Earth Day Celebrates its 40th Anniversary

By Tonesia Thomas

On April 22nd, 2010 over 1 billion people worldwide will join in collaboration to celebrate the 40th anniversary of Earth Day, which is known for promoting sustainable development within urban environments. The onset of activities celebrates awareness in communities, organizations and companies and inspires conservation efforts throughout the entire New York Metro Area.

April 22nd, 1970 initiated the first environmental movement’s Earth Day. Gaylord Nelson, then a United States senator from Wisconsin, became the founder of Earth Day and triggered an environmental protest wherein 20 million Americans took to the streets, parks, and civic and school auditoriums to demonstrate ways to build and protect a healthy sustainable environment. Thousands of colleges and universities fought against oil spills, pollution by factories and power plants, raw sewage, toxic dumps, pesticides, freeways, the loss of wilderness and the extinction of wildlife. According to Planet Green, Earth Day was founded in New York State in late 1989 by a broad coalition of environmental groups. Planet Green is a nonprofit organization that promotes environmental awareness and solutions through the involvement of schools, teachers and students. Often this is implemented through educational programs, conferences, educating the public and private policymakers, as well as providing opportunities for the public to be involved in Earth Day events.

There will be numerous Earth Day events in diverse sections of New York City this spring. Grand Central will be presenting another Giant Earth Images show from April 19-25th, where photographs and graphic images will be projected for 10 hours each day. In addition, earth fairs will be held simultaneously indoor and outdoor the Vanderbilt Hall.

Many local companies in New York City have pledged their support to Earth Day initiatives by partaking in special projects. For example, Molly Malloy, who is a public relations representative for Anvil Knitwear online store in New York, says that Anvil’s April 2010 collection of tees, sweatshirts and bags will be made of unique eco-friendly materials. “T-shirts are being made from recycled plastic bottles.” Hence, some carry messages that will read, “I used to be a plastic bottle.”

Another company that is chipping in for Earth Day is Iconic Footwear with the earth label, products featured in the Metropolitan Museum of Art. On April 22nd Iconic Footwear will introduce new footwear with its first entirely biodegradable sole that decomposes 10 times faster in the ground compared to an ordinary shoe.

From April 17th to 25th, Battery Park in lower Manhattan will be conducting environmental (continued on page 16)
Where has our Privacy Gone?

By Janier Javier

Cell phones have become a part of our everyday lives; but where has our privacy gone when it comes to cell phones? Do we even have any rights? Janet Kwak a reporter from WOAI News in San Antonio Texas interviewed a woman named Leslie who said her ex stalked her for the past five months, bugged her cell phone to tap calls, texts, and watch her every move. “I was getting strange text messages; he knew where I was going to be,” said Leslie. “I thought he was cheating, so I began looking [for information on the web], and when he didn’t like what I had found, he began to plaster all the harassing messages all over my homepage,” she says. According to WOAI News Leslie had to change her phone twice, and spent thousands of dollars trying to debug her phone. “Experts say high-tech spyware was installed on her phone, where a third party could track every activity from a remote computer.”

Companies such as Flexispy and Mobile Spy offer spyware legally to anyone who is willing to pay for it. In order to implant spyware on anyone’s phone, you must have access to the device. Most spyware targets smart phones because they work similarly to actual computer. The spyware constantly changes names once implanted, making it nearly impossible to track. “If you download apps on to a smart phone like an iPhone,” Tyler Childress with the Cell Phone Guy in Sioux Falls says, “make sure you only download programs from reputable companies” (ksfy.com).

Even Apple iPhone offers an app named Cell Phone Tracker Pro which is advertised to work with the iTouch as well as the iPad. This app allows you to enter anyone’s phone number into its tracking system, which gives you the person’s exact location via GPS. What I found outrageous was that Apple offers this app for just 0.99 cents. Apple’s advertisement for Cell Phone Tracker Pro claims: “Some say the government has virtually eliminated your personal privacy, this app will make your friends and family believe that”, guess that’s what makes it okay to offer this program to the public?! Hey, the reasoning must go, the government does it why shouldn’t I be able to do it as well? Anyone with access to an iPhone, iTouch or iPad can track you; all they need is your number. Good people may have access to this app, but what about people who have bad intentions? It’s too easy to imagine what they might do with it.

Flexispy and Mobile Spy advertise services such as Live call interception (tap a cell phone and listen to their calls.); Read SMS (text messages), Call Logs & Email; Remote Monitoring (Secretly listen in to the phone’s surroundings), and Stealth GPS Tracking (Track your cheating spouse’s movements)!

Everywhere we turn these days you see a cell phone. “According to the CTIA wireless association, an amazing 230-million Americans are now subscribers to some sort of cell phone plan. That’s a massive 82.4 percent of the U.S. population.” It is safe to say most of us use our cell phones for personal calls and feel safe doing so. But with inexpensive spyware for phones on the market can we continue to feel safe? With anyone having access to cell phone spyware it’s not safe to trust anyone with your phone or phone number. Software such as Flexispy and Mobile Spy and especially Apples Cell Phone Tracker Pro should be left to the authorities and law enforcement agencies where there are laws limiting their use and protecting the public. Flexispy and Mobile Spy also advertise use of spyware for spy on employees; so if you’re ever given a phone from your employer do yourself a favor by keeping it professional with the company’s phone. Anyone with a computer who ever had access to your phone can be playing Big Brother. If you feel that there might be spyware on your phone, here are some of the warning signs to look for, and remember don’t trust anyone with your cell phone.

-Phone flashing quickly
-Phone is warm when unused
-Unsolicited text messages
-Battery will drain faster
-Spike in SMS activity noticed on bill

Spyware for cell phones is outrageous blow against an individual’s right to privacy. Where has our privacy gone these days? How can we put a price on our privacy?

Texting… Good or Bad?

By Tiffany Giannone

Sending cute messages to a loved one or funny secrets to a best friend is something we are all guilty of. A text message and use of a cell phone has become a dependent way of communication today. When an emergency strikes, a text message can be useful, as when Lauren Ott, a teenager who attended Newburgh Free Academy in Upstate New York, sent a message warning her mother that the high school was conducting lockdown for a stabbing that occurred earlier that day. When a school has the ability to text students and their legal guardians warning them of such events, the message is useful. But when a relationship begins to build upon text messaging and rarely ever hearing the voice of one’s partner or best friend, does it become a problem?

Text messages are an easy form of communication for speaking one’s mind; it is easy to receive a more-or-less immediate response. But used in an attempt to resolve a dispute or say true feelings for someone, such as “I love (continued on page 18)
On Friday March 26th, I prepared for my first trip to Europe. As I drove frantically through the rush hour traffic, I began to second guess my decision to embark on this trip. I was nervous and all the worst case scenarios were playing in my head. I barely knew any of the people going from my own school, let alone the 30 strangers I would soon meet. I was being taken completely out of my element, but I took a deep breath and continued on toward the longest flight of my life.

We landed in Austria and our group made its way to the Salzburg Global Seminar (SGS), an organization dedicated to working with college students to help solve issues of global concern. This past spring break I had the honor to join seven other students from QCC and one professor, Dr. Mark Van Ells of QCC’s History Department, on a remarkable trip to Salzburg, Austria. This was all thanks to the Study Abroad Program at QCC. We were joined by Kingsborough and Bronx Community College students and faculty to discuss issues of Global Citizenship. The students who participated all felt they were richer for the experience, but as Tunde Kashimawo, the director of the Study Abroad Program assures me these feelings were not unique to this trip alone.

The Study Abroad program at QCC is in its infancy having begun in the summer of 2009 operating under the Office of Student Affairs. The program’s office is located in the Library Building room 431. Six students have participated in winter and summer programs, in addition to the eight who went to Salzburg, Austria, and have studied in countries including Spain, China, Greece, Italy, and India. Director Kashimawo and her staff are embarked on a never ending pursuit to develop the program and involve as many students as possible. Mrs. Kashimawo has high hopes that the program will become a staple in QCC academics.

