Women’s Indoor Track Team Take Home Championship Again!

By Candace Baptiste

After winning three championships, it is no surprise that the Women’s Indoor Track Team took home another championship on March 2nd, after running against many schools at the New Balance Track and Field Event.

Hard work definitely paid off: the ladies prepare by practicing all year round, even in harsh conditions. Starting from cross-country season (September to November), which is directly followed by the indoor season (December to March) and continues in March and May as outdoor, there are no days off and pure consistency.

By running in the woods, hills, and around the QCC campus, as well as weight-training, these women stay in shape and are in the right facility to practice in during indoor season in winter. Finding a facility that is easily accessible and safe to practice in can be very difficult.

Track and Field is unlike many sports. Runners compete against 18-20 different schools and the score of the individual runners isn’t really the main thing. Instead, it’s mostly about how many points each runner gains at the end of their race depending on what place they have earned. Usually, sixth place scores one point, fifth place scores two, third place scores six, second place scores eight and first place scores ten.

After a runner finishes the race, their points are all tallied up based on what place the runner is in and if their points are high then they are sent to the final race.

At the New Balance Track and Field Championship event, Tshepi Mitchell from our Women’s Track Team, won first place in two events and second place in the relay races as well. She accumulated twenty-eight points and was considered Most Valuable Player.

So what can we expect next for the Women’s Indoor Track Team? Well, constant winning for sure, and the key to winning is making sure everyone knows their roles. They know their strengths and weaknesses. They know what is good for them as a team and as individuals and with that mentality, they are triumphant.

So get ready for more awesome things from our Women’s Track team!

Walk to Aspire May 2014

By Lourdes Carballo

On your mark, get set, aspire! Mark your calendar on May 7 and gather around the college track at Queensborough Community College (QCC) to celebrate one more year of giving back to the school community with “Walk to Aspire”.

What exactly is “Walk to Aspire”? It’s an event held each year, in which teams formed by QCC students, staff and faculty members take a two-mile walk around the college track as an act to celebrate a year of fundraising events.

According to QCC’s Special Events Coordinator, Ronnie Weprin, “The idea is to raise student scholarships—students raising scholarships for current and future students—so that students get into the culture of giving back before they graduate.”

Teams are formed by departments, clubs, and student associations, which hold several fundraising events throughout the year on campus like bake sales, book sales, and flea markets. One special way in which team members raise funds is by asking family members sponsor to them with $1 for each lap around the track. (eight laps which equals two miles)

The funds raised go directly to the “Aspire Scholarship Fund,” or a team may direct their funds to an already existing scholarship fund within their department.

Since its inauguration in 2007, “Walk to Aspire” has raised more than $125,000 in scholarships. This year, the goal is to reach $25,000, according to Weprin.

Teams like the Student Nursing Association (SNA) and Future Teachers’ Society have been very active in fundraising. Both have held bake sales with funds going directly to the “Aspire Scholarship Fund.”

Having exceeded their goals in their bake sales, SNA President, Sacha Cleary

continued on page 8
Welcome to Geography 101. How many of you know where Italy is? How about England? Here’s an easy one: Russia. How about Ukraine?

If you’re confused and think Ukraine is, in fact, a part of Russia, you’re wrong. Ukraine is indeed its own country, though people often make that mistake due to the history of control the Soviet Union has exerted over it.

Today there is a huge controversy brewing over there that has people finally realizing Ukraine is its own independent country. However, with the propaganda that Russia puts through the media, many still believe that the Ukrainians are one with Mother Russia.

Starting last November when it all began, 100,000 people attended a demonstration in Kiev, the capitol of Ukraine. Protesters showed their discontent towards President Yanukovych’s and his cabinet’s decision to abandon an agreement with the European Union. Instead, President Yanukovych and his cabinet were seeking closer relations with Russia. Police launched their first raid on protesters, and then arrested 35 people.

Fast forward a bit to early December when protesters occupied Kiev’s city hall, turning it into a tent city filled with 800,000 people there to demonstrate in the capitol. While protests against President Yanukovych were taking place in the Ukrainian capital, on December 17th Russian president Vladimir Putin offered an economic lifeline, offering to buy $15 billion of Ukrainian money and lower Russian gas prices.

January began to get heated when the parliament passed restrictive anti-protest laws. A couple of days later two people died of gunshot wounds as clashes turned for the worst. When the Ukrainian Prime Minister, Mykola Azarov resigned, parliament had annulled the anti-protest laws and passed an amnesty bill promising that the charges of those arrested would be dropped if the protesters agreed to leave government buildings.

The opposition rejected such conditions.

Later in February, all 234 protesters that had been arrested since December were released and Kiev city hall and other public buildings were abandoned by the protesters. February 20th was the darkest day for Kiev; at least 88 people were killed within 48 hours due to uniformed snipers firing at protestors holding makeshift shields. At this point, the Independence Square, once a beautiful place, had begun to resemble a war zone.

On February 22nd a couple of things happened at once, beginning with the disappearance of President Yanukovych, protesters taking control of presidential administration buildings, and Parliament voting to remove the president from power with new elections set for May 25th. On February 23rd-26th Parliament named speaker Oleksander Turchynov as the interim president. An arrest warrant was issued for Mr. Yanukovych, and the acting president warned of the dangers of separatism. Members of the proposed new government appear before demonstrators, and Arseniy Yatsenyuk is nominated prime minister. The elite Berkut police unit (Ukraine’s elite riot police), blamed for deaths of protestors, was disbanded.

Allow me to bring up the current situation that has the attention of people everywhere: Crimea.

Around campus I asked students their views and judgment on the situation. Crimea is a peninsula that is dependent on Moscow for food, water, and gas. They voted to be part of Ukraine, and many people died of gunshot wounds as clashes went on outside the United States. Many people are too absorbed in their own lives to realize that there are wars and battles going on outside the United States.

Pro-Russian forces have since taken over Crimea, and relations between the West and Russia have soured dramatically. On February 27th-28th pro-Russian gunman had captured key buildings in the Crimean capitol, Simferopol, and along with unidentified gunfire in combat uniforms began to appear outside Crimea’s main airports. While this is all going on, Mr. Yanukovych appeared again after fleeing to Russia and insisted that he remain the president.

In the month of March there has been mayhem since day one. On March 1st Russia’s parliament had approved Putin’s request to use force in Ukraine to protect Russian interests. The next day Ukraine’s interim Prime Minister Yatsenyuk said that Russia had declared war. On “Black Monday” (March 3rd) Russia’s military had issued a deadline for Ukrainian forces in Crimea to surrender, but that was later denied and it’s said that President Yanukovych had asked Putin to use force on his people in writing. On March 4th-6th Putin had broken his silence saying the armed men besieging Ukrainian forces, in Crimea aren’t Russian troops, they’re self-defense forces and Crimea’s parliament votes to join Russia and schedules a referendum (general vote by the electorate on a single political question) for March 16th.

On March 12th President Barack Obama pledges to the Ukrainian Prime Minister that he stands with Ukraine. When the results from Crimea’s secession referendum on March 16th were in, they said that 97% of voters wish to join Russia. On March 18th, Putin addresses Parliament, defending Moscow’s actions on Crimea, and signs a bill to absorb the peninsula into the Russian Federation.

Most students with whom I spoke were shocked by how awful things are in Europe. The students who were aware had told me that they have seen the story on the morning news or in the New York Times, which proves that the world is finally coming to realize the importance of what is taking place in Ukraine.

