Spring Break '06: Cheap Fun in the Sun!
It doesn’t get any better than this

BY KELLY MOLINA

Are you bored every year with staying home, watching MTV, receiving “wish you were here” phone calls and hearing stories of what had happened the night before from friends that are vacationing in popular resorts? Get off the couch! There are still bargains available for those last minute spring break travel plans!

Every year thousands of college students get away for spring break, whether with a group of friends to a resort offering a full slate of entertainments, or on a quiet vacation by the beach. Spring break is the time to move far beyond books and tests.

Okay. It is already the middle of March, spring break is less than a month away, and you haven’t made any plans!!!!! Guess what? You have just broken the first rule of vacationing: MAKE RESERVATIONS MONTHS AHEAD. Still, there is no need to panic, yet. There are quite a few companies and agencies that have last minute airfares that are available and perhaps most important, affordable.

Which destination would be most memorable for spring 2006? The top five hotspots for this year’s spring break from user input and student travel bureau info is Acapulco, Mexico; Cancun, Mexico; Negril, Jamaica; Panama City, Florida and Lake Havasu, Arizona. What these places all have in common is their beautiful “drop-dead gorgeous” beaches, party central with late-late night clubs, jet skiing availability and their young crowd. For those that would like to go someplace new, popular and better yet cheaper, the top five bargain destinations for spring break are Mexico; Buenos Aires, Argentina; Thailand; Maldives; China; and the Azores (one of nine Portuguese islands).

Whether traveling to Cancun or Buenos Aires, how do you find the best deals on late travel plans? Orbitz, Expedia, Southwestern, and Jet Away are a few of many airfare companies offering budget deals. For example, on Orbitz, Le Meridien Cancun, Mexico: $697 including flight, resort/spa and four nights. On Jet Away: Newport Beachside Resort, Miami Beach, Florida: $368 including flight, resort and five nights. Mexico Travel Net offers discounts for Mexico’s own resorts. Cabo, Mexico: $204 including hotel, meals, drinks (tips included) and nightlife. Airfares and packages are less expensive when taking a late evening flights and for groups of six or more people.

The fastest way to find good travel deals is through the internet. Rather than going on Yahoo!, or Google to find travel search engine sites that bounce you from one to another, use Kayak, an aggregator for markdwon packages, airfare, hotel and even cruises. Kayak searches over 100 travel sites (more than 600 airlines and 80,000 hotels). Spring break student airfare specials are provided in headlines. About.com has picked Student Universe as one of the finest student airfare finders. Its motto is: “Students Fly Cheaper.” STA Travel is the worlds prime student travel agency with “Fares That Rock!” StudentTraveler.com offers popular student travel deals updated weekly. Airfares through student travel agencies can only be purchased by students and faculty; enrollment status is checked through one’s school.

Now that you found a great deal that matches your financial budget, remember there are hundreds of spring break websites. Most are trying to sell a package deal, and many try to take advantage of students that are ready to bathe in the sun and party. The bottom line is, be cautious! The National Tour Association and American Society of Travel Agents offer great guidance for safe travel planning:

• Ask a highly regard travel agent to evaluate the tour/package you have found.
• Request the phone numbers of previous clients that you can contact about positive feedback on their experience, but don’t be surprised if the company denies your request.
• Ask for all details in writing, including accurate and final costs, limitations, cancelation penalties, and etcetera.
• Never give out credit card information over the phone to a company or person you are not familiar with.
• Stay away from booking through student representatives.
• Confirm that the tour operator is a specialized trade associate that offers a consumer protection plan.

You have the information to plan a great getaway for spring break ‘06, choose wisely and look before you buy. A reminder, you can also consider driving instead of flying, which cuts down on travel costs. Now comes the hard part: Where to go? Have fun, be safe, take “loads of pictures,” and don’t forget your favorite tanning lotion!

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Academic Freedom Under Threat

By ANTHONY GENNA

In 2003, Congress passed House Resolution 3077 which allows the Federal government to keep closer track of money to academic institutions receiving Title IV funding. Title IV funding allows schools to give out financial aid to students such as Pell Grants and Stafford Loans. However, H.R. 3077 may be compromising the academic freedom of both students and faculty at those institutions. The bill proposes an advisory board that would review what is being taught in Title IV institutions and the faculty teaching the material. The board is to report its findings to the Secretary of Education who will disperse federal funding according to the boards findings. If the board feels that the course curriculum at an academic institution does not comply with their standards that school is at risk of losing its government funding. Therefore, the only way for a school to ensure its Title IV funding is to adhere to the guidelines of the Secretary of Education.

The concern among educators is not about what the board is going to do, but about what the board may try to do. The bill’s main focus is on Area Studies. This means that any curricula dealing with the studies of African, European, Latin American, Middle Eastern and Asian cultures, along with the language departments, will be under the watchful eye of Congress and the Secretary of Education. Any teacher working at a Title IV institution that touches upon a subject considered by the advisory board to be “anti-American” is subject to termination, and any institution failing to comply with the suggested curricula may lose federal funding.

In December, the Senate at Hunter College held a meeting concerning the academic freedom of the school. In the meeting it was reported that five percent of the tenured faculty had come forward with specific complaints of violations of academic freedom. A dozen untenured faculty members also had grievances but wished to be kept anonymous for fear of retaliation.

One instance in which a professor has been accused of crossing the line of academic freedom is the case of Professor Joseph Massad of Columbia University. In his course “Palestinian and Israeli Politics and Societies” some students had claimed the professor crossed the line between vigorous debate and anti- Israeli propaganda. The story reached the media in the Sunday edition of The New York Times on November 21, 2004. There was a movement by Congressman Anthony Weiner to have Massad terminated from his position although some students said that they never felt intimidated.

House Resolution 3077 seems to be an attempt by the government to push students to comply with the foreign policy of the Bush Administration, and keep them in the dark about the feelings of other countries towards the United States. It seems that it is trying to suppress open discussion and free thought on college campuses, which in the current administrations point of view are hotbeds for “anti-Americanism.”

Not only does House Resolution 3077 potentially restrict our academic freedom but it also compromises our First Amendment right to freedom of speech. If a professor cannot voice his or her perspective on the government or its foreign policy out of fear of losing his or her job, then there is a real problem at hand. If students are going to school and they are not being taught everything they need to know in Area Studies and other disciplines they are not getting the proper education that they have paid for.

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Coretta Scott King: First Woman of the Human Rights Movement

BY WILNAR ETIENNE

Coretta Scott King was one of the most influential leaders in the world. Her husband, Dr. Martin Luther King Jr., a leading participant in the American Civil Rights Movement, was assassinated in 1968. After her husband’s death, her life was devoted to her four children and to the highest aspirations of social change. Coretta Scott King traveled throughout the United States and the world speaking out on behalf of racial and economic justice, woman rights, gay and lesbian rights, religious and political freedom and other social issues.

Coretta Scott King graduated from Antioch College in Yellow Spring, Ohio, pursuing a graduate degree in music when she met Martin Luther King Jr. who was studying for his doctorate. They were married on June 18, 1953, and resided in Alabama. In 1964, Dr. and Mrs. King traveled to Oslo, Norway where Dr. King was awarded the Nobel Peace Prize for his work in the Civil Rights Movement.