QCC Study Abroad is a member of College Consortium for International Studies (CCIS) and Council on International Education Exchange (CIEE), and CUNY Study Abroad. These affiliations provide students at QCC access to courses in over 50 countries. Students with at least 20 credits and a GPA of 2.5 are eligible to take advantage of these courses. Regardless of the student’s major a Study Abroad session can benefit anyone; sessions offer courses in Foreign Language, Science, Criminology, Art & Literature and many others. Given a review by the specific department prior to leaving, courses can be used toward any major at QCC, or they can be used to fulfill elective requirements.

Though students might be skeptical of studying abroad because of the cost, while parents and students alike might be worried about safety there are ways to address these concerns. Financial aid can cover the costs like any other semester spent on the home campus, and one can meet with a financial aid counselor to discuss options. In addition, CUNY offers Study/Travel Opportunities for CUNY Students (STOCS) grants to deserving students who are participating in study abroad programs. Mrs. Kashimawo also informed me that Queensborough

(continued on page 6)
Graduation is just around the corner for students who have sixty or more credits. Letters of congratulation, emails and commencement guides are being circulated to students who are potential candidates for graduation.

Queensborough Community College will be hosting its 49th annual commencement ceremony on campus Friday, June 4, 2010. What will be the next step for these graduates and are their employment options? There were times when a college degree could secure employment in the job market but that’s not as true today. Students graduating in 2010 must think carefully about the next step.

For some graduates of 2-year college programs, admission to a four year college is the next best thing. According to Tasha Tomlinson, a Liberal Arts major and candidate for the 2010 graduation, she will be going to Queens College to continue her studies in General Psychology. Tasha explains that with the present state of the economy continuing her studies will be the best way for her to increase her employability. She also said that she will be the first in her family to graduate from college and “the higher your education the more money you earn.”

Although the job market seems to be on shaky ground, for many graduates getting a job will have to be their next step. They are forced to, and even though they know that there are few job postings, they must join the line and compete in the race for employment. According to the Bureau of Labor Statistics, 8% of the unemployment rate comprises of people with some college or an associate degree. Soon this year’s college graduates will be added to the unemployment statistics.

Queensborough in an attempt to help their graduates has put together a job fair which will be held on campus April 28, 2010 from12 noon to 3pm. The college also offers workshops on resume writing and career guidance. There are several sites such as www.qcc.cuny.edu/CareerServices/ where students can go to access online job posting, get advice from employers and practice answer questions based on a video demonstration of an interview. According to Lucille Sparacio, a CUNY Administrative Assistant in Career Services, there will be approximately forty-six companies that will be represented at the QCC job fair. A few of the participating companies are The American Museum of Natural History, Big Brothers Big Sisters of Brooklyn and Queens, Cablevision System Corp., Federal Air Marshals, Flushing Savings Bank, Harbor Child Care Center, Metlife, New York Fire Department and Verizon Wireless. Alumni are also welcome to participate in the job fairs on campus. For more information, The Office of Career Services is located at room 429 in the Library Building, or call 718-631-6297.

All these tools put students at a better advantage and will prepare them for a better position when the job market opens up. According to an article in The Onion, March 15, 2010, issue 46.11, Washington lawmakers from across the political spectrum have agreed on legislation to subsidize the cryogenic freezing of recent college graduates until the job market recovers. “We could revive them during a more prosperous time.” As funny as this article is, sadly enough, voluntarily freezing one’s ambitions seems to be the message the job market is sending to college graduates. That is the reality graduates may very well have to face. To avoid such an ignoble fate attend QCC’s job fair on April 28th!
Paranormal at Queensborough

BY CAITLIN DOOLEY

Some paranormal investigators believe an EVP could sometimes be a cry for help or a warning to get out of their "territory" from the dead trapped in the living world. A ghost could be attached to a certain place or object after the body dies. In the film, Leggio, after developing the photograph, expressed that "I was confused, excited, and a little freaked out." He states that no one was in the staircase when the photo was taken.

Vincent Salomone, a janitor in the Science Building, stated, "Once I heard keys in the basement as I was bringing out garbage. No one was around." He went on to say, "There were other janitors who had experiences but they retired."

So who is this unknown entity? We may never know. There is little in the way of established fact in the field of paranormal investigation, though some argue that there are ways to prove or disprove if there really is a ghost roaming the halls of Queensborough.

The paranormal have their own ways of communicating with us and letting us know of their presence, whether it is visual, verbal, moving objects, or in some cases scratching or touching us. The air temperature could suddenly drop in the presence of a ghost.

According to The Atlantic Paranormal Society, Electromagnetic Field (EMF) detectors are designed to alert investigators of the presence of ghosts by measuring the electromagnetic distortion that entities give off. The human body is controlled by electrical impulses sent to the brain. When a person dies, the electricity is released into the atmosphere, making up an entity that could be sensed by an EMF. While EMFs don't necessarily find ghosts, they help in detecting a change in the electromagnetic field in areas that are claimed to be haunted.

An Electronic Voice Phenomena (EVP) is used to pick up disembodied voices. It is sometimes the most disturbing way of capturing a ghost. They vary from a cry or moan to a full sentence. An audio recorder or video camera could pick up these ghostly voices even if we can't hear them on our own.

Some paranormal investigators believe an EVP could sometimes be a cry for help or a warning to get out of their "territory." From the dead trapped in the living world. A ghost could be attached to a certain place or object after the body dies.

Whether you're a skeptic or a believer in the paranormal, grab your camera and audio recorder and try to find the unknown ghost in QCC's science building for yourself.

To Eat or Not to Eat?

BY SHAVON ZAMBRANO

If you do not want to go far to get something good to eat, there are things on campus which you may find quite delicious. You've probably asked yourself what foods are good on campus. Is it worth it? The food service provider, Metropolitan Food Service, Inc., has established itself as a leading food service provider. The Science Café, located on the QCC campus in the science building.

The café offers a wide variety of foods including hand tossed salads, market style sandwiches, burgers, fries, pizza, and tacos. There is hot coffee, tea and cappuccinos as well for that morning pick me up. If you're not into hot beverages there are frozen smoothies with a wide selection of fruits, so you have the ability to be as creative as possible. In addition, QCC boasts a Starbucks in the library for all the hipster types.

When walking into the Science Café around lunchtime you'll notice students rushing to get a bite to eat before class. QCC has healthy choices for their students including salads and market style sandwiches. Vanessa Gonzalez, a student at QCC, said the salad lines were usually long but worth it. You can get a small or large salad (which is perfectly tossed by the way) with many options to add to your liking, including croutons, grilled chicken, bacon, cheese, boiled eggs, onions, tomato, cucumbers, kidney beans and many more. Also, there is a choice of dressings, including Blue Cheese, Caesar, Italian, Ranch, and others. You create your own version of a healthy delicacy. The price of a small salad is $3.25 and large is $4.25. If you would like to add toppings to your salad like the croutons, chicken, or boiled eggs, it would be about $0.50 to $1.00 more.

TJ Benjir, a student who was in the lunchroom downstairs the day I visited the Science Café, said he gets the salad every day. "I'm addicted...[and] my favorite salad is with eggs and ranch dressing with some onions and it's only $4.76." Also, the market style sandwiches are good and cost $5.45. There are a variety of sandwiches to choose from, like the honey mustard turkey, balsamic grilled chicken, turkey bacon club and many more. Sandwiches come with a side of chips to complete the meal. All the same, some people may not find the Science Café's prices such a great deal. Another student, Samantha Vargas, said that "considering the average college student's budget the prices in the café are a bit high."

If you're not into sandwiches or salads and have the munchies for something else, the Science Café has burgers and french fries (with cheese, which it's famous for). "They're only about $2.50 and it's so good," says James Pool a student who was in the café eating some cheese fries. The burgers are good too, and if you don't eat red meat, you can get a chicken sandwich with a condiment of your choosing. Tacos are also sold in the Science Café (though tacos may not be a good idea unless you don't mind frequent trips to the bathroom). The café also serves pizza as well for about $2.20 per slice. The pizza is thick and a good sized slice. However, pizza is also sold in the Student Union building lower level for about the same price. "It tastes like real pizza and better than the one in the café," said student Chris Sullivan.

