Darfur Struggle Continues

The Darfur Peace Agreement signed on May 5, 2006 between the largest rebel group, the Sudanese Liberation Movement (SLM) and the Sudanese government was thought to be a major accomplishment toward ending the ongoing conflict in Darfur. Fast forward almost two years later. The Sudanese Liberation Army (SLA) and the Justice and Equality Movement (JEM) have refused to sign the agreement feeling that key provisions were not addressed, including a victims compensation fund, sharing of wealth and power, and as both groups have emphasized more "Participation in the implementation of security arrangements" (Crisis Group Archive). Similarly, the United Nations Security Council Resolution 1706 was a resolution intended to deploy 22,500 U.N. troops in addition to the 7,000 African Union (AU) troops with a clear mandate to protect civilians, humanitarians, and humanitarian operations. However, for the first time in United Nations history its forces have failed to deploy on their intended date and have yet to do so.

Even after the peace agreement and the U.N.

The Problem with Prescriptions

On January 22nd, 2008, the prominent actor Heath Ledger was found dead in his home in New York. Toxicology reports later showed that there was a lethal cocktail of 6 different drugs in his system. These drugs weren’t heroin or cocaine, the drugs that usually come to mind when we think of a Hollywood overdose. They were prescription drugs, prescribed by a doctor, and just one example of how our culture today is hooked on a new way of getting high.

In 2005, the Partnership for a Drug-Free America conducted their 17th annual study on teen drug abuse. They found that more teens had used a prescription painkiller in 2004 than ecstasy, cocaine, crack, or LSD. Partnership chairman Roy Bostock made an announcement saying, “For the first time, our national study finds that today’s teens are more likely to have abused a prescription painkiller to get high than they are to have experimented with a variety of illegal drugs. In other words, generation RX has arrived.”

Although this problem is getting worse among teens, it is present in people of all ages. According to the national health institute, an estimated 20 percent of people in America have used prescription medication for non medical purposes. The most commonly abused prescription drugs fall into three categories. Opiates and pain relievers are the most popular of the three. Vicodin, percocet, darvocet, and oxycodone all fall under this category. Benzodiazepines, barbiturates, and sedatives are another class of drugs. Xanax, Valium, and Librium are commonly abused drugs in this group. The third group, stimulants, is widely used throughout college campuses across the country, and contains drugs such as adderall and Ritalin.

These drugs are abused in a variety of different ways. Most of the pills are available in tablet form, and are swallowed. Many times, the user will crush the pill up into a powder, and then snort it. Oxycocin, which is the most powerful opiate on the market, was released in 1995. The main ingredient found in oxycodone is oxycodone, which is also found in Percocet. The FDA thought oxycodone would be a controlled drug because the pills come with a drug called a "time release coating on them, allowing the pill to absorb slowly into your system as time progresses. People quickly found a way around this, and discovered all you had to do was simply wash the time release off the outside with water, allowing a potential lethal dose of oxycodone into the body immediately.

The question is, where are all these drugs coming from? They are obtained in a variety of ways. Doctors are prescribing more drugs than ever, and it is often hard for a doctor to see past a patient’s pain or anxiety, and realize that they have developed a drug problem. Prescription pads are stolen from doctor’s offices, and the prescriptions and doctors signatures are forged. Many addicts resort to a process called doctor shopping. They see a few different doctors at a time, each doctor unknowing about the others, and obtain as many prescriptions as possible. Kids are going into their parents and family member’s medicine cabinets without any one realizing, and taking whatever they can get. They either use the drugs or sell them to their

Continued on page 5
A SMART WAY TO STUDY: THE SQ3R METHOD

By Bickram Ragbir

Numerous ways of studying in order to acquire better grades and have a more grounded knowledge on a particular subject have developed over the years. The method one uses to study will affect how well you remember things and how long those things can be remembered. The SQ3R method, introduced in 1946, is a five step process which sharpens and enhances the study techniques of the person that is using it to better comprehend and absorb what they are trying to learn. Survey, Question, Read, Recite and Review are the five steps of the SQ3R method. After surveying fifty students on the Queensborough Community College campus with G.P.A’s of 3.0 and above, the SQ3R method has been proven to be highly effective for those who use it. Thirty-four out of fifty students surveyed use this method and maintain 3.0 GPA’s and above. Survey, which is the first step in the SQ3R method, provides the student with an overall idea of what needs to be studied. In other words, it’s analogous to knowing an enemy’s territory before going to war. The next stop in the process is the Question. While studying it is important to ask yourself questions and find the answers so that as your reading and studying continues more is understood. Reading without comprehension isn’t reading. Reading and asking questions such as who, what, where, when, why and how are the ways one gets to know the material and become familiar with it. If a question is thought of the best thing to do is to write it down and seek the answer. The more answered questions regarding the material one is covering, the more you will know the material.

The final three steps in the SQ3R method are closely interrelated: Read, Recite, and Review. Reading isn’t skimming through a text but rather paying attention to side notes along the margins, italics, anything in bold and or in bullets. Any text in which certain points have been graphically emphasized usually signifies something important in the course’s material. Also, watch for tables, diagrams, pictures and graphs because they too assist in developing an understanding for the topic being covered. The second “R” is to Recite. In this step one develops an overall concept on what they have read and analyzed. This is when one should try to connect things from what they are learning to what they already know. When practiced regularly one has a higher chance of remembering important things on a day-to-day basis, obviously useful on the date of a test and after. The last “R” and the last step in the process of sharpening one’s study skills is to Review. What good is reading if you don’t review? To review is to reread what you are supposed to know and accomplish. By reviewing one is refreshing the mind on what has been learned in order for it to stay clear. The food is cooked, now it’s time to store it so that it can be reheated for a later time.

The SQ3R method is very useful and has been proven to benefit many students. Though there are those who work well under pressure and feel they have a better chance passing a test by cramming the night before, why not give making SQ3R an everyday practice, even if it’s only a little time each day. Being consistent and making SQ3R an everyday practice, even if it’s one hour a day, can significantly improve your study skills. Why wait? For more information about the SQ3R method visit the website www.adprima.com/studyout.htm.
Queensborough Community College is an institution that inspires students to strive and achieve their goals. Currently there are between 11,000 to 12,000 students who are enrolled in Associate degree or certification programs and continuing education curriculum. The highly qualified faculty with excellent credentials imparts knowledge to the students who are pursuing their academic, intellectual and professional aspirations. It is here at Queensborough Community College that students take a confident step to meet all challenges and advancing toward their goals.

The Queensborough Community College’s Office of Career Services provides an abundance of knowledge and tools to help students accomplish their dreams. Students may either to visit the office in room 429 located in the Library Building or the website at http://www.qcc.cuny.edu/careerservices/default.asp for all the necessary tools and guidance. Listed below are some of the services provided:

- College Central Network provides free online job posting and resume referral services. This link also provides students with general announcements and upcoming events and programs on campus.
- When you click on the “Career Spots” link you will have a choice of twelve videos on topics ranging from how to attend an interview, how to ask salary questions, how to present yourself at the interview and more. The website lists thirty-one job-hunting tips.
- Perfect Interview™ is an innovative learning tool that students can use to enhance their job interviewing skills and develop an edge over the competition. Perfect Interview™ creates a compelling and realistic “simulated interview” experience where students are asked challenging questions and must respond just as they would in a real job interview.
- There are opportunities for internships, co-ops, summer jobs and volunteer work for gaining practical and career related experience.
- You can learn all about résumé writing, cover letters, how to conduct a job search and more when you click on the “develop the skills link.”

