i.e. rental) from Coursesmart.com.

- Inform students about online paper textbooks rental services like Chegg.com, BookRenter.com and CampusBookRentals.com. Students will pay less up front for new books if they rent, but they won’t be able to sell them back at the end of the year.

- Ask your professors to post the ISBNs of assigned texts online, or have them emailed to their classes. With the ISBN, students can shop online. Students can save an average $245 per semester that way.
CUNYFirst is a Fully Integrated Resources and Services Tool; which means it's going to be an enormous change from the present legacy system. The CUNYFirst system will affect the Student Administration, Human Resources and Finance everything from registering for classes to paying our bills. CUNYFirst software will be replacing our legacy systems, eSIMS and help us modernize and standardize most of the transactions we do at Queensborough.

Every student at Queensborough will be affected by the conversion. To make it an easy transformation a team of students is working closely with CUNY to bring awareness to the campus as phases of the system are being rolled out. Most of the awareness events will be held between January and April, 2010.

The CUNYFirst Team members are Mellisa Khemraj (left, Team Leader), Alexander Ranglall, Faruque Amin and Patrick Ng. The team was present at several events and they also participated in a sandbox session where they interacted with the system directly.

Below are comments from the team members that interacted with the system.

The CUNY first system has definitely amazed with the different features it contains. It contains all the elements a college student needs to complete his or her college requirements. It also meets any students needs right at home! There is no need to leave your home just to take care of Financial Aid or Bursar issues. Everything is a click a way!

(above) Alexandar Ranglall

CUNYFirst is like having someone from Financial Aid, Bursar and Registrar’s office with me 24/7. I was amazed by all the features CUNYFirst has to offer. It is a Self-Service tool. CUNYFirst will change the way we Pay, Register, Drop, and Change our classes. Most importantly, it will save us time. Now that we will have access to all our academic records anytime from anywhere, I can use the time to Study!

Faruque Amin (bottom left)

CUNYFirst literally means that CUNY comes first meaning that all students, faculty and staff come first before anything. It’s going to replace originial system eSIMS and our school will become more up to date with the world's rapidly growing technology. The CUNYfirst systems allows us to do all the things that eSIMS allowed us to do and much more. It will allow us to pay our bills, access CUNY's offices (Financial Aid, Bursar, and etc.) and provide us more up to date status regarding classes and everything else we need to know about CUNY.

Patrick Ng (top)
Skateistan
By Hosam Ibrahim

On October 29th 2009 the Skateistan team officially opened the largest sports facility and skate park in Afghanistan’s capital city of Kabul. Founded in April 2007 by Australian natives Oliver Percovich and Sharna Nolan, Skateistan is a non-profit organization that helps give an alternate lifestyle to the youth of Afghanistan.

Helping Afghan children stay off the streets of Kabul, Skateistan not only teaches boys how to skateboard but girls as well which doesn’t sound like a big deal to us here in the United States but in fact is a very big deal in Afghanistan, where boys and girls are so heavily segregated. The idea of Skateistan isn’t so much just about teaching kids how to skateboard but to connect and unite them. In an article, Afghan kids find skateboards the wheel deal, published by LATimes.com, the newly opened skate park in Kabul was funded by local and international donations for the 19,000 square foot park given by Afghanistan’s Olympic committee. Percovich was quoted in the same article saying that the children will be able to attend English and computer classes at the skate park. Percovich also persuaded local donors to pay $60 dollars a month to send children to afghan schools, which proves this organization cares for the well being of these children and want to get them best opportunities.

Not many people would want to even travel to Afghanistan let alone stay there for two years and help an underprivileged youth learn to unite on a skateboard and in a classroom. The Skateistan team is truly a group of selfless individuals who put the freedom of these children ahead of their own safety. “Maybe we can play some small part in keeping these kids from becoming insurgents later on,” a quote taken from Percovich by LATimes.com, shows that the true purpose of their organization is to keep the afghan children off the street. A question that might be aroused in your mind might be why they care so much about these kids?

The reason is, most Afghani children that grow up on the streets with no education end up being recruited by the Taliban. In order to get afghan children off the street and get paid little wages for a whole day of work. Muñoz provides food for more than a hundred men everyday day of the week, for the whole entire year and even-surgents later on, “ a quote taken from Percovich by LATimes.com, shows that the true purpose of their organization is to keep the afghan children off the street. A question that might be aroused in your mind might be why they care so much about these kids?

Skateistan? Perhaps it’s because of the very different approach the organization has taken. Seriously who would have thought skateboarding could happen in Afghanistan?

Skateistan? Perhaps it’s because of the very different approach the organization has taken. Seriously who would have thought skateboarding could happen in Afghanistan?

Skateistan is a wonderfully inspirational organization that is simply all about the kids and is still recruiting volunteers on its website www.skateistan.org. Skateistan has not gone unrecognized with its efforts to help these children, according to Skateistan.org the organization received a Golden Pigeon award which had previously been held by figureheads such as Pope John Paul II and the Dalai Lama. Few organizations are recognized for trying to bring peace and unity in other countries so why has Skateistan? Perhaps it’s because of the very different approach the organization has taken. Seriously who would have thought skateboarding could happen in Afghanistan?

An organization that only started off with three skateboards and group of friends is slowly but surely growing into one of the greatest non-profit organizations in the world. According to Skateistan.org/about-us, a documentary film about Skateistan, “To Live and Skate in Kabul”, is currently in the works. The documentary will explain the construction of the school, the achievements of the students, and what the lives of these children are like in modern day Afghanistan. Skateistan hopes to tell a positive story about these kids and provide a message of peace and unity to not only Afghan society but society as a whole.

An Angel in Queens
By Natalia Valencia

The United States has become a country famous for its diversity, where hundreds of people in other countries dream of being because of their thoughts that everything can be accomplished, where endless of opportuni-
ties can be taken, and where all their dreams can come true. Unfortunately for many, fulfilling everything they seek in life is not as simple as they thought and they must endure living in a strange place without family, friends, or a good economic stability. This is why it has become so important in different communities to count on a person that is willing to help others without expecting anything in return, but only the well beings of others.

In this case we have a Colombian born named Jorge Muñoz, a 44 year old man that has become the “angel” many immigrants have always needed. Jorge Muñoz became known because of his good work in trying to help other people, especially the ones who everyday gather in the streets of Jackson Heights, Queens waiting for somebody to pick them up, give them a job (mostly in construction), and get paid little wages for a whole day of work. Muñoz provides food for more than a hundred men everyday day of the week, for the whole entire year and ever-
ything for FREE. Some immigrants consider him an angel for his generosity and when one of the men in line was asked by a news reporter of the channel CNN and published in the CNN website, “When I see these guys on the street, it’s like seeing me, 20-something years ago when I came to this country.” Which is why he decided that as longs as he had food he would help, as put in his words— “I have a stable job, my mom, my family, a house... everything I want, I have. And these guys [don’t], So I just think, ‘OK, I have the food.’ At least for today they’re going to have a meal to eat.” With his actions he is not only demonstrating the humility and generosity that helping others would look like, clearly indicating what being a hero consists of.

