What Is Being Done to Keep Our Campus Safe?

By Grace Averaismo

With the apparent increase of violence on college campuses across the country, it would seem wise to be curious about the security on the QCC campus, especially since countless students spend the greater part of their day there. Mr. Ed Locke, the director of QCC campus security and the former Chief of police in Freeport, Long Island, spoke with me about the security measures at our campus. As you may be aware, QCC is an open campus, which means that it is not only open to students but to all members of the local community. Community members can come onto the campus grounds, walk around, use the track and mingle with the students. An open campus does not sound secure, but Mr. Locke informed me that the campus has acquired new technologies that will enhance campus security. While QCC is in the process of upgrading the security cameras on campus, there are still areas on campus that need further security; the forgotten and desolate lot 6 and the track are two areas on campus that should have an increase in patrol, as well as camera coverage.

I was given the opportunity to tour the security technology room, and to view an intricate system which includes a manifold of computers, monitors with split screen options, recording ability, and zoom capabilities, all of which are constantly supervised. These screens receive images from the cameras, which have motion sensors and scan areas every few seconds. As an additional security measure, the New York Police Department makes routine unscheduled visits to our campus a few times each month. Mr. Locke is in constant communication with the NYPD to ensure that the students on this campus are safe. In the event that a situation arises upon a nearby campus, Mr. Locke receives information almost immediately, and QCC students eventually receive an email with information regarding the situation. Most recently, a safety alert message was sent by Tigermail regarding a car-jacking that took place in a Queens College campus parking lot. The email was sent to both inform and assure QCC students, faculty and staff that there was no direct threat to QCC. This type of email is useful because it allows students and others to take protective preventative measures.

St. Johns University recently experienced violence on its campus as well. Students there were warned of the dangers on the property by an emergency text alert system. Mr. Locke said, “An emergency text alert system is in the bidding process by CUNY as a whole.” How long will it be before this technology is available to QCC students? Well, that is a hard question to get answered. It is apparently a long process that first needs to pass the bidding process, acquire a vendor, and eventually installation; all of which, of course, includes monetary issues. It is probable that an emergency text alert system will not be implemented at QCC until many of us have graduated.

Feeling secure on campus may not be an issue for some students, but if you ever do feel uneasy or unsafe about getting around campus, there is a service available to you. Whether you feel anxious walking from one building to another, or walking your car/bus, day or night, you can call the emergency number. Campus security and safety at (718)631-6320, and a security officer will escort you safely to your destination.

This is a complimentary service that can be used by any student, faculty, or staff who is feeling unsafe.

The QCC campus, while it isn’t perfect, cannot be categorized as dangerous. Members of the QCC campus community should take a proactive role by alerting campus security of anything unusual on the grounds. Visiting the security office and requesting information is a step in the right direction. The main security office is located on the third floor of the library building; Mr. Locke and his staff are more than willing to assist anyone requesting information on campus safety.

Financial Aid – What You Should Know

By Ajah Johnson

Every year prior to registration students are urged to file for financial aid whether they meet aid qualifications or not. There are different forms of federal student aid awards that students may be entitled to including but not limited to grants, scholarships and work study programs. These are federal aid programs students do not have to pay back. Of these programs, there are two financial aid sources, Pell and Tap, which may or may not be useful to students depending upon one’s circumstances.

In order to determine eligibility for Pell or Tap you first have to file a free application for federal student aid, also known as FAFSA. This form was established by Congress and is used to determine expected family contributions also known as EFC.

Pell is a federal grant that is awarded only to undergraduate students who have not yet earned their bachelor’s degree or a professional degree, and Pell eligibility is determined not only by your EFC but by your cost of attendance as well. Once you receive the Pell award you have to be in good academic standing to continue to qualify for the award by maintaining a minimum 2.0 GPA. In addition, students attending school part time may also qualify for Pell, however the amount of money awarded to a part time student is less than the award provided to a student who is enrolled full time. The maximum amount granted for the current year 2006-2007 is $4,050 per recipient depending on whether you’re enrolled as a full or part time student.

On the school bill is paid, however, any left over money will be refunded to the student at the end of the semester. Tap awards are New York State funded and the qualifications are slightly different than Pell, the amount you receive for Tap is determined by your family income and the number of other full time students in your home.

You may receive Tap for up to six semesters while trying to obtain an associates degree, therefore if you decide to make a change to your curriculm you are still limited to the six semesters. In addition, the student must be enrolled full time with at least 12 credits, meet the requirements for their curriculum/major as well as have obtained three credits in the first semester and six in the second semester. Students who qualify for Tap should choose their major with great care.

I was given the opportunity to sit and inter-
Student Petition for Change to the Campus Cafeteria

By Phoebus Wudjaja

For the month of November, the Student Government Association is circulating a student petition with the purpose of supporting the college administration in improving the Science building cafeteria. The petition does not support any plan for specific changes. Instead, it is a general acknowledgement that the current cafeteria is not good enough to meet the needs of students, and it requests that significant structural improvements and modernization occur. SGA is hoping to gather at least 5,000 signatures by the end of the month, and has asked the various clubs on campus to help in the petition drive.

Students have consistently voiced complaints about the campus dining facility. The only actual indoor seating area in the cafeteria is the window-less room downstairs, one that more resembles a high school cafeteria than what is usually expected from a college campus – even a two-year junior college like Queensborough. For example, BMCC’s dining area is on the ground floor in a space that was renovated in 2005, with new furniture and windows that look out over the Hudson River. The C-Building cafeteria at LaGuardia Community College is spacious, with rows of fixed benches and tables arranged in booth-style seating. These two community colleges have the advantage over Queensborough of being in much closer proximity to off-campus restaurants and delis, yet they have been able to invest in their campus dining facilities, which are in better shape than ours.

Up until eight years ago, there was a second dining facility located at the Student Union. That facility was shut down, and although the only cafeteria on campus is now at the Science building, the kitchen is still located on the lower level of the Student Union. A common sight on campus is seeing the food service employees transporting food pans on gray carts to the Science building in all kinds of inclement weather. The way that the facility is set up currently is not only unattractive for students, but is also inefficient and unappealing for food vendors and staff.

If you have not yet signed the petition and wish to do so, please pay a visit to the lower level of the Student Union. The petition asks for your name, signature, and the last four digits of your Social Security number (or Student ID# if you do not have a Social Security number) for the purpose of verifying that you are a current student at Queensborough and your signature is valid. It is important that you are careful to provide accurate information and that you ONLY SIGN THE PETITION ONCE. If you have any questions, comments or concerns, please contact SGA at the Student Union.

Financial Aid
continued from page one

view Mrs. Veronika Lucas, the director of financial aid at QCC. One of the topics we discussed was the importance of filing early for financial aid. Mrs. Lucas cannot stress enough how important it is to apply early for financial aid because processing applications can take a minimum of two weeks if completed online and 4-6 weeks if mailed. In addition, the process can be delayed if any additional information is needed to determine eligibility.

At QCC there are approximately 30 faculty and staff members assisting about 13,000 students with filing for financial aid. A week prior to the fall semester, the financial aid office is full beyond capacity where students are outside and around the corner waiting to be advised. Full of frustration, those who wait long agonizing hours without having familiarized themselves with the necessary steps beforehand will hear the financial aid advisor say, “You have to fill out an application.” That can all be avoided if you take the time to file for financial aid early, at least 8 weeks prior to the start of the fall semester. There are different ways to apply. You can go online to www.fafsa.ed.gov, or call 1-800-4-FED-AID (1-800-433-3243), visit your local public library, or stop by the QCC financial aid office located on the 4th floor in the library building in room 409.