The Office of Career Services is staffed by four knowledgeable, focused, keen, and dedicated professionals to guide the students towards success. They are the Director of Career Services, Ms. Constance Peluso; Placement Advisor, Ms. Sandra Williams Strauss; Placement Advisor and Internship Coordinator Ms. Susanne Grossman; and Ms. Lucille Sparacio, the Office Assistant. Ms. Peluso and her staff members care deeply for students and their welfare. They work hard and go out of their way to help students achieve their professional and career goals.

Ms. Peluso and her staff in the Office of Career Services guide students through career exploration and assist with career related tools like résumé writing, cover letters, interviewing skills and more. Various workshops, job fairs and presentations are all avenues that lead to successful professional employment opportunities. A major event on campus is the Job Fair that takes place every semester where fifty or more organizations come to the campus to interview and inform students about career opportunities. The purpose is to prepare students to meet the high expectations of future employers. The spring 2008 Job Fair will be held Wednesday, April 16th from noon to 3:00.

Many students have expressed satisfaction and have given great reviews about the Job Fair. And many of them have had their professional careers launched through this gateway. Ms. Peluso has expressed that employers convey their dissatisfaction about the how students lack the finesse to conduct themselves in a business environment. To help students solve this problem a Business Protocol and Etiquette Event is being organized on Tuesday, April 29th 2008. Students attending this event gain a competitive edge on how to conduct oneself in a professional setting, and gain confidence in a business situation related to etiquette.

I asked what advice Ms. Peluso would give the students. “My advice to students is to Read, Talk and Try it out.” She would like students to read books, journals and articles about different professional fields. Talk to people from different career backgrounds, professors, and family members in varied professions. Try it out by using the Internship opportunity and explore diversified professions. Director Peluso encourages all students from freshman to students about to graduate, to visit the Career Resource Center early and explore all the available services. Students should not wait until they are ready to graduate.

I also spoke to Ms. Susanne Grossman who is the Internship Coordinator. She is the intermediary between public businesses and faculty coordinators of the credit bearing co-operative education class. Internships are professional work situations that students can get credit for. Internships can be credit or non-credit bearing and paid or unpaid. There are requirements to be fulfilled before applying for an internship. Students register for a co-operative education class in the particular department they are studying and get credit for the internship. Students must have the minimum GPA required by the department and complete overall required credits (i.e., they must be in the second year) before applying for an internship. Students must have the minimum GPA required by the department and complete overall required credits (i.e., they must be in the second year).

The general category is Urban Studies in the Social Sciences Department and this covers most internship opportunities. If the curriculum is in Liberal Arts it covers most internship opportunities. Students gain professional experience, develop a business demeanor and the experience goes on their resume and employers benefit by having interns who are young, educated, insightful, and hardworking.

Internships can run the length of the semester. Information about internship eligibility is sent out to students each semester. Students who want to participate in an internship for credit should make plans for it the semester before they want to do it. The department collectively gets personally involved in the student’s complicated lives to facilitate the growth of personal development before they leave the college. Ms. Grossman urges students to take advantage of an internship program and integrate it during the last semester of their college courses. Confidence is what gives students the extra push to get a better job.

Ms. Sandra Williams Strauss is a placement advisor in the department and wishes that students would take the ST-100 class during the first semester of college. ST-100 informs students about all the services that are available for them and help make a smooth and successful transition into college. The unified message is that the department of career services and its members are here to serve the students. They help students prepare to enter the world of employment armed with the necessary equipment. In addition, the Resource room provides insights about life after leaving Queensborough. The Resource Room also provides students with job postings.

I also spoke to Neville Sadhoo a Peer Mentor for the ST-100 class. He agrees with Ms. Strauss’ opinion that students would definitely be better prepared if they took ST-100. This is a free orientation course. The class introduces students to CUNY and QCC placement tests, financial aid, grading, and more. Students are taught techniques of time management and study skills. In Partnership for Success they are made aware that the faculty members are their greatest allies and what to expect of them and what is expected from the students. Academic life and responsibilities can be overwhelming; resources are made available to students to better address such issues. There is also a Discover program (ISS, L-420) that guides students on what, when, why and how to pick a career.

Ms. Lucille Sparacio, the Office Assistant, keeps a myriad of complex issues in order. When you first come to the office you feel her friendly and concerned attitude. She can set you up with all the necessary information on workshops and give you appointments to start your passageway to a better and brighter world of employment.

There is so much information available to help students succeed. There is a career fair being held on Wednesday, April 16th in the Student Union Lobby from 12:00 to 3:00pm.
Is Joining the Army Worth the Sacrifice?  
By Vanessa Lopez

“Be all You Can Be.” On more than one occasion I have been stopped by army recruiters on the QueensBorough campus. Often the recruiters will be stationed between the cafeteria and the science building. The recruiters begin by speaking about a wide variety of benefits and talk of the self fulfillment that comes with protecting and serving the U.S. government and American citizens.

They do paint a pretty picture. However, a lot of important information that most students would likely find unappealing is omitted. For example, recruiters argue that army training raises one’s chances of landing a job but often do not discuss the hardships that following upon enlisting in the army. Furthermore, there are few professional careers that require infantry training in the handling and use of weapons. It’s always important to read the fine print. Rod Powers, a former first sergeant for 11 years, stated on about.com that, “No matter how high your rank, no matter which service you join, there will always be someone telling you what to do, and when to do it. Many times you won’t like (and will) disagree with your orders, but you take a solemn oath to ‘obey the orders of the president of the United States and the lawful orders of those appointed over you.’ Disobeying those orders can have serious consequences. If you cannot live with this simple fact, save yourself and the government some valuable time and money, and do not enlist.”

The benefits that the army recruiters mention include the possibility of an early retirement, health insurance, housing, discounts on certain items and on air flights, and student loans for college. What isn’t mentioned regarding the army’s student loan program is that when you enlist for active duty full time for 4 years the Army pays up to $65,000 for your educational loans. If, however, you enlist in the army reserve for 6 years you receive $20,000 towards your education. If, however, you enlist in the army reserve for 6 years the Army pays up to $65,000 for your educational loans. If, however, you enlist in the army reserve for 6 years you receive $20,000 towards your education.

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The 2008 presidential election is only eight months away, and although college students are taking an increased interest in this race, many are still unaware of their candidate’s positions on college education. The three main candidates in the race for president are Barack Obama and Hillary Clinton, and Republican John McCain. The candidates’ official stance on issues pertaining to college education can be found on their campaign websites: www.hillaryclinton.com; www.barackobama.com; www.johnmccain.com.

Senator Clinton has a variety of proposals that affect college education. For example, her proposals include creating a $3,500 college tax credit, increasing the maximum amount of the Pell grant (a form of financial aid), investing $500 million to strengthen community colleges, creating a graduates fund to increase college graduation rates, giving a $10,000 scholarship to anyone who participates in AmeriCorps full time for one year, getting rid of the red tape in financial aid, and challenging colleges to expand access for students from low-income communities.

