Rosa Parks: The Woman Who Fought For All

By NJEMA BROWN

On December 1, 1955, Rosa Parks was riding on the bus going down Cleveland Avenue in Montgomery, Alabama. When a white man approached Parks and demanded her seat, she refused to get up. Any other day she probably would have gotten up. This day she was aggravated and was not moving. Her action led to her arrest and she was held in jail. She was eventually bailed out by Edgar Daniel Nixon. But that December 1st day was the crossing of the threshold in black history.

During the 1950s there was a large civil rights movement led by Edgar Daniel Nixon. Nixon was the local president of the NAACP (National Association for the Advancement of Colored People founded in 1909). He influenced Rosa Parks to be the leader in fighting for the cause of ending segregation on buses. E.D. Nixon called upon ministers for support, one of whom was Martin Luther King Jr. He needed everyone he could get to help him back up Rosa Parks in this fight. E.D. Nixon knew that Park’s action would change history.

The three forces, Rosa Parks, E.D. Nixon, and Martin Luther King Jr., along with others, decided to boycott the buses on December 4, 1955, in Montgomery, Alabama. For three hundred and eighty-one days, blacks would refuse riding the bus, until their list of demands was met. The list consisted of black drivers being hired, seating decided upon a first come first serve basis, and civility.

Due to the boycott, transit fell into a deep financial crises. On November 13, 1956, the United States Supreme Court outlawed segregation and considered it to be unconstitutional. The boycott ended on December 21, 1956. This was the day that many blacks rode the bus and sat anywhere they pleased. The boycotts led to other fights during the civil rights movements. Later there were equality rights for blacks in jobs, voting, and children attended non-segregated schools.

The woman who revolutionized black history died on October 24, 2005, at the age of 92. Her coffin was brought back to Montgomery, Alabama. “Two black-and-white houses pulled a wooden hearse carrying the body of the late civil rights heroine” (Austin Fenner, The Daily News, Sunday, October 30, 2005). The black-white horses symbolized the equality and non-segregation represented today. There were six Air force airmen who carried Park’s coffin inside St. Paul’s African Methodist Episcopal Church. Mourners stated, “Parks’s viewing reminded them of their own personal battles and indignities with a racist America” (The Daily News, Sunday, October 30, 2005).

The late Rosa Parks had one last memorial on Sunday in Montgomery, Alabama. Her body was then taken to Washington for its public viewing in the United States capital rotunda. She will be the first woman to be honored as she is buried in the rotunda. Nell Ford stated in The Daily News that Rosa Parks earned the right to be buried in the rotunda. She changed the course of history just by not moving that December day.

Thank you, Rosa Parks for sacrificing your life for the greater of all. You showed selflessness and courage which many people do not.

The Price of a Bachelor’s Degree

By STACEY AUGUSTE

The rising cost of higher education leaves students wondering if getting a bachelor’s degree is still a wise investment.

Theoretically, when a person makes an investment, they expect to see a return on that investment. Students want to be sure that when they are done with college, they will be able to pay off their student loans and support themselves financially. In 2004, the median wage for individuals with a bachelor’s degree or higher was $986/wk compared with $574/wk for those without a bachelor’s degree.

And those numbers are still on the rise. For 2005 there has been “evidence of increased competition in terms of salary offers,” says Camille Luckenbaugh of the National Association of Colleges and Employers. “About half of employers told us they had raised or would be raising their starting salaries and we’ve seen average starting salaries rise in a number of disciplines.”

The N.A.C.E. also reported that hiring picked up last spring for the college educated. Companies plan to hire 14.5 percent more new college graduates in 2005 than they did in 2004.

It appears that employers have seen how hiring college grads have worked out in their favor. Steven Jungman, National Recruiter for Mattress Firm, stated, “When we increased the number of new college grads hired in 2004, we saw our tenure rates increase and our customer service quotient improve… The overall positive energy generated by each new training class served as a positive influence in each respective market.”

On average, for 2005, the service sector plans to hire 13.9 percent more than 2004, manufacturers 13.4 percent more, and government and non-profit agencies 0.9 percent more.

The only dilemma left for students is finding a job after graduation. There is the perception, among students, that there are plenty of jobs out there for new grads. Students have not taken into account the competition that is out there. In 2005 alone, there are over a million other students graduating with a bachelor’s degree.

Students should know what job or position they would like to hold and not just what major (continued on page 3)
French Fries Cause Cancer

A few years ago a discovery raised questions on the safety of French fries as well as potato chips. According to the New York Times, the country’s favorite food is soaked with trans of fats, loaded with sodium and full of simple carbs, of the bad kind. In addition, a chemical called Acrylamide has been found in French fries which is known to cause cancer in laboratory rats and mice.

Many companies fear that they will be required to reduce the amount of Acrylamide levels in their food, but this issue is being debated in California by the activist attorney general Bill Lockyer, who is fighting against the food industry and the Food and Drug Administration. Lockyer filed a suit in August against many restaurants like McDonalds, Burger King, Frito-Lay and another six companies in which he proposed that their products should contain a warning which allows people to be aware that their product has a chemical that causes cancer.

On the other hand, food companies argue that scientists do not know that Acrylamide is carcinogenic to humans at the levels present in food. They also agree that Acrylamide is not put into food, but it is formed when starchy food is heated at high temperatures.

Meanwhile, the food industry prefers to earn their profit and stay in business instead of avoiding diseases that their products are causing to all Americans that are not aware of these chemicals in their food.