Everyone at QCC wants to help students further their education. But remember, students have to be proactive in all aspects of pursuing their academic careers. Applying for financial aid is an important first step.
Students are constantly flooded with the many concerns affiliated with graduating college in a timely manner. Time, tuition, travel, and book costs are just a few of these overwhelming concerns. Luckily in 2007 Mayor Bloomberg proposed a very effective solution for the 6 CUNY community colleges. Have you ever dreamt of the idea of a cost-free college experience?

Free tuition, Metro Cards, and the availability of all course books are just a few of the perks offered in the ASAP program here at QCC. The idea of ASAP, Accelerated Study in Associate Programs, was brought forth by the New York City Commission for Economic Opportunity in 2007. There are currently 228 students enrolled in the ASAP program at QCC. The goal of the program is to enable 50% of the students to graduate in 3 years, and 75% of students to graduate in 4 years.

There were a few qualifications to be accepted into the program. The first is that the student must be double or triple exempt. Those who were double exempt had the opportunity to attend summer programs, free of charge, to enable the student to complete his or her remedial courses. Upon the completion of all remedial courses, the student was eligible to participate in the ASAP program. The second requirement was the student must be willing to attend college full-time and must also be a New York City resident. All ASAP students are eligible for all the benefits of the program. They are eligible to get full tuition and fees paid for by ASAP if in fact they receive state and/or federal financial aid.

ASAP students have the availability of several support opportunities; for instance, attending bi-monthly meetings with a student manager. As stated by Danielle Izzo current Student Manager, “We are a one stop shop.” Danielle says that her services provide ASAP students with a convenient place to complete actions enabling the participants to be the ‘go to’ student he or she is capable of being; whereas, for example, non-ASAP students would have to visit various locations around campus for advisement, registration, and career options. Students also have the availability of extra tutoring and the opportunity to meet with a job developer who can assist them in finding part-time work.

Another important element of the ASAP program is each of the participants are in the same block scheduling of classes. As explained by Bobbi Brauer, Director of the ASAP program, “Block scheduling means that a convenient schedule was ‘blocked’ out for the specific ASAP cohort of students, of approximately 25-30 ASAP students in each class.” This block scheduling allows the students to create support systems. The students are more apt to consider getting assistance in class by a fellow student because of the bonds created by spending a majority of their school time with one another.

The ASAP pilot program has not yet had the opportunity to yield improvements in terms of graduation success. However, each student has already shown vast improvements in his or her attitude concerning college challenges. The ASAP program is an imperative tool that students should continue to have access to in years to come.

Support from fellow students, staff, and the general public is essential in prolonging the ASAP opportunity for future students. Information on the ASAP program is available online at www.qcc.cuny.edu/asap, or by contacting ASAP Director Bobbi Brauer.

Text Messaging Alert System

Can text messaging stop crime on college campuses? According to university and college administrators, text messaging alerts will notify students and staff about any Emergency Campus Events including, for example, security-related incidents, bomb threats, missing individuals and attempted abductions, as well as providing advisories as events unfold. Also, students and staff can use it as a First Responder Mobilization by using phones to alert campus security, police, fire and emergency services automatically. Not only do such systems work for school threat emergencies, they can also be used to inform students about routine issues such as reminders to register for classes. The way it works is that students, faculty, and employees sign up and opt in for text alerts by providing their cell phone numbers to campus security services. When an emergency situation occurs, administrators at the college system to send text messages to every cell phone on the list, reaching students who are sitting in class, walking around campus, or in mid-commute.

What started the text messaging alert system was the failure to warn students of the shooting on the campus of Virginia Tech on April 16, 2007. Thirty-two students were killed and many wounded by the perpetrator, Seung-Hui Cho. That tragedy has forced Virginia Tech to work in a way to reach students anytime and anywhere. More than 250 colleges and universities across the country were calling on companies that offer an essential program with instant messaging capability—a system called e2Campus, which can launch text messaging to thousands of people within minutes.

A recent MSNBC article on text messaging systems stated that, “St. John’s University purchased their InCampusAlert text-messaging system over the summer from a California company called MIR3 Inc.” St. John’s University utilized their text messaging alert system when a student, Omesh Hiramen, was caught carrying a loaded rifle in a black plastic bag wearing a hooded sweatshirt and a Halloween mask. Students received the text messages within 18 minutes after the student was apprehended. The school went into lockdown within a half hour. After the incident more students have signed on to the campus alert system to receive any notification on school campus grounds that can affect the student body.

While at the recent Journalism and Media convention in the CUNY Graduate Center, Garrie W. Moore, Vice Chancellor for Student Development at CUNY, stated that, “Some CUNY is equipped with text messaging systems and in a couple of months all CUNY colleges would have the systems installed.” According to QCC public safety official Mr. Black, “Queensborough is currently going through a process of bidding on the cost of a text messaging system.” If Queensborough were to get the campus alert system, students would feel safer from harm. They can also receive text messages on general events or any important related subjects on the QCC campus.
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What and Who stands Behind Suicide Bombers?

Part Two — Continuation from October’s Communiqué

BY YOUNG MI KWON

1. Japan; Fear, the Sword, and Looking at Women as Objects

To understand Japanese culture, it is essential to know about the Emperor of Japan and the samurai culture, and what they mean to the Japanese. Japan was unified in the 6th century after adopting Confucianism (a strong ruling ideology taught by the Chinese philosopher Confucius). He thought that loyalty and filial piety were the most important virtues. Confucianism became the foundation for patriarchy in Asian countries. Throughout the 6th -7th centuries, Japan was at its highest point of centralized administration and formed an idea of the Emperor of Japan; a super-ruler.

Japan consists of mountainous land (70%) and groups of many islands, therefore, maintaining the centralized political system failed. Japan was divided again into many regions ruled by chiefs of clans. Therefore, the Emperor kept his throne and the concept of the Emperor was more and more fortified. Even though some of the Emperors had no political power and they were locked in their palace their whole lives, they symbolically represented Japan itself. Why did the Japanese people need the Emperor? The Japanese people suffered from ceaseless calamities including earthquakes and hurricanes, and so lived in fear of natural disasters from the moment of their birth. The Emperor was powerful and supernat- ural who could protect them from their fear. In turn, Japanese people believed that the Emperor was a God, a descendant of the Sun goddess, near- ly a supernatural protector.

After the decline of the Emperor’s power, throughout the 10th -11th centuries, the feudal system based on a pyramid-shaped social stratification emerged. The base of this system was the peasants, the next level was the samurai, and the top was the daimyo; regional lords. The samurai served as warriors in clan battles to acquire land. The samurai also protected their clan from rob- bery by thieves and bandits, and ruled the peas- antry. The samurai also protected their clan from rob- bers of higher rank to ensure their connections. And the daimyo offered their women to individuals and the daimyo served as warriors after Japan was reunified by strong shoguns in the 16th -17th centuries. The samurai increasingly became courtiers, civil officials, and administrators, and their culture was popularized and pervaded people’s everyday life.