Barack Obama also has an assortment of ideas that he would like to implement if elected. He plans to make college affordable through the creation of the American Opportunity Tax Credit, which will ensure that the first $4,000 of college tuition is completely free for most Americans. In addition, this new Tax Credit will also cover two-thirds of the cost of tuition at average public colleges or universities and will make community college tuition completely free for most students. Because of his American Opportunity Tax Credit, Obama wants to simplify the application process for financial aid by eliminating the current federal financial aid application. He also wants to enable people to apply for financial aid by checking something off on their tax form, thus authorizing their tax information to be used and eliminating the need for a separate application.

There is a major discrepancy, however, between the two Democratic candidates and the Republican candidate. John McCain does not have an official stance on college education included in the list of issues on his campaign website. After conducting further research in an attempt to find the Republican candidates’ stance, using reliable sources including www.CNN.com, the conclusion stands that the McCain campaign has not publicized an official position concerning college education.

When it comes to paying for college Democrats Hillary Clinton and Barack Obama have a clear vision as opposed to Republican John McCain who apparently has no official policy. When making your choice for President this November, make sure to take into account the plans that the candidates have for you and your education.

Prescriptions (Continued from page 1)

Physical and psychological addictions to the drugs often go hand in hand, but they are not the same. Dr. Alice Young, a professor in the department of psychology at Wayne State University, says that physical dependence, which is sometimes unavoidable, develops when an individual is exposed to a drug for a high enough dose long enough that the body adapts and develops a tolerance for that drug. That means higher doses are needed to achieve a drugs original effects. Dr. Young says that with psychological addiction, there is a preoccupation with obtaining and using drugs that persists despite the consequences.

If you suspect close to you is abusing prescription drugs, there are signs to look for. Change in personality, social withdrawal, change in daily habits or appearance, neglect of responsibilities, and defensiveness are some of the ways people change when dealing with prescription drug addiction.

The availability, popularity, and misconceptions about abusing prescription drugs have truly made this “Generation Rx”. Unless a huge effort is put forth to fix this problem, medicine cabinets and doctors offices will remain open to people allowing them to ruin their lives in an instant.

For more information on this topic, go to prescription-drug-abuse.org.

Darfur (Continued from page 1)

Darfur is an increasingly more complex. Important aspects that need to be addressed are health care, food and water, shelter, schools and teachers, and more.

The increase in violence has put a strain on the U.N. humanitarian effort thus worsening the situation. Aid workers have become victims of attacks in recent months and have even been murdered. The sharp increase in the number of attacks is the worst they have been since the humanitarian effort began in 2003 leading to a heightened sense of fear among aid workers. In addition, high-jackings of U.N. vehicles has risen, and supplies have been destroyed or stolen causing aid workers to leave and preventing the arrival of new ones. The humanitarian effort is the back bone of the whole process of regaining peace in Darfur, with violence directed against aid workers themselves the prospect of peace is being pushed even further away for the Darfurians.

With humanitarian aid decreasing, food shortages, malnutrition, and disease, are increasing the mortality rate of Darfurians. As in many countries in Africa the water supply is scarce to non-existent exacerbating the situation. Many Darfurians reside in rural areas where aid is hard to obtain therefore many of the essentials needed for survival are going unmet, leading to mass starvation and death. The rising cost of food in combination with an already poor economy and weak if not corrupt Sudanese government illustrates how vital the humanitarian efforts are to the survival of the Darfurians.

For the first time in human history, the label of genocide has been given to a conflict while it is currently in progress. After the Holocaust in World War II, several nations vowed that genocide would never take place again without immediate intervention. The crisis in Darfur has now entered its fifth year and several steps taken to end the violence has failed. In order to end the genocide, coherent steps must be taken for an immediate ceasefire to stop the killing, and the return of displaced refugees. Hundreds of thousands have died. Darfur is suffering a slow and agonizing death, while people are being slaughtered in the blink of an eye.
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Do You know about HPV?

BY BETH BROOKS

www.med.maxru

Do you know that six million new cases of Genital HPV in the United States are reported each year? According to Gardasil.com, it is estimated that 74% of these cases occur in 15-25 year olds. Genital HP is a sexually transmitted disease that is caused by Human Papilloma Virus (HPV). Human Papilloma viruses are a group of 100 viruses. Each virus is given a number, which is called HPV type. HPV are characterized as papillomas or warts, which are non-cancerous tumors. The virus only inhabits the skin of the cervix, vagina, anus, vulva, penis, mouth and throat. They will not grow in other parts of the body.

Genital HPV is contracted by sexual intercourse. It is usually not spread through kissing or touching, and it does not live in blood or organs. The infection can begin as soon as the woman becomes sexually active. Women between the ages of 15-25 are most likely to be infected with the virus. Women who have been with a sexual partner who has had multiple partners are more prone to the virus as well.

HPV can be potentially dangerous to those who have it because there aren’t any physical symptoms for the virus, unless you have genital warts. The warts can appear after weeks, months and in some cases years. Unfortunately, many people will never know they have the virus because they have no symptoms and the body’s immune system causes the virus to become dormant. A fraction of the people with HPV will have the virus over a period of time and will develop cell mutations that could lead to cervical cancer, genital or anal cancers.

Most of all cervical cancers are related to HPV. According to the American Cancer Society, about 500,000 pre-cancerous cell changes of the cervix, vagina, and vulva are diagnosed each year in the United States with HPV. Although HPV is a factor in cervical cancer, most HPV positive people may not develop cancer and may become negative with in 6-12 months.

HPV does not only affect women, in fact, the virus is as common in men as in women. The difference is that HPV is not as easily diagnosed in men as it can be in women. Women are diagnosed with HPV through their yearly pap test, which tests for abnormalities and cancerous changes in the cervix. Currently, there are no medical tests approved to detect HPV in men. In homosexual and bisexual males, according to the American Cancer Society, doctors can use the pap test to detect and treat precancerous changes in the anus.

Have you ever felt a sudden loss of breath? Felt lazy? Didn’t feel like doing anything at all? Have you looked in the mirror and thought to yourself, are my thighs too big? If you said yes to any of those questions then the great sport of boxing is for you. The training in boxing focuses on almost every muscle in the body. It not only gives you speed, but agility, endurance, power, strength, and tactical training.

Boxing has a lot to do with footwork and rhythm. It’s a fast paced sport and go sport, which is one of the main reasons the training regimen is very strict and effective. In an interview with boxing trainer Dennis Toral, from the gym Rhino Fight team, he pointed to the fact that even a person who is in great shape can improve their endurance if they train in boxing. A decathlon runner, already in great shape, would assume he can jump into boxing and the great shape can improve their endurance if they train in boxing. A decathlon runner, already in great shape, would assume he can jump into boxing and the great shape can improve their endurance if they train in boxing. A decathlon runner, already in great shape, would assume he can jump into boxing and the great shape can improve their endurance if they train in boxing.

Mr. Toral from Rhino Fight team explained the training regimen he uses for all his fighters. It is quite in depth, and training for a beginner would involve a different regimen than for someone who is more experienced in boxing because of the different approaches the trainer would have to take. Also you have to decide if you are trying to become pro or not. A beginner boxer would start out by working on his cardio, including exercises like jumping rope, the vertical jump, toe raises, leg extensions, etc. Those muscles help build leg strength and balance which is a very important factor in boxing since footwork is a key aspect of the sport. After success with these leg exercises, more advanced exercises come into play such as the speed bag and heavy bag.