Since her husband’s assassination in 1968, Mrs. King devoted her energy and attention to the development of initiatives imagined by and with Dr. King. Primary among such projects was the creation of a center for non-violent social change as a living memorial to her husband’s life and dream. The Martin Luther King Jr. Center for Non-violent Social Change, the first institution built in memory of an African American leader, was literally created in the family basement. It is dedicated to fostering local, national and international programs and has trained tens of thousands of people in Dr. King’s philosophy and methods. It was Mrs. King’s undaunted efforts to have Dr. King’s birthday made into a national holiday that solidified her status as a hero in her own right.

Today, King’s birthday is celebrated by millions of people around the world.

Coretta Scott King carried the message of non-violence and the dreams and aspirations of those denied their civil rights to the world. She was able to balance mothering and movement work, speaking before church, civic, college, fraternal and peace groups. She has spoken at many of history’s most massive peace and justice rallies. She was the first woman to preach at a statutory service at St. Paul’s Cathedral in London. Mrs. King formed a broad coalition of religious, labor, business, women’s and civil rights organizations dedicated to a national policy of full employment and equal economic opportunity. And, she was willing to take risks and make personal sacrifices for her beliefs and principles. In one instance, for example, Mrs. King and three of her children were arrested at the South African embassy in Washington, DC for protesting against apartheid. In 1987 she helped lead a national Mobilization against Fear and Intimidation in Forsyth County, Georgia. In 1990, as the USSR was redefining itself, Mrs. King was co-cover of the Soviet American Women’s Summit in Washington, DC.

Mrs. King received doctorates from many colleges and universities. She also authored three books and helped found dozens of organizations including the Black Leadership Forum, the National Black Coalition for Voter Participation, and the Black Leadership Roundtable. In 1995, Mrs. King turned over leadership of the King Center to her son Dexter Scott King, who served as Chairman and CEO until January 2004.

Coretta Scott King died on January 31, 2006 at the age of 78. She was laid to rest on February 7, 2006. A woman of wisdom, compassion and vision, she has made our world a better place.

Students Find Inspiration in the Women’s Group at QCC

BY CRYSTAL ZELADA

Adjusting to college life for many young women today can be extremely stressful. Whether the problem is not having enough money to meet expenses, parental expectations, social pressures, or personal dissatisfaction and/or loneliness, where can women turn for support? At Queensborough Community College the ‘Women’s Group’ is welcoming new members.

The group first formed in the spring of 2004. It began as a formal group and from there it progressed into becoming the ‘Women’s Group,’ with open membership welcoming women from across Queensborough Community College. Gina Capozzoli is the creator of the ‘Women’s Group.’ Communication, according to Ms. Capozzoli, is what makes the women’s group so valuable. She argues that communicating with others relieves tension and helps people find answers to their questions. It is important for everyone to feel that they are being heard and understood. In the Women’s Club, women can share their feelings and give their opinions, discuss women’s issues, and learn new things. Topics discussed range from stress, to relationships, eating disorders and depression, to family issues, and domestic violence. Everything that is discussed within the group is kept confidential; no personal information is shared with anyone outside the group. Every female student who attends Queensborough can participate in these group meetings.

This year the ‘Women’s Group’ first meeting took place on February 15th. The group regularly meets on Wednesdays at 1:00 pm in the library basement, Room 08, and new members are being welcomed through March 8th. Information about meeting is disseminated through Tigermail, and occasional fliers are distributed as well. Gina Capozzoli says her goal for the group was “To have a safe environment where women can get support, share their thoughts and feelings, meet other students, and help themselves as well as others so they can become more successful academically and personally.”

Best of all it is a great way to meet and make some new friends.

For more information and student comments on the Women’s Group, visit www.qcc.cuny.edu/counseling, or contact Gina Capozzoli at (718) 631-6217. It is a positive environment and students who have attended say nothing but great things. The Women’s Group is an important resource on the Queensborough campus, and the women who have already joined the group say everyone is there to listen.

I am

I am a very emotional and hopeful person who wants to make a difference in this world
I wonder how people in poverty survive in their everyday lives
I hear the prayer of the poor and their howling at night
I see a place where some people have some while some have most
I want a place where there is no smoke that screens the air, birds can independently fly over and the space allows them to endure
I am a very emotional and hopeful person who wants to make a difference in this world
I pretend that I am strong
I feel I am weak
I touch my cheek, wet by my tears
I worry that sooner or later this world will be filled with hungry people
I cry for the agony, sorrows and grievances of others
I am a very emotional and hopeful person who wants to make a difference in this world
I understand that some things are not that easy to achieve
I say, “Never say die”
I dream that people will help each other across the nations, regardless of their nationality
I try to send this message to all mankind
I hope it’s not too late
I am a very emotional and hopeful person who wants to make a difference in this world
Choosing a college major is the first and most important step in choosing the career you wish to have in the future. By now, it is very likely that you have chosen a major. However, you may not have realized how many options your major can give you in the job market once you graduate. Colleges offer so many majors that it can sometimes be overwhelming when you’re attempting to figure out what career path you want to gear yourself towards once you graduate. In an article on Encarta.MSN.com, The Princeton Review has listed the three most popular majors chosen by college students. Every year The Princeton Review surveys colleges on what the most popular majors are. This year, the top 3 majors are: Psychology, English and Mathematics. The Princeton Review defines psychology as the study of human and animal behaviors. Psychology majors have a vast array of choices for work once they graduate. According to CollegeBoard.com some jobs that are available for those with a psychology major are: marriage and relationship therapists, school psychologists, mental health and substance abuse social workers and research psychologists. However, if you are most interested in becoming a psychiatrist you are going to need a PhD, which is an extra five to seven years of schooling. Queensborough offers many psychology classes, which may be of interest if you are looking to major in psychology. There are such classes as child development, human growth and development, and abnormal psychology to name a few.

English came up as the second most popular major. The Princeton Review states that jobs for English majors are available in many media settings including, for example, radio broadcasting, journalism, and acting. There are also jobs available in marketing, publishing, advertising and banking, teaching and film directing. For those interested in teaching, Queensborough has an education program that is associated with Queens College. This program can be found in the college catalog or registration guide under: Queensborough Community College/Queens College dual/joint A.A. /B.A. in liberal Arts and Sciences and Education, Childhood Grades 1-6. Students in this program receive an associate’s degree from Queensborough and then move on to Queens College to complete their baccalaureate degree. Tara, a 2004 graduate of Queensborough, reports that the best part of her learning experience in Queensborough’s teaching transfer program was observing a teacher in action in ED-100, Introduction to Para Education. “While observing a class, I realized I found my career.” Tara added that, “I want to become a teacher to make a difference and this gave me a first hand look at what I would be doing when I have my own class to teach.” Having graduated from Queensborough, Tara now attends Queens College where she is finishing her baccalaureate degree. Queensborough also has a lot to offer those who wish to publicize their writing talents. There is the Writer’s Club where students are able to hear other students’ writings as well as share their own. For those interested in journalism there is the student newspaper, Communiqué, and for those with a literary bent Mementoes provides a forum for poetry and stories by QCC students. There is also Queenszine, an online publication where students can showcase artwork, photography, stories and poetry.