The Ukraine is not chained to Russia or part of that massive country that, given time, may become a hazard to the rest of us.
Campus Issues

Queensborough’s Historical Forum: Carlos Castresana on Justice in Guatemala

By Clara Lizardo

Picture a country where the number of civilians murdered goes up to two hundred thousand and at the same time, fifty thousand forced disappearances are reported. The numbers are not taken out of a post-apocalyptic novel or a dystopian description of the world. This was Guatemala during the Armed Conflict from the 1960’s to 1996.

Oppression and violence have been embedded in the history of most of the Latin American countries for years; however, Guatemala has been given the reputation of the third most violent country in the world. Most of the crimes and human rights violations were directed at ethnic Mayan indigenous people.

On April 2, The History Department (Co-sponsored by the Languages & Literatures Department) presented the Queensborough Historical Forum Inaugural Lecture titled “One Law for One World” with guest speaker Carlos Castresana, who saw first-hand the conditions in Guatemala even a decade after the Civil War ended.

Carlos Castresana, a Public Prosecutor of the Supreme Court of Spain, was sent to Guatemala in 2007 with the International Commission Against Impunity in Guatemala, or CICIG for its acronym in Spanish, to help the Guatemalan government resolve the same issues that were still present in the country at the time.

According to Mr. Castresana, for every one hundred murders in Guatemala, only two cases were solved, leaving ninety-eight of them unpunished and unaccounted for. Under the then president, Alvaro Colon, the number of murders was twenty-five thousand—a statistic that resulted in the “failure to build a peaceful society.”

The work of the CICIG consisted of investigating crimes by illegal bodies of security that could affect fundamental human rights of the citizens of Guatemala and the prosecution of such bodies. But it was more of a team effort. The CICIG helped the government investigate, prosecute and if there was need, to dismiss government officials that were found to be corrupt and not fulfilling their functions. Such was the case when Mr. Castresana ordered the dismissal of Attorney Generals and other high-ranking officials that were found to be linked to corrupt activities, namely, Major General Enrique Rios Sosa, the son of the past dictator of Guatemala.

In 2009, two years after the CICIG started working there, the people of Guatemala were already starting to demand change in their country. Rodrigo Rosenberg Marzano took matters in his own hands, a decision that came at the cost of his life.

It was known as the Rosenberg case, and the investigation of the murder of a respected and educated citizen of Guatemala brought to light faults within its own government that could have resulted in a coup, were it not for the help of the CICIG in solving the case.

As we listened to Mr. Castresana, the timelines got blurry and the audience was completely absorbed in this history, until the fire alarm went off for a drill and we were reminded we were sitting in an auditorium, simply listening to the voices of the past through his lecture.

Castresana said that at times he felt trapped when he had to sleep in his office for his protection, after he was warned to leave the country for his own good. However, Castresana’s view that “all human beings should be protected” kept him there until, after much hard work, the 98 percent of impunity in Guatemala turned into 100 percent accountability.

When asked if he ever thought of “dropping the towel,” considering the many threats he received, he simply answered, “in situations like these, you just don’t bring any towels.”

Mr. Castresana said he didn’t feel like a hero. In fact, when asked if he just didn’t think of the consequences on him or his family, he answered that when you do that kind of work, it doesn’t mean that you are courageous, it just means that you are conscious. “You can take the risk professionally with the proper precautions.”

The lecture ended with a positive message that these kinds of changes can be made. If you can do it in Guatemala, if you can expand the definition of human rights and establish a law system that actually works, you can do it anywhere.

Finding a Space in the Library

By Jenny Chabla

Everyone knows where the library is. It’s a great place to do homework and study. The library is also known as the Kurt Schemeller Building and it consists of four floors. The second and third floors are available for the use of the students.

There are many of students at Queensborough, and the number of the students keeps increasing with more new students coming in each semester. The population is about “15,000 students” as of today, said librarian, Neera Mohess. There are only two floors that the students can use but since the student body is increasing the space available is decreasing.

Many students have noticed that the library is becoming more crowded and that at times there is nowhere to sit. When all the desks and tables are all full some students sit on the floor in between the aisles of the bookshelves.

One student, Felicia, said “the overcrowding is becoming very crowded. On the second floor there are more computers and some tables, as compared to the third floor where it’s the opposite. The second floor is where everyone is expected to be quieter since everyone is doing work and studying. On the third floor, it doesn’t need to be quiet because there are a lot of students can use the bigger tables for group projects.

The overcrowding in the library can depend on many factors. One is time.

“The library tends to be busy from 10am-5pm,” explained Neera Mohess. Before 10am and after 5pm the library gets less crowded and there are not too many students around. Another factor is climate: In the winter especially the library is where most students go, in contrast to the spring and summer when all the students tend to go out and hang out outside.

But the population is the most important factor. The more people there are the less room there is.

Many students have noticed that the library is becoming more crowded and that at times there is nowhere to sit. When all the desks and tables are all full some students sit on the floor in between the aisles of the bookshelves.

One student, Felicia, said “the overcrowding is unbearable at times and there is too much noise, which makes it harder to study.” Another student, Kalden, agreed that “the QCC library is always packed and very noisy.”

The reason that our library is very busy and full most of the time is also because of its size.

Kelsang Dolmar, 22, who attends the Borough of Manhattan Community College (BMCC) said, by contrast, that “the library in BMCC is really big with a lot of space for many students.”

At QCC there was a time when the library was able to hold a lot of students but things have changed.

There is still some hope for the resolution of overcrowding in the library. Neera Mohess explained, “there is a possibility of a grant being awarded to the school that would go towards the library, but it isn’t definite yet.”

So there is still the light at the end of the tunnel: hopefully the school does get awarded the grant and great changes can come about.

Until then students might find another place to sit and talk. The weather is getting nicer so the library shouldn’t be as crowded anymore. If you really need to use computers and they are not available, you can always borrow laptops from the school, or if you own your own, perhaps bring it to school with you. Overcrowding in the library is something we have to live with for the moment until the school can find a way to make the library bigger and even better than it already is.
Student Opinion On the Student Union

By Max Ngan

Being a college student gives you much more freedom than being in high school. One of the biggest perks is that you are able to create your own schedules, opposed to being a high school student where everything is predetermined for you before the semester starts. Those who are lucky are able to make their schedules fit together smoothly, but usually students have gaps between classes, which create “breaks” in their school day. Many people use those breaks to grab lunch, but some who are aware of a certain place tucked away on campus usually head over there.

That hidden place is the Student Union.

The Student Union is a place where students can mingle and eat their lunch comfortably. Some leave right after they finish lunch, but the regulars who hang out there have much to say about the Union and how it can improve.

The main complaint from most students is that the room lacks activities. They feel the Student Union shouldn’t just be a place where everyone goes to sit and eat their food. It should be a place for people to have fun and relax during their breaks.

“Whenever I buy my lunch during my break I rush over to the Student Union room hoping I get a spot at using the computers, but every time I get there, the computers are always occupied,” said Andrew Sandow, a QCC student who frequents the Union on Friday afternoons. “The Student Union room has only six computers. It isn’t fair that students can stay on the computer for as long as they want when we have people here pretty much sitting here and doing nothing.”

Most students on this campus will tell you that they aren’t sure what the Student Union even is or where it’s located on campus. That statement itself suggests that it may indeed need some type of revamp. The Student Union room itself needs to be a place where it can live up to its name.

“I think the Student Union could really use some more activities...there should be activities to show the union and grouping of students, something that shows school spirit and [a way] to have fun, maybe like a video game tournament or karaoke night,” said QCC student Jasmine Nguyen.