If you're on the go and would like something light, the Science Café also offers yogurt, fruit salads, and apples in the grab and go section. "I would usually get a fruit salad before class if I don't have time to wait in line," said Emmar R., a student at QCC. In addition, the Science Café has been recently renovated adding a classier feel to the campus atmosphere.

QCC has many different choices for their students. The price may be a little costly but it is good for campus food. If you're a person who is health conscious you have a big selection at the Science café, and if you're not you have a big selection as well. If you ever hear your stomach growling during class, afterwards head to one of the cafés on campus and enjoy a hearty meal or a quick snack.
is also working on its own scholarship for QCC Study Abroad students. The QCC Study Abroad Program thoroughly analyses the potential risks for its students before working with an overseas university. Mrs. Kashimawo is adamant about providing full health insurance for all students involved in the program, for students who do not have health insurance affordable temporary insurance can be purchased from the school.

In today’s increasingly competitive job market and globalized world, having studied abroad can be very beneficial to new graduates looking to join the work force. A study conducted by Michigan State University noted that “When employers look for new hires, one of things that they value is evidence of the ability to work well with those from other cultures and evidence of a well-developed international perspective,” and that studying abroad contributes to developing that international perspective. Witnessing the sights a country has to offer firsthand can be an eye opening experience, as was the trip to the Dachau Concentration Camp memorial site our group was able to make. The first hand experience accomplished more then any book on the subject can ever hope to. The SGS lectures opened the student’s minds to how small and large this world can really be. Christine Porter a nursing student at QCC noted the how the trip opened her mind: “I thought that I was an informed citizen, but I have realized that globally, I have so very much to learn!”

A semester abroad can even influence the career path a student decides to pursue. The Institute for the International Education of Students (IES), a non-profit study abroad organization surveyed its alumni from 1950 to 1999 and 76% said they acquired a skill that benefitted their career path, while 62% said the experience was what ignited the interest in their chosen career path. Networks are established from people all over the globe which can benefit any career choice. The SGS alumni itself is over 2,000 strong with people from all over the globe in all fields of study. You never know who you will meet on these trips until you go!

Students who are nervous about being alone in a foreign country, as I was, can be assured that the experience will most likely bring out the best in you. The IES survey showed that 97% of students felt some form of self growth, whether it be self-confidence, maturity and their perspective on life. In an article, “All Abroad: The Benefits of Studying Overseas,” for EduGuide.org, Gina Carrier says the key is to determine what each student can handle. “Some students are ready to immerse themselves in a new country and language . . . while others would prefer a semester in a very controlled environment.” It’s best to give yourself a challenge and then rise to that very challenge.

On my drive back home after returning from Austria, I was tired, hungry and my body was sore from the hours of sitting on the plane, but the smile I had could not subside from my face. I just had one of the greatest weeks of my life. I grew as a person, and I know the lessons I learned and the memories I gained on this trip I will carry forward with me far into the future.
The United States economy has been in a severe state of recession for months now. One of the only things that might be able to take the sting out of how poor our economy is doing is to take a look at some other countries. As we do this, we realize that we are far from alone in facing serious economic problems. Many countries including Ireland, Spain, and Portugal have had monetary problems that have pushed them to the brink of a depression. However, the country that has been suffering the most lately is Greece.

Greece has been on a downward spiral for the past year, and is finally hitting rock bottom. As of the present moment, the country is officially in jeopardy of losing its footing in the European Union. Athens, the capital city of Greece, has reported a deficit that is four times the European Union (EU) limit, which means that Greece is in jeopardy of losing the Euro as its national currency. Many citizens of Greece have demonstrated their frustrations with the government, however none more than the farmers. Farmers have been reported blocking border crossings, highways and major ports. They are claiming that cheap imports and middlemen’s prices are pushing Greek produce out of major markets. According to The Guardian, a popular European newspaper, a farmer named Pavlos Issaris claims that the price of doing business is putting him out of business. Issaris wants the government to help with their monetary issues and take a more hands on approach with controlling imports.

However, the new government is under the control of Prime Minister George Papandreou is refusing subsidies to the people. Athens is trying to reassure its EU partners with a plan that includes tax hikes and sharp cutbacks in the country’s enormous public sector. According to Athens News Agency (ANA), nearly 1 in 10 Greeks is employed by the government as a civil servant, totaling almost 1 million people. But Papandreou’s pledge to trim that number has already triggered protests. Civil servants are planning nationwide strikes this month.

Another major problem besides the severe recession is that the students who are graduating at universities in Greece do not believe that there will be any jobs for them when they finally need them. This problem is beginning to spiral out of control, and if the very people who need to believe and try to help jump-start the economy plan are leaving to go to other countries to find jobs, what will happen to Greece? Greece needs someone to stand up, and quick. Finance Minister George Papakonstantinou says one of the biggest challenges facing the government’s austerity plan is that few Greeks believe it will ever be implemented. This is the ninth such effort in 10 years. Previous plans were abandoned after protests from angry workers.

The problems Greece is facing look like they are going to get worse before they get better. The downward economic spiral is not only affecting Greece, but all of Europe. According to many European analysts, they are extremely skeptical that Greece can regain its composure on its own. What they are most worried about is Greece’s ability to pay back the debt that it owes to other countries. If Greece defaults on its debt payments, it would endanger the stability of the entire zone of countries in the European Union, which as of today are sixteen. Day by day the problems that Greece faces are getting more intense, and it looks as if all that Europe can do is hope for the best.

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The iPad – Another Winner for Apple?

By Scott Raimowitz

On April 3, Apple introduced its newest brainchild, the iPad, a tablet computing device. Because of Apple’s unique reputation for introducing elegantly designed products to hi-tech users, considerable interest has been generated in this new product. Exactly what is the iPad, and will it be another winner for Apple? There is a great deal of expert hands-on information available, as several reviewers have had the opportunity to spend time with Apple’s latest gadget.

The April, 2010 issue of Macworld feels that on first impression, the iPad looks simple and built of high-quality materials, an Apple trademark. The device resembles a large iPhone. It weighs 1.5 pounds and measures 9.56 X 7.4 inches. Like an iPhone, it has a home button and features a glass touch screen and aluminum back. There are a few other buttons and connectors as well. The sharp 1024 X 768 pixel display is backlit and has a wide viewing angle.

iPad users of having a great variety of available content. Wi-fi 802.11a/b/g/n assures wireless networking. 3G support (on certain models) further broadens the range of connectivity.

The included software, as discussed in Mac Life (April, 2010) is what gives the iPad such versatility. The Internet browser is a special version of Apple’s Safari, as the book reader uses Apple’s iBook software and built in Bookstore program, making it simple to purchase books for instant download. The fact that this software supports the ePub standard assures iPad users of having a great variety of available content. Wi-fi 802.11a/b/g/n assures wireless networking. 3G support (on certain models) further broadens the range of connectivity.

3G Internet access will be provided by AT&T – there is no contract necessary. There is no monthly charge if 3G is not used, $15/month for 250 MB, and $30/month for unlimited usage.

Bluetooth 2.1 supports wireless keyboards and leaves open the possibility of future innovations. The included Photos program acts as a photo viewer or as a digital frame, but does not offer the ability to edit photographs. The iPad can also be used as a GPS (3G models only). As on other Apple devices, (continued on page 16)
The days of children playing make-believe by dressing up as princesses, playing with action figures and pretending to have magical powers to defeat the big bad guy or the evil witch are coming to an end and are being replaced by a sense of “reality” celebrated in kids’ TV shows today. According to shows like “Hannah Montana” and “Suite Life of Zack and Cody,” instead of fighting evil sorcerers, your mission now is to escape from your mother to go off to a party, or sneak out to go to a concert while your parents are still in bed. Based on “iCarly,” it is possible for a teenage girl to live with her older brother and have her own web show while her father pops by every once in a while.

Over the past decade, entertainment media has been playing a big part in influencing children through reality-based shows in which they see kids their own age getting in trouble. The young stars are portrayed as popular kids leading fun lives in which they go to school, plan parties, play pranks, and many times do things behind their parents’ backs. Getting in trouble has become fun and funny. In a half an hour show, almost three quarters of it is spent on showing what these youngsters plot and do on their own. The last quarter shows them getting caught by their guardians, getting scolded, saying sorry and somehow everything works out at the end.