2. Islam; Fatalism, Brotherhood, and Violence toward Women

Unlike the prejudice that people have about Islam, Islam is a religion isn’t militant and it didn’t force conquered people to convert to Islam. While Islam resorted to the sword in conquering other Arabian countries, afterward, the Islam Sufi (a mystic denomination of Islam) spread their reli- gion by peaceful missionary work (for example, the mission in Indonesia in the 11th century). Islam traders also, throughout the Middle Ages, conveyed their religion and culture peacefully everywhere they went.

The initial purpose of the expansion of Islam was involved with economy not religion. Under the infertile circumstance of desert life people couldn’t live self-sufficiently. They needed to expand and trade to survive. Muslims took advan- tage of their location connecting Europe, Asia and Africa, and developed lots of ports and trade routes for crossing deserts.

The harsh conditions of the desert created a form of fatalism in Islam. Nomads living in deserts didn’t know whether they would arrive at an oasis before they ran out of the water they had, and whether people who they would meet would be friends or foes. People were mere weak beings under the power of merciless nature. Because of a fear of nature and their unknown fates, people needed a strong God, Allah. They submitted and devoted themselves to Allah and believed they should accept their fates if Allah willed them to.

Islam molded the concepts of Muslim broth- erhood and their equalities as well. According to the Qur’an, “Allah’s are the treasures of the heav- ens and the earth” (63:7), and “in their wealth there is acknowledged right for the needy and des- titute” (51:19). For true Muslims, the almsgiving (named “Zakat”) is one of the five duties that they should perform. This pursuit of economic equality and the tie of Muslims resulted, in some degree, from their natural conditions and the economic system. In deserts, anybody could get lost or run short of food and water on the way to their desti- nation. They would ask for help in that situation from any people whom they would meet. Exchanging help with each other, the Muslims generated the notion of Muslim brotherhood. For trading goods with other countries, they accepted the idea that all people were equal.

Islam society, however, was never generous to women and didn’t think that women were equal to men. There are many teachings in the Qur’an that dictate not to differentiate between male and female, but practices are sometimes different from doctrine. To restrict and control women, Muslim males used not only laws and norms but also physical violence. Female genital mutilation is an example of such violence. Female genital mutila- tion, a pre-Islamic custom, was maintained to control women under the name of religion and led many women to their deaths by infection. Muslim males viewed female genital mutilation as a favor for women because “it helped save them from their ‘raging sexual drives’ and keeps them pure and free from sin” (http://www.associated- press.com, “Female Genital Mutilation: An Islamic Practice?”).

Honor killing was another violent practice commonly perpetrated in the Middle East. It was committed on women who brought disgrace on their families. It was perpetrated for a wide range of offenses; marital infidelity, pre-marital sex, fling, or even failing to serve a meal on time. These could all be perceived as impugning the honor of the family. Female genital mutilation and honor killing were not religious practices, but at the village level, people believed they were religiously mandated. For this reason, it wasn’t uncommon to hear honor murderers claim that they believed what they did was part of the religious duties they needed a strong and brutal means to control women.

3. Machismo; the Ugly Face Behind Suicide Bombers

The Japanese and the Muslims have much in common in their cultures, both have suffered from their ruthless natural environment. They were tested by the cruelty of nature and the ceaseless wars in their histories. To be their natural conditions and the helplessness, both needed a strong being like the Emperor of Japan and Allah. They gave their absolute submission to these superior beings, and developed and refined their submission into the splendid ideas of loyalty, honor and nationalism.

Because of the unique situation of the patriarch- absence in the family, Japan and Islamic countries developed cleverer, more brutal and hysterical means to control women.

This article started with the question of which societies were more likely to adopt the extreme tactic of suicide attacks and which societies were not. If society operates under the predominance of machismo, an aggressive male behavior that emphasizes the importance of being strong rather than being intelligent and sensitive (Oxford Advanced Learner’s Dictionary, 7th Edition, 2005), it is more likely to adopt violent tactics of resistance and war making. Japanese and Muslim males showed off their power exaggeratedly to hide their weakness and fear of nature. Japanese males resolved their fear and stress in masochistic ways such as kara-kiri (suicide by disembowelment). The males of Japan and Islamic countries invaded neighboring powerless countries and abused women with violence, sometimes sadistically.

Unlike the patriarchy of many cultures, machismo doesn’t have a minimum requirement of civilized characteristics. Machismo is a behav- ioral pattern that follows the instinct of the male as animal. There have been lots of patriarchal

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A Crisis in Africa

By Jackeline Passos

Around the world, 1,000 HIV positive children die every day, approximately forty deaths per hour. Out of the estimated 2.3 million children living with the virus, 87% live in Sub-Saharan Africa. Nine out of ten of those children become infected by their mothers during pregnancy, either during birth or by breastfeeding. The HIV crisis in Africa is a profoundly serious issue that should be on everyone’s mind. Students at QCC, for example, are able to get a free HIV test and can know the result in a couple of minutes. In Africa, one has to travel miles just to find a doctor who is willing to administer the test. Most women don’t even know that there’s a way of protecting their babies, and even if they receive treatment, there’s no way of preventing the child from getting the virus through breastfeeding, which in most cases is the only way they can feed their babies.

BBC News recently broadcast an interview with an HIV-positive mother from Africa, who said: “I don’t have money, the hospitals are too far, I have to go by bus. There are many families here facing the same problem.” And when she was asked about what happens with those children who become infected, her answer was: “We wait until they get ill and die.” According to Avert, an international HIV and AIDS charity, poverty is not the cause of HIV in Africa, but it is a factor that contributes to it. Africa’s economic situation is immensely different from most other countries around the world. The lack of medical assistance, clinics and hospitals, the need to enter prostitution in order to survive, and having no money to buy condoms, among others, are some of the reasons poverty is a huge factor that contributes to the increasing number of infected people. Most pregnant women have to travel miles to get medical assistance, and that’s one of the reasons they stop their treatment.

Studies have shown that 59% of the HIV positive population in Africa is women. That increases the number of children infected with the virus. When infected, without receiving treatment, most children do not reach their 5th birthday. Better chances of the ART (Antiretroviral Therapy) being effective are if the children are diagnosed and identified as positive before they become sick, otherwise it might be too late for the therapy to work. Studies by Avert have shown that half of the children living with the therapy have a better chance of reaching their adolescence and maybe beyond.

MSF (Doctors without Borders/ Médecins Sans Frontiers), has been trying to help developing countries since the 1990’s. Since 2000 it has been offering ART in about 32 countries, including South Africa. Children carry their medication and take it out only until they are 18 months old, and that’s when they can be tested for HIV by testing particles in the blood stream. But that’s when the problems begin, according to MSF, “the equipment necessary for this is very expensive, and conducting the test is complicated, requiring a well-equipped laboratory.” In addition to the effort of MSF, UNICEF (United Nations International Children Emergency Fund) and Baylor International Pediatric AIDS Initiative, partnered up in 2006 to strengthen the ability to deliver treatment and care for those children and women suffering from AIDS.

On the battle against AIDS is the RED campaign, “a brand created to raise awareness and money for the Global Fund by teaming up with the world’s most iconic brands to produce (PRODUCT) RED branded products.” A percentage of the money made from the sale of RED products will go to the Global Fund, and this money will be used to invest in AIDS treatment in Africa focusing on women and children. Companies collaborating with the RED campaign include American Express, Apple-iPod, Converse, Gap, Emporio Armani, Hallmark, and Motorola.