Rasheed White agrees. “I would definitely like to see a foosball or ping pong table,” he explains. “I want to be able to relax a bit before going to my next lecture. I walk into the student union room and all I see are people using their cellphones and not really doing anything. If there is a ping pong table I can see people playing and communicating more, and that’s what the Student Union should be about—the communication of students.”

The Student Union shouldn’t be a place for people to just sit, but should be a place where people can meet the other students through games and different activities. Students should feel welcomed, and perceive the Student Union differently. They shouldn’t walk into the room and think about which seat to take to waste their next hour.

Walk to Aspire May 2014

continued from cover page

says the SNA are currently brainstorming raffle ideas. Meanwhile, Future Teachers’ Society President, Laura Chambers hopes to hold another event right before or during “Walk to Aspire” in conjunction with the walk.

In addition, “Harry Lum Day” will also be celebrated on the college track on May 7. Former QCC professor Jackson Lum and his wife, Muriel Lum, have established the Harry Lum Memorial Endowment Fund in honor of Jackson’s father, Harry Lum. This endowment has been established to memorialize Harry Lum and pay tribute to his culinary skills as he used to prepare food, especially desserts for QCC students. “Harry Lum Day” will be co-joined with “Walk to Aspire” and special baked goods will be served to everyone who participates.

Get into the spirit of giving back! Provide better educational opportunities for current and future students at QCC. Previous, present, and future achievements wouldn’t be possible without the effort of students and their creativity to engage others around the campus.

If you wish to participate in this year’s “Walk to Aspire” on May 7, you can do so by finding out if there’s a department, team or student association you can join. Or you may form your own team with other students, just make sure to have a team leader.

Or if you would simply like to support a team, visit www.qcc.cuny.edu/walktoaspire for instructions on how to contribute online or through mail.

For more information regarding “Walk to Aspire” 2014, feel free to contact Ronnie Weprin at:

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E-Cigarettes: Healthier or Riskier?

By China Trimble

It's a bright and breezy day out. For once, the bus came on time and your commute was relaxing. Now walking to your lecture hall class for history, no one, not even your boring professor can ruin your day. Taking a seat, the student next to you brings out a device – an E-Cigarette. Now you can’t concentrate because the vapor coming from it is distracting.

Cigarettes are especially popular among people, teens and young adults. Cigarettes have been banned from the Queensborough campus grounds, but that doesn’t stop people from bringing them in.

The campus prohibits students and faculty from smoking on campus, but does that apply to electronic cigarettes as well? Electronics in general are rising in popularity worldwide. Why not use a different approach to smoking? That is where the E-cigarette comes in. E-cigarettes are designed to replicate what a real cigarette looks like. You don’t need a lighter or match, but instead they hold batteries. A vapor chamber and a cartilage are filled with liquid nicotine. When the device is heated, it turns into an odorless vapor.

According to the Center for Disease Control and Prevention, a study was conducted and found that more than 1.8 million of young adults to middle aged adults have consumed an e-cigarette. Between the years of 2011 to late 2012, about 10,000 teens, ages 12 to 16, consumed one, doubled double the number from the previous years.

Leanne Facchin, a former of Queensborough student, said she has tried a e-cigarette from a company called Blu.

“I’ve heard of them and wanted to try them,” she explained. “It’s basically a type of vapor powered by an e-cig battery, with nicotine flavor and other additives.” When asked if the product was just as harmful as a real cigarette she replied, “I don’t think it’s really harmful as the product has less than six chemicals, while the real thing has a thousand life-threatening chemicals.”

Even though they emit vapor and not smoke, E-cig users are not allowed to smoke it in public places or on campus at all because it still emits harmful vapor to the air. Many cities like Los Angeles and New York City want to ban E-cigarettes in public places as well.

Former regular cigarette smokers praised e-cigarettes, saying they helped them to quit smoking. They pointed out that the e-cigarettes are reusable, so smokers won’t waste their money buying a pack of regular cigarettes.

However, concerns over inhaling pure nicotine remain, according to the FDA. The potential hazards have not been studied and companies who make e-cigs may may not list all the chemicals on their labels. E-cigarettes don’t contain any tobacco, which means that enforcing the U.S. tobacco laws has no effect on their production or sale. Therefore, people of all ages are able to purchase them. E-cigarettes come in a variety of flavors as well, like strawberry, chocolate, bubble gum flavors, making them appealing to teenagers. While, they do not produce secondhand smoke, they do produce secondhand vapor and the FDA and along with other health agencies have no way of knowing if the health risks that may exist from this.

One thing is certain, as E-cigarettes are becoming more popular. Only time will tell if it is truly a healthier option or a risky one.

Coffee: Craving or Crashing?

By Raziya Khairkhah

Every morning walking through Queensborough Community College you see the line for Starbucks going out the door. You hear people saying, “I need my coffee to wake me up,” or “I can’t function without my coffee.”

But do these students really know what they’re drinking? Does coffee benefit one in any way? Could it all just be in your head that it really does benefit you or wake you up?

Everyone has their own opinion whether coffee does or doesn’t have benefits. According to Dr. Mike Rotzen, coffee and caffeine are actually healthy for you. The data Dr. Rotzen collected was from four studies for “The OZ Blog,” that showed that people, no matter where they lived, had less mental dysfunction as they aged if they consumed more coffee. And it wasn’t a minor difference. There was about 40% reduction in significant memory loss, or memory loss delayed by eight years, and a 40% reduction in Parkinson’s risk.

This is if you consumed six standard cups of black coffee every day. Mixing any sugar, milk, and or cream in actually made it an aging drink by two years.

Similarly, results reveal that reasonable coffee consumption improves students’ test scores. ‘The Nutrition Journal” published a study in which 51 percent of 496 college students frequently resorted to coffee and other caffeinated beverages to help them in test preparation.

Sitara Olomi could fit hand in hand with the statistics: “Coffee helps me wake up in class and it definitely curbs my appetite!”

Liza Kola, attending her fourth semester at QCC, stated, “When I was younger I drank coffee just for the taste, honestly and now at 21, I drink it to give me energy and keep me awake throughout my school day and it actually works for me. I don’t believe that it’s psychological because when I do drink it I physically feel myself wake up and want to do more during my day.”

However, coffee has also been shown to have a negative affect on health. Extreme use can cause a student to crash, leaving them feeling jittery, irritable and dehydrated, as well as having a headache and not thinking clearly.

Anila Faizy attending her first semester at QCC can relate to this study. Anila claimed, “I used to drink coffee every morning and realized that it gave me anxiety throughout the day. I realized I would become anxious in class for no apparent reason. It keeps you warm and calm for an hour and then the anxiety would start.”

Many people drink coffee when they’re tense and need to pull an all-nighter to pass an exam. But according to Jim Dillan, a health and wellness researcher who writes the blog, “Healthambition.com,” coffee promotes the release of the stress hormones cortisol, epinephrine and norepinephrine which makes your body’s heart rate, blood pressure and tension levels increase. This can also affect your digestive system, which is why coffee is known as a laxative.

Coffee has some amount of health benefits, it seems, by reducing the risk of Parkinson’s disease as well as decreasing your age by two years (but only by drinking it black!). However, drinking too much has a downside as well, including stomach problems and other weakening illnesses that make the body feel anxious.