As a result, now hundreds of people count on him and his family everyday to pro-
vide what they can’t get for themselves at times. Even though it marks the harsh reality of the economic situation and the shattered dreams of many, at the end Muñoz work its invaluable for what it brings his community. Teaching us a very important lesson: where there’s a will there’s a way or in simple words as long as you want to help you can!

For more information on Jorge Muñoz and his work you can log in to http://www.
anangelinqueens.org/
The Real Sell Behind Black Friday

By Mandeep Kaur

On the night of Thanksgiving, while we gather our camping equipment and put on our heavy jackets in preparation for Black Friday, do we ever wonder what is the reason behind this event? Why is Best Buy selling that Sony laptop for such an incredibly low price?

Black Friday is dated on the Friday after Thanksgiving. It is not officially marked on the calendar or as a holiday but most workers are usually off that day due to the Thanksgiving long weekend. Once Thanksgiving is over, Friday is an indication that Christmas is right around the corner, and it’s time to get the shopping started.

During the 1900’s, Christmas season didn’t start until after Thanksgiving was celebrated. Due to the short gap between Thanksgiving and Christmas, retail shops and shoppers complained about the lack of shopping time. In 1939, President Franklin D. Roosevelt was aware of the financial crisis and was in a desperate need to resolve it. According to Ethan Trex’s article, A Brief History of Black Friday, “Roosevelt declared the next - to - last Thursday in November to be the new Thanksgiving, instantly taking an extra week on to the shopping season.”

The term “black” from Black Friday can literally be explained as well. It is noted that through out most of the year, consumers purchase more during the holiday season, especially during Christmas time. In order to get the season started cheerfully, retail shops lower the prices of items in hope of financial success in the future. According to the website, http://www.blackfridayandcybermonday.com, the profits they make on Black Friday is marked in black ink. The loss of profits they encounter most of the year round is noted in red ink.

Acknowledged as the official day to start Christmas shopping, retail shops lure customers by slashing prices. Most of the surprisingly high discounts are for electronics and toys. Another way to obtain the attention of shoppers, stores open as early as 5 am. Early bird shoppers have bids on doorbuster deals on expensive items, but the products are limited.

Although many people are under the misconception that Black Friday is one the biggest shopping year. That however is not true. Statistically, the night before Christmas is when last minute shoppers do all the shopping.
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For decades, the American Cancer Society has been recommending women annual mammograms beginning at 40 years old, but a government panel of doctors and scientists, the U.S. Preventive Services Task Force, concluded that such examinations often lead to false alarms and unneeded biopsies, without substantially improving women’s odds of survival.

Mammograms are exams using x-ray technology in which a machine can take a series of images of the woman’s breast allowing doctors seeing if there are signs of cancer within the tissues. “This is one screening test I recommend unequivocally, and would recommend to any woman 40 and over,” the society’s chief medical officer, Dr. Otis Brawley, said in a statement presented in “New mammogram advice raises questions, concerns,” article published by Jocelyn Noveck, AP National Writer, on November 17,2009.

According to “The new mammogram advice raises questions, concerns,” the new guidelines are for the general population, not those at high risk of breast cancer because of family history or gene mutations. They consist of the following:

- Most women 40 to 74 should not routinely get mammograms.
- Women 50 to 74 should get a mammogram every other year until they turn 75, after which the risk and benefits are unknown.
- The value of breast exams by doctors is unknown. Breast exams are of no value.

There have been many different reactions to such guidelines and new plan of changing the age women should get mammograms to 50 years old. There are those who agree with the proposal such as a breast cancer survivor who thought the new guidelines sounded right even though she was diagnosed at age 37, two years ago, stated “New mammogram advices raises questions, concerns. There are of course those who oppose such new guidelines. “I don’t think I’ll wait,” said Leslie David-Jones, 41, according to Jocelyn Noveck. Breast cancer survivors who were diagnosed at a young age were among the more vocal critics of the new guidelines. Debbie Hayes, a volunteer coordinator for the Chicago-based Breast Cancer Network of Strength who was diagnosed with Stage 2 breast cancer at age 33 now 55 stated, women are being diagnosed even in their early 20s, mammograms play an important role in women’s life.

Many medical groups, for example, the cancer society, are staying away from promoting breast self-exams. It was different decades ago, when such exams were heavily promoted that organizations distributed cards to hang in the shower demonstrating the circular motion women should use to feel for lumps and reinforcing women to follow annual exams.

The panel’s recommendations are not only national but international. The World Health Organization recommendations are to test every two years and Britain says every three years. As a result, they were challenged by the cancer society. Dr. Otis Brawley said, “The task force advice is based on its conclusions that screening 1,300 women in their 50s to save one life is worth it, but that screening 1,900 women in their 40s to save a life is not.”

In an episode of “The View,” Elisabeth Hasselbeck stated, over 250,000 women are diagnosed with breast cancer. It is said that the United States has the lowest breast cancer diagnosis yet the highest reported breast cancer death rate. Yet private insurers are required to pay for mammograms in every state, except for Utah, and many do not want to. The national average price for a mammogram, including the price for X-rays and the physician’s fee for interpreting results is $105.00. This is the main reason for new guidelines.

Randall Abbott, a senior health care consultant in the Boston office of Watson Wyatt Worldwide spoke to most major health plans and numerous “self-funded” employers which are companies that bear the cost of employee medical claims and administer their own insurance plans. In result, all are taking the recommendations “under advisement,” stated Mr. Abbott. According to the National Cancer Institute, most states have laws that require health insurers to pay all or part of the cost of screening mammograms. “No immediate changes expected in mammogram coverage” stated Medicare, the federal health program for older and disabled Americans, covers annual mammograms beginning at age 40 and it would not change. As a result, women were advised to keep doing what they have been doing for years.

“Women can rest assured, at least for now, that their health plan will continue to pay for annual mammogram beginning at age 40,” stated “No Immediate Changes Expected in Mammogram Coverage,” article published on November 20, 2009. Susan Pinsa, vice president of communications for America’s Health Insurance Plans in Washington, Dc stated, it’s been said that coverage will continue pretty much as it has been.