Mathematics is the third most popular major that was listed by The Princeton Review. This major combined with another major in business, computer science, or physics can offer a lot of job options after graduation if numbers are your strong suit. Mathematics prepares students for careers in accounting, economics, engineering, finance, physics as well as many others. The Queensborough Math and Computer Club promote an understanding of math and computers for students. Who knows, the Noble Prize could be in your future! Queensborough offers majors in accounting, computer science and others which can help you prepare for your baccalaureate degree.

The Princeton Review has also listed the seven other majors in the top 10 majors of this survey, which are: business administration and management, biology, chemistry, history, political science, accounting and sociology. There is more information on these majors available at www.PrincetonReview.com. Whether you are planning to achieve your associate’s degree or planning to move on to a four-year university Queensborough has a lot to offer to help you attain your goals. There is more information available about majors, clubs and other extracurricular activities which Queensborough offers on the school website www.QCC.Cuny.edu or in the college catalog.
Sitting to your left is someone named "robinhood101," to your right "G_Demiks" and across the table there is "its_the_wu." Welcome to the virtual world of internet gambling where it is common practice to use an alias to conceal one's identity. There are a wide variety of games one can play, including Texas Holdem, Blackjack, Roulette and War. The usage of aliases online makes it difficult to determine the age or gender of the person one is competing against; you could be betting against a 13 year old who has stolen his mother's credit card. The factor of anonymity, some players believe, is cause for concern. According to Howard Lederer and Phil Ivey, "I had a friend who would come to call, a highly addictive behavior, seems to become magnified online when one can so easily pretend to be someone else.

Due to the growing interest among adults and teenagers, interest in gambling has exploded in the United States. Gambling websites such as Fulltiltpoker.com have made it easy. To start gambling, one is instructed to create an account to enter these virtual casinos. To establish an account, one needs to provide your name, address, phone number and create an alias. An age limit has been set to protect children from playing in these gambling sites because of the addictive nature of the games. The problem is that it is easy to provide false information making it impossible to verify the player's identity and for gambling sites to enforce their no one under 18 policy.

Gambling addiction is a serious problem for many people; gambling websites target this audience very effectively. With the power to bet any amount one wishes with a single click, the apparent ease of play is addictive in itself. The more easily accessible gambling is, the more likely it is that one will continue betting. Anyone is able to place $10,000 bets on a single hand of blackjack in the comfort of their own home, making it very tempting to continue playing. Websites such as Fulltiltpoker.com and Paradisepoker.com exploit the competitive nature of humans to their advantage. Imaginable virtual casinos. You have just lost 50 dollars only to be immediately provided the option to deposit more money in your account. Many people fall into that trap in an attempt to win their money back. After all, it is only a click.

There is the popular misconception that it is easy to win money in online gambling. One is constantly reminded in the media and in advertising how much money one can win if one only plays. In addition, many poker pros such as Howard Lederer and Phil Ivey are affiliated with these gambling websites. Both Lederer and Ivey are considered to be two of the best poker players in the world. One example, uses the status of such professionals in the poker community to help promote the site. There are advertisements on television promoting gambling websites even though it is illegal to do so. How do these businesses maneuver around the law it and run advertisements anyway? Rather then promoting the dot com site where the gambling takes place, they advertise their sister websites, the dot net website. The dot net website is where one can "practice" with "fake" money. As such, such sites are not considered to be promoting gambling.

Internet Gambling: The Good, the Bad, and the Addictive

BY KYONG LEE

Two tired EMTs (Emergency Medical Technicians), nearing the end of their shift, respond to a call regarding a 40 year old male standing on a street corner. On arriving at scene, the male appears drunk and identifies himself as James. James adds that he is down on his luck lately, has been drinking a lot, and would like to be taken to General Hospital to detoxify. Feeling sympathetic, and considering him to be a stable patient, the two EMTs gladly meet his request. After delivering James to the hospital, our two tired EMTs drive their ambulance back to their base only to receive another call 30 minutes later. The call is for a male, standing at the corner of General Hospital. The EMTs respond to the scene and sure enough it is James, Peruited. The EMTs ask James what happened. James reports that he is not happy with the service at this hospital and wants to be transported to another. The EMTs take James to a second hospital and are greeted by another medical staff who roll their eyes when they see him. The triage nurse says to the EMTs, "He does this all the time. All the triage nurses say to me the same thing terrible can happen. Many dangerous medical conditions can build up from seemingly insignificant symptoms. For example, what seems to be a simple rash can become a heart attack in progress. A headache can be an early onset of a stroke. If we filter 911 calls, true emergencies can be ignored in the process."

Another aspect of the call that many EMS workers can relate to is the hospital destination. There has been a trend among 911 callers who dwell in more affluent neighborhoods to request transport only to the hospital of their choosing, instead of the nearest 911 accepting hospital. "I don't get it," says Marlon, an EMT in Queens, "if people call 911 they think they can pick any hospital they want, instead of being satisfied with the closest hospital, maybe it's not such an emergency after all."

However, it does not take a rocket scientist to read between the lines and see what the purpose of these gambling sites are. With loopholes like these, gambling sites are free to advertise on television, in newspapers, and on the radio. To further complicate things, many gambling sites are operated outside of the U.S. making them difficult to regulate. When the websites are overseas, American laws do not apply to them. There is nothing that can be done to regulate these sites without stricter laws and their enforcement; U.S. law makers would have to target the individual bettors or Internet Service Providers. Another way of regulating is through the government. The government could then tax all winnings; however, strict enforcement of age restrictions would have to apply for this strategy to succeed.

In all the negative aspects associated with internet gambling, there has to be a reason why so many people play knowing the risk of losing is far greater than winning. Excitement has a lot to do with it. Glen Shao, a professional poker player has explained first hand how exciting it is to play on these sites. According to Shao, "It's a good way to sharpen your game while at the same time making a living." He adds that, "The amount of money that can be won makes it exciting, the higher the stakes, the more of a rush you get." The satisfaction of winning and the thrill of the game keep people coming back for more. What is the key to Glen's success? "It’s all about setting limits for yourself and self control." For too many people, however, it is hard to set limits, and that is where the problem lies.

The Blight of the EMT Worker

BY CHARLES CHEN

of the earth who beat their wives and children to a pulp, and going into crack alleys and having my life threatened. All that stuff is expected and maybe it’s part of why I got into this field in the first place. But being a medical taxi-driver to the 'rich and famous' is what really gets me. I would like to know that I am making a positive difference in a person's life when they pick up a phone and dial 911. If they are calling 911 because they have a medical problem which needs immediate attention, or have an annoying toothache, it makes my job very demeaning."

Tom, a paramedic supervisor sees it another way. He cannot discriminate when he receives calls, he claims that if it is for a pimple or because they like to be high on pain medications. Those calls do happen, and I would be the first guy who would get mad. But if we decide to filter out and not respond to them, the same way we respond to an emergency something terrible can happen. Many dangerous medical conditions can build up from seemingly insignificant symptoms. For example, what seems to be a gas and heartburn can be a heart attack in progress. A headache can be an early onset of a stroke. If we filter 911 calls, true emergencies can be ignored in the process."