The speed bag is an advanced way to improve a boxer’s skill in the ring. The website speedbagcentral.com is a good source for information on speed bags. The speed bag helps build arm and shoulder strength and endurance. It also helps to build reaction time to block oncoming punches that an opponent may throw. Other sports players use the speed bag to help them with their hand-to-eye coordination. For example, basketball, volleyball, and handball players use the speed bag to help with their overall performance. The heavy bag training is another tool the boxer uses to train. Bodybuilding.com shows how the heavy bag helps build punching power. It builds up the shoulders, arms, chest, and back muscles to help deliver a punch that embodies one’s full upper body. By hitting the heavy bag it helps tone your body from all the movement that your body is doing while punching the bag. Many boxers’ bodies become more solid due to the training of the heavy bag. The heavy bag is also a good way for decreasing stress levels. Many people work on the heavy bag with no intention of becoming a boxer.

Eating right is also an important part in successful training in boxing. Dennis Toral says he usually wants his boxers to eat high protein foods. Carbohydrates, pastas, potatoes, multi-vitamins, fruits and vegetables are all a part of an average boxers’ diet. This helps a boxer to gain weight and strength, and gives the boxer energy so his body won’t get exhausted so easily. The full training regimen of boxing in its intensity is a full workout that may be the workout you’ve been looking for.
Everyone wants to look good, to feel good. But what happens when looking good becomes too much of a top priority? Well, we find ourselves staring into the face of statistics such as the following: 42% of 1st-3rd grade girls want to be thinner and 81% of 10 year old girls are afraid of being fat (Mellin et al., 1991); 46% of 9-11 year olds are “sometimes” or “very often” on diets, and 82% of their families are “sometimes” or “very often” out of sight (Gustafson-Larson & Terry, 1992). If those statistics shock you, I’m sure you aren’t alone.

In recent years, eating disorders have skyrocketed thanks to the ever influential media and its ability to make teens everywhere feel bad about their appearance. However, when dangerously thin, successful people are staring you in the face it’s hard not to feel the pressure. As waist sizes decrease, so do expectations. Suddenly, the connection is made that to be successful, people are staring you in the face and you look in the mirror or picture yourself in your body image. According to the National Eating Disorders Association, a negative body image is a distorted perception of your shape, whereas body image in general is how you see yourself when you look in the mirror or picture yourself in your mind. A negative body image usually results in one of the three main eating disorders, anorexia nervosa, bulimia, and binge eating disorder.

Anorexia nervosa, which has one of the highest death rates of any mental health condition, according to NEDA, is characterized by four main symptoms: losing a significant amount of weight, fear of gaining weight, disturbance of body weight or shape, and as well as denying the seriousness of low body weight, and finally, loss of menstrual periods for girls and women respectively. The following warning signs point toward someone suffering from the disease, among them dramatic weight loss, constant excuse to avoid meals, and removal from friends, family, and previous activities.

NEDA also adds that between 5-20% of individuals struggling with anorexia nervosa will die. This is because the loss of nutrients and regular meals lead to complications like osteoporosis, sev dehydration leading to kidney failure, abnormal heartbeat, low blood pressure, which can eventually lead to heart failure, and an overall weakness of the body.

Females, however, are not the only people plagued with the disease. Males with the disease will characteristically have a preoccupation with body building and similar activities, as well as a difficulty eating around others, which usually leads to lies about what they’re eating and when. These males are intensely afraid of gaining weight of any kind, as well as a strong need to feel in control of their lives and bodies. Eventually, they will develop a decreased interest in sex and/or fears of sex itself, and they may or may not become confused about their sexual orientation or gender identity. Some warning signs could be low body weight, lack of energy, increasing imbalance, and decreased sex drive.

Bulimia nervosa has three primary symptoms: regularly consuming large amounts of food followed by a sense of lost control, regular self-induced vomiting, laxative use, and fasting and/or obsessive or compulsive exercise, as well as extreme concern with weight and body shape, a common factor in most eating disorders. Evidence can include the disappearance of large amounts of food within a short time span, frequent bathroom trips after meals, as well as the scent of vomit, and packages or other evidence of laxatives. Excessive need for exercise, no matter the weather, can be another sign that there may be a problem.

Like other eating disorders, there are always consequences and risks to one’s health. Among those found in victims of bulimia are inflammation or rupture of the esophagus, as well as tooth decay and staining, all from the stomach acids that are brought up during self-induced vomiting. There is also an imbalance of electrolytes that can result in irregular heartbeats, and even death.

Eating disorders can be prevented. For information on prevention methods, as well as a closer look at eating disorders, visit http://www.nationaleatingdisorders.org.

The Fine Print on Food

By Danielle Chung

Did you know that the food and drink that you consume could expose you to serious illnesses or possibly kill you? Cancer is just one of the many known consequences that certain food products make us vulnerable to. Did you know that the U.S. Food and Drug Administration (FDA) is not only failing to do its job in protecting the American consumer’s public health, it is promulgating the consumption and use of hazardous products by endorsing them through falsehoods? Food additives, for example, are sometimes approved although researchers have not reached consensus on the products’ safety, leaving consumers at a loss regarding both short term safety and the long term effects of such products.

There is a long list of products known to be hazardous to the public’s health. The purpose of this article is to focus on the potential health hazards linked to the consumption of a few commonly used artificial sweeteners and additives.

Aspartame (Equal & Nutra Sweet), Saccharine (Sweet ‘N Low) and Sucralose (Splenda) are three types of sweeteners that are widely known and used. Monosodium Glutamate or MSG is an additive that enhances flavor. These additives are found in soft drinks, fountain sodas and low calorie foods. MSG, however, is found in almost all packaged foods including chips, soups, sweets, and is also widely used in many restaurants.

According to Gaillon Totheroh, medical and science reporter for CBN News (http://www.cbnnews/CBNnews/107774.aspx), many Americans consume MSG without knowing it. Many people do not read the fine print or listed ingredients of the food they eat. Furthermore, many of the ingredients listed are unfamiliar to the layman. Often, manufacturers disguise the contents by substituting euphemisms; for example, “broth” for MSG. It is also true that the majority of American consumers trust the FDA’s stamp of approval. After all, if the product has “approved” it must be safe… right?

Many ill health effects, in addition to the possibility of cancer, are associated with each of the above mentioned additives. According to Priscilla Slagle M.D., of TheWayUp.com, here are just a few of the consequences:

Aspartame (a.k.a. Nutra Sweet & Equal) is considered the worst of all sweeteners and creates more than 75% of the complaints the FDA receives. One chemical component of aspartame is methanol which when broken down becomes formaldehyde (a neurotoxin used in the embalming process.) Aspartame has been proven to cause leukemia and lymphoma in rats. Headaches are very common and it is believed to be a trigger of migraine headaches. Aspartame is also linked to neuropsychiatric disorders such as panic attacks, mood changes, hallucinations, and dizziness. It also causes seizures, numbness, muscle spasms and even weight gain!