Continued from cover page

cases of chaos and death, I found touching images of rebirth and learned about understanding hate crimes in general and the life skills needed to overcome them. I walked into an instructional attraction. Dr. Flug also told me that the Kuperberg Holocaust Center would be expanding more on genocides that have occurred in other areas of the world, more specifically Armenia and Nanjing. My visit with Dr. Flug showed me the bigger picture of The Harriet & Kenneth Kupferberg Holocaust Resource Center and Archives: to educate future generations to recognize and reject the face of hatred so that what happened once will never happen again at any level.

**Mission Statement:** To provide programs and resources in order to remember the victims and the lives of their families, to educate the generations to come about the ramifications of prejudice, racism, anti-Semitism and stereotyping in any society, and to encourage the value of diversity in a pluralistic society.

Event Highlights: [http://www.qcc.cuny.edu/KHRCA/]
- “The Predictability of Genocide: The Case of Rwanda”
  Lecture and Panel Discussion, December 4, 2009, 12pm.
- Dr. Cynthia L. Kamikazi
  “Death Tango”
  Lecture by Dr. Isidoro Aizenberg. February 7, 2010, 1:00pm 
- “Non-European Jews During the Holocaust: The Long Reach of the Nazis”
  Lecture by Dr. Mitchell Serels March 14, 2010, 1:00pm
- Annual Holocaust Freedom Seder March 21, 2010, 1:00pm
- Yom Hashoah Lecture Series
  “Contemporary Genocidal Anti-Semitism in a Time of Silence”
  Dr. Charles Asher Small – April 11, 2010, 11:00am
- MOTYI Chamber Ensemble
  Concert Series: May 16, 2010
For nearly two decades the cancer society has been recommending regular mammograms beginning at the age of 40. The Federal government task force thinks it's unnecessary until you're 50 years old for a breast examination. Many women however don't agree on waiting until you're 50 for your first breast examine.

The government has another task though; they think getting a mammogram early will read as a false exam. A Government panel of doctors and scientists stated that "such early and frequent screenings often lead to false alarms and unneeded biopsies, without substantially improving women's odds of survival." The panel stated having a breast self-exam is no good and women shouldn't be taught to do them. A lot of mothers disagree with this because women get breast cancer earlier in age, even before 50. Dr. Otis Brawley a practicing oncologist stated, "...advice is based on its conclusion that screening 1,300 women in their 50s to save one life is worth it but the screening of 1,900 women in their 40s to save a life is not." The Government panel of doctors and scientists stated, in the WOAI.com article that "Most women in their 40s should not routinely get mammograms. Women between the ages 50 to 74 should get a mammogram every other year until they turn 75, after which the risks and benefits are known. (The task force's previous guidelines had no upper limit and called for exams every year or two.) The value of breast exams by doctors is known. And breast self-exams are of no value."

Beth Rosenthal who is 41 years old stated in an article on WOAI.com that she doesn't think she will wait. Also Dr. Diana Pettiti vice chair of Panel said the benefits are less and the harms are greater when screening starts in the 40's. If you try to get a mammogram before the age 50 years old you will have to end up paying for your doctor's visit. Many women agreed and the older women disagreed and wanted to use the same old routine. The news seems to be destined to leave many women deeply confused about whose advice to follow.

In the WOAI.com article it stated that some breast cancer survivors, who were diagnosed at a young age, agreed that waiting until your 50 is a good idea. The other half stated that if you did a self-exam and found something then stick to the old procedure. Kelly Allison a physician director of breast imaging at the Dorothy G. Hoefer Comprehensive Breast Center at Sentara Port Warwick is adamant. She says, "I feel strongly against this. It's a large step backward, it puts a lot of confusion out there. Starting at age 40, a yearly mammogram reduces a women's chance of dying from breast cancer by 30 percent. We detect breast cancer in women in there 40s every week here."

Curtis D. Stoldt, chief of breast imaging at Riverside Regional Medical Center in Newport News, says a mammogram is the best tool to have. "I would absolutely recommend a mammogram every year for any women in my family age 40 or older."

A breast cancer survivor Terry-Ann Gayle who is 29 years old, doesn't agree with waiting until 50 to have a mammogram because she feels it's as if your doing suicide to your self in the worst way. She struggled a lot finding out that she had breast cancer but caught it in time and got rid of it. How did she find out? Well she self-examined herself in the bathroom and after the third day she went for a mammogram and the doctor found a lump in her breast, which was becoming a breast cancer tumor.

Getting a mammogram before 40 is very important because women can get breast cancer at any age. It's not safe to live your life knowing that you're getting older and once you are 30 with kids and not getting examined for a mammogram confuses women because it leaves unresolved at what age a mammogram is required. All you can do is what's right for your body and do what's best.
BODIES—THE EXHIBITION

Continued from cover page

By Kristina Beekee

Have you ever heard of the expression “you are what you eat”? Well this statement holds true. The foods you eat can affect your over all mood. Junk foods and fast foods have a negative effect on your body, as well as on your state of mind. They can leave you feeling anxious, grumpy, stressed or even depressed. Many people don't eat healthy foods and are left in horrible moods as their day progresses. Instead many choose to eat sugary, salty, and fatty foods which will affect their cholesterol and blood pressure. These elements are all hazardous not only to your health, but to your mood as well.

Which foods negatively affect how you feel? Well according to Samantha Keller a certified nutritionist for New York University Medical Center, in an article titled Foods And Your Mood on cbsnews.com, she states that white grains will have a bad affect on your mood. The reason for this is because white grains drastically increase blood sugar and your body reacts by trying to decrease blood sugar. When this occurs it results in you feeling tired and irritable. Any food containing white grains such as bagels, white bread, or white rice will negatively affect your mood if not eaten with a protein. According to an article titled Foods To Boost Your Mood on www.web.extension.uiuc.edu, eating berries are a better alternative because they promote brain health and help keep blood-sugar levels stable.

Also foods that contain a high content of tyramines and nitrates will affect your mood for the worst. Tyramines are chemicals that are in certain foods such as soy sauce, red wines and cheeses. Nitrates are food preservatives used to preserve food color. According to an article called Tyramines, Nitrates, MSG and Headaches found on www.info-med.co.uk, tyramines and nitrates "together are certainly a powerful headache trigger". They can be found in most processed packaged meats such as hot dogs, bologna and salami. To avoid having a migraine or tension headache you should try eating organic or cured meats instead. According to Anne Marie Helmenstine, Ph.D, in an article titled Does Turkey Make You Sleepy on about.com, turkey might be a better choice to eat because it contains tryptophan, an amino acid that “can be metabolized into serotonin and melatonin, neurotransmitters that exert a calming effect” as opposed to processed meats that may cause headache.