Another aspect of the call that many EMS workers can relate to is the hospital destination. There has been a trend among 911 callers who dwell in more affluent neighborhoods to request transport only to the hospital of their choosing, instead of the nearest 911 accepting hospital. "I don't get it," says Marlon, an EMT in Queens, "if people call 911 they think they can pick any hospital they want, instead of being satisfied with the closest hospital, maybe it's not such an emergency after all."

"Let's just do our jobs. We can try to find ways to manage patients this way we lay down our hospital, and insist that is where they would get the best care. Howard, an EMS supervisor in the Bronx adds, "There are certainly alternatives for a 911 ambulance if you require a medical transport to a hospital. If you do need an ambulance because the patient has a chronic frail condition (patient is bed-confined) and yet not in an acute emergency situation, you can call a private transport ambulance. The private ambulance companies are more accommodating in terms of taking the patient to whatever hospital or medical facility he/she wishes to go. However, "any ambulance is legally obligated to take the patient to the absolute closest hospital if there is an emergency situation." Lee, another paramedic supervisor in Queens says, "It does not make sense to take a 911 ambulance out of service for an extended period of time to take a patient to the hospital of choice...which can be miles away. We need as many 911 ambulances to be back in service as soon as possible. God forbid if there is another Ground Zero."

Rob Chiu, a 911 EMT for Flushing Hospital in Queens, states: "The problem with NYC EMS is that we are culturally insensitive. We, as Americans, grumble and complain when [we think] a person calls an ambulance unnecessarily. New York City is a melting pot of so many different cultures, and each culture may react to an emergency differently. The way one group may view a bruised toe to be a real emergency, while another culture may view it only as an emergency if the toe falls off and blood is squirting everywhere." But perhaps EMS workers should try to be sensitive not just to the possible cultural differences between patients, but to the individual patient. John, a paramedic in the Bronx adds, "Let's just do our jobs. We can try to find ways to manage patients this way we lay them down to, continued on page 6"
CUNY Faculty and Staff Fight Back!!

BY M. MARTINA MEJIA-PICARD

Sound the alarms!! It’s time CUNY students everywhere join in and support our professors and academic staff in their fight for a fair contract. For too long CUNY management, the City and State have demanded far less from our hard working and diverse faculty than they have from our students.

The Queensborough President’s Council

What better way to revitalize a group than renaming it. And there could be no more fitting name for this group of dynamic hardworking and diverse students. The Queensborough President’s Council, formerly known as the Student Ambassadors is a vital asset to Queensborough’s Campus and more specifically to the Admissions Office. This group of student volunteers is on the front line, helping to greet and welcome prospective students to the campus, assist with job fairs, and represent the school at other venues.

The program also offers students the opportunity to improve their public speaking, professional and leadership skills while having fun. President’s Council Members lead tours for the College Now program, working on a new tour script and handbook for the President’s Council. “I like introducing new students to our campus, facilities and life,” Ms. Roopchand relates.

The program has not been all one sided. President’s Council Members are also reap ing the benefits of being part of the program. “From the first day I felt at home. I’ve met wonderful people and made great friends.” recounts Alithia Gomez, Liberal Arts and Science major and President’s Council Member here at Queensborough Community College.

President’s Council Members are no strangers to multi-tasking. A great example of this is Ms. Natalie Roopchand an international student from Trinidad, who in addition to being part of the President’s Council, is the senator of the

The benefits have not been all one sided. President’s Council Members are also reaping the benefits of being part of the program. “From the first day I felt at home. I’ve met wonderful people and made great friends.” recounts Alithia Gomez, Liberal Arts and Science major and President’s Council Member here at Queensborough Community College.

EMT Worker

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The PSC is fighting hard not only for CUNY faculty and staff but their students as well. It has fought to defend open admissions, stop the tuition increases and has tried to reverse cutbacks in financial aid. It is time CUNY students return the favor and support the fight for a fair contract. When asked what the PSC would do next if CUNY did not negotiate a fair contract, professor Appleman answered that faculty could not strike because of the Taylor law which makes strikes by public employees in New York state illegal. He also said faculty wanted minimum impact on their students. Despite these constraints, he said, “We will not give the concessions they want. We will fight for a good contract.”

For information and updates on the PSC-CUNY contract, visit http://www.psc-cuny.org/ActNowCampaigns.htm.

W E W A N T Y O U T O S E N D Y O U R C O M M E N T S O N T H E COMMUNIQUE TO:

communique@qcc.cuny.edu.
The Role of QCC’s Environmental Health and Safety Office

BY ANDELKY PEREZ

The Environmental Health and Safety Office (EHS) is one of the most important offices on the QCC campus. Dr. Eugene F. Martin was recently appointed environmental health and safety officer at QCC. His role is to make sure that all of the College’s programs follow the health and safety regulations set by OSHA (The Occupational Safety and Health Administration) and other governmental agencies. OSHA’s standards are based on a national consensus concerning appropriate methods for handling hazardous and flammable materials. In addition, many students ordering salads argue that the salads are not filling. Is there a healthy solution?

The Society for Prevention Research, based in Fairfax, Virginia, seeks to advance science-based prevention programs and policies through empirical research. As stated on its homepage: “The international membership of the organization includes scientists, practitioners, advocates, administrators, and policy makers who are concerned with the prevention of social, physical and mental health problems and the promotion of health, safety, and well-being.” According to SPR research the percentage of overweight adolescents in the United States has tripled since 1980 from 5 to 15 percent, attributable in a significant degree to diet. The snacks offered at QCC, for example, which feature cookies, cinnamon buns, croissants, rice Krispie squares, brownies and doughnuts are just as bad as or worse than the pizza and cheese covered french fries known to be destroyers of healthy diets due to high fat and cholesterol levels. The healthiest offering by QCC food services as a snack is a fruit and the variety of fruits available are limited.

Unhealthy food choices will not provide the balance of nutrients one needs to keep up with the demands of college. You may notice that your energy often lags and concentration and memory suffer. The Tufts study, performed at Tufts University, with the objective of sponsoring public forums and conferences that bring together the perspectives of government, industry, academia, and public health advocates, has found that most students earn failing marks when it comes to good nutrition. Almost 70% of students get fewer than the recommended five servings of fruits and vegetables each day.

Food for Thought

BY DANIELLE BROWN

Freshly fries covered with cheese and a soda $4.75; a grilled chicken salad and a bottled water $6 plus tax; a greasy slice $1.75; your health, PRICELESS. The food choices available on the QCC campus are not the healthiest. The snacks that are available in the vending machines are potato chips, sodas, candies and ice cream. It is difficult for students to make the healthy choice when what is available to them is nothing healthy.

Students who are on a budget are more prone to make unhealthy decisions because what is available at a low price are the French fries drenched with cheese and the pizzas in comparison to the salads and the fruits which are more costly. In addition, many students ordering salads argue that the salads are not filling. Is there a healthy solution?