Working together we can all make a difference!

Suicide Bombers

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countries in the world. The intensity of patriarchy of some Asian countries (Taiwan and Korea, for example) is as notorious as Japan and Islamic countries. However, these countries have not shown pathological behaviors like the hara-kiri and the brutal physical abuse of women as accepted social phenomenons. It is evident that the driving force of extremely aggressive and self-destructing tactics like suicide attacks is machismo; an animal-like desire to be strong, rather than patriarchal.

In World War II, once their Emperor admitted and declared their defeat, the Japanese submitted to the Western Allies without any resistance. The Japanese even staged a festive welcome when the Allied Occupation Forces entered their cities. The sole rule they followed was the rule of power, completely. Furthermore, the Japanese formed a governmental organization; the “Recreation and Amusement Association,” to offer their women to comfort and amuse the foreign army.

Can Islamic countries win their war against the U.S., for example, as happened with America’s withdrawal from Vietnam? Or will they lose and completely submit to the superpower of the U.S. like Japan? The Islamic situation now seems more complex than that of Japan or Vietnam. The Islamic countries and the West have accumulated their hatred to each other through their long history. It is different from Japan which was a foe only during World War II. The Communists of Vietnam who gained an unbelievable victory against the U.S. might never be the same. If some Islamic countries keep resorting to suicide bombing that stands on the basis of a brutal machismo, it is uncertain how the Muslims will defeat the U.S., another macho who believes a powerful country can do anything with its power.
Stress, Stress and More Stress

BY MARIO ARRENDELL

According to the Gallup poll, an organization that has studied human nature and behavior for more than 70 years, four out of every ten Americans often feel stressed. As it is to be expected, people in the U.S. experience the most stress in the world. There are many reasons for this fact. We will examine these reasons later on, but first, what is stress? As simple as it may sound, stress are forces from the outside world, the environment and our social surroundings, affecting the individual. There can be both negative and positive stress. However, most of the times we deal with negative stress. The results of it and dealing with it can be very hard for many people. Stress affects people physiologically and mentally. Due to this fact, it also affects the way that people act. For example, a lot of stress could lead people to bad eating habits and violent acts. Some people when they are too stressed out rely on either eating too much and gaining weight or not eating at all. Violent acts may also include committing suicide. According to a recent Gallup poll, 55% of people in the U.S. say that they have someone they trust that they can discuss their problems with.

There is usually a conflict between managing their time between college work and working time. It seems as if there is no time to rest. Students also have to manage time among friends, family, girlfriend or boyfriend, and other things. All of these things can conflict with one another and can lead to stress. This is the case for most college students. There are some negative consequences that result from this. Students that are experiencing stress oftentimes stop going to class so therefore their grades slip and they may even drop out of school. They choose to work because according to them, it’s the only thing that is making them money. According to the Census Bureau, almost one out of three American in his mid 20s now drops school to work. When Americans reach college, they seem to follow their parent’s path and drop out of school to work like many of their parents did. They decide to come back “later” to finish their degree but many never do come back and finish.

Now let’s take a look at adults that have a job and a family. According to research done by the Population Health Group at the Australian National University, most American adults are experiencing stress. Most have to work most of the day, and then go home to cook and clean and complete other home chores that need to be done. On top of that they have to find time to deal with their spouse and kids. With all this responsibility, it can be very difficult for adults to manage their time and this leads to stress. It is very hard to deal with stress especially when there is no good time management. Even though adults have been facing these tasks for generations, stress has become more of an issue today. The environment demands more out of the individual in this time period. Nowadays, in most families both parents have to enter the job market and work. This was not the case years ago when usually the father would go out and work while the mother would stay home and take care of the children and the house. In addition, today there are more single parents that have to deal with their jobs and raise their children by themselves. They are also faced with providing good health care insurance and so many other things that didn’t exist years ago. All of this leads to more and more stress. Such stress can lead to abuse in relationships and abusive parenting.

There are possible ways in which both college students and adults can relieve stress. College students can learn how to manage their time better by using planners to manage their work. They should come up with a schedule for themselves. For example, Tuesday night study for English and Math, Friday night go out with friends and so on. They should be studious in those tasks for generations, stress has become more of an issue today. The environment demands more out of the individual in this time period. Nowadays, in most families both parents have to enter the job market and work. This was not the case years ago when usually the father would go out and work while the mother would stay home and take care of the children and the house. In addition, today there are more single parents that have to deal with their jobs and raise their children by themselves. They are also faced with providing good health care insurance and so many other things that didn’t exist years ago. All of this leads to more and more stress. Such stress can lead to abuse in relationships and abusive parenting.

There are possible ways in which both college students and adults can relieve stress. College students can learn how to manage their time better by using planners to manage their school work. They should come up with a schedule for themselves. For example, Tuesday night study for English and Math, Friday night go out with friends and so on. They should be studious in following their schedule if they wish to learn how to manage their time. If this doesn’t work and there is still a large amount of stress, they can limit their working hours for a while to ensure time for school work and leisure activities. If this doesn’t work for some students, they can work

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By Kimberly Laden

What can you think of that has a negative impact on each and every person at QCC today? It is in our everyday lives and it is where we live. I am referring to the health of our environment in New York City as well as on the QCC campus, and in particular to the problem of land pollution. Everyone is waking up to how crucial it is to help keep our environment clean and safe. Many people, however, don’t yet realize that land pollution is one of the harmful forms of pollution affecting our environment. And, that it only takes a few simple steps and a little sacrifice to make a difference. It is up to the citizens of New York City as well as the students of QCC to help maintain the health of our city and campus environment for both the present and the future.

As far as we know, Earth is the sole planet in the universe hospitable to human life. We have nowhere else to go. Without a healthy environment children will not have trees to climb on and sports fields to play on. Land pollution is one of the leading causes of human respiratory problems as well as eyetoht, and skin problems. The future is important to think about now, one of the leading causes of human respiratory problems is land pollution. The future is important to think about now, one of the harmful forms of pollution affecting our environment. Each day tons of waste are being disposed of, sometimes improperly, in large areas known as dumping grounds. The increasing amount of solid waste human societies produce is having disastrous effects on the health of innumerable natural systems and life forms.

Currently in New York City, our land resources are becoming exceedingly polluted, and the number of trees and plants are rapidly decreasing. New York City’s land pollution is affected by its size, population and its density. According to Wikipedia, in 2006 Mayor Michael Bloomberg signed a new solid waste management plan which will use barges and trains to export 90% of the city’s 12,000 daily tons of residential trash. Under the previous scheme, trucks and tractor-trailers were used for 84% of residential trash. Under the previous scheme, trucks and tractor-trailers were used for 84% of residential trash. One thing I have not noticed on the QCC campus is recycling bins. Although one does see many signs about recycling and pollution posted in many of the campus buildings, it doesn’t seem that the school administration has yet acted to place recycling bins on the campus grounds. Jim McKee, the superintendent of the grounds and building department, informed me that QCC does in fact have a well worked out recycling program in place, and that the recycling program has operated for about 20 years.