Fast Food can influence your mood negatively especially French fries. French fries are high in trans fat and saturated fats. There are two types of trans fats, one is natural and the other is artificial. Artificial trans fat is made “when hydrogen gas reacts with oil.” Most artificial trans fat is found in potato chips, microwave popcorn, cookies, crackers, icing and margarine as stated on a featured story called Trans Fat 101 on www.umm.edu. Trans fat is dangerous to our health because it increases our risk of heart disease. According to the American Heart Association “Saturated fats have a chemical makeup in which the carbon atoms are saturated with hydrogen atoms.” They are also harmful to our health because they raise cholesterol. Both trans fats and saturated fats can take many hours to digest leaving us feeling sluggish and lazy explains Elaine Magee MPH, RD, health expert in an article titled The Top Worst Foods For Your Mood on www.shine.yahoo.com. In order to keep from feeling unenergized try eating a high protein meal like lean meat, beans, nuts and fish for a boost of energy.

Another mood breaker may be disguised as sweet delicious treats such as cupcakes. Although these sweet treats may seem tempting, after they are consumed they can cause mood swings, anxiety and crises from a sudden sugar high. According to Susan Biali M.D in a recent article titled How Foods Can Improve Your Mood on psychologytoday.com, she states that foods that enable carbohydrates such as white flour and white sugars produce a sudden rush of glucose (sugar) in the bloodstream will result in a “mood-wrecking crash.” In order to prevent sudden mood crashes one should steer clear from foods containing white flour and white sugars. As a replacement try eating sweet potatoes. Sweet potatoes are complex carbohydrates that help stabilize your blood sugar levels, and your mood.

Although drinking alcohol may at first give you a happy buzzed feeling, it is really a depressant. Many people drink from time to time but if you typically have problems controlling your temper or are usually very emotional you may want to stay away from alcohol. Alcohol may make your mood a lot worse after it has settled in your system. If you are feeling depressed, there are certain foods that can help shield you from depression such as vitamin B12 which is found in cottage cheese or you can eat spinach, leafy greens or citrus fruits. They all contain folate which helps maintain normal levels of amino acids in your body. This is important because if amino acid levels are not maintained they can severely interfere with the way our bodies work as stated on a Dietary Supplement Fact Sheet: Folate on dietary-www.dietarysupplements.info.nih.gov. In other words, don’t depend on alcoholic beverages to boost your mood.

For a list of foods that will improve your mood and leave you feeling healthier both mentally and physically please visit organizedwisdom.com/Slideshow:Best_Foods_to_Boost_Your_Mood.
If acne’s got you :-(

visit :D

Visit us in the Science Lobby on Wednesday, December 9th from 11 a.m. - 4 p.m. to receive a FREE CONSULTATION AND FREE GIFT only for Queensborough Community College students!

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**Health**

**Football Causes What?!!!**

By Adrian Williams

A recent study conducted by the University of Michigan and commissioned by the National Football League shows that former players are prone to develop Dementia, Alzheimer and other memory related diseases up to 19 times the normal rate of men between ages 30-49.

Every year hundreds of football players sustain concussions and without the right medical help and advice go right back onto the playing field and put their lives on the line. Many players have tendencies not to pay close attention to concussions and many promising careers have been cut short due to concussions in example former New York Jets wide out Wayne Chribet whom played in the NFL for 11 seasons and was forced to retire after suffering 7 concussions, stated in an interview done with ESPN that he still feels post concussion symptoms as a result of multiple concussion he suffered while playing in the NFL which includes headaches due to sensitivity to noise and light. Wayne Chribet had an outstanding career with the New York Jets posting 7,365 yards and 41 touchdowns over 11 seasons.

The NFL and other organized football associations have seen the number of player decrease due to the fear of dementia. So far this season 5 major players who we know of have sustained concussions but many continue to hide concussions from team officials despite the fear of long term effects. A survey done by the associated press states 30 players out of the 160 surveyed admit that they have hidden or played down the effects of a concussion. New York Giants backup Quarterback David told the associated press “You get back up and things are spinning but you don’t tell anyone”.

The NFL is currently seeking ways to reduce concussions and the risk of concussions during games. One of the methods mentioned is football without helmets. Two thirds of the player interviewed said that the NFL is significantly safer than it used to be with the risk of concussions due to changes made to rules and equipment.

NFL Commissioner Roger Goodell told congress that he plans to release new findings and that the NFL is trying to learn new practice techniques that will reduce the risk of head trauma outside of the games themselves.

Most players don’t know the long term effects dementia can have on a person, for one it is incurable. So far researchers have only found ways to slow down the effects of dementia. For more information on dementia and the long term effects you can visit: www.medicalnewstoday.com, www.nfl.com and www.nytimes.com.

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**Cosmetics and Body Care Products: Immediate Gratification at what Cost?**

By Haleemat Emozozo

What many use to “look better” may actually be damaging their skin slowly without them even knowing it. Imagine watching a TV commercial, about a new acne cleanser, being advertised as the most innovative product on the market bound to improve the appearance of your skin in as little as a week, as a plus you may in appearance of your skin in as little as a week, as a plus you may in a matter of hours.

As a multibillion dollar industry, the makers of cosmetics invest a lot of time and money into production to satisfy the demands of its customers. Because of the standards of beauty which the media and society drive some to go to extremes measures to look a certain way. From The makeup purchased to enhance looks, the cleansers used to exfoliate and the nail polish to beautiful nails.

There are common chemicals in the everyday product of cosmetics consumers use every day. Whether it is Mascara, Eyeliners, Nail polish (Remover), Shampoos, Conditioners, Deodorants, Body lotion or Toothpaste, they all contain similar chemicals that have negative short and long term effects on the body. According to Bioenergetician, Michael Brooking, and health researcher, Naheed Zaman of health report, UK, the single fat cell of a healthy 30 year old female living today in Britain, showed traces of 500 dangerous manmade chemicals. When they looked at a single cell sample of a Mummy, there was no trace of any chemicals. So what changed? The extensive range of body care products and line of cosmetics is what changed. 884 of the chemicals used in the personal care products are considered carcinogenic.

Chemicals including sodium laureate sulfate and sodium laurel sulfate (SLS) are found in shampoos, body wash, and bubble baths but guess what? They are also utilized to clean garage doors and as engine degreasers. What came amazingly to researcher Dr. K. Greene was that these particular chemicals are willingly absorbed into eyes and are destructive to fragile cells. American journal of toxicology indicates that SLS negatively affects other parts of the body by causing allergic reactions to the skin and wearing away hair follicles. As you wash your hair with some of your favorite shampoos, that means your slowly balding your hair away. Even minimal use, the renowned new cosmetic in the industry has just as much disadvantages. According to diet bites journals, mineral makeup contain certain harmful substances that are easily absorbed by the skin because of its minute size. Studies predict Talc and amorphous hydrated silica, found in mineral makeup to be carcinogenic. Mica (Sericite Mica) also found in this new form of cosmetic, if untreated can cause skin color shifts a little after application, possibly in a matter of hours.