The Environmental Health and Safety Office is not a requirement to have fire extinguishers in the hallways or sprinklers in the QCC labs. EHS, under Dr. Martin’s direction, must first grant permission seriously, that no one is permitted to open the windows in the biology or chemistry labs. In addition to monitoring the use of hazardous materials, fire safety and smoking is another important consideration of EHS. According to the FDNY, it is not a requirement to have fire extinguishers in the hallways or sprinklers in the classrooms. Sprinklers are only required in rooms where chemicals are used. On the QCC campus, any time you leave any building you are exposed to second hand smoke. But do not be overly alarmed. OSHA states that “Field studies of environmental tobacco smoke indicate that under normal conditions, the components in tobacco smoke are diluted below existing Permissible Exposure Levels (PELs) as referenced in the Air Contaminant Standard (29 CFR 1910.1000).” It would be very rare to find a workplace with so much smoking that any individual PEL would be exceeded.”

At Queensborough Community College precautions are taken to secure a safe environment for students and staff. To help the Environmental Health and Safety Office students can write their suggestions, comments or ideas to Dr. Eugene F. Martin at EMartin@qcc.cuny.edu or call (718) 281-3870. Currently, there is an EHS website in development and plans to offer a class in environmental health and safety.
Young Dropouts in Freefall

BY HEATHER OPLINGER

Education is important, but why is it important? First, it starts with the students. The generation of students in high school and college today are America’s future source of income, leaders, workers, parents, and... dropouts. According to Dr. Joseph Levine, a researcher in education and long-distance pedagogy at Michigan State University, “The value of staying in school has never been greater.” Why is the value of staying in school greater today than ever before? Dropouts are costing America now, and it is projected that if the trend continues, they will negatively impact the country’s ability to sustain its position of economic and political leadership in the world.

Education has changed with time. What was considered valuable fifty years ago, does not have the same meaning today. According to the National Center for Education Statistics, “During the 1950’s, a high school degree was considered a valued asset in the labor market... Now, decades later, completing a high school education is more essential in order to access additional education and training for the labor force.” This explains why without a high school diploma people have limited opportunities. The Alliance for Excellent Education explains the difference: “In today’s workplace, only 40% of adults who dropped out of high school are employed, 60% of adults who completed high school and 80% for those with a bachelor’s degree.” As we all know, a bachelor’s degree equates to more money in our pockets. When a student discontinues his/her education, that person is costing America. Professor Levine states that, “Dropouts cost American society an estimated $84 billion a year in lost income tax revenue.” Further, Dr. Leslie F. Hale, author of “School Dropout Prevention Information and Strategies for Parents,” available online at the National Association of School Psychologists, writes that, “Dropouts will cost the country over $200 billion during their lifetimes in lost earnings and unrealized tax revenue.” The enormity of such tax shortages will negatively impact programs such as General Educational Development programs addressing illiteracy and public assistance programs including welfare, government aid, food stamps, and prison aid programs. The drain on our economy will pay every citizen at a disadvantage.

What states have the highest or lowest dropout rates? According to a 2001 Civil Report “High School Graduation Rates in the United States” by Jay P. Greene, a Senior Fellow at the Martin Prosperity Institute for Policy Research, “The national graduation rate for the class of 1998 was 71%. Georgia has the lowest graduation rate of all of the states, with 54% of the class of 1998 graduating. Nevada has the next lowest graduation rate with 58% of its students completing high school, followed by Florida and Washington D.C. each with 59% graduation rates. Iowa has the highest overall graduation rate with 93% of its students graduating. With an 88% graduation rate North Dakota has the second best overall rate, followed by Wisconsin and Nebraska each with 85% overall graduation rates.”

New York State had a dropout rate of 30%. However, when taking a closer look the gap between white and minority graduation rates is alarming large. “For example, New York City graduates 80% of its white students but only 42% of its African-American and 45% of its Latino students.”

How does dropping out of school affect someone’s life? Author Paul Barton writes, “The economic status of young dropouts has been in a free fall since the late 1970s.” It is claimed that in 1971, male dropouts who were employed full time, earned $35,087 that which fell to $23,903 in 2002. Earnings of female dropouts who obtained a full-time occupation, earned $19,888 in 1971 that dropped to $17,114 in 2002. This clearly shows that dropping out of school is affecting the individual on the basis of decreased pay which leads to reduction of qualifications. Therefore, education is a must in obtaining a career, advancing one’s career, and to secure an income sufficient to meet both expected and unexpected bills and other expenses.

America is known for the Statue of Liberty which represents freedom. How do dropouts affect America and what are some probable results? According to a Harvard University report, “High school drop outs are far more likely to be unemployed, in prison and living in poverty.” What then, will happen if most of the population is living in poverty and a slight percentage is living well off? The numbers are staggering when it comes to crime rates. Close to 70% of state prison inmates are dropouts, and at least half are on welfare. Inflation is an additional reason to earn a college degree in an economy with a soaring increase in minimum wage occupations and unsafe living conditions.

If dropouts had the opportunity to turn their lives around, would they? Or more importantly, could they? With a support group, educational training, and enough power one can overcome obstacles to live a proper life. For example, when I was sixteen, I dropped out of high school. I never intended to think about my future. It was only when I grew older that my future mattered. When I started to apply myself, I started to see results. I had to redefine the way I acted, set goals, and comprehend knowledge. I eventually worked my way up to college and I plan to continue my education. To rectify the situation we must first recognize the scale of the problem as nearing epidemic proportions. And second, we must take the necessary steps to empower students to stay in school for the purpose of building a better and prosperous future.

Is it Time to Forgive, Forget, and Move On?

BY TAHIRA MEMNON

Although this event raises serious questions about respect for religious beliefs, freedom of speech also comes to our debate. Many newspapers publish cartoons offensive to many different religions and many groups of people, so why not Muslims? Flemming Rose, the Jyllands-Posten editor who made the original decision to publish the cartoons, stated in an interview with Newsweek’s Charles Ferro that, “These cartoons do not treat Muslims in any other way than we treat other citizens in this country. By treating them as equals, we are saying you are equal.”

What about freedom of speech? The February 9th issue of the student newspaper at the University of Illinois, The Daily Illini’s, republished 6 out of the 12 images that had caused so much pain to other parts of the world. “This has gotten crazy,” said Acton H. Gorton, the suspend- ed editor in chief who decided to run the 6 images (New York Times Company, 2006). Most American newspapers have not published the car- toons, but on the other hand, American newspapers including the University of Wisconsin, Harvard University, Northern Illinois University, and Illinois State University have published some of the cartoons. What happens to the values of free- dom of speech? How does an American society in the face of such violent protest? Cody Kay, 18, among one of the many students interviewed at the University of Illinois said, “What happened to freedom of speech? If we start saying we can’t look at things, what’s next? Our books?” (New York Times Company, 2006). Many students said they were angry, not because of the repudiations of the images in their college newspaper, but because their college administration doubted the legitimacy of that choice.