Many of these shows are about kids and teenagers, who live the high life in society being celebrities with money and popularity. In her article “Tweens: Ten Going on Sixteen” in the autumn 1998 issue of City Journal, Kay S. Hynowitz refers to children between the ages of 8 to 12 as “tweens,” “midway between childhood and adolescence, this group is leaning more and more towards teen styles, teen attitudes, and, sadly, teen behavior at its most troubling.” She then elaborates that according to Peer Power, a business networking website, young boys understand that their popularity depends on traits such as toughness, trouble-making, and coolness, and girls gain their acceptance through “appearance-related variables” such as clothing and make up. Are these not the foundations of sitcoms such as “Drake and Josh,” a show about two stepbrothers, one who is responsible and smart but sarcastic and unlucky with girls, the other is a popular “attractive” teenager who plays the guitar and just occasionally copies homework off of his brother?

Following her interviews with educators and child psychologists such as Henry Trevor, middle-school director of the Berkeley Carroll School and research psychologist Michael Cohen of Arc Consulting, Hynowitz came to the conclusion that two major factors which brought about these changes in kids are glitzy media driven marketplaces and absentee parents. “It is true, but what are parents supposed to do?” says Sahriah Anwar, a college student who has a part time job babysitting. “When I get to their house, I see the girls already watching their little shows and later going online to catch up on more episodes. The younger one is only six. Since both parents are working, they’re not able to give a lot of time to the kids but they still want them to enjoy. So they let them watch TV.”

“Hurricane Hannah,” an article in October 2007 Time Magazine relates, “What made Hannah/Miley a phenomenon was Disney’s learning to use its vast, multimedia holdings. Its stars—young, eager and grateful for the exposure—debut on the Disney Channel. They record CDs for Disney Music. Their music is played on Radio Disney network. They make movies for Disney.”

In other words, companies such as Disney and Nickelodeon target children through the mass marketing of young stars because children are more susceptible to role models they find are not too far in age from themselves. Such marketing practices have meant an exponential rise in business for these industries.

As a result, kids spend their time watching shows that teach them how to be cool and popular, and begin to assume that they are much older than their actual age. This brings up the concept of KGOY, “Kids get older younger,” a notion marketers have taken full advantage of to sell their products. The KGOY phenomenon scares parents like those who see their youngsters buy every product possible of “Hannah Montana” from clothing to backpacks, school supplies and movie tickets. Many parents are against the idea of big media and entertainment industries focusing their productions on children who have become obsessed with their products. It has reached the point that many ten-year old kids are acting as if they are sixteen because their role models do too, making them seem older and cooler.

In the June 2006 Chicago Tribune, Kristen Schuethner wrote an article, “Celebrity Worship by Today’s Youths Worries Experts,” in which she mentions psychologist James Houran who has been studying celebrity worship among children for years. Houran said he has seen study results that show young kids who have completely crossed the line into celebrity fanaticism, and many cases in which children have admitted that they are willing to break the law for their chosen star who they believe is their best friend or even soul mate. “I have often joked that there is a celebrity stalker somewhere inside all of us,” he said. “But in a 5-year-old?”

Though KGOY may not apply to all children, for example those who still enjoy playing games with their imagination, unfortunately there does not seem to be much in our commercial entertainment culture that encourages such youthful innocence. Instead, the youth are being driven towards an illusion of reality that in truth exists only on TV.

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**Toyota Not Meeting Its Own Standards**

By Luis Canals

The Wall Street Journal recently published an article that revealed that Toyota executives from America had emailed Toyota executives in Japan in which accelerator pedals were discussed. Irr Miller, the American executive, tells Katsuhiko Koganei, the Japanese executive, “We are not protecting our customers by keeping this quiet. The time to hide on this one is over.” Other statements made from Miller to Koganei included, “I hate to break this to you but WE HAVE a tendency for MECHANICAL failure in accelerator pedals of a certain manufacturer on certain models.” It is obvious that Toyota executives ignored safety issues in order to gain profit. According the New York Times, by law, if safety problems are known and ignored and lead to injury or death, criminal penalties include up to 15 years in jail. Civil court lawsuits are also expected. The 2010 recall has grown to over 8 million cars globally and the total cost of this recall could cost Toyota billions of dollars.

Toyota has always been known for quality. The recent problems regarding mechanical problems have put Toyota under a magnifying glass and will most certainly affect the public view of the brand. Toyota has already launched a campaign to try to fix their reputation. Toyota.com has detailed presentations that show the defects in the accelerator and response videos to runaway car claims covered by the media in which the company tries to discredit claims by the persons involved. There have also been television commercials released by Toyota in which Toyota claims that they are doing everything possible to gain trust and that customers come first. In Toyota’s defense, as reported by the New York Times, 979 engineers were hired last year and another 850 were set to be hired this year, according to a company spokesperson.

Although Toyota has been working hard to fix all the defective cars, it might be too late. According to abnews, there have recently been 10 complaints filed with the National Highway Traffic Safety Administration regarding cars that have already been serviced by Toyota post recall. This could mean that the fix is not working and that Toyota’s reputation could continue to suffer. 

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**Toyota Not Meeting Its Own Standards**

By Elma Rahaman

Toyota, regarded as one of the most dependable car brands for over 30 years, has recently fallen under public scrutiny for their questionable decisions regarding safety in their cars. According to CNN, there have been reports of uncontrolled acceleration and inconsistent brake feel in some Toyota models. There have been over 2000 complaints filed to the federal government over sudden accelerations and 34 deaths since 2000, according to cnnsnews. Toyota’s top executives have appeared before Congress in regard to documents that could disclose incriminating information. Toyota’s main concern should be safety and regaining its reputation as one of the world’s safest cars.
Feeling Stressed?

By Olivia Hand

Stress is an inevitable part of life, particularly for college students. When everyone thinks of college students, they think of all night study sessions, partying on the weekends and balancing busy schedules. For some of us, that may be true. College students have a lot on their plate, and dealing with the change of pace may be more difficult for some students than others. According to Women’s Forum, 89% of college students stress over the change in sleep habits, and 73% stress over increased work load.

The American Institute of Stress states that 75% to 90% of college students who make doctors visits do so regarding stress. Organizedwisdom.com states that the top stressors for college students are peer pressure, home sickness, academic competition and choosing a major or future career. There’s no doubt that with college comes many changes. Learning to deal with changes in life can be a big stressor for many people. However, there are many simple techniques that people could use to not only reduce their stress, but also control their stress.

First and foremost, eating a healthy balanced diet can help keep stress levels under control. The old saying “you are what you eat” has some truth to it. Studies show that when the body is under stress, there are increased levels of cortisol. Cortisol causes cravings for sweet and salty food. People who are stressed also tend to eat when they are not hungry.

Meditation is a very powerful form of relaxation. Find a quiet, empty space, play calming music, and clear your mind. Even use visualization if you need to. Imagine yourself on an island somewhere, far away from all your problems. “By visualizing a favorite place (such as a beach), and imagining space, play calming music, and clear your mind. Even use visualization if you need to. Imagine yourself on an island somewhere, far away from all your problems. “By visualizing a favorite place (such as a beach), and imagining the sounds, sights, textures and tastes of that place, will encourage your body to let go of some stress” (Organizedwisdom.com). Yoga and Tai Chi are also great ways to relax.

One of the easiest ways to unwind is probably to laugh, watch a funny movie or go to a comedy show. After all, laughter is the best medicine. According to helpguide.org, “Laughter is a powerful antidote to stress, pain, and conflict. Humor lightens your burdens...” Laughter has also been linked to endorphins. The release of endorphins in the body reacts as a drug, and they are the body’s natural “feel good chemical.”

Creating good habits and avoiding bad habits keep stress under control. Smoking cigarettes and drinking are a quick fix to escape from life’s problems, however they are only temporary.