Proposition 65 requires companies to announce the chemical warning and alert people when they are exposed to dangerous toxins in their food that could affect their health and the health of others. In addition to the danger of the carcinogenic substance, the ingredients in French Fries are one of the primary causes of diseases, the number one in America being obesity in children and adults as well.

As Americans we should prevent ourselves from eating fries that threaten our health. We should also be aware of the diseases that are being spread by companies that care more for their business rather than the health of their customers.
Campus Gym Desperate for Improvement
By Mervin Noori

The majority of teens or young adults who want to attend high school or college. Many find it more convenient to workout in school rather than a local gym, for the latter is too time-consuming.

Queensborough College has a facility that provides all the equipment necessary to get a full body workout. It provides many benches and dumbbells for free weight exercises, machines that emphasize upper body and a number of cardiovascular treadmills and bikes for weight loss and endurance. Unfortunately, the QCC gym is not perfect; as a matter of fact, there could be some improvements to make it better. For instance, the floor has bumps in certain areas the size of a basketball which could cause serious injuries if someone were to trip over any. Some other minor repairs could be done in other areas in addition to the floor.

Two students who use the campus gym connected on their experiences: Alvaro Sanchez, 21, sophomore, and Margarita Borkova, 19, freshman.

Alvaro said, “the dumbbells are always out of order and it’s a pain finding the right pair, it takes me 5 minutes just to find a matching dumbbell.” Others agree with Alvaro who found this to be a problem on several different occasions. One solution is to put a sign by the dumbbell area stating that everyone should return their weights after using them.

Margarita states, “the bikes don’t operate well, they seem stiff and it would also be nice if we had windows for some air at times when it gets really hot.” We do need new bikes, yes they are old and rusty, peers found them to be really uncomfortable and said that they put much strain on the knees. As far as the temperature goes inside the weight room, it feels like a boiler room in there. Those fans just don’t seem to cut it at all. It would be more comfortable to workout in an atmosphere where the room temperature was cooler.

Another problem that was found amongst those who exercise was the time limit allowed on the treadmills…there is none, so someone could be on the treadmill for over 45 minutes, and since we only have 3 or 4 treadmills, this could be an issue for certain people who are in a rush. There should be a 30 minute time limit. It’s definitely a privilege to have a facility in our school where we can exercise for free. These days gym memberships go anywhere from $350-$1200 for an annual membership, and that can be a bundle for most of us who pay our own tuition, transportation, food, gas, etc.

The campus gym is a great facility for those concerned with their health and body; we just need to give it some finishing touches on making it THE PERFECT GYM.

Price of a Bachelor's Degree: (continued from page 1)

they would like to pursue. It will make a job search much easier to approach. Students will be able to start looking at companies they are interested in working with before graduation and start to build a relationship with that company. Internships, volunteer work and established leadership roles give students greater marketability to employers. For many students, internships lead to full time job offers.

Although companies are hiring, we are seeing a spike in mainly entry level positions. The top 5 entry level employers are Enterprise Rent-A-Car, Lockheed Martin, Walgreens, PriceWaterhouse Coopers and the F.B.I. (CollegeGrad.Com). Grads will have to often accept jobs they may not necessarily want just to get their foot in the door and work their way up the company ladder. Graduates will be able to relocate and offer themselves greater marketability with an employer.

Since 2001, individuals holding a bachelor’s degree had experienced a major slump in the job market. It’s good to know that the demand is back for them and it is still worth the money and time to pursue a bachelor’s degree. Economists estimate that over a 5-year career, an individual with a bachelor’s degree will earn 73 percent more than a high school graduate. In actual numbers that’s roughly a $1,000,000 difference.

Graduates must learn how to sell themselves. Their school experience combined with work experiences, communication skills and leadership skills as well as their understanding of the demands of a growing market, makes them more appealing to an employer.
College Costs Continue to Rise

By Kate Skarona

According to an annual survey released by the College Board, the average college tuition grew more than did overall inflation this year. Annual tuition at public universities rose on average by $365, or 7.1 percent, this fall, after a year during which overall inflation was far less. Private universities increased tuition by $1,190, or 5.9 percent. Two-year community colleges increased tuition on average by $112, or about 5.4 percent.

The tuition was raised by 10 percent and 13 percent in public universities the past two years. In this year’s survey, the slowing growth rates were a relief to higher education leaders who were faced by public criticism over the campus costs that are causing increases in the rest of the economy. “There’s a deep and growing public anxiety about affordability, and we in higher education must be sensitive to it,” said David Ward, president of the American Council on Education, the nation’s largest association of universities and colleges.

Total expenses—excluding tuition and fees, room and board, books and supplies, transportation and other expenses—now average $15,566 for an undergraduate student attending a public university in his own state, the survey said. Total expenses at private universities now average $31,916. The survey did not give reasons for the continuing tuition increases in more than 3,000 colleges and universities, but they reported that the prices of goods and services at universities have risen very quickly. Other fast growing costs have been employee services at universities have risen very quickly. Increases in more than 3,000 colleges and universities caused increases in the rest of the economy.

Tuition prices are rising but it is all worth it. When you graduate from college and pursue your career, you will be able to pay the costs much faster and benefit from it, by having a diploma with you forever. People say that even if you go to college and get a diploma, it is hard to get a job. That can be true, but imagine if you hadn’t attended college, then it would be twice as hard to find the job you want, and work twice as hard to get good pay.

No One Deserves to be Abused, Period.