Be the judge of your own coffee, and drink wisely!
Spring Fling: 10 Things to Try This Spring

By Jossie Vaca

Spring is the most hopeful season of the year. Along with the warmer days and budding blooms that symbolize spring also come the hopes of dining outdoors, the confidence to throw on that new bold color top and the exciting feeling of trying new activities.

Here are a few ideas up my sleeve that will have you ready to embrace any adventure that comes your way before Labor Day. Without further ado, below are 10 spring adventures that have made my bucket list ...

1. Go to an Outdoor Festival.

Grab a couple of your friends and head to Jones Beach. Jones beach is known for the beautiful beach, but it can turn out to be a great outdoor concert. A schedule listing of performances can be shown on Jonesbeach.com. Radio station, 106.1 BLI, will be hosting their Summer Jam 2014 concert on Sunday, June 1st.

2. Go on an Impulsive Weekend Trip.

The best kind of road trips are the ones that happen in a spur of the moment. Pick a place you have always wanted to visit (I’m dying to go to Boston), grab your best friend, and just make it happen. Be sure to bring a cool camera to take snapshots along the way. Or just grab your cell phone and upload them to Instagram.

3. Create a Cozy Patio Set-Up For Springtime Entertainment.

If you like to decorate and add some finishing touches to make the place more welcoming then try decoration your patio this spring! Add outdoor furniture, twinkle lights, and pottery to make the space inviting and useful.

4. Springify Your Closet.

There’s nothing like a bit of spring-cleaning to help get you excited for new warm-weather wardrobe. Donate items you haven’t worn in a while, reorganize the clothing and accessories you plan to keep for a fresh perspective. It will give you a good idea of what to add to your spring shopping list.

5. Hike to the Highest Spot in Town.

New York has some pretty amazing hiking spots. It may not be close to the city but it’s definitely worth the commute. If interested, you can google “Hiking spots in NY” and then click on http://www.nyjtc.org/view/hike_ny. It will lead you to a list of places where you can go and hike.

I recommend hiking the Black Rock Mountain Circuit located in Black Rock Forest. It’s a 4.5 mile trail and when you reach the highest spot, relax and soak in the view.

6. Volunteer Once a Week.

Volunteering once a week this spring is so rewarding, and it will enrich your life. I recommend researching a food bank, soup kitchen, or inner city school closest to you to offer a helping hand. It doesn’t need to be once a week, going once a month will make a difference, and it will make you feel good in return.

7. Spontaneous Bar Hopping

You feel good in return.

offer a helping hand. It doesn't need to be once a week, choose any bar in the city that looks appealing to you and go for it! The Crows Nest is a bar/lounge on top of a boat. Location and more information can be found in Yelp.com. It’s a great place to interact with others and mingle around. Breath taking scenery surrounds the place making it a better outing.

8. Read a Bestselling Book.

Hit up Barnes and Noble or even a local library and buy or take out a book to read for the spring. Challenge yourself in someone else's shoes and read vicariously through the characters. Take a stroll through Central Park, pick a relaxing spot and read.

9. Solstice in Times Square: Mind over Madness Yoga

Yoga enthusiasts celebrate the longest day of the year with an all day yoga fest. Attendees are challenged to find tranquility and transcendence in the midst of the world’s most commercial and frenetic place, Times Square. This would be an amazing opportunity to challenge your body and even meet great people.

10. Spring Fling Artwork

Whenever I have down time, I like to play with arts and crafts. A great way to spend an afternoon is to decorate or build your own frame to add finishing touches to your room. Michaels, a local arts and crafts store located not too far from campus in Fresh Meadows has a large selection for quite the bargain.
Lifestyles

Student Profiles

By Geovanni Mieses

Living in New York City, we have the privilege of being surrounded by millions of people from various walks of life. The diversity of the city is reflective of our student body. With the hope that this sparks interest amongst our student body to get to know new people, we offer five brief profiles of our classmates:

• Nikhail Emanuel:
  Birthplace: Georgetown, Guyana
  Goals/Ambitions: Nikhail wants to become wealthy, while also helping those around him. He says he takes great pride in trying to motivate people to do better in life and would like to see his friends and loved ones prosper.
  Thoughts on QCC: He likes that it’s diverse and enjoys the opportunity to meet people from different places. He particularly likes meeting people who are as motivated for success as he is.

• France Marquez:
  Birthplace: Muntinlupa City, Philippines
  Goals/Ambitions: France wants to graduate from QCC with an Associates Degree. She then plans on transferring to SUNY Maritime College where she’ll pursue an Electrical Engineering degree. Her goal is to travel the world, putting her engineering degree to good use.
  Thoughts on QCC: She believes QCC is a great stepping-stone because it presents students with the opportunity of an affordable education, while also preparing them to transfer to a four-year school. She likes that there is always a professor willing to help a struggling student, which from her own experience, is not a common virtue found in larger colleges.

• Gullit Etienne:
  Birthplace: Porto Prince, Haiti
  Goals/Ambitions: Gullit wants to have a job that is impactful. He hopes to save lives, which is why he’s actively pursuing to become a Physician’s Assistant.
  Thoughts on QCC: He believes it’s a great transitional school for everyone. Whether you’re here because you can’t afford to attend a bigger school or because your grades need a slight improvement, QCC is going to help you get to where you want to be. He likes that the administrators are always willing to help students, as long as the students set forth the effort.

• Jaynyll Ferreira:
  Birthplace: Bronx, New York
  Goals/Ambitions: Jaynyll would like to transfer to a four-year school (preferably in California) while majoring in Tourism-Hospitality Management, with the end goal of someday becoming the manager of multiple tourist resorts. She says that she wants to ensure that people and their loved ones are happy and satisfied with the treatment offered while on vacation.
  Thoughts on QCC: Although she believes that the advisement process could use improvements, she shares the same sentiment on QCC being an excellent middle ground between high school and a four-year college.

• German Garcia:
  Birthplace: Queens, New York
  Goals/Ambitions: He would like to become a Physical Education teacher and Personal Trainer. He says that he wants to motivate those around him to get fit and pursue a healthy lifestyle.
  Thoughts on QCC: German finds it impressive that the administrators can give students individual attention despite the large number of people that attend the school.

Restaurant Review:
Revisiting Jamaica through “The Door”

By Megean Burgess

There are numerous Jamaican restaurants in this part of Queens, and “The Door” is among the very best. Visitors can taste, smell and hear the Caribbean presence. The restaurant, located at 163-07 Baisley Blvd., Jamaica, Queens, serves “native” meals and desserts for a reasonable price.

Entering the restaurant, we were treated to sights and smells that stimulated our salivary glands, including curried goat, oxtail, meat and poultry, pepper shrimp, sweet potato pudding, chocolate cake, and fresh rolls.

The staff is highly professional and the decor is upscale. This is not your typical carry-out/dine in Jamaican restaurant.

The restaurant has an inviting atmosphere. A pleasant waiter took our seating assignment and advised us of our wait time. The restaurant has been recently refurbished and now has a pleasant waiting area. There was a bar where you could indulge in drinking while waiting to be seated with a television playing sports games. The atmosphere is great.

The waiter greeted us with a warm smile and was knowledgeable with the menu. Our appetizer consisted of fish cakes and peppered shrimp, and a hot delicious soup made with several kinds of sea-food. A basket of warm rolls accompanied our soup and a dish of butter to add more calories to our bulging waistline.

Our entrées were native dishes consist of curried goat, oxtail, and fish (snapper) cook in run-down.

Run-down is made of coconut cream, spices, and herbs that are added to the cream. The snapper is then added to the cream and cooked over a slow fire.