Another way to release endorphins is through exercise. Exercise is a great way to release any stress or frustration. Not to mention, it also prevents students from the dreaded “freshman fifteen.” There is a free gym, open to all QCC students, right on campus. The gym is located on the 2nd floor in the G building.

Queensborough provides a course specifically designed to help students deal with stress. The Stress Management course at Queensborough, HE 111, “explores theories of stress to help students understand and cope more effectively with the stress in their daily lives.” It teaches students about stress, and provides tools to better manage their stress level, as well as reduce the number of stressors. This course requires HE 101 or HE 102 as a prerequisite. For more information on this course, you can visit the QCC website http://student.cuny.edu/cgi-bin/SectionMeeting/SectMeetColleges.pl.

QCC also provides students with free and confidential counseling at the Counseling Center. Students can use this service to talk about any problems they may be experiencing, on or off campus. The Counseling Center offers personal counseling, academic counseling and career counseling. For anyone interested, the Counseling Center is located in the Library Building, room 422. Office hours are Monday to Friday, 9am to 5pm.

Ignoring stress or not dealing with stress levels in a healthy way, could eventually lead to further health problems. Stress is something that is a part of everyone’s life, some more than others. We can’t control what causes us stress, however we can control how we deal with our stressors. Remember, don’t let stress manage you, you need to manage your stress!

Put A Stop to It!

By Kenneth Newman

When hearing the number 148,183 what comes to mind? Is it the attendance on opening day at a sports arena, the total population of a country such as Aruba, or is it the number of fatalities in the United States from drinking and driving in the years 2000 to 2008? For those nine years, the average number of deaths per year due to DWI was 16,464. For those nine years forty-five people died each day from drinking and driving. For those nine years it is obvious that laws that were enhanced or newly created did not stop drivers from killing themselves or others.

There are legal penalties for drinking and driving but they have yet to make an impact on the number of deaths and injuries that result from that deadly mixture. A central tenant of our laws is that Blood Alcohol Concentration (BAC) cannot be higher than .08 while operating a moving vehicle. Driving under the Influence (DUI), Driving While Intoxicated (DWI), and Operating While Intoxicated (OWI) are not tolerated in all 50 states. If charged for a crime under these laws, it can result in a fine, jail time, suspension of license or all three. Apparently, however, such penalties have not made a significant impact on today’s drivers. Some policy makers argue that creating much more harsher punishments for these laws may decrease the number of deaths and injuries by a large amount.

According to National Highway Traffic Safety Administration, in 2008 34% of the death total was in the age group of 16-20. In 2007 1,719 accidents involved a person in the ages of 16-20. In 2006 24% of the death total was also in the age group of 16-20. As one can see, a high percentage of fatalities occur in the ages of high school and college students. Our country’s future is being seriously impacted by drinking and driving. Although the death total has gone down over the years, losing thousands of people from the mistake of picking up those keys after a few drinks is not acceptable. Can creating new laws make a big impact on this number?

Harsher laws have always seemed the solution when the crime rate is high. But how much harsher can laws on drinking and driving be, and what other laws can possibly be added to help reduce such crimes. As we all know, one’s BAC cannot be higher than .08, but what if the government would change that to .00? That would mean drivers would not be allowed to drive even after having half of a typical alcoholic beverage. After an accident caused from drinking and driving drivers too often get away with having drove drunk or injuring someone while drunk. Assault with a deadly weapon can definitely come into play under these conditions. Even though in some states such a law already exists, it never plays a role in the case unless there is a serious injury.

As stated above, the total number of deaths attributed to DUl has decreased over the years, but what is it that will make a bigger impact on the number of fatalities and injuries? There have been rumors of the breathalyzer test in cars but apparently nothing has happened with that idea. What if police or highway patrol would create checkpoints for drunk drivers? Check points near entrances and exits to popular drinking locations and by bridges and main highways. It is the government’s job to stop crime and death, and yet has anyone come up with an idea to further decrease the number of people that are killed from drinking and driving?
The Rise of Chlamydia and Gonorrhea among College Age Individuals

BY TASHA TOMLINSON

The growth of sexually transmitted diseases has become increasingly larger among college age individuals in the United States. The US Centers for Disease Control and Prevention (CDC) estimates that in the US there are 19 million new STD cases each year. Nearly half of the cases occur in individuals between the ages of 15 and 24 years. The most common are cases of Chlamydia and Gonorrhea which exceeded 1.4 million reported in 2007 and some estimates suggest that over half of new Chlamydia and Gonorrhea infections remain undiagnosed.

The CDC says that these infections continue to be the most frequently reported infectious diseases in the US. STDs are on the rise because many young people believe that people don’t die from them anymore. Even though there are cures for most of the STDs it doesn’t take away the fact that you had a STD or you are been treated for one. Before becoming a statistic one should do everything in one’s power to prevent infections from happening in the first place.

In the state of New York one in four college age individuals has an STD. The numbers may be increasing due to the fact that many of these young people don’t know that they are infected. Throughout the five boroughs of New York City, according to the New York City Department of Health And Mental Hygiene, there were 56,425 individuals living with Chlamydia in the New York City during the year 2008. Of this number 38,400 were females and 18,025 males. In the same year, Gonorrhea affected over 10,475 individuals and of this number 4,730 were females and 5,745 males. Individuals the age of 15 to 24 are among the largest group infected by these two diseases.

It is shocking that with all the steps that are taken by the U.S government and health organizations to emphasize the importance for young people to protect themselves these diseases are still rising. There are so many different resources available to young people all over this country and this state to protect themselves from STDs, including the well known Planned Parenthood and STI clinics.

Before involving oneself in potentially unsafe sexual behavior ask this question. Do I really want to live with the fact that I allowed my body to be infected by a disease that I could have prevented? Use a condom if you’re sexually active or before you engage in any sexual activity. And get tested with your partner.

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Teenager Clings to Life as Aluminum Bats Claim another Victim

By Luke Falci

On March 11, 2010 a teenager by the name of Gunnar Sandberg who lives in Northern California was pitching in a baseball exhibition game for Martin Catholic high school. For those who were witness to the event, this could possibly be one of the sadder moments in high school baseball. De La Salle High School was the opponent for young Gunnar that day. Both schools using aluminum bats which is permitted at this level started a friendly exhibition game that ended in tragedy as Gunnar Sandberg was struck in the head with a line drive resulting in him being put in a coma. As a result of this incident, both schools have switched from aluminum to wood bats believing that if the hitters were using wooden bats this incident could have been avoided as baseballs come off aluminum at a much higher velocity than wood bats.

Playing a simple game of baseball requires three essential tools, a glove, a ball and a bat. Starting in the early era of baseball moving into the modern era of baseball, these tools of the game have been changed and modified to provide a quality performance by the players. For example, changing the style and size of the glove based on the position of the player has become an absolute must when players are on defense.

From the offensive side of the game, with the exception of weight and length according to the hitter’s size, baseball bats have not really changed much in professional sports. Made of wood, hitters step to the plate taking mighty swings that have brought them Hall of Fame success. However, on other lower levels of the game baseball bats during the modern era have taken on a modification that has subjected every baseball player to injuries at an alarming rate between the levels of Little League and college baseball. That modification was to change bats from wood to aluminum to increase the performance of players to a more high-powered offense.

Little League players and adults past their prime that are still playing baseball now in recreational leagues have turned to aluminum bats. This has made sense economically because aluminum bats don’t break like wooden bats do and paying $200 for one bat that will last an entire season makes more sense than buying 4 or 5 bats at $70 to $80 apiece that can break. The ball shoots off the aluminum bat quicker when contact is made providing a spark that makes the game fun. Children and senior adults simply don’t have the power to put the ball into the deeper parts of the park, but aluminum bats provide that extra pop they are looking for. In addition, aluminum bats are made in a way that allows weight to be distributed more evenly than a wooden bat making it easier to swing.