Is it time to forgive, forget, and move on? Many people, including many Muslims, feel that the Muslim society and protestors are handling this situation the wrong way. The Jordanian journalist Jihad Momani stated: “What brings more prejudice against Islam, these caricatures or pictures of a hostage-taker slashing the throat of his victim in front of the cameras, or a suicide bomber who blows himself up during a wedding ceremo- ny?” (New York Times Company, 2006). The uproar over these cartoons has caused the Middle East to split into two, between those who want to engage their communities directly in dialogue, and those who fear outside (i.e. Western) enemies. In an editorial by Muhammad al-Assadi in Yemen, he stated, “Muslims had an opportunity to educate the world about the merits of the prophet Muhammad and the peacefulness of the religion he had come with. Muslims know how to lose, better than how to use opportunities.” (New York Times Company, 2006).
Dayglow is a new “pop/rock” girl band of four friends, Stephanie Weingart – Keyboards/vocals, Elizabeth Stolfi – Guitar/vocals, Lindsay Rhodes – Bass guitar, and Catherine Stolfi - Drums. All four members of the band live in Bayside and attended Queensborough Community College. The band gave an amazing performance recently at the CBGB Lounge in Manhattan. Visiting backstage, I had the opportunity to get to know them better and find out how the band got started.

“When we started this band we had no goals, no equipment, nothing,” said Catherine Stolfi, the group’s rock solid drummer. “When we decided to play music together, it was in a garage for fun. It’s when we started playing out and getting good feedback that the band started to take it more seriously.” Everyone agreed. “Like most bands we dream about things like winning awards. But obviously.” Everyone agreed. “Like most bands we dream about things like winning awards. We’re also very aware of the pop world and how hard it is to break in.” Nevertheless, Dayglow is playing as many shows as possible.

The four friends were brought together by their shared passion for music. I was curious what had influenced them the most and why. “Between the four of us,” Elizabeth stated, “our biggest influences are pop bands like U2 and The Beatles, and favorites are mostly British bands from the last 25 years – The Cure, The Smiths, Radiohead, and others.” She continued, “I think it’s mostly the simplicity of these bands that we love. The fact that the main chord progression of a song can only have 3 or 4 notes and still be amazing is something that really inspires us.” These four young women, two of whom are sisters, met in high school in Bayside, Queens. They began playing and writing songs in a garage in 2001. The band slowly gathered enough songs and equipment to start booking shows in the New York City area.

In the summer of 2002, Dayglow made a recording of a rehearsal and submitted it to the owner of Breakdown Records, a local record store. The proprietor liked it so much that he hired the entire band to work in the store, giving them complete use of the studio; he is now the band’s manager. Dayglow spent the next two years working in the record store, listening to all of the music at their disposal. At the same time, the members of the band were studying music theory, business and engineering at Queensborough College. At night, they would practice and continue to write in the studio. To date, they have finished over thirty songs and have dozens more.

Based around solid songwriting, Dayglow is an interesting combination of all of their influences, with an equal appreciation for underground and mainstream music of all genres. Employing a variety of lyrical and vocal styles, each of their songs has a distinctive sound. Referencing the inspiration for their lyrics, Elizabeth suggests that, “We tend to absorb whatever we are listening to at the moment and then spill it out when we are writing, almost subconsciously. This goes for the music and the lyrics. I think every band does that in some way. If we made a match game with 10 of our songs and 10 musicians that we love, you’d be able to match up easily who mainly inspired what song.”

Go check out this amazing band! Upcoming shows are March 14 at Arlene’s Grocery, New York, NY, 8pm; March 23 at CBGB’s Lounge, New York, NY, 8:30pm; and March 29 at The Continental, New York, NY, 7:30pm. You can also check Dayglow out on these sites: dayglowmusic.net and myspace.com/dayglowmusic.

POETRY CORNER

Words of the Nonconformist

By Jovanna Foreman

The student population at Queensborough Community College is diverse but the world is not in its presence. Conforming souls grieving storms. It is what happens when it’s pouring and cloudy in the mind of a follower, taking on a journey to reach no answer. Complicated math and sentences on going in its persistent manner leading to whatever with nothing to remember. Dreams become comforting memories we can always relay with multiple meanings of fantasies.

Being unique is the tunnel that leads to the light not existing as just a face in the crowd… with a blank hole in it for others to fill.

Loneliness is only a state of mind. Worse is what you been through. Learning… yourself, expanding your mind state. States of minds between human beings are closer than we think, little imagination, little darts of thought, stars twinkle dull ideas of conforming oh so fabulously in the mind of a follower. Take your time to look inside your mind so you can see through and dig my mental riffs of being. Laziness doesn’t put you in shipshape, come look in my mind, open minded, not regarding as craziness, living in the conceit of your intelligence is a blinded reality.

You speak before you think and bite! Down on your tongue as saliva spills into rivers of my arousement, knowing my individuality is often bright and can serve the purpose of brightening up one’s spirit or day.

Positivity is a only frame of mind I can afford. Negativity makes the heart forget I can survive, but memory will always exist in its depressing abyss that leads to endless shadows of darkness.

DUH! Uh yea sure you’re not perfect. Are you? Who say makes me feel inferior, don’t ask me questions. Mental strains from words under fire! Rattle your brains to the destruction of my individual thought, then again… maybe not? I won’t allow it! So Pont if I cation these Resources of the spirit dance around the words the sounds that meaning of being more than big words that has meaning to those who can’t get to the point. Wisdom loves company and becomes embedded in this palace of birth, originality of ideas in my possession. Conforming creates wounds in my arm from the thing that is giving me life and slowly killing me without stability about thoughts and actions you take against me, the nonconformist that you learn from.

Your experiences beg for me to lust and yes it hurts when I know that he lies to me, crushing my unique spirit like that of Fig Newton strawberry cookies wildly consumed by loose females with big mouths sucking and saying absolutely nothing.

But you prefer Wendy Williams, so my tears can make water look like art in the winter falling on your palm or on top of your game leaving your ego a blank hole for others to put in your identity. Hurt feelings move on, it’s not really my style to stay stuck between good and bad, so I run on in life as through veins my Blood! Your Blood! Her Blood! To me in all spectrums nonconformity is like a great addiction that leads ultimately to an individual’s happiness in his or her choices.
QCC Sports are a Second Family

BY DANA DEFELICE

Not all parents are willing to be “parents” to the children they bare. It is hard to believe that many children have to fend for themselves from a very young age. Who can they turn to? Where do they go? For many children, drugs, gangs, and street life are their comfort, providing them with attention and standing by their side. But there are those lucky few who choose a better path. The warmth of being part of a school team is filling the void many children feel in their homes. Sports is their anti drug, and why not?

Yaharia Bernal, a student at Queensborough, is part of QCC’s sports program year round. She plays on the women’s Basketball team during the fall semester and is part of the women’s Softball team in the spring. For Yaharia, sports are her family. “I don’t have a stable family setting at home; I’m pretty much on my own. But being on two teams helps me feel like I have one, like I’m part of something, that I matter.” Yaharia says the love her teammates show her helps her through her problems and stressful days. “None of my problems matter once I suit up, I leave them behind for however long practice or games last and I just play.”