The waiter suggested a refreshing drink of pineapple and ginger. The food was fresh and delicious, with good-sized portions. It was served on time and hot. And the desert of cornbread, potato pudding with ice cream was memorable.

“The Door” reminds me of dining in Jamaica. It is awesome in giving an authentic home-made Jamaican food experience—without actually having to engage in the preparation!
God Believes in Love: Straight Talk About Gay Marriage

By Shanya Esquenazi

Recent gay-rights issues have divided the country on a multitude of levels. Most recently, Michigan allowed same-sex marriage. For a weekend. About 300 couples rushed to the altar only to find out days later that their marriages would no longer be recognized by the state. As the debate for such rights continues to gain momentum, it is important to look at homosexuality in a religious context. After all, a driving force behind anti-equality (or trying to save the “nuclear family”) rhetoric comes from a biblical standpoint.

Openly gay Episcopalian bishop Gene Robinson dispels the notion that being a man of God equates to being homophobic. In his book God Believes in Love: Straight Talk About Gay Marriage, Robinson openly discusses everything from his two marriages to being a scared pubescent teenager with crushes.

The title’s play on the word “straight” automatically drew me in. A witty gay bishop? What could be better? Even President Obama says, “My friend Bishop Gene Robinson has long been a voice for equality—not with anger or vitriol, but with compassion and faith.” I only wish this voice would have lured me in the same way it did Obama.

Initially, I was incredibly impressed by Robinson’s uncompromising honesty. He first touches on being in a hetero-normative marriage with two children. Then, he relates his divorce and eventual remarriage. In the chapter, “Why Should You Care About Gay Marriage if You’re Straight?” Robinson makes comparisons between the Civil Rights Movement of the 1950s and the current LGBT (Lesbian, Gay, Bisexual and Transgender) movement. His claim is that when non-Blacks joined in the fight, the movement intensified and demands for racial integration were met.

So, he reasons, straight people need to get on board with gay rights too.

When my sister wears her “I love my lesbian sister” pin it carries a tremendous weight. She steps out of the comforts of anonymity and enters the glaring eyes of the public. That, both Robinson and I agree, is the foundation of change.

Unfortunately, the rest of the book left a bad taste in my mouth. Jesus loved John, but that doesn’t make him gay. After reading the same Biblical quote about that two or three times in the span of twenty pages, I started to check my newsfeed on Facebook.

Even further, being politically correct is great, but if there is a simple term why not use it? Imagine repeating the chunky phrase, “same-gendered loving people” marriage—Robinson’s favorite term—every time you talk about “same-sex couples,” the most widely used terminology.

Despite the book’s shortcomings, Robinson pulls on my heart strings when he writes, “You imagine that given this hidden life, you meet someone and begin the tender, complicated, and exciting process of falling in love. You can’t tell anyone—or just a few people who know about your secret...You are cut off from talking through this budding relationship with those who might help you answer the questions, “Am I really in love?” and “Is this the right person for me?”

He then links Judeo-Christian history to this by saying, as so many do, that Jesus always helped the oppressed.

Repetitive, yet profound, the book is a good read if you’re looking for the basics. If you’ve heard the gay-rights arguments before, move on.

Grande to Venti: A Bigger & Better Starbucks

continued from cover page

their class starts?

Denise Camacho, a QCC student who visits Starbucks twice a week said, “The campus Starbucks is so convenient, but I don’t really like the idea of it being in the front of the library...I mean it is such a congested, tiny area, and there are so many students to begin with. It just generally needs to be bigger.”

By contrast, Stephanie Farrier, another QCC student who goes to the campus Starbucks three to four times a week said, “Honestly, the space is fine! I just make a quick stop and then I’m off to class or rehearsal!”

The space is not as big a factor for the workers as it may seem for the students. “The space is fine I think. We all don’t work together at the same time and since there are only a few of us... it is good,” said Vanessa, one campus Starbucks employee. “When... everybody comes out of class at the same time and form a big line, that is really the only time when the space becomes a problem because it becomes crazy here! But other than that, the space is good for a ‘grab and go’ type service,” Corina, another Starbucks worker, added.

These two Starbucks employees both find their jobs enjoyable. Corina has just recently started working at the campus café and she said “It is really fun... the students here are easy going and they are fun to talk to.” Vanessa agreed that the students here are around her age, making it easier to connect with them.

Several students, however, expressed that the staff does not always create the nicest atmosphere for its customers. These students feel there have been instances where the workers were too involved with making chit-chat and may not really listen to what students are asking for, which may in turn slow things down.

Hira Maman, a QCC student who goes to the campus Starbucks daily explains, “For the most part they do a pretty good job for the amount of kids that are on campus, however there are times where the staff tends to not pay attention to what I am asking for. But they end up working pretty fast to satisfy every student’s needs, which keeps the lines moving.”

Overall, there seems to be a general consensus that the students do end up getting the drink they wanted even though there may be poor customer service at times.

Anna Khanai, another QCC student who goes to the Starbucks on campus twice a week in the afternoons, gave her opinion of the café over all: “I mean I guess its average, because honestly you get your drink and leave and that’s it.”

Maya Spagnoli, another QCC student who goes to the campus Starbucks every other week, gave her overall opinion in the form of a rating: “If I had to rate it from 1-10, I would rate it a 5. I feel that the coffee shop on campus should be a place to escape from school for a moment but it feels like a fake Starbucks to me. Enhancing the atmosphere by maybe decorating it more like a coffee shop and adding some tables so it feels more welcoming [would] bring it a long way.”

From a regular grande coffee with milk and sugar, to a flavored tea, or a caramel macchiato or frappe, the coffee is freshly brewed and the drinks are to many students enjoyment. The Starbucks on campus is both convenient and a treat for the students and administration. However the terms “bigger” and “better” are ideas that come from the student population, ones they hope will be considered for the future of the café.
The Hidden Gem at QCC

By Sade Smith

Since the start of the 2014 spring semester here at Queensborough Community College, only 6% of the QCC student body has visited The Harriet and Kenneth Kupferberg Holocaust Resource Center and Archives, according to the records of unique student visits compiled by the center. The majority of the student body has never been inside the Holocaust Center.

Candace Baptiste, a current student at QCC, when asked what she knew about the Center said, “I didn’t know that students were allowed inside.”

There are also a handful of students that have never heard of the Holocaust, including some international students who come from countries whose curriculum does not include the Holocaust.

In short, the Holocaust was the systematic persecution and murder of Jews by the Nazi regime and its collaborators. The Nazis, lead by Adolf Hitler came to power in Germany on January 30, 1933. They enforced the idea that Germans were racially superior and that Jews were a threat to German society. The Holocaust lasted for over 12 years, ending on May 8, 1945.

Over 70 years later, there are only a few survivors of this horrific event left to share their stories. As is asked on the Center’s wall and on its flyers, “And When the Last Survivor is Gone, Who Will Tell of the Holocaust?”

This is the one of the main purposes of The Harriet and Kenneth Kupferberg Holocaust Resource Center and Archives—remembering those who must not be forgotten.

Commonly referred to as “The Holocaust Center,” it opened in 1983 at Queensborough Community College and was originally located in the basement of the library. However in 2009, the current Executive Director, Arthur Flug, started a capital project campaign to raise funds for the center to have its own location on campus. It is also one of three historical sites on the QCC campus. The others are the Queensborough Performing Arts Center and the campus Art Gallery.