The downside to this modification is college players trying to make the big leagues and players who are better than the average recreational baseball player are also using aluminum bats in recreational leagues. “One of the major problems is the distance of the pitcher and infielders has not changed and with the ball coming off the aluminum bat so much quicker the players have a lot less time to react,” says Coach Tony Scime of the Empire State Cyclones recreational baseball team in the Men’s Senior Baseball League (MSBL) in Long Island. The coach went on to say, “playing baseball with aluminum bats is not real baseball, and I’ve seen too many guys get unnecessarily injured because of it.” Statistics on www.scorebook.com show that in the last 5 to 6 years the MABL has reduced 83% of the 12 divisions played in during the midweek from aluminum to wood bats believing that if the hitters were using wooden bats this incident could have been avoided as baseballs come off aluminum at a much higher velocity than wood bats.

The subject of switching from aluminum to wood bats will continue to be a hot topic as long as unfortunate incidents continue to occur. More times than most these discussions die out after the player that was injured heals. Little Leaguers, recreational ballplayers and college ballplayers do not have a say in what type of bats are used in their league. They do have a choice however to decide if they would like to play in that league knowing full well that injuries increase when compared to other leagues where the majority is using wood bats. The constant reminder of injuries taking place like the one to Gunnar Sandberg continues to shape the world of Little League, recreational and college baseball. Get well soon Gunnar Sandberg.
Let’s go Tigers!

By Wilmer Yunga

The Queensborough Community College soccer program objective for the new season is to have a successful participation in the NJCAA region 15. The soccer team has been training and the coaches have been putting the players together to face the upcoming season in September. The athletic director Peter Machitello has said that he is trying to build a program to be as successful as it was in the 70’s when Queensborough was considered one the top five among community colleges in the nation. For this new season the school has hired new head coach Jeff Kabashi, and assistant coaches Johnny Osorio and Mariano Munoz who are in charge of taking the team to its maximum potential.

Queensborough’s head coach Jeff Kabashi started his career being the assistant coach at Nassau Community College for 2001-2002. He was the head coach of Hostos in 2005. In addition, as a player he played for NY Hota/Barbarian S.C. and was part of the Nassau soccer team in ’96 and ’97. Furthermore, he was designated captain at the NJCAA all-star game. Finally, he finished his collegiate soccer career playing for Malloy College.

The soccer team at Queensborough hasn’t been doing great the last couple of seasons. The school is building a strong team with the conviction, as one of the players Steven Huerfano put it, that this year they want to be the surprise of the tournament. He believes with all the training the team will be very competitive and have more fluent chemistry among the players, with time to put it, that this year they want to be the surprise of the tournament. He believes with all the training the team will be very competitive and have more fluent chemistry among the players, with time to put it, that this year they want to be the surprise of the tournament.

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Swimming schedule - Level I

Sets and Repetitions
WEEK #1: 4X15 PUSHUPS
4X20 SITUPS
3X3 PULL UPS
WEEK #2: 5X20 PUSHUPS
5X20 SITUPS
3X3 PULL UPS
WEEK #3: 6X25 PUSHUPS
5X25 SITUPS
3X4 PULL UPS
WEEK #5: 6X25 PUSHUPS
6X25 SITUPS
2X8 PULL UPS
WEEK #7: 6X30 PUSHUPS
6X30 SITUPS
WEEK #9: 6X30 PUSHUPS
6X30 SITUPS
3X10 PULL UPS

* Note: For best results, alternate exercises. Do a set of pushups, then a set of situps, followed by a set of pull-ups, immediately with no rest.

Swimming Workouts - Level II

Sets and Repetitions
WEEKS #1, 2: Swim continuously for 15 min.
WEEKS #3, 4: Swim continuously for 20 min.
WEEKS #5, 6: Swim continuously for 25 min.
WEEKS #7, 8: Swim continuously for 30 min.
WEEK #9: Swim continuously for 35 min.

* Note: If you have no access to a pool, ride a bicycle for twice as long as you would swim. If you do have access to a pool, ride a bicycle one session in your initial workout goal. Also, you want to develop your sidestroke on both the left and the right side. Try to swim 50 meters in one minute or less.

Physical Training Schedule - Level I (Mon/ Wed/Fri)

Sets and Repetitions
WEEK #1: 4X15 PUSHUPS
4X20 SITUPS
3X3 PULL UPS
WEEK #2: 5X20 PUSHUPS
5X20 SITUPS
3X3 PULL UPS
WEEK #3: 6X25 PUSHUPS
5X25 SITUPS
3X4 PULL UPS
WEEK #5: 6X25 PUSHUPS
6X25 SITUPS
2X8 PULL UPS
WEEK #7: 6X30 PUSHUPS
6X30 SITUPS
WEEK #9: 6X30 PUSHUPS
6X30 SITUPS
3X10 PULL UPS

* Note: For best results, alternate exercises. Do a set of pushups, then a set of situps, followed by a set of pull-ups, immediately with no rest.

Swimming Workouts - Level II (4-5 days/week)

WEEKS #1, 2: Swim continuously for 35 min.
WEEKS #3, 4: Swim continuously for 45 min. with fins.
WEEK #5: Swim continuously for 60 min. with fins.
WEEK #6: Swim continuously for 75 min. with fins.

* Note: At first, to reduce initial stress on your foot muscles when starting with fins, alternate swimming 1000 meters with fins and 1000 meters without them. Your goal should be to swim 50 meters in 45 seconds or less.

Physical Training Schedule - Level II (Mon/ Wed/Fri)

Sets and Repetitions
WEEK #1: 2X10 PULL UPS
2X8 PULL UPS
6X25 PUSHUPS
3X4 PULL UPS
WEEK #3: 5X25 PUSHUPS
3X30 PULL UPS
6X30 SITUPS
WEEK #5: 6X25 PUSHUPS
3X20 SITUPS
6X30 PULL UPS

* Note: For best results, alternate exercises. Do a set of pushups, then a set of situps, followed by a set of pull-ups, immediately with no rest.

2. Physical Training Schedule - Level II (Mon/ Wed/Fri)

Sets and Repetitions
WEEK #1: 2X10 PULL UPS
2X8 PULL UPS
6X25 PUSHUPS
3X4 PULL UPS
WEEK #3: 5X25 PUSHUPS
3X30 PULL UPS
6X30 SITUPS
WEEK #5: 6X25 PUSHUPS
3X20 SITUPS
6X30 PULL UPS

* Note: For best results, alternate exercises. Do a set of pushups, then a set of situps, followed by a set of pull-ups, immediately with no rest.

Swimming Workouts - Level II (4-5 days/week)

WEEKS #1, 2: Swim continuously for 35 min.
WEEKS #3, 4: Swim continuously for 45 min. with fins.
WEEK #5: Swim continuously for 60 min. with fins.
WEEK #6: Swim continuously for 75 min. with fins.

* Note: At first, to reduce initial stress on your foot muscles when starting with fins, alternate swimming 1000 meters with fins and 1000 meters without them. Your goal should be to swim 50 meters in 45 seconds or less.

Stretching and Physical Training

Since Mon/Wed/Fri are devoted to PT; it is wise to devote at least 20 minutes on Tue/Thu/ Sat to stretching. You should always stretch for at least 15 minutes before any workout; however, just stretching the previously worked muscles will make you more flexible and less likely to get injured. A good way to start stretching is to start at the top and go to the bottom. Stretch to tightness, not to pain; hold for 10-15 seconds. DO NOT BOUNCE. Stretch every muscle in your body from the neck to the calves, concentrating on your thighs, hamstrings, chest, back, and shoulders.