By Samantha Small

Domestic violence and emotional abuse is defined as behaviors used by one person in a relationship to control the other. Partners may be married or not married, living together, separated or dating, heterosexual, gay, or lesbian. Domestic violence takes many forms of abuse, verbal, emotional or sexual, and can happen all the time, or once in a while. Anyone can be a victim. You can be abused no matter what your age, sex, race, culture, religion, education, employment or marital status is. Women are usually the victims when it comes to domestic violence, but men can be victims, too. According to the Bureau of Justice Special Report on Intimate Partner Violence, girls between the ages of 16 and 24 are the victims of relationship abuse more than any other age group. In fact, a recent survey commissioned by Liz Claiborne, Inc., found that 57 percent of all women know a friend or peer who has been in an abusive relationship.

Many people do not realize that they are in an abusive relationship and the abusers don’t see themselves as being abusive until it is too late. An important step to help yourself or someone you know is to recognize the warning signs. Some examples of abuse are name-calling or putdowns, actual or threatened physical harm to you, your family, friends, or pets, sexual abuse (unwanted or forced sexual activity), stalking, threatening suicide to get you to do something, intimidation, using or threatening to use a weapon against you, pushing, hitting, slapping, choking, keeping a partner from contacting their family or friends, withholding money, stopping a partner from getting or keeping a job.

If you are being abused remember that you are not alone. At Queensborough we have a counseling center located in the Library Building, Room 428. Office hours are Monday through Friday 9 a.m. to 4 p.m., Tuesday and Wednesday evenings 5 p.m. to 7 p.m. The counseling is free and confidential. To make an appointment, you can call 718-631-6370, or visit them during the office hours.

If you don’t feel comfortable going to counseling on campus, there are other ways to get help. You can talk to a friend about the problem and try to get through it together by getting help. You can visit breakthecycle.org, or call one of these helpful toll free hotlines: Haven 248-334-1274 or 877-922-1274, Common Ground Sanctuary 248-456-0909 or 800-231-1127, and Women’s Survival Center 248-335-1520. You can also always call 911 because threatened or physical violence may be illegal and there is help available for you. Abuse is not your fault and you DO NOT deserve to live with it.

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Bad News for Ferrer

BY DAVID REVILLA

In the race to become New York City’s next mayor one thing has become very clear, Fernando Ferrer, once a favored candidate, is losing. Throughout the five boroughs Michael Bloomberg has attained a comfortable lead including, of all places, the Bronx. In Ferrer’s own backyard Bloomberg holds a two percent lead in the voters, an irony which has not gone unnoticed by the struggling democrist. In the four weeks remaining before Election Day many critics wonder if Ferrer has a shot of making a comeback when all odds seem to be in Bloomberg’s favor.

In the words of Doug Muzzio, a political scientist from Baruch College, who stated that “You need two things,” in order for Ferrer to make a considerable jump in the polls, “You need a big event or happening and you need the mayor to mishandle the event. That’s tough.” Tough indeed since the current mayor has a considerable bank account and knows full well how to use it. Statistics show that Bloomberg has spent roughly $44.6 million since October 3, seven times more than Ferrer’s $6.57 million. The billionaire mayor has wasted no time in flaunting his resources and it looks like they alone will be enough to overwhelm Ferrer.

The five boroughs all seem to have Bloomberg on the brain as he’s swayed most of the populace to his side. Manhattan, Brooklyn and Queens have shown favor to the current mayor; 63% in Brooklyn, 59% in Queens and 61% in Manhattan. Staten Island is pure Bloomberg country as an overwhelming 73% have cast their die for the current mayor leaving Ferrer with less than a quarter of the vote. Ferrer’s home base in the Bronx has been the biggest surprise of the campaign. While Bloomberg holds only a slight lead, 45% to Ferrer’s 43%, the fact that a great deal of Bronx residents have not voted for Ferrero shows that his political base there is not as strong as he made it seem.

It’s also fair to point out that while the greater majority of those who voted for Bloomberg were white, the majority of the Hispanic and black population are pro-Bloomberg. Michael Bloomberg has gone out of his way to sway the minority vote on his side. One of his most interesting endeavors was to have Brian Ellner, an openly gay candidate who once tried for Manhattan borough president, go working for him in his reelection campaign. Ellner, a democrat, has crossed parties to side with the leading mayor in an act that some in the community see as “a sale”. Whatever the reason, Bloomberg has shown that race, gender, or sexual preference has no holding on his decision on who he works with.

As the deadline to the election closes in, it looks like Ferrer and his campaign days are numbered. Bloomberg’s numbers show no signs of sliding anytime soon and time’s running out. While the race is soon to be concluded, Ferrer has made it apparent that he is not quitting and that things can change very soon. The results leave many wondering whether Ferrer can stage a comeback in the next four weeks. With things looking as bleak as they are we can only wait and see.

A NATION UNDER ATTACK

WRITTEN BY VENECIA CAMPBELL

Four years later after the attack on the world trade center and the penta-gon Americans are still walking on eggshells. Many Americans are still looking over their shoulders and making incorrect speculations. The insecurities derive from the lack of information given to the public, and the lack of urgency when dealing with potential attacks. It was speculated that prior to the September 11 attack the U.S. Government was well informed and chose to ignore the threat. The decisions not to validate the threats led to the worst tragedy in American history.

In more recent news, President Bush has raised the level of urgency in regards to preventing further terrorist attacks. Bloomberg released a statement noting the specificity of the recent terrorist threats. Mass transit was the obvious choice for the terrorist due to the large number of commuters each day, as if Americans were not already paranoid. Pearlwine Wright, a MTA commuter adds, “I’m not afraid to ride the subway…if terrorists attack the subway, I don’t think our police force will be able to stop it.”