Some of what consumers use on their body can have positive short term effects but later the negative long term effects tend to surface. Sometimes instant negative short term effects occur. The best thing to do is to speak to a dermatologist if not your regular doctor to make sure the right and safe products are being used. Once certain parts of the body suffers or gets damaged, it’s permanent so everyone has to be cautious and curious of the lipstick or deodorant they apply and the brands of body wash and hair conditioner they use.
Movie & Entertainment Reviews

Call of Duty: Modern Warfare 2 Guns Down the Charts

By Adam Gomez and Andre Gonzalez

At midnight on November 10, 2009 stores all over the U.S. and the U.K. re-opened their stores for the promotion of the best first person shooter game of all time. Could the massive amount of sales be because of what was presented by Activision and Infinity Ward in previous games? Or is it because of actual events taking place in the world today since the game’s storyline takes place during a war among Afghanistan, Russia and America. Regardless of the cause, this game become shocked the sales charts and also became the largest online community in the world.

Activision’s Call of Duty: Modern Warfare 2 release was one of the most anticipated since its prelude. Activision stated that “the game had sold 4.7 million units in the two aforementioned territories [North America and the UK] in 24 hours, generating revenue in the neighborhood of $310 million.” In the games first five days on the shelve it surpassed Grand Theft Auto IV’s previous record of $500 million achieving $550 millions worldwide which according to Activision stated it as being the “biggest entertainment launch in history.” In addition to it being one of the most anticipated launches in 2009 it’s a video game that according to Robert Johnson of the NY Daily News “made more money in one day than any movie ever has.” Here are some visual stats of other games that were beaten.

It beat out “The Dark Knight” which raked in “$203.8 million in five-day domestic box office gross, $66.4 million in first-day receipts” according to Renay San Miguel of the E-Commerce Times. In addition to topping the caped crusader’s five-day box office run, the title bested “Harry Potter and the Half-Blood Prince” which generated $394 million in global box-office gross” stated by San Miguel.

The many who purchased this game as a whole logged in “more than 2.2 million unique gamers and 5.5 million hours of game play” according to Activision this was in all of its first day. If we were to break it down console to console which sold the most, Brett Walton of VideoGameCharts.com estimated that “Xbox 360 took 56% of total sales, PS3 took 38% and the remaining 6% of sales were for the PC version.”

However hard it may be to ignore that this game is solid, it still has stepped on the toes of some people due to its graphic and violent game play. The game has been recalled in Russia because of a mission in the game where you assume the role of an undercover CIA operative who is involved in the gunning down of hundreds of Russian civilians in an airport, massacre style. The Russian government was furious to find out about such game play. There has since been a patch for the mission on the PC version, and the console versions are being re-released without the mission as well. Here are some game play pictures. Happy gaming.

<p>| Greatest console &quot;week ones&quot; of all time |</p>
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2012 Movie Review: The Possible End of Days

By Chris Peplinski


The film 2012 deals with the end of world according to the Mayan Calendar which predicts that on December 21st 2012, life as we know it would cease to exist. The film begins with geologist Adrian Helmsley (Chiwetel Ejiofor) traveling to India to meet up with his friend Dr. Satnam Tsurutani, who discovers that, the Earth is being affected by neutrinos from a solar flare. He also warns the president Thomas Wilson (Danny Glover) and the Chief of Staff Carl Anheuser (Oliver Platt) that it will cause many natural disasters.

Meanwhile famous writer Jackson Curtis (John Cusack) who happens to live in Los Angeles works part-time as a limo driver for Russian Businessman Yuri Karpov. He is divorced from his wife Kate who lives with her boyfriend Gordon Silberman who is a plastic surgeon and amateur pilot along with her two children Noah and Lily. While Jackson takes his kids camping at Yellowstone National Park, he meets Charlie Frost (Woody Harrelson) who is a conspiracy theorist living as a hermit in his trailer and hosts a radio show.

Charlie believes that Mayans knew about the world ending in 2012 and thinks that there is a spaceship that will rescue them and has a map that shows the locations of the disasters. Jackson and his family fight their way for survival, not only for themselves, but also for the human race as well.

This film showed a realistic approach as to what could happen if the world would actually come to an end, in a fascinating and frightening way. The special effects showing the destruction of major cities such as Los Angeles and Washington D.C. were superb and convinced that it could actually happen for real.

When it comes to the acting in the film, John Cusack is actually good in his performance since his character Jackson Curtis is someone that you would least expect to be the hero in the film. Amanda Peet who plays Jackson’s ex-wife Kate is amazing as well, since she still has feelings for her ex even thought they are no longer together. Chiwetel Ejiofor, who plays Adrian, is also one of those characters who ends up playing a vital role in the survival of the human race and how the possible end of days seems to drag the character emotionally is used rather effectively in his performance.

Oliver Platt, who plays the chief of staff adviser Carl Anheuser, comes off as rather arrogant because in his mind, he thinks he is doing what’s necessary for the survival of mankind, but in actuality he is reflecting the negative traits of humanity which shows in the performance. Thandie Newton who plays the President’s daughter Laura Wilson comes off as a strong minded survivor and she develops feelings for Adrian and still manages to keep on living her life despite of such terrible loss.

Danny Glover who plays the president Thomas Wilson, is portrayed as a leader who is aware of impending doom and does what it takes for humanity to be safe and a hopeful source of inspiration. Even though, he had a bit of rough past, he still manages to carry on his responsibility to the American people. Woody Harrelson, who plays the conspiracy theorist Charlie Frost, is a little nutty and was often held in disbelief over his predictions of Earth’s destruction but serves as someone who has answers for the reason these events are happening.

2012 does show a somewhat realistic approach towards the possible end of days and how it could happen, and it does rather well. The film worth seeing and teaches that people can make a difference to change the future.
The Twilight Saga Continues: Perceptions of Vampires in Our Popular Culture

By Mariana Ruiz

With the release of the Twilight Saga movies Twilight and New Moon vampires are making a very trendy comeback in popular culture. These movies are so well-liked that the actors involved in making the Twilight movies are receiving an immense amount of publicity for their role portrayals. Twilight is a series of four vampire-based novels written by author Stephenie Meyer. The movie The Twilight Saga: New Moon stars Kristen Stewart, Robert Pattinson, and Taylor Lautner, and is directed by Catherine Hardwicke. New Moon hit the box office on November 20 and had the Facebook and teenage crowd going wild to see the first screening. There are even moms that are huge fans of these movies and refer to themselves as “Twilight Moms.” The main theme of these movies revolves around the transformation from human to vampire and the power to control one's own fate.