Yaharia was nine years old when she started playing sports. Her interest began in junior high with track and boxing, both of which she took seriously. She started playing basketball because friends in the neighborhood would play everyday at the park on the way home from school. Yaharia didn’t play softball until she was twelve. That is when she stopped boxing and track and began to focus on softball and basketball. “I love to play both, but if I had to choose, basketball would be the one, it’s my first love.” She started playing in part to postpone going home. “I never wanted to be home, there was always drama there, so instead I would stay at the park and play basketball.”

Yaharia has influenced others to play sports by sharing how much it has helped her. Her twin sister is one of her recruits, and currently plays track and softball for her high school. “My twin lives with my father and I live with my mother, so she hears it from one side and I hear it from the other. I told her to stop stressing her problems and join a sport and she did, she says it has helped her a lot.” Even with all the problems that Yaharia faces at home, she loves to help others. When new girls join the team, Yaharia shows them the ropes and practices with them so they won’t be alone. She helps them until they get it right and shows them what they are doing wrong and how to correct it. Yaharia says it is great playing at QCC. She loves all her team mates, and says the coaches are willing to do whatever it takes to help you improve your skills. On or off the field, they are never too busy. If you need help with classes, they help you or find someone who will. If you have problems, they listen and give you their best advice. “I always feel wanted when I walk into the gym. Everybody knows who I am and I get a warm feeling when I’m there.” Yaharia says that compared to other teams and organizations that she has played on, QCC cares about their players, not just their skills. If you are hurt they won’t play you until you are 100%, whether you are the MVP of the team or a bench warmer. Everyone is treated equally. To Yaharia, that’s what makes the difference between QCC other teams, there is no favoritism.

If you are interested in being part of the sports family at QCC, the Robert F. Kennedy Gym is where you can go to ask questions. QCC sports teams include: Men’s baseball, basketball, soccer, tennis, and volleyball club; Women’s softball, basketball, tennis, and volleyball. Swimming and indoor, outdoor and cross country track are coed. To participate, you need to be a full time student (a minimum of 12 credits a semester) and have at least a 2.0 GPA. Another benefit of joining a team in addition to being part of the QCC family is that it gives you 2 credits towards your major and a grade from your coach which can help your GPA. Before writing off the idea of participating on sports teams at QCC think about the benefits it can bring you, and imagine the possibilities!

QCC Sports are a Second Family

The coaches are willing to do whatever it takes to help... on or off the field, they are never too busy.
QUEENSBOROUGH COMMUNITY COLLEGE
The City University of New York

RUN FOR STUDENT GOVERNMENT!
Be a part of the 2006/2007 Student Government Executive Board!!!

POSITIONS AVAILABLE:
~ President
~ Executive Vice President
~ Administrative Vice President
~ Treasurer
~ Programming Vice President
~ Vice President for Part-Time Students
~ Vice President for Evening Students

QUALIFICATIONS:
~ Must be a matriculated student at Queensborough Community College
~ Must have a minimum cumulative GPA of 2.25 (2.5 for President)
~ Must have completed a minimum of 12 credits/equated credits

Election packets are now available to be picked up!
Come to the Office of Student Activities in the Student Union Lower Level for more information.

Deadline to pick up Election Packets is March 24th, 2006.
Student Government Elections will be taking place April 25th - April 27th, 2006

The Milk Can Theatre Company Announces Playwriting Workshop

New York, NY — The Milk Can Theatre Company is pleased to announce a four-week playwriting workshop. Using in-class exercises and homework, the workshop will help each student, beginning or advanced, find his or her own voice. It will address action, character, setting, structure, images and subtext. Actors and directors are welcome. In the course of the class, students will complete a ten-minute play or monologue.

The class instructor will be Milk Can Literary Manager and Artistic Associate Anne Phelan. Ms. Phelan is a two-time Edward F. Albee Foundation Fellow as well as the recipient of the 2000 Marilyn Hall/Beverly Hills Theatre Guild Award. A graduate of the Trinity Rep Conservatory, she has been a guest artist at The Julliard School, and Playwright-in-Residence at the William Inge Theatre Festival, and the Perishable Theatre.

The class will meet for three hours once a week starting Sunday, April 2nd, 3:00 pm to 6:00 pm. The cost is $180, plus a non-refundable registration fee of $25. To register for the class, please mail a check for $25 to Milk Can Theatre Co., 311 West 43rd St., #602, New York, NY 10036. Partial scholarships are available, in exchange for working for Milk Can Theatre Company. For more information about the class or scholarships, please contact the instructor at anne@milkcantheatre.org.

The Milk Can Theatre Company is dedicated to producing and developing new plays and fresh new visions of classic plays, and to creating a home for artists. Our work is driven by the belief that theatre is created through the combination of four simple elements: language, emotion, story and audience. The Milk Can Theatre Company was a New York Innovative Theatre Award Nominee in 2005.

For further information regarding the Milk Can Theatre, upcoming performances or classes, please contact Artistic Associate/Marketing Director ML Kinney ml@milkcantheatre.org or visit our website at www.milkcantheatre.org.

Got an Idea for a Play? Write One!

Milk Can Theatre Co. is offering a four-week playwriting workshop starting April 2, 2006. Each Sunday afternoon, learn about structure, character, point-of-view, images, etc. By the last class, each student will have written at least a ten-minute play or monologue. Actors and directors are welcome!

The class will be taught by award-winning playwright Anne Phelan, Milk Can’s Literary Manager. A two-time Edward F. Albee Foundation Fellow, Anne is a produced and published playwright. She has been a Guest Artist at the Juilliard School, Playwright-in-Residence at the William Inge Theatre Festival and the Perishable Theatre, and won the 2000 Marilyn Hall/Beverly Hills Theatre Guild Award.

WHERE: Milk Can Theatre Co., 311 West 43rd Street, #602 (between 8th * 9th Aves.)
WHEN: Sunday afternoons, 3:00-6:00 p.m., starting April 2nd
HOW: To sign up, mail a deposit check for $25 to Milk Can Theatre Co.
COST: $180 + $25 deposit; scholarship assistance (work-study) is available

WHAT’S MILK CAN: The NYIT Award-nominated Milk Can Theatre Company is dedicated to nurturing new plays, and producing new and classic texts.