Saccharine (a.k.a. Sweet ‘N Low) causes bladder tumors in rats. It causes pruritis (itching), urticaria (rash), eczema & photosensitivity (sensitivity to light). Less common side effects include wheezing, nausea, diarrhea, tongue blisters, headache, sensory neuropathy, fixed eruptions and tachycardia (racing heart rate). Young children and pregnant women are advised against using or to limit their intake.

Sucralose (a.k.a. Splenda) is advertised as the natural sweetener as it is derived from real sugar. It is also the least understood as it is the newest sweetener on the market. Chlorocarbons, the bonds that hold sucralose’s compound together (also known as chlorine), is found in pesticides and are toxic to the liver, brain and even children. Sucralose has also been proven to shrink thymus glands by as much as 40%, and enlarge the liver and kidneys (kidneys can also become calcified.)

Monosodium Glutamate (MSG) is an additive with no nutritional value and that makes people want to eat more. It is addictive and increases insulin levels up to three times the normal rate thus contributing to weight gain. John E. Erb, author of The Slow Poisoning of America, feels that MSG could be responsible for the obesity epidemic and is concerned that foods labeled “No MSG” often actually have high amounts of it. This is the result of the FDA allowing manufacturers to label MSG as something else if the product contains less than 70% free glutamic acid. Even “natural flavorings” listed on many foods are actually MSG.

Gaillon Totheroh also reports that MSG is linked with heart disease, cancer and is a contributing factor to Alzheimer’s, ALS (Lou Gehrig’s disease), Multiple Sclerosis, Strokes, and Parkinson’s disease. MSG worsens these diseases and also triggers them much earlier in a person’s life. This flavor enhancer can also cause the brain to be mis-wired in a fetus or child if ingested during pregnancy or early in life. The effects sometimes appear later in life but are known to affect hormones, behavior and intelligence. The effects can worsen with time and contribute to Autism, ADD (Attention Deficit Disorder,) and Hyperactivity in children. In addition to some being listed as natural flavorings and broth, MSG is also known as a medicine that contains glutamine that has glutamate, autolyzed yeast, hydrolyzyed soy or protein, and even aspartame in its name. Yes, aspartame contains MSG, which suggests why it’s particularly dangerous. So, people can now consume regular sugar due to diseases such as diabetes or hypoglycemia. These illnesses affect how much insulin is produced by the pancreas needed to breakdown sugars and can cause acute complications if left uncontrolled. Not only do these people struggle to maintain a safe balance, many turn to artificial sweeteners to make their already diminished food

Continued on page 19
The Quick & Easy Wine Guide for Dummies (QCC Edition)

BY ROBERT GORDON

First time buying wine? Never been in a wine store? It can be tricky, so many bottles, so many choices. Most people just look for the nicest looking bottle. “You can’t judge a book by its cover” applies for wine as well; styles of wine vary, all with their own distinct tastes. All wines come from grapes, and different types of grapes have their own unique flavor. Wine grapes are grown in specific parts of the world. Depending on the soil and growing conditions, the magical process of growing grapes and transforming them into wine happens at vineyards. Some of the more popular regions well known for their wines are Napa Valley and Alexander valley in the United States, and Tuscany in Italy. Each region has many vineyards, the harvesting farms of grapes. Some of the most well known vineyards in the States include Stags Leap in California, The Pindar Vineyard in Long Island, and Robert Mondavi Vineyard in California. Chardonnay and pinot noir grapes come from Burgundy grapes, while cabernet and merlot come from red grapes of Bordeaux. Once grapes are harvested they are crushed and stored in wooden barrels to age for 12-30 months which oxidizes them and fully matures their taste.

Different types of wine fall into their own category. Merlot is a full body heavy red wine; Cabernet is a medium body not too heavy red wine. Pinot noir is a red medium wine that has a velvet texture; Pinot Grigio is a white Italian dry wine that is light and easy. Sauvignon Blanc is a white light semi-sweet wine. Great wine doesn’t have to be expensive; here are a few fantastic tasting and inexpensive wines. Bogle merlot from California—this wine contains a deep cherry fruit and soft hints of summer anise. Touches of pipe tobacco and spicy oak lend weight to the finish, followed by firm, strong tannins, great to be enjoyed with heavy meats and pasta dishes (9.99). For cabernet Sauvignon I recommend Colcannon Cabernet from California. The taste is full-bodied, rich and fruity. Deep red color, with black cherry and vanilla-oak flavors and a rich, smooth finish. Intense notes of black cherry, cassis and dark chocolate swirl on your palate while fine spice and hints of ginger complete the finish. It’s great to have with meat and pasta’s (8.99).

For a pinot noir I recommend Robert Mondovi Pinot Noir from California, the aroma is an explosive nose of blackberry, Bing cherry and spicy black pepper which all add to the fantastic finish. Great to pair with grilled salmon, chicken, and lamb (15.99).

For pinot grigio I recommend Ecco Domain from Italy. The wine has great characteristics of pleasant floral and tropical fruit aromas, and has a light, crisp, clean and refreshing flavor with fruity hints. It’s great to have with Italian dishes or enjoying on a nice day in the sun over ice (9.99). For Sauvignon Blanc I recommend Kendall Jackson from California. Lime, melon and Anjou pears intermingle with sweet and tropical fruits such as fig and kiwi to create this delightfully refreshing wine. According to Randy Ullom, a respected Winemaster, “Hints of grapefruit highlight the mineral qualities of this wine’s surprisingly long finish.” Great with seafood, poultry, and salads (9.99). For chardonnay I recommend Hess Collection chardonnay. A wonderfully textured, lusc Chardonnay with bright acidity and an intrinsic fruit character, best enjoyed with fish and chicken dishes (12.99).

For white zinfandel I recommend Sutter Home w/z from California. A blush pink color introduces this fresh, lively wine. On your palate, light creaminess surrenders to a refreshing crisp finish of strawberries and melon. This wine is great to enjoy anytime and can be paired with anything ($5.99). A great price for college students on a budget. Drink responsibly, and judge no wine before its time.
TIJANA R. MIHAJLOVICH
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Domestic Abuse Against Men — Staying Silent is Not the Solution

BY ERIK BEREDEA

Are you the victim of domestic abuse? Do you have a boyfriend, or a girlfriend who harms you in any way? Well if you do, then it’s time to let others know.

If you watch television or listen to the news on the radio, open your daily newspaper or even talk to the people around you, you have heard the stories about people being abused by their loved ones. Most commonly it is a story about a woman who has been beaten by her boyfriend or husband. What you many not know is that men too are abused by their significant others.

The first problem one encounters in addressing spousal abuse of men is the conventional bias about it. Males are viewed as the “powerhouse” while women are almost always viewed as weak and defenseless. While one hears domestic abuse, everyone tends to think “Oh my, he beat her again didn’t he?” This is in part understandable – on the news show the overwhelming number of stories on spousal abuse concern women being beaten by men. And indeed, a study by Dr. Callie Marie Rennison entitled “Intimate Partner Violence 1993-2001,” released in 2003, showed that in the year 2000 approximately 440 men were killed by their intimate partner, whereas approximately 1247 women were killed that same year. The second and main problem one encounters when addressing the topic of battered men is how ubiquitous the bias can be. Search online and you will find websites that show the symptoms of abusive relationships yet everything written says, “Does he hurt you,” or “when he hits you he will…” One reason for this problem is what is known as the Duluth model.