There has been an increase in police presence since the recent attack threat. The officers are doing random searches. Individuals carrying large bags are prime targets. MTA commuter Jennifer Johnson states, “This is just another form of harassment that the police are now allowed to do…the majority of people being stopped in the subways are minorities…the NYPD are not stopping white men in business suits…they are stopping minority students and blue collared workers…”

“Racial profiling is the number one concern of commuters.”

The NYPD has created a facade of security by planting tons of police officers in a specified area to make commuters feel safe when traveling. “Presence over prevention,” states Tony from Transportation Security Administration (TSA). “People don’t really understand the magnitude of the terrorist threats, and people are content with police presence. Honestly the cops are placed in hopes that they will stop terrorist activity, but there isn’t valid systematic operations being implemented,” Tony adds.

The Transportation Security Administration (TSA) has become the most prominent method in homeland security. This federal funded security program is most prominent in the airport. TSA has hired and trained hundreds of officers to defend our country from terrorist. “I don’t feel safer with the additional TSA presence…they are incompetent, I feel that I could potentially be just another casualty due to the officers obvious disinterest in their jobs,” explains Wendy Perez, airport employee. Tony, TSA officer responds, “That is true, TSA is focused more on filling the necessary positions rather than training the proper people.”

“People also need to keep in mind the turn over rate of TSA…” states Tony and he adds, “There are a lot of officers hired and then fired… There are tons of disgruntle former TSA employees, and they all have vital information…they know all the loop holes…in the wrong hands the results can be frightening.”

The possibility of another attack of the same magnitude as the September 11 attacks has the nation in alert (borderline paranoia). Everyone is waiting and watching for something to happen. “The possibility of another attack is very much a possibility,” Tony explains, “The government is pouring their resources into the wrong places… Americans will always be kept in the dark because without commerce the nation will die.” The Mayor is constantly stressing how important it is for the American public to not show their fear and continue normal day-to-day activities. Mayor Bloomberg is relentlessly advising the public to go out and shop.

The American public needs to believe that the government is taking pre-ventative measures, but at the same time do not put all of your trust in another person’s hand. As Americans we need to take responsibility upon ourselves and keep our eyes open for suspicious behavior. It takes an entire nation to prevent terrorist attacks.

For further information about the Transportation Security Administration (TSA) log on to www.TSA.gov . Be safe.
American Apparel: An American Revolution

By Cesar Borja Jr.

What is American Apparel? It is an up-and-coming T-shirt company bearing with it a new attitude and progressive fashion ethic. Their main gimmick is sweatshop-free clothing, all completely American-made rather than some Third World country by exploited under-aged children working a day’s work for change. This is American Apparel’s contribution to a much long awaited American revolution. The genius behind the whole operation is a man named, Dov Charney.

American Apparel executes all stages of production under one roof located in downtown Los Angeles, California, thus being able to pay their employees the highest wages in the garment industry. The average employee on the sewing floor earns over $12.50 an hour, which is more than double the U.S. federal minimum wage. Also, other benefits include paid time off, affordable health care, company subsidized lunches, free ESL classes, on-site masseurs, free parking, proper lighting and ventilation, and most up-to-date equipment. Dov Charney’s American Apparel, always striving to improve the work environment stresses the importance of the employees to reassure the company’s stability and success.

Another amusing American Apparel fact is how they have normal everyday people of every ethnicity as their models in untouched digital camera photographs. They’ve broken free from the usual whole celebrity worshiping method to promote products... thank goodness! They are men and women whom Dov Charney or any of his photographers discover on the street or meet at a party, bar, restaurant, wherever. Hailing from all walks of life and practically every ethnicity, American Apparel intensely promotes diversification to meet at a party, bar, restaurant, wherever. Hailing from all walks of life and practically every ethnicity, American Apparel intensely promotes diversification.

Having established stores spawning and strategically sprawled all over particular hip areas of Manhattan, it is rather difficult to not have noticed at least one American Apparel somewhere! Boasting one store in every major area below 14th Street, American Apparel is featured in the Lower East Side, Noho, Soho, and the West Village, the exception being the Upper East Side.

Outside of Manhattan, there is one in Downtown Brooklyn and Williamsburg. Of course, if the commute is a hassle, there is always their website -- http://www.americanapparel.net, to those who prefer shopping at home.

Strictly an urban-inspired setting, it is rarely ever in the suburbs and definitely not in a mall. American Apparel is counter-culture’s prime example and poster-company for fair, liberal political ways subtly designed in a radical fashion. Through American Apparel, Charney has proven the unnecessary need to exploit the workforce in order to be a cost-efficient industry, and rather has used innovation to produce the utmost, highest-quality garments of which that they distribute from their sweat-free shop into your guilt-free arms, into your wardrobe and onto your body.

Dying to be Thin

By Mary Fraga’s

Unfortunately, young girls today have a growing obsession with becoming thin. This fixation is soon reaching dangerous proportions. A recent survey found that 81% of 10-year-olds have dieted at least once, a Harvard study found that two-thirds of underweight 12-year-olds consider themselves too fat, and by age 17, 8 out of 10 girls are unhappy with what they see in the mirror.

Sometimes, girls as young as the ages of 8, 9 and 10 become dissatisfied with their bodies and start dieting. They can become obsessed with thinness, and this obsession can hurt both their bodies and minds and even lead to deadlier results such as eating disorders and death.

Eating disorders are much more common than is thought, says Lynn Paul, Montana State University Extension nutrition specialist. America has a strange mix of people, she says, with many being overweight and many being just the opposite. “Some people are trying to force their bodies to come thinner than possible, so thin they sometimes kill themselves by starvation,” says Paul. That disorder is called “anorexia nervosa.”