The Assistant Director of the center, Marisa L. Berman, explains, “It’s not easy to teach about the Holocaust, other genocides, hate crimes or sex trafficking. It is difficult because it is a depressing topic but it is very gratifying to educate students who previously didn’t have a whole lot of knowledge about these crimes”.

“It means quite a bit to be a part of the center,” said the Director, Dr. Flug. “Sometimes it is almost a frightening responsibility. When we talk about the Holocaust we’re talking about a period in history that was deadly. Millions of people perished and lives were ruined. And the Holocaust Center is taking on the responsibility to continue to share the stories of these survivors long after they are gone.”

The Holocaust Center stands to represent survivors of the Holocaust, as well as survivors of many unfortunate acts throughout the world. Within the center you can find information about hate crimes and other genocides throughout the world, which have occurred and are still occurring today.

The Holocaust Center has many different ways for students to become involved such as, internships and exhibits. They encourage students to come and experience the center on their own and to take a step towards learning about something new.

In total each semester there are three internships that the center hosts. The first focuses on “Exploring The Lives Of Holocaust Survivors Living In Europe During World War II;” the second on “Exploring The Lives Of Those Who Experienced World War II In Asia;” and the third on “Identifying And Dealing With Hate Crimes In Our Communities.”

At the end, students have the opportunity to interview a survivor of that relates to each internship.

The Holocaust is a major part of world history. When you first enter the QCC campus and see the Holocaust Center, it may seem daunting when you think of entering inside, but rest assured, there is nothing to fear.

As Dr. Flug said, “If you come into the Holocaust center, you do not see pictures or statues of bodies piled up. You don’t see footages of crematoriums or people being shot at.” He adds, “We take a different approach, which is not to shock with a ‘House of Horrors’. We want you to meet the people who were there and you learn that way. And that is a more powerful experiences because not only will you walk away shocked, you walk away with an understanding.”

Elena Berkovitz is one of the survivors who volunteers her time at the Holocaust Center and shares her story with all who are willing to listen. She has been a part of the center since 2010, ever since she retired from working as a financial aid consultant at 82 years old.

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“After retiring I didn’t want to stay home,” she said. “My grandchildren had already grown up, so there was no need for me. So, I said to myself let me go to one of the centers and talk to students and people, in place of the ones who couldn’t. I felt it was the right thing to do”.

The Harriet and Kenneth Kupferberg Holocaust Resource Center and Archives, is truly a hidden gem at QCC. Always waiting to be explored, the doors are open for all who wish to visit. It is a privilege to have the Holocaust Center stationed at QCC and it is one all students should take advantage of.
To Dance or Not to Dance?

Want something that will fulfill your gym requirement? Do you like to dance? Do you want to learn how to dance? Did you know that we have a dance studio right here on campus? You don’t have to be a dance major to take dance classes. So why not take a dance class at Queensborough?

The dance studio is located in the basement of the Robert F. Kennedy building (RFK). With mirrors along the front walls and dance bars in the back of the studio, this is where a plethora of dance classes and rehearsals take place.

QCC offers a wide range of dance classes, starting at beginner levels. They offer Modern, Ballet, Musical Theatre, Music Video (Hip Hop), Jazz, Latin Dance, just to name a few.

I stopped by the dance studio on a Friday afternoon to check out one of the classes. When I entered the studio I was told to take off my shoes because shoes would damage the dance floor. The class in session was Music Video, taught by Professor Josef Woodson, who also teaches Musical Theatre. The students were preparing for their dance midterm. The dance midterm consist of a number of combinations that Professor Woodson has taught them from the start of the semester. He gave them six counts of eight to make up their choreography, at the end of one song. This is the time to show if they have grasped the steps they were taught and to show their creativity.

Professor Josef Woodson graduated from the University of Michigan with a Bachelors of Arts degree in Dance. He began dancing at the age of seven. He has studied Ballet, Jazz, and Modern Dance. He is currently both Rehearsal Director and Principal Dancer for SKIN Dance Company. Professor Woodson has taught Modern, Jazz, Tap, and Hip-Hop throughout the United States and abroad.

To students who are scared to sign up for a dance class, he says, “Let go of the fear, trust and believe in yourself, and be comfortable in your own skin you live in.”

I asked him how is his class is different from other dance classes.

“What makes my class different is that I have a lot of different cultures, and students who aren’t dance majors, Professor Woodson says. I have people who are here for Nursing, Music, Math, Theater, English and a host of other majors.”

Professor Woodson said he tries to make his class fun and stress free for students. He is trying to help the students build a strong adamant and proper alignment. He is also very concerned about his students, he wants to push them to do their best and he wants them to be confident in whom they are.

What if someone doesn’t have dance experience?

“Dance is a part of human experience,” Professor Woodson explains. “When you are born you are moving, when you are little you are constantly moving. But as you get older you tend to create these mental blocks in our head that we can’t do this and that and we can’t dance. You have to drop the mental blocks, move, enjoy life and just try.”

Both dance classes are very distinctive. He uses different music selections from having a live drum player to music from his iPod. Professor Woodson feels that if the music moves him it will move or excite his students. He also says that he has an ear for music, once he hears a song he can already see the choreography in his head to every step and beat.

“Class participation is extensive. That’s [the] only way you will pass the class if you’re moving around so it’s huge that you participate and attend every class,” Professor Woodson says. He also enjoys and is very open minded to student input. He places confidence in this generation and knows how creative they are. “The students have come with wonderful ideas, they inspire me each and every semester.”

“The takeaways I want my students to have is to have confidence in themselves and have some discipline. That they can do it and go for it this isn’t just for dance, this applies to everything that you do in life. Remember that persistence is key, always stay determined.”

Music Video and Music Theater are great classes. Professor Josef Woodson offers more than just dance: he offers life lessons that will help you in all aspects of life. You should give these classes a try. According to Professor Woodson, you won’t be disappointed in taking one of his classes—but be ready to sweat!
As someone who enjoys seeing all types of shows, Broadway or Off-Broadway, I decided to give Forbidden Broadway: Comes out Swinging a try. I took the chance when my mom and I recently lost the lotteries for Kinky Boots (which was free that week) and If/Then. On our way for lunch we passed by the Davenport Theatre where Forbidden Broadway: Comes out Swinging was showing.

From the mind of Gerald Alessandrini, comes the latest edition of the satire Forbidden Broadway series, which spoofs everything on Broadway today. No one and no show are safe from mockery – think of it like “Saturday Night Live” for Broadway – from current hits like Alan Cumming in Cabaret, to Fran Drescher in Cinderella, to past favorites such as Annie (grown up and smoking) singing “Revive Me” to the tune of “Tomorrow.” Yet another target is one of the major companies of Broadway, Disney, which has three shows running: Aladdin, Newsies and The Lion King.

Forbidden Broadway updates their performance almost every season as new shows open and trending theater news constantly get updated.

As soon as we entered the very small Davenport Theatre (which felt more like a black box), we could see that the stage was very small and simple. The set consisted of a streamer curtain and a piano, the only instrument in the entire show. The posters hung around also made us laugh, including the poster for Les Misérables, parodied as “More Miserables,” and the poster for Wicked, satirized as “Wickeder.”

The cast is an ensemble of six (Carter Calvert, Erica Dorfler, Scott Richard Foster, Craig Laurie, Taylor Crousore and Mia Gentile) who play out multiple roles from Rafiki (from The Lion King), Aladdin and Jasmine, Elphaba (from Wicked) to Cyndi Lauper and Billy Porter (from Kinky Boots).