As stated on www.batteredmen.com, the model was developed, not by a team of psychologists and research scientists, but in consultation with “a small group of activists in the battered women’s movement,” and “more than 200 battered women in Duluth.” The Duluth Model, however, doesn’t focus on science and research but instead states that men are abusers because they live in a culture and society that teaches men to dominate. As a generalization this claim may bear some aspect of truthfulness, but it cannot be validated as a universal explanation for abusive behavior.

Another problem with the topic of battered men is that while the evidence is concrete, not much is known about domestic abuse against male partners. Why? Most men don’t report it. This could be attributed to the cultural response should a man come out and say, “I was abused by my spouse.” A study done in the ways in which this subject is addressed concerns John Wayne Bobbit and Lorena Bobbit, the husband and wife who back in 1993 made headlines. Lorena Bobbit claims to have been raped by her husband after he came home one night from hard partying. She castrated her husband and tossed his penis into an open field from the window of her car. While I’m not condoning or defending what he or she did, this situation did have a cultural impact – Lorena Bobbit became a household name, and John Bobbit became the butt of every joke. The story did, however, bring renewed attention to the problem of domestic violence.

That was a fifteen years ago. Today, if you turn on the television or search the internet for “abuse against males” or “domestic violence against men” you will most likely find 2-4 results while the majority of links provide statistics, crime reports and information on violence toward women. Apparently, men are afraid that society will laugh when they speak out. Society, it seems, won’t countenance it. Men are viewed as cowards for being abused by a female companion and the abuse is shrugged off as unbelievable or nonexistent.

The proverbial stone states that a man is meant to be the leader, the one who exercises strength, not a minion. Complementing that idea is the belief that women only use violence in self defense, therefore already denying credibility to the man being abused. Why is this “double-standard” important to bring up? I was one of those men in an abusive relationship who didn’t speak out against it, and the one or two people who knew about it turned a blind eye.

I was one of those men who were afraid to do anything; my stature isn’t massive like Hercules and I’m already viewed as somewhat weak, but I feared that admitting that I was the victim of abuse at the hand of a woman would have made me look like a fool. I was afraid to say or do anything because I didn’t want to lose the first committed relationship I had been involved in. When I attempted to speak of the problem I was told I was stupid, made to look inferior and informed that it was my fault that my partner was acting this way. My temper grew, my self doubt grew, I withdrew from others, yet my dependency on my partner grew while my trust and ability to love slowly faded and failed. I lived with this for four years.

Further complicating our relationship she cheated on me twice and accused me of being unfaithful.

I have decided to take a stand and let people know that spousal abuse isn’t a problem for women alone – there are a significant number of men who have suffered abuse at the hand of their female partners and they are silent, they are scared, they are alone and they may be sitting right next to you; they may be reading this right now and are still afraid to speak out – that’s the problem. Staying silent is not the solution.

Further information for male victims of domestic abuse and more resources is available at mencrytoo.homestead.com, and malesurvivor.org.

Local Perspective on Global Warming

BY ANDY SOKOLOWSKI

To New Yorkers weary of winter after freezing temperatures and unpredictable snowfall; global warming may sound like the next best alternative to moving to Florida. Aside from darker tans and having to shovel less snow, however, global warming also means receding glaciers and rising sea levels. While we will not be completely underwater by the fourth to eight inches that scientists are predicting the sea level will rise within the next twenty years, the severity of flooding during storms could bring the financial district of Lower Manhattan and the subway system to a halt as well as cause millions of dollars of damage to coastal neighborhoods in the Rockaways and along Jamaica Bay in Queens and Brooklyn.

The term global warming refers to a continuous, though gradual, increase in the earth’s average temperature over a period of time. The average temperature of the earth does go through cyclical variations between cooler and warmer naturally, but the global warming that scientists and political groups are arguing about is the acceleration of the natural warming process that results from human activity. Specifically, the rapid industrialization of the world has produced an unprecedented abundance of carbon dioxide (CO2), a so-called greenhouse gas”, in the earth’s atmosphere. Greenhouse gases trap solar heat in the atmosphere much the same way grass roofs and walls trap solar heat in a greenhouse. Emissions from burning fossil fuels in our cars, homes and factories increase the abundance of CO2 in the atmosphere, which in turn increases the effectiveness with which the heat is trapped.

Addressing the General Assembly of the United Nations that New York City Mayor Michael Bloomberg compared the long-term threat of global warming to the short-term threat of terrorism (possibly to counter the Bush administration’s emphasis on terrorism issues and relate neglect of environmental ones), stating “Terrorists kill people, weapons of mass destruction have the potential to kill enormous numbers of people. Global warming has the potential to kill everybody... This is really just as lethal, it’s just that the results are much more gradual.”

The mayor is not talk without action, however: his administration has drafted a long-term plan, known as PlanNYC, which includes among its goals a 30 percent reduction of CO2 emissions in the city by 2030. The plan is probably best known for making headlines over the controversial $8.00 proposed congestion charge for driving vehicles through Midtown Manhattan during the day. The plan also calls for making both new and existing buildings more energy-efficient and updating public infrastructure.

Of course, one city reinventing itself to become more energy-efficient cannot save that one city—global warming, of course, is on a global scale, and would require cooperation from cities and nations the world over if its effects are going to be reduced. But as the financial and cultural center of the world’s only superpower, New York City can use its influence as a model for other cities to follow, and hopefully the industrialized world can do everything in its power to prevent eradicating itself by the turn of the next century.

For more information on global warming and environmental issues, you can visit grist.org or view Al Gore’s documentary film An Inconvenient Truth. For more information on PlanNYC, you can visit nyc.gov.
Did you know that sixteen people could be fed on the grain it takes to produce one pound of meat? That’s a lot of grain. Unfortunately, the industry that produces the meat we eat negatively affects the health of our environment, our bodies, and our future. It’s been estimated that world hunger could be defeated by consuming and sharing available grain supplies rather than using it to stuff a cow or pig.

The meat industry contributes to the environmental problems of climate change, water contamination, land degradation and deforestation. According to an E.P.A. article “Animal Waste Management: What’s the Problem?”, the dairy cow that produces the milk that we put in our coffee in the morning and dip our cookies in, produces about 120 pounds of manure a day. That’s the waste of approximately 20 to 40 humans, per day.

Waste from animals seeps into our underground sources for drinking water, which can increase the percentage of nitrates to unhealthy levels. That leads to the contamination of our water and the air we breathe. According to The New York Times, U.S. livestock produces about 900 million tons of waste a year. That’s about three tons of manure in the Amazon is now used for raising live stock.

At the beginning of this year a slaughter house in California was banned from supplying school lunches to children due to the inhumane ways workers were treating animals. Video footage showed workers at the Westland/Hallmark Meatpacking Company abusing dairy cows that were unable to walk. They were seen kicking the cows as well as electric shocking them. These abuses led to the largest recall of meat in American history. Senator Barbara Boxer of California sent Agriculture Secretary Ed Schafer letters stating that this abuse “can cause food borne illnesses that can endanger public health” such as E. coli and Salmonella poisoning.