Head coach Jeff Kabashi believes the Queensborough soccer team is training hard and looking forward to having a competitive team for the next season in the NJCAA region 15. As one of the players mentioned, the team needs to take the school to its maximum level and show that Queensborough soccer team is competitive. Many people are working hard to make the soccer program at Queensborough one of the most successful in the region. In addition, from the workout program by the head coach to the development of the team’s chemistry the Tiger’s soccer team intends to make this year a successful season.
Dr. Eduardo J. Marti, President
and
Dr. Diane B. Call
Provost and S.V.P. for Academic Affairs

 Invite you to join them in

**CELEBRATING EARTH DAY**
**APRIL 22, 2010**
**9:00 AM to 5:00 PM**

**9:00 AM - P.S. 46 BEAUTIFICATION PROJECT**
QCC students, faculty & staff lead the planting of annuals with the grade school children
QCC Sustainability Council and Service Learning

**10:00 AM - MARINE LIFE CONSERVATION - CORNELL PROJECT**
Come mentor local elementary students as they experience first-hand creatures of the sea in touch tanks
M-136

**10:00 AM TO 12 NOON - GLOBAL YOUTH SERVICE DAY**
QCC students from the Healthy Eating and Healthy Lifestyle Learning Community
raise awareness of the environment and nutrition
M-136 Well Area

**10:00 AM TO 1:00 PM - ENVIRONMENTAL AWARENESS DISPLAYS**
by QCC Biology and ECET students
Carbon Footprint • Green Rooftops • and More!
M-136 Well Area

**1:00 PM - MANUFACTURED LANDSCAPES**
An environmental documentary that portrays the devastation caused by e-waste
M-136

**2:00 PM TO 5:00 PM - ENVIRONMENTAL AWARENESS ACTIVITIES AND CAMPAIGNS**
QCC Student Activities • QCC Student Government • NYPIRG
Student Union
Ese Peter Abohwo is another candidate for President of the SGA. Abohwo is running with the platform “Let’s take QCC to the next level.” He participates in peer mentoring and if elected he hopes to increase in the number of extracurricular events on campus, have more job fairs, and improve classrooms. Two improvements Abohwo believes are needed are teaching technology and an increase in Library hours.

God and Nature first made us as what we are, and then out of our own created genius we make ourselves what we want to be. Follow always that great law. Let the sky and God be our limit and Eternity our measurement. Presidential hopeful Adrian Campbell looks upon the preceding statement by Marcus Garvey as having inspired his optimistic personality. After being a student at Queensborough this past year, he sees not only the positive things on campus but would like to further improve conditions. Campbell feels as though he is the perfect candidate for President not only in that he is a hard worker, but because he works well with others and is ready to work alongside the rest of student government. Campbell also believes it’s important that Queensborough students continue to be heard. Some of the issues he hopes to bring further attention to include: parking issues, designating smoking areas, and establishing a book rental system. One thing that Campbell wants to make sure that students know about him is that he has a very jovial spirit.

Student Government Association (SGA), Mock Trial, Women’s Leadership and Academic Senate are just a few activities that Executive Vice President Stephanie Sandson participates in at QCC. Sandson, who is running for President, has loads of experience in SGA, including participation in numerous campus committees. This academic year she currently holds the position of Executive Vice President of SGA. Sandson was a part of the Criminal Justice club which was involved with numerous charities until she got elected into SGA. Some of the goals Sandson would like to accomplish are creating a soccer team for women on campus and establishing “better” communications with students about what is going on campus. “I want the students to know that where I am, I strived to be. I am nowhere near perfect, but I try my hardest at whatever I do, and if I am elected I will serve the students to the best of my abilities.” Sandson believes that “it’s the journey that makes you who you are, not the destination.”

Cicely Scott is also running for the position of President. She believes many things can improve on campus. Two major things she wants to work on are improving the sanitation of the bathrooms and student parking on campus (Scott mentioned an experience she had with parking one day when she had to park as far as Northern Boulevard). She has worked in a management position and she believes she is able to delegate tasks effectively because of her previous experience. Scott believes she can bring about change and says that she “has a big mouth” that will help her accomplish her goals if elected.

Korrey Bailey is seeking the office of Executive Vice President. Bailey would like to see the greater student body participation in school activities, and the handball and tennis courts improved. He would like to see handball tournaments and maybe a handball team. If elected Bailey would work to fix the handball court on campus as the ground is very broken and the walls are falling apart. Bailey participates as a student at QCC in Work Study and helping with other events held at the Student Union Center.

As a full time student with learning disabilities, Leilani Blira-Koessler hopes to attain the position of Executive Vice President. She is a Business Administration major and has been attending QCC for 1 ½ years. Asked why she is running for this position, Blira-Koessler stated that, “I feel it’s my responsibility to do my part and contribute to QCC and improve conditions on campus through student government.” Blira-Koessler says she is the perfect candidate for this position because she has had prior student government experience. Blira-Koessler was the president of her sophomore year in high school. One of her many duties included creating a workable budget. After her term was over, there was a surplus in the budget because of her money management. Also, Blira-Koessler was able to get more students to attend school rallies for various events. Her goals are to launch an effective book exchange system, improved parking accommodations and providing designated smoking areas. Blira-Koessler who is originally from San Francisco, California is a new member to the Phi Theta Kappa Society and considers herself honest, neighborly, hardworking, motivated, goal oriented, passionate, personable, and an extroverted individual.

CANDIDATES for ADMINISTRATIVE VICE PRESIDENT:

Rachita DAWER is running for the position of Administrative Vice President. Currently a student in the Business Administration program, she believes she has developed skills and work ethics that should be acquired for this position. DAWER feels she brings leadership, passion, vision, experience, and the commitment needed for this role. She has a thirteen point program to help improve QCC. Some of her ideas include establishing a forum for solving problems, improving student services and ensuring that food menus be as diverse as the students on campus. DAWER states that Queensborough has done many things for her. Before she decided to run she spoke to many students on campus to find out the needs of students. “I refuse to sit back and watch. I will put all possible energy into this position; this is my promise to QCC students.”

Alan Gavrielof who is running for Administrative Vice President hopes to improve student activity on campus. Gavrielof has been involved with the Hillel Club at QCC and currently holds the position of Parliamentarian at SGA. He sees himself as a devoted student who is always on top of things. Gavrielof, who is majoring in Engineering and Sciences, wants to make a difference at QCC.
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For the

Queensborough Spring Job Fair*

Wednesday, April 28, 2010

12-3 pm, Student Union Lobby

Meet with 50+ Employers

Interview Attire Required - Jeans and sneakers are not permitted.

Attend the Job Fair even if you are not looking for a job!

Register for the Job Fair at www.qcc.cuny.edu/careerservices. You may register in-person or make an appointment to get help with your resume at the Office of Career Services in the Library Building, Room 429 or call (718) 631-6297.

*This free event is open only to Queensborough Community College students and alumni
earth day celebrates its 40th anniversary
(continued from cover page)

workshops, panel discussions, screenings, bird watching, poetry readings, street painting and more. while on march 28th to april 25th, earth day e-waste will be holding its 7th electronic recycling event to help citizens responsibly dispose of all their unwanted and or broken gadgets.

jet blue will join with million trees nyc on april 17th to put down roots in jamaica, queens. this effort celebrates the benefits derived from trees in cleaning the air, cooling streets and homes, encouraging active living and slowing global warming. on the same day in the bronx, the community outreach program of the new york botanical garden will be providing horticultural advice, technical assistance and training to community gardeners, school groups and other organizations interested in improving urban neighborhoods. and, on april 25th, red hook brooklyn hosts a family fun filled day based on environmental literacy and maritime cultural enrichment.

at the same time, many students are participating in earth day events hosted by their schools. queensborough community college will be holding a coordinated series of events which will grant students many exciting opportunities to make a difference in their community.

according to joe pantaleo, director of basic skills at qcc, students and staff will be working with elementary schools on what is called the “beautification project,” planting trees and flowers about campus to enhance its beauty. ps 46 is one of elementary schools chosen to partner with qcc’s sustainability council and service learning. the neighboring elementary school will also be participating in the beautification project with qcc.

lindsay bernard, project coordinator of nypirg at qcc says that her department will also be partnering with the service learning center and other qcc students to plant flowers at ps 46. and on april 21st between 1 and 3 pm, nypirg will be sponsoring a campus clean-up program. and from 10:00 am to 12:00 pm, there will be a marine life conservation presentation in medical arts 136. qcc environmental science students will also mentor the elementary students on marine life conservation. this is a component of the cornell project where elementary students gain first-hand experience viewing creatures of the sea in touch tanks.

students, who are a part of the healthy eating and healthy lifestyle learning community at queensborough, will raise awareness on the environment and nutrition. professor renmerer and professor vogel are the coordinators for these sessions organized under the serviceable rubric of global youth service day. other acts of awareness will feature qcc biology and ecet students as they measure carbon footprints, and construct green rooftops and more.