Nevertheless, the idolizing of the very thin figure has led millions of young women into slavery. It has led some down the slippery hill of anorexia nervosa. Spanish model Nieve Alvarez, who suffered from anorexia, admits, “Putting on weight frightened me more than dying.”

People’s ideas about what makes a body beautiful are determined by society. Some societies believe a heavy body type is most beautiful. Others believe a person must have small feet or long ears or tattoos. It is now the norm for American women to be unhappy with their bodies.

All in all, it is clear to see that the American society as well as other modernized countries are quickly becoming brainwashed by the lifelike yet unrealistic idolized superstars. Adolescence is a very important stage in a young girl’s life. The self-esteem is vulnerable. Accepting the body we have is the greatest gift. Of course, working out can change one’s body but in a healthier manner than starvation. So leaving on this note be happy with whom you are. There is only one of you.

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Earthquake Rocks South Asia

BY KEVIN ANRED

On October 8th a massive earthquake registering a 7.6 magnitude on the Richter scale hit the south Asian region of the world which caused major damage and casualties to the countries of India and Pakistan.

The earthquake caused widespread destruction in Northern Pakistan as well as damage to Northern India and minor damages to Afghanistan. The worst-hit areas from the quake were the Pakistan administered territory of Kashmir which was the closest to the epicenter of the earthquake, Pakistan’s North West Frontier Province and also eastern and southern parts of the Kashmir Valley in the India administered Kashmir. It also affected some parts of the Pakistan province of Punjab and the city of Karachi experienced a minor aftershock of magnitude 4.6.

There have been many secondary earthquakes in the region mainly to the northwest of the original epicenter which 147 aftershocks were recorded in the first day of the initial immense earthquake, one of which registered at a magnitude of 6.2 which is considered to be a “strong” earthquake. For the following four days 28 tremors occurred with magnitudes greater than 5, and up to eleven days after the initial quake, there were still major tremors being felt.

Scientists say the earthquake was caused by the constant moving of the Indian and Eurasian tectonic plates located underneath the Earth’s surface which collided with each other. Out of this same collision the Himalayas began 50 million years ago and from the geological activity in this area the mountainous region continues to rise about 5 mm a year.

The earthquake not only caused massive damage to the cities and provinces of Pakistan, India and parts of Afghanistan, but the casualties have been tremendous. Most of the casualties resulting from the earthquake were in Pakistan where the official death toll has topped 79,000 with 75,000 injured; 1,300 deaths have also been confirmed in India with 4,500 injured in Pakistan where the official death toll has topped 79,000 with 75,000 injured; 1,300 deaths have also been confirmed in India with 4,500 injured and the numbers are expected to rise. When the quake hit on Saturday which is a normal school day in the region, most students were at school and many were buried under collapsed school buildings.

Many people were also trapped in their homes and because it was the month of Ramadan most people were either sleeping or praying during their pre-dawn meal and didn’t have time to escape during the quake.

“A second, massive wave of death will happen if we do not step up our efforts now,” Kofi Annan said on October 20th referring to the thousand remote villages in which people are in need of medical attention, food, clean water, and shelter. Relief efforts for the most part have been hindered due to the fact that roads are buried under rubble and many affected areas remain inaccessible. Heavy equipment is needed to clear the roads and to rescue survivors buried under the earthquake wreckage, as many rescuers are still picking the rubble with pick-axes and their bare hands, looking for survivors.

In the wake of this disaster, many countries including the United States, Great Britain, and China have donated much needed relief supplies including food, medical supplies, and tents and blankets to help people who have suffered through this catastrophe. The United Nations has made appeals to help raise $312 million for the disaster relief but so far have only received a third of that goal.

Even through this disaster there is some light at the end of this road, countries such as India and Pakistan who have had a very tumultuous past have some common ground since they are both going through the same ordeal, and India has also donated to help Pakistan with its rebuilding efforts.

If you or anyone you know would like to donate to help the earthquake victims, it is preferred if you could donate to the American Red Cross International Response Fund.

Brain Scans and Psychiatry

BY RYAN SUMASAR

Scientists are experimenting with brain scans to detect mental illnesses such as depression, attention deficit disorder and anxiety. Researchers have not yet developed a tool to diagnose disorders in psychiatry. Psychiatrists use M.R.I. for magnetic resonance imaging and P.E.T for positron emission tomography.

Advancement in psychiatry is believed to be slow yet brain scan research is still years away from providing psychiatry with anything close to the tests for mental illness that were hoped for. Brains are variable. Researchers have established that people affected by schizophrenia undergo a loss of their brain cells. An example of a 20 year-old has showed a 5 to 10 percent loss of his brain volume over a decade. Brain volume varies by at least 10 percent from each person; therefore, volume scans cannot tell who is in fact sick. What looks like something is erroneous in one person’s brain, might just be normal in another.

Dr. Daniel Amen, an adult and child psychiatrist, based in Newport Beach, California, has performed 28,000 scans on people over the past 14 years using a technique called Spect, or single photon emission computed tomography. He states that we should be making more use of brain scans instead of giving people numerous amounts of medication and not looking at the organ they’re altering. Brain scans have helped Dr. Daniel Amen distinguish between children with attention deficit problems who respond well to certain drugs and poor on others.