What can individuals to help reduce the environmental stress that results from livestock production and processing other than putting a stop to one’s omnivorous lifestyle? The best thing to do is to become a vegetarian. If you can’t do that and want to help in some way buy organic meat. You could even cut down on your meat intake. Only eat meat once a day. There’s really no need for all the protein we get from meat. The average meat eater gets more then twice the recommended allowance of protein a day.

If everyone were to cut our meat intake we’d see a significant change in our health and bodies as well as a gradual change on our environment. Goweg.com has an awesome website that contains information on the effect the meat industry has on us and our earth. It allows us to have access to videos, vegetarian recipes and a FREE vegetarian starter kit! The starter kit includes everything you’ll need such as tips, pamphlets, and recipes. If you want to know more about what goes on behind closed doors go to meat.org and watch the video that the meat industry doesn’t want you to see. Other informative websites you could visit are greenblog.org, celsias.com, and peta.org.

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In the past three years there has been a buzz going on in the hip hop world about rapper Lil Wayne. Lil Wayne entered the rap world at the young age of 12. He signed to Cash Money Records and was legally adopted by Brain “Baby” Williams, who owned and still owns the record label. Wayne was always looked at as a young rapper with some potential to be good but nothing special. In December of 2005, Wayne and his The Carter II album which turned out to be the spark of his recent success. Within the last three years, Lil Wayne has been featured on songs as the main or guest artist on various mix-tapes but has not come out with an album of his own in almost three years.

In the last year alone, however, Wayne was heard on over 175 songs which has been a help to his growing success His upcoming album is the final part to his “Carter” trilogy named The Carter III This album has been expected by fans since December of 2007. It has now been slated to drop in March or April of this year via Cash Money/Universal Records. Wayne was quoted on mtv.com about the long-awaited album, saying, “I think this album is going to be one of my best albums. I’m a true perfectionist; I might even have to ask Universal to make a video for all of these songs, that’s how crazy is going to be one of my best albums. I’m a true perfectionist; I might even have to ask Universal to make a video for all of these songs, that’s how crazy they all are. Every one of them is a movie.”

Still, Wayne might have run into another road-block in the release of his album according to an article on sohh.com written by Janee Bolden on January 28th. In Yuma County, Arizona on January 22nd, Lil Wayne was arrested around 11:30 PM for 105 grams of marijuana, 29 grams of cocaine, possession of weapons, and possession of drug paraphernalia. Wayne was quoted on mtv.com about the long-awaited album, saying, “I think this album is going to be one of my best albums. I’m a true perfectionist; I might even have to ask Universal to make a video for all of these songs, that’s how crazy they all are. Every one of them is a movie.”

This disturbing and appealing documentary will tell you why there is a war and exactly what contributed to current quagmire in Iraq. What lead up to it? President Bush and his administration have been unable to provide what the American public has asked for, and that is simply the truth.

No End in Sight is a Grade A, jaw-dropping documentary answering all our questions on Iraq. The difference between the other Iraq war documentaries and this one is the exclusive inside information provided by the ultimate insider, Michael Moore. The Oscar winning director, writer, documentarian, has created a mesmerizing film that won a Sundance Film Festival Award and that was nominated for best documentary film at this year’s Oscars. The information revealed in this documentary comes straight from the people who had responsibility for Iraq’s future in their hands. Generals, ambassadors, special advisers from the U.N., soldiers and intelligence specialists on Iraq are all interviewed. From the opening scenes of the film you learn the steps that lead to the war in Iraq and the resultant insurgency that, in a tragic irony, America is responsible for having set in motion.

Wisely, Ferguson’s documentary does not dwell on the violence in Iraq and the death of American soldiers, and focuses only shortly on the September 11th attacks. Instead we see the eager faces of welcoming Iraqis who perceived America’s military intervention as an opportunity to a better life. America’s help was very much needed following the long and brutal dictatorship of Saddam Hussein. Sadly, soon after America and other allied forces entered Iraq, we hear a weary man express his disappointment in the U.S. by stating, “Yes, Saddam was bad to us and not a good leader, but what the U.S. has done to us is much worse.” I love the clips expressing the feelings of the Iraqis’.

After watching the film, though I was never fond of documentaries, the story of America’s failures in Iraq has never been of greater importance to me. The callous destruction of national monuments, museums, governmental buildings, schools, universities, businesses and homes – the loss of Iraq’s entire cultural history is uncovered in No End in Sight. Now as for the shock factor, my mouth dropped when I saw the lack of law enforcement and the U.S. not stepping in to suppress the looting that took place shortly following this occurred; Wayne had a concert in Richmond, Virginia, which was his first following his arrest. At the concert, he apologized to his crowd for being angry and bitter about his situation. Wayne also had his crowd yell obscenities to his so-called friends involved in the arrest and who were on stage at the concert that night. On March 7th Wayne will have his second court hearing on charges of possession of dangerous drugs, misconduct involving weapons, and possession of drug paraphernalia.

As the self-proclaimed “Best Rapper Alive” has shown with many different collaborations, having guest artists on his albums is essential. Some known collaborations on the upcoming Carter III include Birdman, Enrique Inglesias, The Game, Juelz Santana and Justin Timberlake. The production was also very important for Weezy. He got some of the best producers in the game including Kanye West, Timbaland, Scott Storch, The Runners and Cool & Dre to name a few. This might be one of the most anticipated albums in hip hop since....well, ever! Hopefully, we won’t have to wait too much longer or some of Weezy’s fans won’t stick around.

Is There “No End In Sight” For Iraq?

BY JENNIFER HERNANDEZ

“We will bring to the Iraqi people food and medicine and supplies and freedom.” — George W. Bush

Picture this: bombs going off in the desert as soldiers scatter amid the chaos and fear that fills the air. Sound a little too familiar? Many documentaries on the war in Iraq have used the same video and news clips over and again. No End in Sight shows us something different. It’s a fascinating documentary that covers the decisions that lead up to this war and the fatally flawed decisions enacted once American troops occupied Baghdad. Interviews with officials that played significant roles in Iraq reveal valuable information. This disturbing and appealing documentary will tell you why there is a war and exactly what contributed to current quagmire in Iraq. What lead up to it? President Bush and his administration have been unable to provide what the American public has asked for, and that is simply the truth.

No End in Sight is a Grade A, jaw-dropping documentary answering all our questions on Iraq. The difference between the other Iraq war documentaries and this one is the exclusive inside information provided by the ultimate insider, Michael Moore. The Oscar winning director, writer, documentarian, has created a mesmerizing film that won a Sundance Film Festival Award and that was nominated for best documentary film at this year’s Oscars. The information revealed in this documentary comes straight from the people who had responsibility for Iraq’s future in their hands. Generals, ambassadors, special advisers from the U.N., soldiers and intelligence specialists on Iraq are all interviewed. From the opening scenes of the film you learn the steps that lead to the war in Iraq and the resultant insurgency that, in a tragic irony, America is responsible for having set in motion.

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who will foresee the forces of nature?

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2008 will be a good year for the QC Tigers baseball team

It has been 4 years since the Queensborough Community College (QCC) Tigers baseball team has won the CUNY Championship and Region Championship. This year’s baseball team, however, does not look like it is going to suffer the same fate as the 2007 QCC baseball team. With a large number of talented freshmen having arrived, in addition to the six returning players from the 2007 season, the 2008 season will be a breeze. “This is one of the best teams I have ever coached since I started at Queensborough,” head coach Craig Everett said while on a trip to Florida with the 2008 Tigers.