Each skit parodies a show with the original melody but rewritten lyrics that poke fun at the shows. The Aladdin skit poked fun of Disney taking over Broadway while singing “A Disney World” to the tune of “A Whole New World.” This and all the skits were hysterical and make you laugh out loud.

My only criticism was a wish that they would list who was which character in the playbill since all are listed as “performers” in the program. It’s also worth noting that the audience won’t be as likely to get the joke, if they haven’t seen many recent Broadway shows. This show is definitely more enjoyable if you are a theatergoer.

Forbidden Broadway: Comes out Swinging plays eight times a week the Davenport Theatre (located on 354 West 45th Street). They have a $25 rush tickets that are usually available when the box office opens or can pass by like we did. There could be some tickets left over but check with the box. If you manage to see this show, you are in for a laugh-fest!
College Life

College Bound: Greek Life vs. Gossip Girl Guides to Campus Living

By Kristin Vazquez

The weekend overflowing with booze, away from parents, Greek law and freedom from reality can sound like the place to be for first time or transfer students during college decision time. Keg stands, “CEO’s and business ho’s” and pep rallies could all be tangled into a university curriculum if you choose to participate in Greek life. “When you’re in a fraternity the party always comes to you,” said former Queensborough Community College student Vinson Sanders III, now a legacy of PHI DELTA THETA at Depauw University.

But when you’re away at college, joining a Greek organization is not just about partying and eventful nights. It allows students to make friends, establish a network and develop social and leadership skills that can be useful in the future. Students can socialize with new people, contribute to society and create unforgettable memories that will last a lifetime. The hazing humiliations generally discourage some to join, but it’s the epic celebrations, fundraisers and philanthropy that encourage others to become a part of something memorable.

According to USA Today College, nine million college students are members of a Greek organization, and 71% of those involved in fraternities and sororities graduate.

Greek life can also be rewarding because of the unique opportunities members are given. Amanda Nazario, member of ALPHA PHI OMEGA at SUNY Cortland pledged her fraternity because of their weekly volunteer commitment. She also joined to socialize with people on her campus.

A dedicated student, as well as an avid partier, Amanda had one thing to say about her experience: “House parties are disgusting! But I wouldn’t take back those four years of my life.”

Fraternities are also notorious for throwing parties around campus that attract neighboring students, and those atmospheres envelop each person involved. Blockbuster hits such as National Lampoon’s “Van Wilder,” “Animal House” and “Old School” illustrate the stereotypical resident college experience, fascinating potential undergraduates who enroll at residential universities.

However, these classic college moments differ based on the campus setting. Greek organizations are offered throughout numerous colleges, but it’s the location of the campus that makes the experience unique.

Schools like SUNY Cortland, Rhode Island University and West Virginia University encourage alcoholic academia, while city dwellers at schools such as Pace, NYU and Hunter eat up NYC nightlife and culture.

“It’s easy to get distracted while going to school in a big city. There is always something to do at night: club, bar hop, a rooftop party. I went out during the weekdays knowing I had class in the morning, so some classes were brutal to sit through,” said Julia Gosen, a recent graduate from Berkeley College in Manhattan, who religiously partied during her freshman year at college, thanks to her Canadian fake ID.

But if it wasn’t for the fake ID, the likelihood of her frequent revelry would have been slim. Greek organizations in big cities usually get people together at local bars and have everyone contribute to open bar or discounted drinks. Fraternities and sororities don’t have huge houses to throw weekend “bangers” that will be the talk of the week, so obtaining a fake ID to meet new people and enjoy the off-campus parties is encouraged.

“It was a random girl’s ID that worked more than half the time. If one bar wouldn’t accept it, I would just walk right over to another, and that was my life until I turned 21,” explained Gosen, adding, “Unless you’re famous or know someone at the door, you need a fake ID to involve yourself in New York City nightlife.”

The contrasts in these environments can be a consideration when students are searching for colleges to attend—whether your preference is the big city with a fabulous night life, or a rural town with beer pong cups on the front lawn. But it’s not really about partying and nonsense, as much as it is about the rewarding experience during those years at college, is it?

“People think its non-stop partying. It could be, if you make it that way,” said Sanders.

Stressed Spelled Backwards Is Desserts

By Josephine Phillips

“Are you going to eat that?” It’s a phrase a lot of college students are familiar with these days. The infamous “Freshman 15” behaviors that occur as students transition from high school to college may contribute to unhealthy weight gain. College offers many temptations and is much different than high school years. The Freshman 15 urban myth refers to weight gain—that college freshman tend to gain weight their first year at college—but is it all true?

The Freshman 15 is not a scientific phrase, but just a metaphor. Seventeen Magazine introduced the term on its August 1989 cover and ever since it became public it has become an expression used by many college students. College becomes a period of time where stress and anxiety causes a response to eating and sometimes overeating can occur without a student even noticing it. By having a balanced diet, exercising regularly, and getting enough sleep students should be able to manage their weight and stress.

Living in a dorm, versus living at home during, can play a part in weight gain. The dorm lifestyle many teenagers want can become overwhelming. The dining halls provided at many schools are buffet style and filled with endless calories. Students have no parental monitoring of their daily eating habits. In contrast, teens who live at home have their parents to remind them to eat healthily and provide them with home cooked meals throughout the week.

Diets can be quite irregular when an 8am class must be attended three days a week with no break before the next class begins. A part time job may interfere with good eating habits and fast food might be the answer for a quick meal when you’re always on the go.

continued on page 18
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The Evolution of QCC

By Shafiq Shah

Queensborough Community College (QCC), a place some may love and others may not, but before you judge this place you should get to know the history behind our beloved campus.

For starters, did you know that this entire campus used to be a 37-acre golf course? And did you know that Tiger Woods’ half brother used to golf here on the weekends? Well maybe the last part was a bit exaggerated, but whenever you sit in your seat just keep in mind that retired folks used to swing clubs and golf balls around. Who knows, you may be sitting on the 18th hole!

QCC was founded in 1959 and was originally within the State University of New York (SUNY) system. Then in 1965, it transferred to become a part of the City University of New York (CUNY) system. It is one of seven community colleges within the CUNY system.

The first graduating class that QCC ever had was in 1962. Back in the Fall of 2012, the college held a commemorating ceremony for the class of 1962, regarding them as the “pioneers” of QCC.

QCC has changed over the years. Some buildings, like the Humanities and C buildings, as well as the Kupferberg Holocaust Center, weren’t originally here. The Testing Center and the Shadow box Theater were originally makeshift classroom buildings and only designed to temporary hold classes.

The oldest building in our campus is the Oakland building next to the student union. Surprisingly, it used to be the clubhouse for the former golf course.

The vibe of QCC has changed, too,. Back in the 1970s, QCC was all about “peace and love,” according to Professor Mark Prinz, a QCC graduate from that decade. During the Vietnam war, there were protests and anti-war rallies and all the students could do was be a part of it or “play the guitar and sit around singing songs.”

Despite the cultural changes at QCC, it is still a welcoming and very friendly place. This college has been doing its job since it was founded. Its job was to give people a chance and some ideas of what they want to do for their future. Many have witnessed this campus change physically and in terms of the student body, but to them this campus’ heart, soul, and purpose remains the same till this very day.

Would You Tweet for a Scholarship?

By Lidia Castillo

In today’s society we cannot imagine ourselves without technological advances such as cellphones and computers that have increased accessibility and convenience in many sectors in life. Social networking sites such as Instagram, Facebook and Twitter have taken over human communication globally and given us a gateway to new opportunities, such as “tweeting for a scholarship”.