One major problem is that graffiti artists either don’t care or think about it being vandalism. They don’t care that they are destroying things that don’t belong to them and that it is illegal which makes it wrong. People have to clean up the romance. The romance that takes place in the first installment of the Twilight series is between the character Isabella, “Bella” who is a teenage girl and Edward Cullen a vampire. Throughout the movie it is very apparent how infatuated these two characters are with each other. The movie Twilight shows the transition that Bella makes into a new world of vampires and her struggle with deciding whether or not to become part of their extreme world, in order to spend the rest of eternity with her love.

Twilight ends with many unanswered questions leaving the audience to anticipate what is yet to come in the sequel New Moon. New Moon does foreshadow that Bella will eventually become a vampire and ends the same way the first did with more unanswered questions. These questions are apparently why people are drawn to these movies because of the mystery behind it all, it leaves a feeling of suspense making the audience want more of the story line. The romance is also enhanced with a very complicated love triangle between Edward Cullen, Bella, and Jacob Black (a werewolf that kills vampires) after Edward breaks up with Bella to try and protect her. This movie shows the complications of love, longing, and leaves the question which one will prevail? The movie is a love story intertwined with action, which is a perfect blend for all moviegoers.

Throughout our popular culture there have been numerous tales of bloodsucking supernatural creatures throughout T.V. shows, books, blockbuster movies, and video games. The following is a list for all of you vampire lovers, of just some of the many vampire stories that we have seen in our popular culture: Nosferatu (1922), Dracula (1931), Salem’s Lot (1978), Fright Night (1985), The Lost Boys (1987), Interview with a Vampire (1994), Das Killt Daryn (1996), Blode (1986), Dracula 2000 (2001), Underworld (2003), Queen of the Damned (2004), Vampire Assassins (2005), Ultraviolet (2006), 30 Days of Night (2007), and True Blood (2009). The popularity of vampires has exceeded over time with the releases of newly reinvented vampire tails that have people fascinated.

What is it about these violent bloodthirsty creatures that have us so captivated? There is plenty to say about the human psyche regarding our infatuation with vampires. According to Monstrous.com a site that is the largest network of myths and supernatural creatures that has grown to thousands of articles, pictures and videos. “The concept of vampires and vampirism indicated that vampires are not mere stories or explanations created by personal experience or folk tales, but are in fact a species-wide psychological structure that all humans share in primitive thought.” What is so appealing about vampires is the raw sensual fantasy of being undead; everything about them is mysterious and unattainable. Vampires can be conceived as part of fantasy or a powerful metaphor. As humans we are drawn to many layered elements of danger, fear, and sex which are part of our fantasy life that vampires possess. Through watching these vampires in our popular culture we are connecting to these elements of fantasy to make them further related to our reality. According to Freud’s theory of psychoanalysis “All human experiences of morbid dread signify the presence of repressed sexual and aggressive wishes, and in vampirism we see these repressed wishes becoming plainly visible.” The powerful metaphor that vampires portray is through immortality and power. People are attracted to the concept of vampires eliminates mortality and leaves only eternity. The invincible supernatural powers that vampires attain make them seem as if they are an enhanced form of our species which resemble the possibility that we all have the ability to be powerful. As stated by Monstrous.com “According to psychoanalysis and the Freudian school, dreams about vampires are a metaphor for the fascination and fear mankind has with the concepts of death and the dead.”

Violence has always been an entertainment factor in vampire stories as well as other stories in our popular culture. Violence is the main ingredient in many of the movies that have impacted our popular culture tremendously. Why does violence appeal to so many people for entertainment? Some may argue that it is cathartic to watch vampire violence, a way to release ones anger of aggression through watching vampire movies or reading violent vampire novels. Others may say that they just simply enjoy the suspense that comes with violence in vampire movies. It is true that the effect of violence in vampire films can affect each person differently. Each individual has their own incentive in watching violence in vampire movies thus, one cannot deny that the popularity of vampires and violence is prevalent in our popular culture.

The fad of vampires has been around for many years and vampires will continue to haunt us in our popular culture for years to come. The third installment of the Twilight series Eclipse will hit the box office June 30, 2010 which leaves the feeling that vampire-mania will continue for quite some time. Eclipse was directed by David Slade who also directed the gory vampire film 30 Days of Night, which leaves the impression that the third movie of the Twilight Saga will be more gruesome, action-packed, and entertaining then last two. As we all anticipate the arrival of the next Twilight movie be sure to keep an eye out for other vampire flicks. I’m sure there will be more interesting ones coming out in the next few months to come.

Graffiti is Vandalism!

Since then, the laws for vandalism have been getting worse. If someone is caught doing vandalism the penalties vary. A vandal can either face outstanding fines to time in prison. This brings an interesting question, why do people even do graffiti and take a risk?

There are numerous factors to why people to do graffiti. One of the most common ways people begin to do graffiti because they are influenced at a young age by their peers and just becomes an on going trend. Another main reason is because these people believe it is artwork. They feel it is a form of expression and this is the only way to show it. Other reasons why people do it are drug related, gang related, and some people just like the adrenaline rush of doing something illegal.

One major problem is that graffiti artists either don’t care or think about it being vandalism. They don’t care that they are destroying things that don’t belong to them and that it is illegal which makes it wrong. People have to clean up the vandalism on public and private property. For example, the janitors of our school spend a lot of unnecessary time cleaning up graffiti all around the school. Besides the time it takes to clean the vandalism, it costs the school a lot of extra money in paint, special anti-graffiti spray and other supplies against this on going battle of vandalism in our school. This money could be used to better the school in many ways. The sad part is that it brings ill-favored looks to our school. When visitors see the vandalism in our school, it turns people off from wanting to be apart of our school.