According to Melyssa Brown, the assistant of the building department, the QCC campus is recycling bins. Although one does see many signs about recycling and pollution posted in many of the campus buildings, it doesn’t seem that the school administration has yet acted to place recycling bins on the campus grounds. Jim McKee, the superintendent of the grounds and building department, informed me that QCC does in fact have a well worked out recycling program in place, and that the recycling program has operated for about 20 years. As to how successful the program has been, Mr. McKee stated that he felt that the program is adequate, but went to explain that nobody is going to pick up our garbage for us. Instead, QCC students have to get the word out in the QCC community to become more proactive about recycling. As far as actually putting recycling into action, Mr. McKee says that blue barrels for paper, cardboard, books, and other materials have been placed in the medical arts building, as well as two or three more. By example, the key in recycling is how serious the students and faculty of QCC take the issue of recycling. I feel that the school administration hasn’t done enough to get the word out about recycling, and that the school administration hasn’t done enough to get the word out about recycling, and that the school administration hasn’t done enough to get the word out about recycling, and that the school administration hasn’t done enough to get the word out about recycling, and that

The health of our environment is not getting the attention it deserves, and we need to be responsible for our own waste. There are a number of things students can do to help. Recycling is a major step. It allows us the chance to clear out the disguising landfills and to renew our resources for future generations. According to Melyssa Brown writing in the Post Standard, “recycling represents the efforts of human beings to help make the world a more natural place for everything. Recycling represents the successful continuation of our species.” Another solution is planting trees. Trees produce and increase oxygen levels, during pregnancy or who do not eat enough nutritious foods. Babies that weigh less than 3.3 pounds at birth often do not survive; and if they do, their learning abilities are slower as are their reflexes and motor ability. Motor development deals with grasping, holding and manipulating objects. Small-for-date infants are placed in special care and are put in a bed where they are regulated as for premature babies. These babies also receive tactile stimulation—massages which help them breathe normally, and they are sometimes diagnosed with Respiratory Distress Syndrome because of their immature lungs. There is also a cardio respiratory monitor that keeps track of heart beat, breathing, blood pressure, and the oxygen levels in the baby. The baby is more likely not able to eat for a while so the doctors provide intravenous fluids which enter through an IV, or a feeding tube that runs into the mouth. Another important piece of equipment that helps the baby in this situation is a special bed with a radiant warmer which prevents the cold from entering their bodies and maintains warm body temperature. The National Institute of Child Health and Development states that premature babies face less serious health risks than a small-for-date baby due to the fact that, by the age of 2 or 3, premature infants often develop normally thereafter.

A small-for-date baby is smaller than would be expected based on the length of time since conception. These infants are most often born to women who smoke, or drink alcohol frequently

H E A L T H

Premature & Small-For-Date Babies

By Angela Protopanous

A normal pregnancy lasts nine months, or about 38 to 42 weeks. Wouldn’t it be helpful to know some facts on premature and small-for-date babies, and how to take care of them? Many mothers do not expect their doctor to provide them with enough information to be aware of the problem. I think most women, however, would prefer to have information that would help them better prepare for the care of their child if it is about to be born premature or smaller in size especially if the mother is having complications.

According to the National Institute of Child Health and Human Development (NICHD), newborns are considered to be premature if they are born before they are 37 weeks old. When born prematurely, lead infections can happen within the first four weeks which is referred to as gestation. Premature babies are much smaller than average, with smaller organs which oftentimes are unable to work on their own. Babies have a much better chance at surviving and having fewer medical concerns including breathing and eating if they are born within 26-29 weeks, and no earlier than that. According to the NICHD there are many risk factors that increase the chance of having a premature baby such as, previously delivering a premature baby, multiple gestations, high blood pressure, diabetes, and other factors. Premature babies are often put upon a ventilator which is a device that helps them breathe normally, and they are sometimes diagnosed with Respiratory Distress Syndrome because of their immature lungs. There is also a cardio respiratory monitor that keeps track of heart beat, breathing, blood pressure, and the oxygen levels in the baby. The baby is more likely not able to eat for a while so the doctors provide intravenous fluids which enter through an IV, or a feeding tube that runs into the mouth. Another important piece of equipment that helps the baby in this situation is a special bed with a radiant warmer which prevents the cold from entering their bodies and maintains warm body temperature. The National Institute of Child Health and Development states that premature babies face less serious health risks than a small-for-date baby due to the fact that, by the age of 2 or 3, premature infants often develop normally thereafter.

A small-for-date baby is smaller than would be expected based on the length of time since conception. These infants are most often born to women who smoke, or drink alcohol frequently.
**Health**

The Object of Your “Perfection”  
**By Tanya Dobric**

For many companies, selling their products with half nude models in their advertisements has proven to be a very successful marketing strategy, but do such advertisements present a positive image of young people in our society? Guess, for good or bad, is not the only company using exotic locations, and sexually provocative advertisements. What do topless models pressuring their bodies against each other have to do with selling a pair of jeans? The idea seems to be that buyers will identify with such images or at the least project their own desires onto them in the hope of looking just as desirable as the models in the advertisements. It is only after one gets home and stands in front of the mirror that the disappointment settles in when the consumer realizes that jeans alone will not transform you, for example, into a Guess model.

It’s unfortunate that in today’s society, more people can’t accept themselves the way they are. It seems that millions of Americans would kill to have a clear complexion, a perfect waist, size two pants, c cup breasts, perfectly toned arms, abs and legs. It is amazing how many men and women go under the knife to achieve the perfect figure in cosmetic procedures including liposuction, laser hair removal, breast augmentation, Botox injections and many others. And those people who do have nice figures can still find plenty of flaws and imperfections that they would like to perfect too. Many of such perceived “imperfections” are often based upon the appearances of our present day celebrities, which have a great impact on society’s “perfect” body image. When one looks at actresses like Eva Longoria or Sarah Jessica Parker, they are not ranked based upon their accomplishments as great actors, but on how appealing they look and are marketed to the public. Women are intriqued by their appearances and obsessed with beautiful couples such as Angelina Jolie and Brad Pitt. And it sometimes seems as if the more beautiful the celebrity the more controversial they become. A good example of this can be seen in the career of Britney Spears. She started off her singing career as a young, beautiful star and now it seems that the celebrity media enjoys ripping her to shreds, finding any negative thing they possibly can about her whether it’s her hair, weight gain, child-rearing, or cars or pets. At the same time, the most remembered and the most honored stars are more often than not than those considered the most beautiful: James Dean, Audrey Hepburn, Marilyn Monroe, and Elvis Presley.

Body image is used to sell products. For example, actresses like Jessica Simpson and Alicia Keys sell Proactive, and models that are practically naked sell perfumes and colognes. Look at the billboards all around you, a man modeling Calvin Klein underwear with a perfect six pack, or a woman wearing nothing but a bra and advertising Armani Exchange jeans. The sexy woman with a cigarette in her hand is supposed to influence you into buying that brand of cigarettes. How many people do you know, who would feel compelled to buy a pair of jeans or a pack of cigarettes from an obese person in an advertisement? Many girls and women suffer from negative self body image due to the ubiquity of “perfection” in commercial advertising, and as a consequence often develop very unhealthy eating habits. According to the American research group Anorexia Nervosa & Related Eating Disorders, Inc., one out of every four college-aged women uses unhealthy methods of maintaining their weight, whether it’s skipping meals, excessive exercise, laxative abuse, or self-induced vomiting.