There are two diverse views on using brain scans. Some declare that a brain scan, which costs more than $1,000, is insignificant to an ordinary individual psychiatric exam. Paul Root Wolpe, a professor of Psychiatry and Sociology at the University of Pennsylvania’s Center for Bioethics says, “The thing for people to understand is that right now, the only thing imaging can tell you is whether you have a brain tumor.” He goes on by stating, “This imaging technology is so far from prime time that to spend thousands of dollars on it doesn’t make any sense.” On the other hand, Dr. Daniel Amen says, “Here we are, giving five or six different medications to children without even looking at the organ we’re changing.” He has detected that some children respond well to drugs and some do not by means of brain scans.
Your Significant Other Isn’t the One to Blame, Bacteria Is!

BY CHRIS DENARO

Science can put one more notch under its belt, and with it college students everywhere can take a deep sign of relief. A theory universally assumed to be true was officially put by the wayside by Australians Barry Marshall and Robin Warren. So step aside conventional wisdom. It has been proven that bacteria are at fault for those painful ulcers, not your nagging girlfriend or your liar boyfriend as were once believed. And for that the two men were awarded a major trophy piece.

On Monday, October 3, 2005, the Nobel Assembly dotted the exclamation point on a critical discovery by Mr. Marshall and Mr. Warren, as they successfully proved ulcers are caused by bacterial infections, not stress. As a result they not only created one more urban legend but also won the most prestigious award in medical research, the Nobel Prize in Medicine.

In a story of true perseverance, Barry Marshall and Robin Warren kept at it years after doubters and skeptics just didn’t want to hear it.

It is now firmly established that the bacterium Helicobacter pylori causes more than 90 percent of duodenal or peptic ulcers and up to 80 percent of gastric ulcers. Based on their research, it is now easy to treat these once unbearable aches with some antibiotics.

In 1979 Robin Warren, now 68, spotted a spiral shaped bacteria while studying tissue samples of stomach biopsies as a pathologist at the Royal Perth Hospital. This sparked interest in the doctor, as he had wondered how bacteria could survive in such an acidic area or into the mucus inside the inner surface of the stomach.

This would mean bacteria were somehow related to ulcers he thought. Three years later, they let the bacteria grow in a lab, proving their speculation correct. But this story doesn’t end there. In 1983, Marshall, now 58, went before his esteemed colleagues in an international meeting to present his hypothesis. The scientists were stunned by his theory, but not convinced, that bacteria causes gastritis and stomach ulcers. They saw the two events as just a coincidence. Martin Blaser of Vanderbilt University School of Medicine in Nashville, Tennessee—a leading American research in infectious disease—went as far as to call Marshall’s ideas “preposterous.” Not to be discouraged, he kept on working.

As a result of the reaction he received at the meeting, Marshall decided to do something a bit radical. Barry Marshall took his research one step further,

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Students with Disabilities: QCC can help

BY MARISSA AMENDOLARO

There are approximately 500 students with reported disabilities at Queensborough Community College. Disabilities that range from students with dyslexia, blind students, deaf students, students who use a wheel chair, and many others. Queensborough Community College, offers students with disabilities different programs which apply to their needs. Their office is located in the Science Building in Room 132.

No matter what the disability is, (SSD) Services for Students with Disabilities, guarantees equal opportunities to these 500 students. At Queensborough Community College, there is no discrimination against students with disabilities.

As a student at Queensborough Community College, suffering from dyslexia, I am treated no differently than other students without a disability. Queensborough takes great pride and satisfaction in furthering these students needs and their future. On Queensborough campus, we are all equal.

According to Americans with Disabilities Act (ADA) they define a disability as any mental or physical impairment that significantly limits a major life activity. Some of these activities may include learning, speaking, walking, seeing, hearing. A person can not just state they have a disability because it has to be medically proven that they do.

Some services that SSD provides through Queensborough Community College are individualized counseling, early advisement, administration of exams with accommodations, coordination of note taking services, assistance with arrangements for recorded or alternate format texts/ study materials, workshops, format changes: i.e. enlarged print, braille, assistive technology (see SSD Lab), Student Organization for the Disabled (Club). Each service accommodates to the needs of these different disabilities, which, of course, varies from student to student.

The SSD Lab, located in Library Room 115, is an academic center where students can choose if they would like to take their exams there, as well as individual tutoring. They also provide computers that are specialized to each student’s needs. The center is open evening and weekend hours.

SSD (Student Organization for the Disabled) is a club that welcomes all students with or without a disability; meetings are filled with information for students. It’s a learning opportunity as well as a place to meet other people with a special need. This club meets on Wednesdays in Room H115, starts at 1:00 P.M and ends at 3:00 P.M. I have attended a few of these club meetings and for myself, the experience was different. I had not realized how many students actually attend; they discuss many issues and try to help students if they have a problem, as well as giving different techniques on note and test taking.

For information on how to register for students with disabilities, you must be sure you have the documents needed for registering. Some documents needed include a complete SSD intake form, a second documentation of disability that supports the request for accommodation and finally an appointment to meet with the director to discuss eligibility.

Each student is personally responsible to register with the Office of Services for Students with Disabilities in order to get the service that applies to them. If you would like more information about knowing how to get ahead with this process, you can stop by the Services for Students with The Office of Disabilities – located in the Science Building Room 132 or call the telephone number: (718) 631 6257; ask for Barbara Bookman , the coordinator. There is information about this service on the QCC web site as well.

Bacteria is to Blame

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by injecting himself with the Helicobacter pylori bacteria, with the purpose of giving himself an ulcer, then treating it. Less than a week later, the extreme experiment proved to be a success. Marshall developed some of the classic symptoms of a stomach ulcer, including nausea and vomiting. Tests showed inflammation in the stomach, inflammation that wasn’t there before the ulcer hit him, proving Mr. Marshall’s theories accurate.