Clearly, graffiti brings plenty of negative affects to our school and city. From wasting the schools budget money to making our school look bad. If these graffiti artists were to look into legal ways to display their artistic views we would all benefit from it. They would also be saving themselves from getting into a lot of trouble from getting caught and facing the striking penalties.
eral in Afghanistan wants to send as many
Liberals do not want a war at all. It seems
about Obama “He had declared Afghanistan
only feels that the writers tried a
New Moon was more faithful to the book than the first one, but I felt that the writers tried a
New Moon set a lot of records during
building in for a midnight showing at $26.3 million which was previous held by the 5th Harry Potter film Order of Phoenix set back in 2007 with $22.2 million. The last record that the film set was that became the highest opening ever for a midnight show on June 30th 2010. The film could have had a much stronger ending that would
Edward and Bella's relationship became more physicality in his role, being that he gained about 26 pounds of muscle for the film. It was also interesting how the film showed Jacob's transformation into a werewolf and it affected him both physically and emotionally. Taylor Lautner seems to have more chemistry with Kristen Stewart than with Rob Pattinson, because the friendship between Bella and Jacob as something that was believable but also entertaining to watch at the same time.
her face as something that was believable but also entertaining to watch at the same time.
Michael Sheen, who plays the Volturi leader Aro, is portrayed as someone who
cliffhanger ending sets up the next installment Eclipse which is set to be released on June 30th 2010. The film could have had a much stronger ending that would have left fans talking instead of being left in the dark.
Expressing her 18th birthday which she dreads because her immortal vampire boyfriend Edward (Robert Pattinson) is still 17, since she fears of getting old while he remains the same age. The Cullen family decides to throw Bella a birthday party and while unwrapping one of her gifts, she accidentally cuts her finger. The drop of blood causes Edward's adoptive brother Jasper Hale (Jackson Rathbone) to nearly kill her because of his difficulty to control his thirst for her blood. Edward decides that in order to protect Bella, he figures it is best to leave Forks, Washington with his family which ends their relationship. Bella ends up becoming a victim to depression and heartbreak. She finds it difficult to live her life, until she finds comfort in her human/werewolf friend Jacob Black (Taylor Lautner). He helps her get over her depression and they end up developing feelings for each other. Bella also worries about the return of her arch nemesis Victoria (Rachelle LeFevre) a fellow vampire who wants revenge against her for the death of her mate James who was killed in the first film. Bella even seems to imagine seeing Edward who appears to her as some sort of hallucination. Bella finds out from Edward's adoptive sister Alice that he plans to travel to Italy to provoke the Volturi to kill himself when he misinterprets that she killed herself when cliff-diving. The Volturi happen to be clan of vampires that come to Italy to provoke the Volturi to kill himself when he misinterprets that she killed herself. Bella seems to have a dark side and can be considered someone's worst nightmare. A perfor-
Rob Walser stars as the Volturi leader Aro, is portrayed as someone who
lack of chemistry with Kristen and their scenes together seem a little forced.
Robert Pattinson plays Bella's immortal vampire boyfriend Edward Cullen, who seems more comfortable in his role this time around and is less wooden in his performance. Edward was given more of a personality this time around which
she only seems strong when she has a man in her life to give her comfort. She also seems to dread her-
life as a mortal and can't seem to stand the sight of being around her mortal friends since she seems like the type of character that is a loner. Her character seems comes off as a little possessive at times, but she also has that likeability factor that doesn't totally turn fans off from hating the character all together.
The acting is another story all together, since I felt that there were those that managed to do well with the little amount of material that they were given and others fell a bit short of expectations.

**Obama's Stand Republicans vs. Democrats**

send 35,000 more troops into Afghanistan. A writer of the Wall Street Journal named Fouad Ajami wrote on November 29th 2009 about Obama “He had declared Afghanistan a war of necessity, but he seems to have his eye on the road out even as he is set to announce a troop increase in an address” delivered on November 30th 2009.

Republicans are pushing for the war. Liberals do not want a war at all. It seems as though Obama is looking for a middle ground between the two parties and cooperate with Republicans, who want to send more troops into Afghanistan. The General in Afghanistan wants to send as many as 80,000 more troops. The reasons that Obama is sending close to 35,000 troops into Afghanistan is apparent in an article by Peter Baker and Helene Cooper on November 7th 2009 who write for the New York Times “General McChrystal, the top American and allied commander in Afghanistan, and his advocates argue the war cannot be won without a major infusion of forces to protect the population and ultimately turn it against the Taliban. Vice President Joseph R. Biden Jr. and others oppose a buildup in a war they believe cannot be won through conventional means and that diverts attention from Pakistan, where Al Qaeda is pri-
There are many kids today jumping from high school to overseas to play basketball. These teenagers are skipping college and traveling to foreign land to get an early jump start on their hopeful future careers. A career that would give them a lifestyle they only dreamed of. A life full of riches and fame where only a couple of months ago they were playing in a high school gym for free. But along that road to the so called good life, the journey getting there can be real rough. Living in a country you know nothing about where everything is so different will take its toll on you. Not to mention the risk of making the wrong move, losing it all and watching your dreams slip away right before your eyes. Since the jump to the N.B.A. from high school is no longer in effect, some of these high school athletes are forced to take on this option.

Only four years ago in September of 2005 this whole situation as a whole could’ve been avoided. That year was the last class of high school players that were allowed to make the jump. Some of the best players in the N.B.A. Titans. Brady players that went from high school to the league bringing them great success. Players like Kobe Bryant, LeBron James, and Kevin Garnett are some to name a few. These players skipped college to follow their childhood dreams.

One person in particular who is making history as we speak is Jeremy Tyler. A standout basketball player as an 11th grader in San Diego, California last year, Tyler has done to what some would call the unimaginable. Instead of returning to high school for his senior year, he is now playing pro basketball thousands of miles away in Israel. Now the 6-foot-11, 260-pound young center from the states is playing on team Maccabi Haifa and making $140,000 on a one year contract with the team. His dream is to become the first pick in the N.B.A. draft in 2011.

Tyler has had a hard time adjusting to the life in Israel. It’s like a whole other world out there with the different languages, people and food. It is extremely hard to adjust to that life so soon. In Israel it has been reported numerous times that Tyler is doing poorly. He has played only 20 minutes in three league games and scored only 2 points altogether. His coaches are not liking is play and most of all his efforts. He has been coming late to practices and it has got to the point where even his teammates are fed up with his immature ways. In one year time

his whole life has changed dramatically. He has entered a grown mans league where almost all of the players are much older than him. They are a lot stronger than him both physically and mentally. Tyler states that, “there’s never a day I regret my decision,” but he leaves many people to wonder if this is how he really feels.

The commissioner of the N.B.A. David Stern, has made it really hard for the high school basketball stars in America. Ever since he made the rule that you can’t jump from high school to the N.B.A. players are left to make tough decisions in which some choose playing overseas. N.B.A. rookie point guard and superstar in his own right, Brandon Jennings, is a success story for the overseas basketball journey. In high school two years ago, he was ranked the best player in the country. Playing pro basketball in Italy the year before he entered the 2009 N.B.A. draft, he was selected by the Milwaukee Bucks as the 10th pick. Many were saying he was making a huge mistake the entire time. He was only averaging 7.6 points per game in a league where he was projected by numerous people and even himself to dominate. Now fast forwarding to his thriving career in the N.B.A. he is doing a lot better than expected. He is averaging 22.6 points a game and 5.6 assists. The numbers he is putting up are better than any rookie so far and some say he is a shoe in for rookie of the year. He even set a N.B.A. record scoring 55 points in a single game breaking Kareem Abdul-Jabbar’s outing in 1970.