People of all ages today are being brainwashed with the idea that “imperfect” bodies are unattractive. As a result, millions of people undergo plastic surgery, and television shows like Dr. 90210 and Extreme Makeover encourage them to do so. American society is being filled with fake looking “perfect” people. People have been brainwashed into believing that everyone should be skinny, and that wrinkles and love handles not only look unattractive but will result in low self esteem. Unhappily, for those who undergo the knife, surgery sometimes make the person’s image change for the worse. It starts out with a little nip-tuck here and there until cosmetic procedures themselves become an addiction. Everyone has seen the celebrity who wanted to look young again only to make herself look “unnatural.” Apparently, people are never satisfied, and advertisements such as the Guess ad above may be one reason why. It’s been said that beauty lies in the eye of the beholder. Until we all achieve perfection, I’ll see you at your next appointment.

**Poetry Corner**

**Whose Nose is Always in a Book**  
**By Kiran Wahid**

I am a visionary whose nose is always in a book. I wonder if J.K. Rowling will write another amazing novel. I hear the wind whistling through the trees. I want to jump into a beautiful painting. I cry for the people who just need a light. I am a visionary whose nose is always in a book. I pretend the news doesn’t bother me. I feel that this world needs a nice steaming bowl of peace. I touch the clouds. I worry that the world will choose hate over love. I cry for the people who just need a light. I am a visionary whose nose is always in a book. I understand that life is just like a tree. I say that these moments are everything. I dream of my dreams coming true. I try to be more than I can be. I hope that the future is bursting with light. I am a visionary whose nose is always in a book.

**Responsible and Amazing**  
**By Waldo Robles**

I am responsible and amazing. I wonder if people see that in me. I hear rumors of someone being cold hearted and lonely. I see people talk about it. I want to know who this someone is. I am responsible and amazing. I pretend to have a weapon. I feel healthy, not sick. I touch the defeated one with my hands. I worry whether I’m being tricked. I cry once in a blue moon, it is very rare. I am responsible and amazing. I understand how it feels to be lonely. I say I am not lonely. I dream I can fly. I try not to use the word “try.” I hope I will not have to wait. I am responsible and amazing.
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Unique, Fun and Affordable Places to Travel in Europe

By Christina Hale

One great town to visit is Kaiserslautern, Germany which is in southwestern Germany. It is known for being the home of largest American community outside of the U.S. with over 34,000 Americans sharing the town with inhabitants from over seventy nations. There is so much to see and do. People interested in history might want to check out the remembrance to the Kaiserslautern Jewish Synagogue that was destroyed by the Nazi government in 1938. It’s a very cool thing to stop and look at. On all sides of the site, you can look into viewing goggles and see what the building looked like.

Landstuhl, Germany is where I spent my summers with my family. Landstuhl was built on the site of earlier Celtic and Germanic-Roman settlements. Where the present Kolpinghaus meeting place stands, there once stood a Frankish king’s court which dates back to the ninth century. Landstuhl received its city status by 1323, and from a tiny population of about 150 in 1520 it has grown to a population of more than 10,000. The city has several churches and buildings which date back hundreds of years. Among the historic structures in town are the “Alte Kapelle” (Old Chapel), constructed in 1300, and “Pfarrkirche St. Andreas” which dates back to the 17th and 18th centuries. The singer Rob Thomas was born in this town.

The Burg Nunstein (castle of the town) is very interesting to visit. It was built in the 1100’s by Emperor Barbarossa. It’s made of red sandstone. It has a spectacular view of the whole town and on a clear day you can see for miles to a number of other towns. Landstuhl is part of the Kaiserslautern/Ramstein complex. Ramstein Air Base is the headquarters for the American Air Force in Europe, plus some NATO units (British, Canadian, Belgian, Dutch, French, and German). Landstuhl is located near the main east-west autobahn, 11 miles west of Kaiserslautern and 2 miles southwest of Ramstein. A main rail line also serves it from Heidelberg to Paris. Daily express trains are available to many European cities. The largest airport in Europe at Frankfurt is 90 minutes by auto.

Depending on the time of year this part of Germany is known for rain, however, the good thing about this is that there are lots of the rainbows. You can rent a car, walk or take public transportation (buses, trains). It is nice to rent a car so you can drive through the countryside. The landscape in Germany is breathtaking. Everything is so clean. And if you’re interested in architecture, wine and beer, Germany is the place to visit.

The Mosel and Rhine Rivers are great day trips to go and see, you can take a cruise on these rivers, and learn a lot about history and all the amazing vineyards that are here. I suggest going in the summer time, July and August are best for visiting the ancient castles along the Mosel and Rhine Rivers. Oktoberfest is a fun and interesting time to be in Germany as well.

There are literally hundreds of sights to see in Paris, France and surrounding areas. I myself love the monuments, museums and palaces. Sites that are a must see include the famous Notre Dame Cathedral, The Arc D’Triomphe, the Seine River, and Eiffel Tower. The Louvre Museum is a massive and incredible museum. There’s so much to see, from the Mona Lisa to Egyptian Antiquities. You need at few days to view this museum; maybe even a week. Versailles, located approximately 13 miles outside of Paris, is a must see! It was built in the 1600’s. It is massive! One of my favorite parts of this palace is the Hall of Mirrors. The architecture is breathtaking. Whatever you love whether it’s history or art you will not be disappointed when you visit this hot tourist spot.

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The Holy Month of Ramadan

BY NOMAN YUSEF

There are many holy days and months in different religions, one such holy occasion is Ramadan of Islam. According to the Islamic calendar, there are 12 months and Ramadan falls on the ninth. Considering the Islamic calendar follows the lunar system every year Ramadan begins 10 days earlier than the previous year. For example, Ramadan started on September 13th on the western calendar this year so it will start 10 days earlier on September 3rd next year.

Ramadan is an Arabic word and its linguistic meaning is intense heat or shortness of rations. It is considered to be the most blessed and revered holy month in the Islamic religion. The Qu’ran is believed to have been revealed by God to the prophet Muhammad on this particular month. During Ramadan, Muslims fast during sunrise by abstaining from eating, drinking, and sexual activity, until sunset.

To break fast Muslims eat fresh dates; a fruit of the date palm, along with a glass of water. This tradition dates back to Prophet Muhammad, thus a very important and dear practice for Muslims. After having dates and drinking water Muslims have a big meal called “iftar.” Iftar is basically a general term for the meal that breaks the fast, regardless of what the meal consists of. The meal that is eaten before the sun rises is called “sehr,” and again this is a general term. One of the reasons for fasting is to feel the hunger that those in need might have. Muslims are supposed to find forgiveness is forgiven. It is as if someone is a person is traveling he or she can fast later provided that the days are made up. Pregnant women and children up to the age of 10 or 11 are not required to fast. However after the pregnancy is required to fast. However after the pregnancy is over, the woman is supposed to make up her fasting days.

Ramadan differs from other months in the sense of prayer, charity and the understanding of God. Muslims who don’t pray five times a day or give charity at all can do so in this month to a large extent. The reason being that during Ramadan, Allah or God, opens the gates of heaven and closes the gates of hell. Also, whoever asks For readers interested in learning more about Ramadan and Islam, the following website is a useful source, the Brief Illustrated Guide about Islam. Or type in Ramadan, the fasting month for Muslims on Yahoo.