“In 1982, when this bacterium was discovered by Marshall and Warren, stress and lifestyle were considered the major causes of peptic ulcer disease,” the assembly said in it citation. “It is now firmly established the Helicobacter pylori causes more than 90 percent of duodenal ulcers and up to 80 percent of gastric ulcers.”

There you have it. Stress and your wacky lifestyle aren’t directly related to those ulcers you dread getting all the time. So smoke all you want, drink all you can and procrastinate as much as you desire. Just remember, when you wake up the next day stressed out, there’s no chance an ulcer will be there because of it.

Separation of Church and State? Not Exactly

BY CHRIS DENARO

It may get to the point where society won’t be able to tell private schools and public schools apart, when it comes to a choice of curriculum. At least that’s becoming the case in Cobb County, Georgia. Down in a small town in Georgia right-wing extremists have managed to manipulate their views into public schools with the inclusion of a creationist view of life along with a scientific one.

A few years ago, at Lassiter High School in Cobb County, Georgia, a board passed a rule allowing the teachings of intelligent design as a science based on God. And with it, the world got a little more nuts. Intelligent design is a phrase developed by deeply religious Christians that believe in creationism, basically the Bible’s explanation of how the world began.

So these Christians believe in creationism, a theory in which God had a master plan for all of us and that we all showed up here one day 6,000 years ago. Good for them you say, what’s the big deal? The problem lies in these views being pushed upon students in a public school, a public school funded by public tax money and run by the government. That’s right, the government, an organization that was founded upon the phrase separation of church and state. This was years after the pilgrims came over here from England on the Mayflower to practice their religion in peace because it was banned in Great Britain. If the choice was by the Christian groups to push this on a private school, all the power to them. But to have these people shove their religious views in everyone else’s face is unfair and ludicrous. It’s not fair to any person who practices anything but Christianity, and this is coming from a Catholic.

These groups of people argue that Charles Darwin’s theory on evolution is incorrect and has never been proven to have any legs to stand on. Never mind all of biology points to evidence that Charles Darwin’s evolutionary claims were correct. A few would be genetics and fossils, scientific studies and discoveries we’ve made over the years. But, I guess that’s all just coincidence and wishy washy to the extreme Christian.

So it starts in Georgia. And if we don’t wake up and start realizing what’s going on here, it’ll soon be a problem we’ll all have to deal with.
Shake that booty in the name of the Lord. Christian rapper, T-bone, has brought true west coast street sound to the hip-hop genre. The self-professed “Street Preacher” T-bone has created a unique sound coupled with head bopping beats in attempt to shed some light on the hip-hop community.

To bring gospel hip-hop out of the underground is T-bone’s mission and to uplift people and give them an alternative. While everyone else is rapping about the problem, T-bone is rapping about the solution. Primarily T-bone is considered a gospel rapper, but he makes music for every religion. He is very careful not to create lyrics that would be offensive to other religions. To date T-bone has six inspirational rap albums and several nominations from Grammy and Dove Awards. He also played a prominent role in the Paramount Pictures/MTV films movie “The Fighting Temptations,” starring Cuba Gooding Jr. and Beyonce Knowles. With all of his accomplishment, “T” continues to spend time on get his voice heard. The lyrics on his albums speak of God, but many Gospel radio stations will not give him play. T-bone has a unique flow that blends hip-hop rhythm and Spanish lingo to create an ever-changing sound and clash of culture.

“I’ve been attacked more by guns and violence as a Christian than when I was in the world doing things I shouldn’t have been…..,” T-bone recalls a moment in his life when he was beaten and left to die. “T” would go around preaching “I would not do things I shouldn’t have been doing….,” T-bone remembers thinking how stupid it was for his friend to die for a color. Live by the flag…die by the flag. T realized from that moment he had to change his life as well as help others.

T-bone’s Album are available in Findlay at the Christian Book and Gift Store, 438 Tiffin Ave, and Finders Records Tapes and CDs, 403 S. Main St. T-bone’s latest album Bone-A-Fide is scheduled to be released September 27. Make sure go out and get it. This Album includes hits such as “Can I Live” and “Ride Wit Me.” For more information, log on to www.flickerrecords.com/T-bone.

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“I’ve been attacked more by guns and violence as a Christian than when I was in the world doing things I shouldn’t have been…..,” T-bone recalls a moment in his life when he was beaten and left to die. “T” would go around preaching the word to the neighborhood addicts and dealers. The decrease of drug purchasing frustrated the local gang, so they concluded that his death would revive their cash flow. Fifteen men invaded his home armed with pipes, weights, bats, and guns in an attempt to steal his life.

Not long after the attack T-bone’s faith was tested again. Wearing the wrong color in the wrong neighborhood, “T” looked down the barrels of a several guns. Amazed by his strong belief in God, T-bone stood facing a gang of people holding guns pointed at his head and recited a prayer. The gang members fled confused by T-bone’s fearlessness and devotion to God. “God, I thank you because You are the King of kings and The Lord of lords, and I thank You because You have delivered me, and this day I will be with You in Paradise.” T-bone recalls.

T-bone grew up in the ghetto of north California, an area saturated with gangs, drugs, and violence. Unlike most urban youths, T-bone was seduced by gang life: fast cash, fast cars, and fast girls. His eye-opening moment came after he witnessed a friend shot to death in a drive-by. T-bone recalls his friend’s last words, “just tell everyone to wear red at my funeral.” T-bone realized thinking how stupid it was for his friend to die for a color. Live by the flag…die by the flag. T realized from that moment he had to change his life as well as help others.