There are many reasons why these basketball stars go overseas to play. Some can’t enroll in college because their S.A.T. scores weren’t high enough making them ineligible as was the case of Brandon Jennings. Others go overseas because the teams there pay you money to play ball and a lot of them could use the extra cash to help themselves and their families out. They can even go there to receive more of a challenge than their peers would give them in the states. Whatever the reason might be, if a kid feels he is good enough to play in the N.B.A it should be his right to make that decision and nobody else. If you can play basketball professionally overseas, you should be able to play the game professionally in your own country. As an 18 year old young adult you become accountable for your own actions. You can join the military at 18, why not the N.B.A.?
It's sad now to look back on that great time the best years in Alex Rodriguez's career. I believe the years 2001-2003 were a stunt. I think he could have done a much better job with the Texas Rangers. I consider Peter Gammons to be the premier baseball historian at ESPN, but recently ESPN’s outside the lines talked with University of Buffalo head coach Turner Gill whom was passed upon by many top Division 1 teams despite his excellent credentials. You can check out the video at ESPN go.com/outside the lines key word Turner Gill.

On September 7, 2009 reports from Bryan Mullen of the Tennessean stated that a legislator for the state of Oregon plans to introduce a bill that would require the state of Oregon’s football teams to interview at least one minority coach before hiring a head football coach. It’s thought to be the NCAA that most schools won’t even interview minority coaches much more hire one. A report done by the university of Tennessee states that out of 616 NCAA teams there are only 16 minority head coaches over all, that accounts for 2.6% of the teams in NCAA football.

Out of 120 division 1 and subdivision teams only 8 teams have a minority head coach that accounts for less than 4.6%. The lack of minority coaches in the NCAA is rapidly becoming on of the most controversial topics in sports. It’s not that minority coaches are not qualified why they are being overlooked but they’ll be lucky if they even get an interview. Statistics from USA today.com shows that from the NCAA division 1 league minorities make up 25% of assistants and coordinators, surely out of the 25% someone should be qualified for a head coaching position. The main reason according to the NCAA claims to be a feeder system that fails to put minorities in position to become head coaches. The SEC (southeastern conference) is considered to be the best subdivision in NCAA football, but hires fewer minority coaches than any other conference. Recently the only minority coach in the NCAA’s Sec conference Sylvester Croon resigned as head coach of Mississippi State. A push is currently being organized to try to force the NCAA to adopt a rule similar to the Rooney rule of the NFL. Since the Rooney rule was established in the NFL the number of minority coaching has risen from 2-7 out of 32 teams that accounts for 18.8%. The NCAA is currently trying to resist a minority rule “To me that’s the biggest problem right now” Sylvester Croon. The NCAA should be doing more to enforce a rule that makes it easier for not only minority coaches to get a job but the person who is best qualified for the position. Not only do minority coaches get pass upon but also coaches that are well qualified for a position. Coaching shouldn’t be based upon your ethnicity but by you qualifications. Recently ESPN’S outside the lines talked with University of Buffalo head coach Turner Gill whom was passed upon by many top Division 1 teams despite his excellent credentials. You can check out the video at ESPN go.com/outside the lines key word Turner Gill.

You decide, A-Rod or Manny?

Alex Rodriguez was the first person in 2009 to admit that he knowingly took steroids. This would be the first step he would need to take going forward if he ever wanted to get his career back on track. Although A-Rod lying to Katie Couric in an interview for 60 minutes, that aired Sunday December 17, 2007 was not making critics of A-Rods seem more convinced that he wasn’t on steroids. When ESPN’s Peter Gammons interviewed A-Rod, Rodriguez knowing full well that the pulse of sports nation would be paying attention to the interview, you could clearly see A-Rod taking his time to make sure that he thought about each question carefully before he answered them. However, the interview was lacking a few tougher questions about A-Rod’s steroids use. Anyone who watched the interview wanted to hear A-Rod say one thing in particular, “I admit I knowingly took steroids during the years 2001-2003 when I was with the Texas Rangers”. I consider Peter Gammons to be the premier baseball historian at ESPN, but I think he could have done a much better job. Instead, the public was fed a publicity stunt.

As some who watches baseball on a daily basis, I believe the years 2001-2003 were the best years in Alex Rodriguez’s career. It’s sad now to look back on that great time in baseball and know that steroids tainted it. As a fan my emotions toward A-Rod are mixed. While I feel that he is a good player, he robbed not only me, but also fans from Texas timeless hits, and clutch performances. It’s actually funny that when you look back on Alex’s time in Texas you realize that he signed a ten-year contract, and only played out three full seasons and was then traded to the Yankees (of all teams). His batting average for the three years in Texas was .305, he averaged 52 homeruns, and about 132 rbi’s. Once A-Rod joined the Yankees in 2004-2007, his batting average went down considerably, from .305 to .299. After his big outburst in Texas, A-Rod needed to tone down the large amounts of homeruns and high batting averages. By coming to the Yankees and playing under the microscope of New York, A-Rod was not able to handle a level of pressure that he never really had to deal with on prior teams. His average number homeruns went down to 40 and for good reason. Mechanically A-Rod was trying to use the rest of the ballpark instead of the right field porch in the old Yankee Stadium. It is something that still puzzles fans to this very day. Like all the other stats, the rbi’s would go down as well from 132 down to 119 for three years.

What goes around comes around. This saying in essence could not be truer if you applied it to Manny Ramirez. According to the New York Daily News website in an article “Manny Ramirez gets 50-game ban after testing positive” by Ken Davidoff on May 7, 2009 Manny had essentially handicapped both himself and his new team the Dodgers. For the eight years Manny was in Boston, he should have acquired the nickname Mr. Redsox. You want to know why? He is the one player along with Johnny Damon who made that team a unison group of brothers looking to achieve a common goal, winning the World Series in 2004. Manny was a very good hitter in Boston. The first three years from 2001 to 2003 were the same for Manny with the Redsox. He had an accumulative batting average of .312, he average 37 hrs and 112 RBI’s. Manny’s numbers would decline as we advance onward from 2004-2007. Case in point, his average went down to .306. However, amazingly the average number of homeruns went up from 37 to 41, and his RBI average went up from 112 to 125. It actually puzzles me to the point where my brain is throbbing!

To witness the performance of these two amazing superstars of my generation was a pleasure. I now leave it up to you the average baseball fan. You decide who was the better play on steroids: Manny or A-Rod.
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