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And finally, there will be no tuition increase for the spring 2008 semester.
Mindless games of “that’s what she said,” office romances, and boss Michael Scott’s antics were all at risk last year after NBC’s comedy, “The Office,” was threatened by low ratings. Even though the show had won several awards, including the 2006 Emmy for Best Comedy and was critically acclaimed, it wasn’t getting the ratings it needed. Last fall, there were numerous articles following the Emmys on how the show was going to be cancelled because of low ratings, even though it was at its best. Thankfully, a year later “The Office” is still on the air and looks like it’s going to stay, but for how long? With its actors in high demand for movie roles and television show appearances, how long will it be until they move on with their careers?

“The Office,” which kicked off its fourth season in September, has been a gold mine of talented actors. Just this past year, the show’s main stars, Steve Carell, Jenna Fischer, John Krasinski, and Rainn Wilson have appeared in over a dozen movies, not including upcoming projects. This show has provided these actors, as well as its supporting cast, with the big break they have been waiting for. Starring in big blockbuster hits such as The 40 Year Old Virgin, Little Miss Sunshine, and Anchorman, Steve Carell went from “The Daily Show” correspondent to Hollywood movie star. And he’s not the only one. Almost all the actors on the hit comedy were struggling before they were signed on to the show.

On numerous talk shows Jenna Fischer, who plays “plain Jane” receptionist Pam Beesly, has talked about all the odd jobs, which ironically included being a receptionist, she had while trying to find work as an actress. John Krasinski, who plays prankster salesmen Jim Halpert, was a waiter in Manhattan, a script intern at “Late Night with Conan O’Brien,” and had minor guest roles on shows including “Without a Trace,” “Taxi,” and “Law & Order: Criminal Intent.” Rainn Wilson was also a struggling actor, guest starring in thirteen episodes of the HBO hit series “Six Feet Under” and in other various movies and television shows, including “Monk,” before landing the role of the hilariously odd beet farming salesman, Dwight K. Schrute.

But success comes as bittersweet news to die-hard fans of “The Office.” Although it is great that the talented cast found success through the now beloved NBC comedy, it is ironic that this success might lead to the show’s downfall. Adapted from Ricky Gervais’s English hit by the same name, the American version has created its own identity. Introducing new characters, giving the original ones more depth, and creating unique and ridiculous funny plotlines makes the American version just as good, if not better than the English one. For the record, several members of the cast, including John Krasinski, have said they would stick with the show until the very end, but with many of them getting multiple movie deals one can’t help but think otherwise. With its growing popularity, the show looks like it’ll stay on the air for a while, but we can only cross our fingers and hope that the actors don’t change that.

“The Office” airs Thursday nights at 9:00 pm on NBC and reruns air on Tuesday nights at 10:00pm and 10:30pm on TBS.

Film Review — “Sicko”

BY YADER MONTEenegro

If you’re wondering why lame-duck Bush recently vetoed a children’s health care bill that would’ve expanded coverage to middle-class children, then I recommend watching Michael Moore’s Sicko. Sicko is a 2007 documentary film that explores the hard to swallow truths’ surrounding the American health insurance industry. The film throws hard punches at America’s capital-hungry system while comparing it to the universal/socialized systems of Canada, the United Kingdom, France, and even Cuba.

The film opens with the real fact that 50 million Americans are without health insurance. Then follow the horror stories of the victims of a system where health is a benefit and not a human right. Because health services are too expensive, HMO’s (Health Maintenance Organization) deliberately look for reasons to deny coverage for necessary health services. The intention is to save money and maximize profits. The result is people dying or ending up in bankruptcy.

Even obtaining health insurance can be trouble. If you have health risks, then you are a liability to a company, hence applicants are thoroughly investigated for pre-existing conditions. Apparently, pre-existing conditions are an essential core for denying coverage to applicants. Additionally, applications are designed to be denied either by the applicant having a pre-existing condition, or solely for omitting information, like existing pre-conditions. In some cases, people weren’t even aware of the pre-existing conditions. A woman was even denied necessary treatment simply because she had a yeast infection in the distant past. If that’s not enough, we even hear testimony of actual employees from these companies, on how their companies are corrupt and money-hungry.

Moore then jumps to a little history lesson on how HMO’s began. Unsurprisingly, it was started with a dirty deal by crooked former president Richard Nixon and Edgar Kaiser, co-founder of Kaiser Permanente; a managed care organization. Since then, HMO’s have dominated the industry.

You might ask yourself, well how does this happen? It is simple, and Moore brilliantly exposes this. One word explains it all; lobbying. Through this corrupt way, HMO’s and drug companies have bought off Congress and the biggest check even went to President Bush. Now you might understand why he vetoed that children’s health care bill.

Moore then exposes how they even managed to buy off Hillary Clinton. Back, during her first term as first lady, Bill had appointed her to be chairwoman of a movement to socialize health care. Despite the fact that she genuinely pushed for this movement, the private industry ultimately crushed her and managed to buy off her silence. Since then, the private industry has reigned without opposition.

The second half of the film documents the socialized systems of Canada, the United Kingdom, France, and Cuba. All four nations offer full health coverage regardless of whatever. Conservative propaganda will make you think that socialized health care management here at home, for sicknesses contracted as a result of the bad air at ground zero. They are loaded up on boats on a sea trip to the communist nation. Moore initially seeks help for them at Gitmo, the nickname for the U.S. military base at Guantanamo Bay. Previously, it was thought they would be underpaid but in Great Britain that is not the case. A doctor employed by the NHS (National Health Service); Great Britain’s universal health system, lives in a million dollar home and drives an Audi. The hospital themselves offer great service and Moore is even laughed at when asking where the bills are paid. France also has a very successful system and there, the government even offers nannies to busy mothers.”

The final part of the film goes to Cuba where Moore looks to find help for 9:11 rescue workers that include NY firefighters who were denied health care at home for sicknesses contracted as a result of the bad air at ground zero. They are loaded up on boats on a sea trip to the communist nation. Moore initially seeks help for them at Gitmo, the nickname for the U.S. military base at Guantanamo Bay. Previously, it was thought they would be underpaid but in Great Britain that is not the case. A doctor employed by the NHS (National Health Service); Great Britain’s universal health system, lives in a million dollar home and drives an Audi. The hospital themselves offer great service and Moore is even laughed at when asking where the bills are paid. France also has a very successful system and there, the government even offers nannies to busy mothers.

After being rejected at the American base, Moore looks for help within the Cuban community. The Americans are greeted with warmth and are accepted as patients at Havana Hospital. After intensive check ups all of the Americans are treated appropriately and one man is even given a new set of teeth to replace the ones he’d lost, from teeth-grinding related to Post Traumatic Stress Disorder. They are instructed with strict treatments to follow, and a large supply of medicine that in America would otherwise be too expensive.

In the nations that Moore explores, it is common belief that their citizens should be taken care of. Serious health issues are addressed and the more help you need, the more you will get. Here at home, the more serious your health issues are, the more likely it is that a lousy HMO will deny you health coverage.

Though long, the film is filled with plenty of interesting facts for the progressive liberal. Some facts will boggle your mind and others will make you question the country that we live in. The facts are clear America is the only industrialized nation that doesn’t have universal health coverage.

Sicko is impressively progressive and like Fahrenheit 9/11, a harsh reality check. With health-care being such an important issue these days, and with the ’08 elections just around the corner, this film has the potential to directly voters in the right direction.
**MUSIC ADDICTION — Vol. II**

I'm Scene, You're Scene — Let's Call the Whole Thing Art

By Celia Hickey

Whether you are identified as a thug or a rocker, there is always a thin line either divided by fashion or music. And every so often fashion designers and bands come along and completely erase that line creating something new and diverse. The entire hip hop/rock scene started in the late eighties with Run DMC and their collaboration with Steven Tyler of Aerosmith. It shook the world of music and the debris has been falling ever since.