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Poetry Slam: A Fresh Performance on QCC Stage

BY HAEEKYUN JANG

A fresh mic sound scattered all over the QCC campus on October 19, 2005. The 6th Biannual Multi-lingual Open Mic Poetry Reading & Slam was opened in the Humanities quad. It was a beautiful sunny day in the middle of fall, the event started at 1 p.m., facilitated by Andrew Levy, an English professor at QCC, and it lasted until 3 p.m.

Twenty-three students performed a variety of poetic works; some were their own original materials and others were pieces by authors they admired. Some of the students were not satisfied by one performance, so they went on stage again and read their materials with more passion and excitement. Some of the pieces were written in different languages, such as Greek and Spanish. The performers enjoyed the time even though they felt shy and nervous on the stage, and most of them signed up to participate while the event was taking place because the mic sound and the mood of the event made the audience join the event and become excited. One of the audience members, Christopher Belu, a student at QCC, was interviewed with a big smile saying, “this event inspires me a lot and I like to follow student events.” Audience members were sitting on chairs and standing around the stage.

The event was sponsored by the English Department, the Writers’ Club, the Department of Foreign Languages, and the QCC Student Government. Joan Dupre, faculty advisor to the Inter-collegiate Poetry Slams, jotted down information of the performers. She challenged the students to participate in the Writers’ Club and to go on an annual poetry contest among colleges. The QCC student won the best prize last year.

Ten QCC faculty members, representing the PSC-CUNY union, were protesting in front of the Administration Building at the same day on behalf of a contract for faculty and staff. They took the stage for 10 minutes singing union songs and chanting “labor poetry.”

According to Professor Andrew Levy, in charge of this event, the Multilingual Poetry Reading & Slam is intended as a forum for QCC students, as well as any staff and faculty interested in participating, to present creative writing and spoken-word performances. As such, it’s an opportunity for people to socialize and to make connections with others whose sensibility has been stirred by what they’ve heard to inject a little life into the Humanities Quad at least once a semester. The students who took the stage are enrolled in various literature and creative writing courses. The reading/slam is a good opportunity for students whose prior encounters with poetry/literature may primarily make them think that by participating in such events one might gain a greater appreciation for poetry and more.

Theatre Review: Stomp

BY TERESA ODATO

After hearing great things about the show “Stomp,” I decided to see it for myself and see what all the hype was about. To say that it was the best show I’ve ever seen is an understatement. “Stomp” was the most original and creative thing I’ve ever seen, and I think most people would agree. The show consists of roughly ten people with no monologue who make music with every-day objects such as brooms, pots and pans, newspapers, etc. The choreography and music are brilliantly put together and two hours just didn’t seem like enough time to see all they can accomplish. Also, to see the way these people work together as a team, and how their energy level never lets up throughout the entire show was amazing. I think that plays a part in keeping you interested and entertained.

Located in New York City at the Orpheum Theatre, it was very small and intimate setting, and the audience definitely feels like a part of the show. At one point, the audience was competing with these artists simply clapping to the rhythm of the beat. Needless to say, there was no competition. Since there is no monologue, there were also some humor segments to the show such as hitting each other over the head, or trying to “compete” with one another, which just adds to your enjoyment. I don’t think “Stomp” is a show you can put into words just because it is so out of the ordinary.

Tickets cost $30 for students, and general prices are about $30-60 dollars. Performances are Tuesday through Friday at 8 p.m., Saturday at 10:30 p.m. and Sunday at 3 p.m. through December 18, excluding November 24-27. I suggest everyone go see it because you will never see anything like it again.
Academic Advisement / Registration Guide • Spring 2006

QEESBOROUGH COMMUNITY COLLEGE
Health, Physical Education and Dance Department

Women’s & Men’s Swimming
2005-2006 Season Schedule

FOR FURTHER QUESTIONS OR INFORMATION, PLEASE CONTACT THE ACADEMIC ADVISEMENT CENTER at (718) 631-6322. THE HOURS OF OPERATION ARE 9:00 AM TO 5:00 PM Monday through Thursday and 8:00 AM TO 4:00 PM Friday.

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<td>Degree Student</td>
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<td>Check with specifc program for registration date; some programs have priority registration.</td>
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<td>Degree Student with 30 or more credits completed and a GPA of 2.75 or greater</td>
<td>May use the online achievement system.</td>
<td>You will be notified the day after you go online.</td>
<td>1. In person in room A-192; 2. Via the telephone at (718) 631-6322; 3. Or online from the web at <a href="http://www.qc.cuny.edu">www.qc.cuny.edu</a>.</td>
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<td>Degree Student with 30 or more credits completed and a GPA between 2.5 and 2.75</td>
<td>See your designated Academic Department. Between 11/12/05 &amp; 12/20/05.</td>
<td>Your appointment will be scheduled on the available dates.</td>
<td>1. In person in room A-192; 2. Via the telephone at (718) 631-6322; 3. Or online from the web at <a href="http://www.qc.cuny.edu">www.qc.cuny.edu</a>.</td>
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<td>You will be pre-approved for registration after seeing an Academic Advisor.</td>
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<td>Non-Degree Student</td>
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<td>1. In person in room A-192; 2. Via the telephone at (718) 631-6322; 3. Or online from the web at <a href="http://www.qc.cuny.edu">www.qc.cuny.edu</a>.</td>
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For more information, call 718-448-7272 or visit www.myNYCB.com