bernard also says that an award winning environmental documentary film, “manufactured landscapes,” directed by photographer edward burtnysky, will be aired on earth day in m136 between 1pm and 3pm. this film is about the enormous amounts of electronic “e-waste” being dumped in landfills throughout the world. there will also be tabling events on campus quad, to promote the use of reusable environmentally friendly water bottles, and information on planting your own garden in recycled milk cartons.

meanwhile, in the student union building, environment awareness activities and campaigns will be conducted by the student government.

for more information on how you can become involved in any of the earth day events hosted on the qcc campus, contact joe pantaleo at jpantaleo@qcc.cuny.edu or lindsay bernard at ibernard@nypirg.org. and remember, think green!

the ipad – another winner for apple?
(continued from page 7)

the ipad offers the useful calendar, contacts, and notes programs.

one of the features that have made the iphone so popular is the availability of countless free or inexpensive apps, simple but powerful programs that serve a specific function. the ipad can run these apps, and it is expected that a flow of apps specific to the ipad will soon be available.

the ipad also contains some ingenious hardware, as reported in cnet reviews. it is driven by an innovative chip, called the a4, which manages all processing, graphics, and input and output on the device. it also uses an accelerometer similar to that on the iphone, which allows the user to instantly switch between portrait (vertical) and landscape (horizontal) modes. it contains ambient light sensors, as well as the digital gps compass and wireless technology mentioned earlier. the included battery is said to be capable of 10 hours of usage and almost a month of standby time. as on other apple devices, there is a speaker and a microphone.

at this moment, as seen on apple.com, there are limited accessories for the ipad. there is a keyboard dock that makes it possible to attach external keyboards. a protective case is available that can also be used as a desktop stand to simplify typing. you can also get an ipad version of work, apple’s program that creates documents, spreadsheets, and presentations. although the current choices are limited, anyone familiar with apple products knows that one can expect the supply of clever third-party accessories to quickly blossom.

although the ipad offers a wealth of possibilities, critics are focusing on what is missing. there is no camera included for either taking photos or for chats. the ipad is not capable of multitasking and there is no support for flash, which is used on many web pages. many are disappointed that the display is not 16:9, ideal for video, although apple seems to have opted for the 4:3 display because that choice optimizes viewing web pages and reading ebooks. other things that are missing are an hdmi port, a usb port, and an sd card (although there is a way to add the latter two).

in fact, many of the critics have missed the boat, because they are looking at the ipad as a power user device and finding it lacking. there is a huge potential market consisting of consumers who would love to be able to do some of the basic things that the ipad offers, without feeling intimidated by a full-fledged computer and all of the complexities it involves. it seems apparent that the ipad has the capability of bringing just enough technology to those who have been resistant up to this point. if this multitude of computer-shy individuals finds the ipad to be to their liking, apple once again will be on top of the world.

pricing for the ipad, from apple.com, is as follows:

ipad without 3g (wi-fi only): $499 (16gb); $599 (32gb); $699 (64gb)

ipad with 3g: $629 (16gb); $729 (32gb); $829 (64gb)

student elections!
what you need to know about your candidates!
(continued from page 14)

candidate for program vice president:

“bringing every student together” is the platform statement that alina gulfraz, candidate for program vice president, uses to reach out to students. gulfraz has had firsthand experience dealing with student’s needs as she presently holds the position of program vice president and was part of the college discovery in fall 2009.

gulfraz’s goals are to have more students participate in groups and raise member’s involvement in events being held on campus. she considers herself sociable and outgoing which are traits that program vice president needs to have. gulfraz works efficiently and is open to any ideas and suggestions.

candidate for treasurer:

when asked why he is re-seeking the position of treasurer, student candidate arnab tarafder responded by saying “… i enjoy working at the sub level of the monetary process and dealing with the club affairs. it gives me an opportunity to give back to the student body so that more people would be encouraged to participate.” tarafder would also like to re-format the time span it takes to get the budget for the clubs. tarafder would also like to see more technology/electronic media related events, saying that “we do live in such an age.” he believes the biggest challenge facing qcc students is the super-formal attitude of the administration and how it dampens creativity. tarafder declared, “while order is greatly appreciated, there should be room to express creative freedom in all forms.”

this year students will receive emails with details on the upcoming sga elections and links to the homepage where students will be able to vote starting april 23 to the 29th. during student elections students have the opportunity to decide who they feel can make a difference for the better. remember that the election has an impact on the events that will not only go on next semester but also that student’s money funds these programs. whether transferring out or staying at qcc you should vote on how you’d like your money to be spent.

stUDENT ELECTIONS!
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Saturday April 17 at 1 pm

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you” or even “I hate you,” does the message convey the meaning of more traditional exchanges? Truth be told, when you see this person can you look them in the eye and feel the same way? Or has face to face encounters and conversational intimacy become awkward after such so-called true emotions have been repeatedly sent over wireless connections?

Unfortunately, relationships today whether it is a friendship or a future partnership grow by way of PDA devices and neglect the heart by underwhelming connections that could be shared with a physical and thereby more personal connection. According to an AT&T survey mentioned in Nicole Beland’s article “The Do’s and Don’ts of Texting In Relationships” on About.com, 15% of daters send text messages more often than making phone calls. The article explains that many feel more of a connection through text messages because thoughts can be said immediately though a text whereas a phone call is sometimes awkward. Connections through a text message can be seen as “more immediate” with the feeling of “your partner being right there.”

According to the New York Times article, “For Teenagers, Messaging on the Go,” by Alex Mindlin, “The Mediamark Research and Intelligence Market, states that text messaging has by far passed AIM or AOL messaging... and even provides applications and social networking sites like Facebook and Twitter on the phone itself.”

Although teenagers feel text messaging can give better “mental” connections, many seem to forget that they are also a very serious source when it comes to proof for blackmail or simply proving something the person said or did wrong. Many teenagers in “Sexting” Teens Can Go Too Far,” an article by Gigi Stone from ABC News, “don’t realize just how serious the consequences can be” when releasing an abundant amount of information or “visual” information for that matter about themselves. The article states that attorneys are puzzled on who to prosecute when young teens send what they feel are innocent jokes and photos to friends. Just this year in Alabama, four middle-school students were arrested for sharing naked photos of themselves, and in Rochester, N.Y., a 16-year-old faces years in jail for sharing a nude photo of a 15-year-old girlfriend with his friends.

Celebrities like Tiger Woods and Jesse James are no exception having put themselves in guilty situations and being caught in lies and betrayal... with proof on a cell phone. In Time magazine’s recent article “Cheating 2.0: New Mobile Apps Make Adultery Easier,” written by Jeremy Caplan, the author notes that from “Two-timing politicians” and celebrities “cheating has never been easier.” That Tiger Woods could be held accountable for adultery with not one but nine other women (and more being discovered) through voicemail and text messages it is obvious that he did not realize PDA technology would come back and bite him on the ass.

As “texting” has become a primary use of communication devices today, the question has become how, given the obvious drawbacks, can I avoid building a relationship through text messaging? When you meet with your special person is it awkward? Do you laugh and talk the same way? Impersonal text messaging has taken the place of actually hearing the voice or even holding a written letter in one’s hand. Instead, many now enjoy a short cut using abbreviated messages while losing the full impact of personal connections like touch with one another and whispers.

While letters can be handed down generation to generation and families and words can be heard within our minds forever, what can be done with an impersonal text message that lasts until the phone is disposed of? According to Agence France Presse’s “OMG! Text messaging up sharply in US since 2003: Study” on AlterNet.com, “texting has spawned an entire lexicon of acronyms and abbreviations...” People go out for years with their partners and the majority of their conversations are on a telephone screen made up of abbreviated phrases. When does it become personal? When did seeing “I LU” or “IMU” become just as sweet and beautiful as the words “I love you and I miss you”?

Text messaging can be seen to benefit a relationship and diminish it as the connection shared is no more and no less than abbreviated phrases exchanged via electronic devices. Whether you allow it to control your relationship is simply power steering in the driver’s seat to your relationship.

Texting… Good or Bad? (continued from page 2)
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