Bands like Gym Class Heroes and Linkin Park are two of the most recent acts to meld hip hop and rock, and even old school performer Debbie Harry from the punk pioneer band Blondie did a song with popular hip hop artist Eve. Gym Class Heroes are a new look on the rock scene with their sense of fashion. Lead singer Travis McCoy has a style of his own mixing urban and contemporary. In their music videos, he and his band mates often wear Nike sneakers, skinny jeans, bandanas, brightly colored shirts with matching hats and an outrageously large number of accessories.

One of the first on their scene, Gym Class Heroes was not the only band to meld musical genres and fashion styles. Linkin Park blew up in the scene in the late 1990s and has not looked back since. They came out with an individual style and sound that bands like Korn and Limp Bizkit tried to do but failed at miserably. Chester Bennington, lead singer for Linkin Park has a voice that can both reach angelic proportions or something nightmarishly fiendish depending on the song. The hip hop aspect of the band is Mike Shinoda who has a more rugged urban style and raps in an almost melodic back up to most songs on all of the bands albums.

Just as these bands show their stylistic flare on stage, some performers have put down the guitars or drum sticks and picked up the sewing needle, taking up ventures in fashion design. Pete Wentz, bass player for Chicago based Fall Out Boy has his own line, Cladestine. The line features a darker look to the average scene kid with polo shirts with skulls or guns and skinny jeans with other sort of decals. Dan Jacobs, the pint sized guitarist of metal-core rock stars Atreyu, has recently started his own line, Famous Stars and Straps. One of the top selling fashion lines, FSS has everything from shoes to hoodies to skateboard decks.

As for other artists expanding their creative and marketing horizons, Sean “P Diddy” Combs has his own line Sean John. He tries to show the self, Jacobs has stated in a recent article on the bands Myspace blog that he is a fan of vintage shirts and wanted to make them readily available. And as for Travis Barker, the infamous drummer of southern punk rockers Blink-182, who not only has a side project with lead singer Tim Armstrong of Rancid, he also has his own clothing line, Famous Stars and Straps. Of the top selling fashion lines, FSS has everything from shoes laces to hoodies on to skateboard decks.

For information on affordable places to stay, visit www.tripadvisor.com, wwww.hostelworld.com and www.fiap.asso.fr. In Paris, I have heard that The Perfect Hostel is a great place to stay, and it’s centrally located. It will cost you about 23 Euro a night. FIAP Jean Monnet is 20 minutes from The Louvre Museum and the Eiffel Tower and the cost is approximately 35 Euro a night.

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**MEN'S & WOMEN'S SWIMMING**

2007-2008 Season Schedule

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Team(s) / Meet Place</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>11/3</td>
<td>Borough of Manhatan CC / Suffolk Grant CC</td>
<td>9:00 am</td>
</tr>
<tr>
<td>Friday</td>
<td>11/9</td>
<td>Borough of Manhatan CC / Borough of Manhatan CC</td>
<td>8:00 pm</td>
</tr>
<tr>
<td>Friday</td>
<td>11/30</td>
<td>Borough of Manhatan CC / Suffolk Grant CC</td>
<td>6:00 pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>12/1</td>
<td>Delhi Invitational / SUNY Delhi</td>
<td>11:00 am</td>
</tr>
<tr>
<td>Friday</td>
<td>12/7</td>
<td>Borough of Manhatan CC / Suffolk Grant CC</td>
<td>6:00 pm</td>
</tr>
<tr>
<td>Friday</td>
<td>12/14</td>
<td>Borough of Manhatan CC / Borough of Manhatan CC</td>
<td>6:00 pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>1/9</td>
<td>Baruch Tri-Match / Baruch College</td>
<td>6:00 pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>1/16</td>
<td>Borough of Manhatan CC / Suffolk Grant CC</td>
<td>6:00 pm</td>
</tr>
</tbody>
</table>

**Thurs.- Sat.**

3/31-2/2 CUNY Tournament / Lehman College | TBA

**Fri. - Sat.**

2/25-2/27 N.E. District Championships at Morris CC | TBA

**Wed. - Sat.**

3/5-8 NCAC Championships at St. Peters, FL | TBA

**Head Coaches:**

**Assistant Coaches:**

**College President:**

**Athletic Director:**

**Department Chairperson:**

**Department Phone Number:**

**Department Fax Number:**
Name: Niki Tabiri
Age: 22
Major: Business Administration
Semesters at QCC: 4
Favorite Sports: Basketball and Softball
Member of QCC sport teams: Basketball (point guard)

Future Plans: “I’m planning to go to Maryland University and continue playing basketball.”
Career Goals: “Get a Bachelor’s degree in Business Administration to start my own business.”
CUNY Awards: ’05–’06 Rookie of the year for the women’s basketball team, and Region XV honorable mention.
QCC Awards: Most improved player ‘06–’07.

Career goals: “Become a Physician’s Assistant, and then go to culinary school.”
QCC Awards: Most improved player ‘06–’07.

What made you start playing basketball? “My brothers play it, and I also like it.”
Who is your role model? “Of course my mother” Why? “Because she helps me a lot along the way, in school, and everything I do. She is also a very intelligent woman.”

Niki Tabiri started playing basketball when she was five years old. Her oldest brother introduced her to basketball. As she got older, she started to learn how to play organized basketball, not just street ball. In High School she helped the women’s basketball team to win the 2001 basketball championship, and she also became the most valuable player (MVP) of the year. After graduating from high school in 2005, she enrolled at QCC. In the fall of 2005 she started playing for the women’s basketball team at QCC as a point guard. Since then she has become an outstanding player.

Name: Charlene Saurora
Age: 19
Major: Liberal Arts
Semesters at QCC: 3
Member of QCC sport teams: Basketball
Expected graduation: Spring ‘08

Career goals: “Become a Nurse.”
Career Goals: “Become a RN.”

Charlene Saurora went to Brookwood High School in Georgia, where she played basketball and ladies Football. After graduating she moved to New York and enrolled at QCC. In fall ’06 she became a member of the women’s basketball team as a defense player. She has the skill to play small forward, power forward and shooting guard. This fall we expect her to do an outstanding performance.
More Courses  
More Choices  
More Credits

JANUARY  
winter session  
AT QUEENSBOROUGH

Choose the session that fits YOUR schedule

EXPRESS SESSION  
January 2 through 14  
Mon. – Fri.  
9 class meetings

COMPACT SESSION  
January 2 through 18  
Mon. – Fri.  
13 class meetings

SATURDAY EXTENDED SESSION  
January 2 through 19  
Mon. – Sat.  
16 class meetings

Choose the course that earns YOU credits

CHEMISTRY  •  DANCE  •  ECONOMICS  •  ENGLISH  •  HEALTH  •  HISTORY  
PHYS. ED.  •  PSYCHOLOGY  •  SOCIOLOGY  •  SPANISH  •  SPEECH

REGISTER TODAY
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APPLY TODAY
If you are not a continuing QCC student from Fall '07, you need to complete an application in the Admissions Office, Administration 210, before you register.

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