Last year the Tigers were a “Power” pitching and hitting team, including pitchers William Martin, Alex Urgiles, and Luis Vega as our three top starters, and sluggers Thomas Benedetto, Noel Gerena, Dave Gerena, and Cosme (Alex) Gomez in the heart of the lineup. The crushing defeat to Nassau Community College in the third round of the playoffs and to Bronx Community College in the CUNY Championship is the spark for the 2008 season. Now that the majority of the 2007 Tigers have left, it’s time for the 2008 Tigers to pick up where they left off. The returning players, Sean Ally, Sean Smith, Dave Gerena, Mark Voljila, Luis Hererra, and Jonathan Valentin, add on to the identity of the 2007 Tigers have left, it’s time for the 2008 Tigers to pick up.

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Unfortunately, “scare tactics” do not dissuade young people from using steroids. Telling a high school kid that steroids will seriously damage one’s health and potentially kill you can seem silly if not unbelievable when one can turn to ESPN and see Bill Rowson breaking N.F.L. records, or Barry Bonds and Jason Giambi breaking home run records. Education is the best way to deal with the issue of steroids in high school sports. The results of a survey conducted by the American Medical Association from 2005-2008 show 6.1% of students from grades 9 through 12 had taken anabolic steroids. Use of these drugs is a serious and increasing problem, as most health professionals and reporters have said.

The most famous stories of steroids in baseball are those of Jason Giambi and Barry Bonds. Both players were suspended for using anabolic steroids when BALCO (a drug manufacturing company) was exposed. It is no secret what has been going on in baseball, and that at least half the players are using steroids. “They lie about it, they joke about it; these guys just want to protect their image,” reported Ken Caminiti in Sports Illustrated, back in June 2002. The story of steroid use in sports began just before the World Weightlifting Championships of 1954. The Soviets had a huge victory and dominated most of the weight classes. John Ziegler, the team physician for the United States, questioned the team’s doctor after the medals were awarded and learned that the Russian weight lifting team had been receiving testosterone injections. This was the first time anabolic steroids had been used to enhance performance in an athletic event. By the 1990s, the use of anabolic steroids had become “normalized” in society, and their use had penetrated every sport from the professional ranks to the high school ranks.

In contrast to last years power team, this season’s it’s a “small ball” team. There aren’t as many power hitters as there were in the 2007 season but with freshman speedsters Jonathan San Pablo or Marcos Castro at the top of the lineup it will be hard to throw them out at second or third base. There will be more bunting and base stealing this season with all the speed we have which makes the team a “small ball” team. Adding to that there will be power in the middle of the lineup with Elbert Garcia, Keith Morrice, Leland Schneider, and Dave Gerena. “I believe we can take the whole thing and hopefully get the chance to represent the school in Texas for nationals. We have the talent to go all the way. We have good defense and a strong pitching staff and good bats throughout the whole line up,” said Keith Morrice, a first year player for the QCC Tigers.

QCC will be a good year for the QCC Tigers baseball team – the year they will bring the championship trophies back home!
sports

2008 Fast Facts

Queensborough Community College
Junior College Athletic Association (Region XV)
CUNY Athletic Conference

Women’s Varsity Athletics

Basketball
* CUNY Champions 2008
* Region XV Champions 1992
* Region XV Champions 1973, 1982 & 1984
* National Participants 1973, 1982 & 1984

Cross Country
* CUNY Champions 2004
* Region XV Champions 2004
* District Champions 2003
* Region XV Division Champions 1991 & 1997
* National Participants 1991

Indoor Track
* CUNY Champions 2005 & 2006
* District Champions, 3rd place 2005 & 2006

Outdoor Track
* CUNY Champions 2003 & 2004
* District Runner Ups (2nd Place) 2003

Softball
* Pre Season City Champions 2004 & 2005
* Region XV Runner Ups (2nd Place) 2004

Swimming

Volleyball
* Region XV Runner Ups (2nd Place) 1999

Queensborough Community College
National Junior College Athletic Association (Region XV)
CUNY Athletic Conference

Men’s Varsity Athletics

Baseball
* Region XV Champions 1994 & 2005
* National Participants (College World Series) 1994 & 2005

Basketball
* Region XV Sportsmanship Award 2002 & 2006
* Region XV Division Champions 1991 & 1997
* National Participants 1991

Cross Country
* CUNY Champions 2004 & 2005
* Region XV Champions 2005
* District Championship, 3rd Place 2005

Indoor Track
* CUNY Champions 2005, 2006 & 2008
* District Champions 2003, 2nd Place 2006

Outdoor Track
* CUNY Champions 2003 & 2005

Soccer
* Region XV Champions 1987, 1996, 1999
* District Champions 1972, 1973, 1974
* National Participants 1972, 1973, 1974

Swimming

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The Harriet and Kenneth Kupferberg Holocaust Resource Center and Archives, presently located in the QCC Library LB-30, will soon have a new home. A new 7,000 square foot building, housing a library, class rooms, a video and screening room, an exhibition room, and a collection of testimony by survivors will be attached to the Administration building on the second floor. QCC President Marti is the man responsible for getting the Center out of the basement. The funds for the new Center come from many individuals and groups including retirement homes, schools, and individuals. A Jericho High School student recently raised $11,000 for the new building.

The Harriet and Kenneth Kupferberg Holocaust Resource Center and Archives was named after Harriet and her husband Kenneth Kupferberg, long time supporters, friends, and members of the fund board for Queensborough Community College for 30 years. The Holocaust Center is a place where people can discover the atrocities that were committed during the holocaust, and to illustrate what individuals had to go through, both Jews and others, who tried to help those being persecuted by the Nazis. The goal of the Kupferberg Center is to educate people that racism still exists and to try to prevent what happened in the holocaust from happening again.

The center will exhibit artifacts concerning the holocaust during World War II, when Jews were shipped like cattle to concentration camps and killed and that of other genocides of the 20th century as well. Dr. Arthur Flug, the Center’s Director, is dedicated to spreading the message of the Center to his students and beyond. In an interview, Dr. Flug mentioned that he tries to put people in situations that have recently happened to see if they realize that racism still exists. For example, he asked me to put myself in the situation of the four Asian Men who were beaten in Douglaston some years ago. To illustrate how people felt during the holocaust he also told me to try and picture that I would have no right to a trial and the people who committed the crime with which I had been charged got away with it. According to Dr. Betti Martini of Mission Possible International (http://www.mpwhi.com/main.htm), FDA officials frequently find themselves with lucrative paying positions in the same companies they were once supposed to regulate. This suggests a conflict of interest. The FDA, for example, approved aspartame even though studies show an occurrence of tumors in rats. The FDA’s response is that humans are different from rats. Yet according to Totheroh’s report on MSG, humans are five times more sensitive to aspartame than rats. People are also exposed over a life time unlike experimental rats who receive large dosages over a short time.

Take a minute and read the fine print on the food you eat. Know and be informed about what you are consuming as no one will take better care of yourself than you. Make informed decisions. There is an abundance of information available on the web concerning the above information and more. In the next issue of the Communiqué, we will visit the government’s role in pushing unhealthy products onto American tables.
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