Many organizations have been quick to adopt to Twitter because of its speed to push out news and updates to Twitter savvy-readers, so it’s not surprising that now companies have adopted the new social media fad and translated it to calls to “tweet for a scholarship”.

In 2011, Kentucky Fried Chicken launched a Twitter contest for high school students to win a $20,000 scholarship for twitting a photograph that illustrates their commitment to education and their community.

Since then many other companies and universities have adopted the new phenomenon “tweet for a scholarship”. Major companies and universities have taken a part of scholarship contests via Twitter because, they say, standard essays have become unoriginal and traditional.

So what companies are offering scholarship contests via twitter?

College Scholarship Foundation will offer a Twitter scholarship that will commence in October and is open to current college students. To apply, one need only send a tweet how Twitter can be used to improve the world and follow @Scholarship and has tag #Scholarship to submit your tweet. Scholarships range from $1,400 to $140 and the contest is open from October 14, 2014 to October 29th, 2014.

Twitter has become original and magical in a sense because each of us lives a different life with unique passions, intellectual pursuits and hobbies. To be able to peek into each other’s minds to gain insight from the roads we’ll never travel, that’s the magic of Twitter.

Do you like to write?

Do you want to share your writing with others?

Then write for the Communiqué.

The QCC Communiqué is looking for a few good writers for its upcoming Spring issues. We are especially interested in micro-reviews (200-300 words) of new movies; editorials related to QCC, higher education, NYC, and the world; feature articles about college life; and book, theatre, and music reviews for our arts section.

Writing for the Communiqué is a great opportunity to share your ideas with other QCC students and contribute to the campus community. It’s also an excellent way to beef up your resume and your college applications.

Interested students should contact Communiqué Faculty Adviser, Elizabeth Toohey, at EToohey@qcc.cuny.edu

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Play Ball!

By Jo Lopez

The 2014 Queensborough Community College (QCC) baseball season has started and the Tigers are looking to win the JCAA championship for the third straight year. The QCC baseball team started in 1964, so this year marks fifty years of baseball here at QCC.

Michael Cesarano, a professor in QCC’s Speech and Theatre department who designed the team’s jerseys, attended a teacher’s conference in Cooperstown, New York in November of 2009. There, he “envisioned the timeless baseball jerseys worn by Hall of Fame legends.” Therefore, The Tigers wear a very “Yankee-like” baseball uniform—with pinstripes, with a solid navy Q on the left side of the jerseys and the center of the cap.

Queensborough Community College is a division three (D3) school. Student-Athletes at D3 colleges and universities receive no financial aid on the basis of athletic merit, although substantial financial aid and academic merit scholarships are available at most D3 institutions. In order to be a part of the school’s baseball team the student must complete 12 credits and be registered full time, with a grade point average (GPA) of 1.75 or higher (the NCAA GPA requirement is 2.0, as is QCC’s academic requirement for a GPA). The student must also have a medical report on file with QCC’s Health Services.

The Tigers’ home games are being played at Padavan Preller Field, HBQVB Baseball Complex. Padavan Preller Field is located at 236-02 Hillside Avenue (&234th St), Bellerose, NY. Their coaches are Richard Kasdan, Joe Mikoleski, and Peter Ruff. Leading the team for the second straight year, is head coach Roger Mischel.

March 16th is the first game of the regular season when the Tigers will host Dutchess Community College. The Tigers are playing thirty-two games this season (weather permitting). They have already played against their crosstown CUNY rivals, Kingsborough Community College, as well as playing in the 2013 CUNY championship rematch against Bronx Community College (BCC).

The final game of the regular season will be on April 27th against Morris Community College at 12:00pm. The CUNY championship will take place on April 29th in Coney Island at MCU Park, where the Tigers are hoping to make it three in a row.

For the full in-depth schedule and roster, visit the QCC Baseball page.

Opinion

Celebrating Diverse Friendships

By Sandra Olufidipe

We all have different cultures and background, and are raised with different morals and values. But wouldn’t you like to know what it feels like to have grown up in a different house or in a different country? There is a way all these questions can be answered.

Friends. You might ask how friends can help you explore all these things. Well that is simple: When you meet people who are from a different background, you are able to learn new things about different people and their culture. We should take our time to learn about others, especially while in school, because school is where we will learn about the world and discover who we are and what we want to do in life. It gets us prepared for the real world.

We should be brave and step out of our comfort zone. I am not saying we shouldn’t want to learn more about our own culture, but we should be able to embrace other cultures; and making new friends might just help you do that, while opening your eyes to new things around you.

Jean Snell, Clinical Professor of Teacher Education at the University of Maryland said, “there is a richness that comes from students working side by side with others who are not of the same cookie cutter-mold.”

When I was 4 years old I went back to my country Nigeria, located in West Africa; when I was 12 years old, I came back to the U.S. Not having much memory of my American life, I can say I had a more Nigerian frame of mind than an American one. It was a bit hard to adjust and fit back in. It was almost like having a memory loss and then recovering it, and being told these are all your things now as Nigerian and not being sure how to accept it.

With time I was able to make friends and learn new things. And that what I used to back home in Nigeria was not so different from what is here in America. Little by little I got used to the environment and food. Things especially became easier and more fun when I made friends who knew things that I didn’t know. They were able to take their time and teach me and help me understand things that I didn’t understand.

I remember one time I went to my friend’s house, and they were having grits. I didn’t know what that was because I never seen food like it before. I tried the grits and didn’t like it because I didn’t understand what it and wasn’t sure about it. So when I got home I told my mom about it and she explained it to me, “it is the same thing has eating Ogi”—a white kernel, blended to a fine powder and soaked in water to form a thick block, which is then boiled to a creamy thickness.

The thing was the way I am use to eating it is different from what they served it to me. So she cooked them both and put them side by side. The Grits where lumpy but the Ogi was smooth. She then made me add the ingredients that I like to both of them, and when I tasted it they were almost similar, apart from the lumps in the grits. It wasn’t much different.

So, you see, sometimes trying new things or meeting new people might be different, but if you tried just a little you will get to know there is nothing to fear and that getting to know someone who seems different from you can in fact inspire you and open you open to new things in the world.

So now are you ready to make new friends?
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Disorganized schedules tend to change daily, as well as every semester. The Freshman 15 challenge is to most importantly stay fit and eat healthy while maintaining a very busy schedule.

College can definitely affect eating habits, but the dreaded 15 pounds is usually exaggerated.

Queensborough student Alyssa Siano, noted that “there was not a change in weight. I avoided late night eating and I had small snack portions throughout my day.” She has also heard about the “Freshman 15” but was never really worried they would actually happen.

Students that live in a dorm may have different answers. Big lifestyle changes can occur and having to make their own meal choices for the first time and living on their own can be difficult.

Mimi Maley who attends Ithaca College had to make adjustments on her own. She had joined an athletic team to stay fit and cut high calorie snacks out of her diet. Not attending the schools cafeteria more than twice a day was something she made a priority. She had said, “I had a positive mindset my first year at college and will keep it the rest of my three years here.”

Just because your friends are eating junk food doesn’t mean you have to join in. Make adjustments in your schedule to prep meals and manage a healthy lifestyle. Don’t let this “Freshman 15” myth scare you into thinking you will actually gain weight your first year in college. Avoid eating while stressed and adapt a healthy food attitude. A few simple changes to your daily routine can help you keep excessive weight off while keeping a healthy mind and body.
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