Visit our website at www.milkcantheatre.org
Questions: anne@milkcantheatre.org
QUEENSBOROUGH COMMUNITY COLLEGE  
Health, Physical Education and Dance Department  
2006 Season Schedule  

Men’s Baseball  

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<th>Day</th>
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<td>Kingsborough CC</td>
<td>Kingsborough CC</td>
<td>12:00 pm</td>
<td>DH</td>
</tr>
<tr>
<td>Sunday</td>
<td>5/3</td>
<td>Kingsborough CC</td>
<td>QCC (Cardozo HS)</td>
<td>12:00 pm</td>
<td>S</td>
</tr>
<tr>
<td>Tuesday</td>
<td>5/2</td>
<td>Nassau CC</td>
<td>QCC (IA, Legion)</td>
<td>4:00 pm</td>
<td>S</td>
</tr>
<tr>
<td>Wednesday</td>
<td>5/3</td>
<td>Nassau CC</td>
<td>Nassau CC</td>
<td>4:00 pm</td>
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</table>

Track & Field 

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Meet</th>
<th>Place</th>
<th>Time</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>3/10</td>
<td>Queensborough Relays</td>
<td>QCC</td>
<td>11:00 am</td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td>3/25</td>
<td>Richard Stockton Inv</td>
<td>Atlantic City, NJ</td>
<td>11:00 am</td>
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</tr>
<tr>
<td>Saturday</td>
<td>4/1</td>
<td>Wagner College Inv</td>
<td>Wagner College</td>
<td>10:00 am</td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td>4/3</td>
<td>St. Johns Open I</td>
<td>St. Johns University</td>
<td>4:00 pm</td>
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</tr>
<tr>
<td>Saturday</td>
<td>4/8</td>
<td>Bergen CC Inv</td>
<td>Bergen CC</td>
<td>10:00 am</td>
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<tr>
<td>Saturday</td>
<td>4/15</td>
<td>Bill Omelchenko Inv</td>
<td>Kings Point, NY</td>
<td>10:00 am</td>
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<tr>
<td>Tuesday</td>
<td>4/18</td>
<td>Delhi CC Inv</td>
<td>Delhi CC</td>
<td>3:00 pm</td>
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</tr>
<tr>
<td>Thurs-Sat</td>
<td>4/27-4/29</td>
<td>Penn Relays</td>
<td>Univ of Pennsylvania</td>
<td>9:00 am</td>
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</tr>
<tr>
<td>Monday</td>
<td>5/1</td>
<td>St. Johns Open II</td>
<td>St. Johns University</td>
<td>4:00 pm</td>
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</tr>
<tr>
<td>Friday</td>
<td>5/5</td>
<td>N.E. District Champions</td>
<td>Bergen CC</td>
<td>10:00 am</td>
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</tr>
<tr>
<td>Thurs-Sat</td>
<td>5/11-5/12</td>
<td>National Championships</td>
<td>Suffolk, NY</td>
<td>10:00 am</td>
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</tr>
<tr>
<td>Sunday</td>
<td>5/7</td>
<td>CUNY Championships</td>
<td>Heusn Stadium</td>
<td>10:00 am</td>
<td></td>
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</tbody>
</table>

Head Coach: 

Chris Ometchenko 

Volunteer Asst Coach: 

Israel Henriquez 

Dept. Chair/TA: 

Dr. Aaron Krec 

Athletic Director: 

Pete Marchitello 

Dept. Phone #: 

(718) 631-6322 

Dept. Fax #: 

(718) 631-6333 

Sports Update 

The Men’s & Women’s Indoor Track Team participated in the CUNY Championships on 2/25/06. Both teams captured 1st place and were declared the Community College CUNY Champions. 

Basketball Update 

The CUNY Athletic Conference held their Annual Basketball Press Conference Luncheon at the Water Club on 2/16/06. The following Awards were presented to our athletes & coaching staff for the 2005-2006 Season. 

Men’s Basketball: CUNY Rookie of the Year Robert Alexis 

Women’s Basketball: CUNY Rookie of the Year Sabrina Moore 

Women’s Basketball: CUNY Rookie of the Year Taniqua Tabiri 

Women’s Basketball: Coaches of the Year Yuriko Jung & Lamarr Butler-Parker 

Congratulations to our Athletes & Coaches. 

Go Tigers! 

Women’s Softball  

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Team</th>
<th>Place</th>
<th>Time</th>
<th>S/D/H</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>3/14</td>
<td>*Lehman College</td>
<td>Lehman College</td>
<td>3:00 pm</td>
<td>S/D/H</td>
</tr>
<tr>
<td>Sunday</td>
<td>3/19</td>
<td>*NYU</td>
<td>QCC</td>
<td>12:00 pm</td>
<td>DH</td>
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<tr>
<td>Wednesday</td>
<td>3/22</td>
<td>Morris CC</td>
<td>Morris CC (NJ)</td>
<td>3:00 pm</td>
<td>DH</td>
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<tr>
<td>Saturday</td>
<td>3/25</td>
<td>*Old School (Alumni)</td>
<td>QCC</td>
<td>11:00 am</td>
<td>DH</td>
</tr>
<tr>
<td>Saturday</td>
<td>3/26</td>
<td>Monroe College</td>
<td>QCC (Cardozo HS)</td>
<td>12:00 pm</td>
<td>DH</td>
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<tr>
<td>Tuesday</td>
<td>3/28</td>
<td>Suffolk Grant CC</td>
<td>QCC</td>
<td>3:00 pm</td>
<td>DH</td>
</tr>
<tr>
<td>Thursday</td>
<td>3/29</td>
<td>Westchester CC</td>
<td>Westchester CC (Cl)</td>
<td>3:00 pm</td>
<td>DH</td>
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<tr>
<td>Wednesday</td>
<td>4/2</td>
<td>Nassau CC</td>
<td>QCC (Cardozo HS)</td>
<td>12:00 pm</td>
<td>DH</td>
</tr>
<tr>
<td>Saturday</td>
<td>4/24</td>
<td>Dutchess CC</td>
<td>QCC</td>
<td>12:00 pm</td>
<td>DH</td>
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<tr>
<td>Monday</td>
<td>4/26</td>
<td>Suffolk Grant CC</td>
<td>TBA</td>
<td>3:00 pm</td>
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<tr>
<td>Tuesday</td>
<td>4/27</td>
<td>Suffolk CC</td>
<td>Suffolk CC</td>
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<tr>
<td>Thursday</td>
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<td>Suffolk CC</td>
<td>QCC (Cardozo HS)</td>
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<tr>
<td>Sunday</td>
<td>4/29</td>
<td>NYU</td>
<td>QCC</td>
<td>12:00 pm</td>
<td>DH</td>
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<tr>
<td>TBA</td>
<td></td>
<td>Orange CC</td>
<td>TBA</td>
<td>TBA</td>
<td>S</td>
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<tr>
<td>Tuesday</td>
<td>5/2</td>
<td>Region XV Playoffs @ Higher Seed</td>
<td>TBA</td>
<td>S/D/H</td>
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<tr>
<td>Fri.-Sat.</td>
<td>5/5-5/6</td>
<td>Region XV Playoffs @ Nassau CC</td>
<td>TBA</td>
<td>DH</td>
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<tr>
<td>Thurs-Sun.</td>
<td>5/19-20</td>
<td>National Tournament @ Rochester, Minnesota</td>
<td>TBA</td>
<td>TBA</td>
<td></td>
</tr>
</tbody>
</table>

* - Indicates Scrimmage Games. 

S - Indicates Single Game (1 game). 

DH - Indicates Double Header (2 games). 

(C) - Indicates Cooperstown Trip. 

(Departing 4/6 (vs. WCC) 

QCC Home Games to be played at Cardozo HS (located directly across street from QCC Main Entrance) & TBA. 

Head Coach: 

Pete Marchitello 

Assistant Coaches: 

Christine Dondero & Vicky Vlaschos 

Dept. Chair: 

Dr. Aaron Krec 

Athletic Director: 

Pete Marchitello 

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(718) 631-6322 

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Revised 2/9/06 

12 Queensborough Communiqué, March 2006