The price of gas is not the only thing draining our pockets these days. The overall cost for food in the United States rose 5% in 2007 according to an April 1, 2008 online report by MSNBC, “Food price hikes changing eating habits.” Eggs alone have almost doubled in price, and at $4.19 for a gallon of milk my milk guzzling two year old is more expensive to maintain than my gas thirsty SUV. As a result, Americans are finding it increasingly difficult to put healthy and nutritious foods on their tables, and with the number of food stamp applicants having peaked at an all time high many people are turning to more affordable choices such as pre-processed fast foods and soft drinks. This is a major concern for both America’s health and its economic standing.

With 34% of American’s over twenty years of age grossly overweight, the United States is experiencing an obesity epidemic. This is more than double the 15% cited in a 1976-1980 study released by the Centers for Disease Control & Prevention (CDC). According to the American Dietetic Association (ADA), there is a direct connection between the rise in obesity and the cost of healthy food.

In a study completed in 2005 and published in the ADA’s November 2007 journal, obesity is actually highest among lower income families. Foods that are more affordable are also higher in sugar, fat and are have less nutritional content. Additionally, foods in lower income urban communities are often more expensive than those in upper income areas. Larger supermarkets are often competitive with each other and able to offer better prices but are frequently only found in middle and upper class neighborhoods. Whereas low income areas have smaller grocery stores with higher prices, less sales and less food sold in bulk. Another point made by the ADA is that the cost to eat more healthy alternatives such as whole-wheat breads instead of white breads, and lean meats is greater by 17% to 19%. Thus, healthy foods have become a hard to afford luxury for the working person.

Erik Eckholm of the New York Times views his concerns in an article dated December 5, 2007. His article addresses a study done by the University of Washington which suggests that less nutritional food or junk food is easier to overeat because it tastes good and because a greater amount needs to be consumed in order to feel satisfied. And ironically, people who eat twice as much junk food calories still spend less money on food than healthy eaters.

According to the CDC (http://www.cdc.gov), overweight and obese individuals are at increased risk for many diseases and health conditions, including:

- Hypertension (high blood pressure)
- Osteoarthritis (a degeneration of cartilage and its underlying bone within a joint)
- Dyslipidemia (for example, high total cholesterol or high levels of tryglycerides)
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast, and colon)

Not only is our Nation’s health going down the toilet, billions of dollars are needed to prevent the public from being severely malnourished. Eckholm states that food stamps are projected to reach $28 million in the coming year. New York alone has a total of 1.36 million recipients, which is the equivalent of 1 in 10 New Yorkers. A switch from coupons to electronic debit cards has greatly reduced the stigma of food stamps and along with the number of the unemployed steadily rising, food stamps applications are at all time high. Nutrition and poverty experts look at foods stamps as a vital safety net that has helped America since the 1960’s. However, they are also concerned about

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**Hungry Wallets**

**By Danielle Chung**

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**Kids With Bright Pink Guns**

**By Jennifer Hernandez**

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**Q U E E N S B O R O U G H C O M M U N I Q U É**

**PRODUCED BY AND FOR THE STUDENTS OF QUEENSBOROUGH COMMUNITY COLLEGE**

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Beijing Olympics Anything but Fun and Games

BY NEVILLE SADHOO

In recent months, political turmoil in Tibet has contributed to numerous protests in several nations including Austria, Canada, China, the United States, and Tibet. Protestors have been trying to hamper the Olympic torch relay, causing serious concern and even panic. The Dalai Lama has clearly stated that he does not want an Olympic boycott and does not want the torch relay to be interfered with.

Tibetans are using the high profile of the Beijing games to bring attention to their cause. Tibet’s three most important monuments, also known as the three pillars of Tibet, have been taken over by the Chinese military which has resulted in some monks burning themselves to death in protest. Chinese education has been forced upon Tibetans thus interfering with their traditional cultural and religious customs. Unfortunately, the military blockage of the Buddhist monasteries and the peaceful protests turned violent because of the Chinese military’s unjust killings and beatings of Tibetans. Decades of repression has turned into what we are witnessing right now. China, already receiving pressure from other nations to stop doing business with Sudan because of the genocide in Darfur, is apparently involved with yet another genocide, that the Dalai Lama has called the cultural genocide of the Tibetan people.

Some officials inside the Chinese government have accused the Dalai Lama of being the mastermind behind the string of protests that have taken place. China has called him a “Wolf in Monks clothes,” and accuses the Dalai Lama of the Tibetan people.

Quenseborough Communiqué, April 2008

EDITORIALS

These editorials represent the opinion of the Editorial Board of Communiqué, which is solely responsible for its contents. These are not necessarily the views of the Queensborough Community College administration and staff. Communiqué welcomes any letters or editorials for the population of QCC.

Submit work to Communiqué, H-428. The Editorial Board reserves the right to edit letters for spatial needs and grammatical accuracy.
transcript request would not be processed?
Q: Why can I not change my PIN for registration or view my records by phone or e-mail?
A: Your PIN is secure information that should never be shared with anyone else. Your academic record is confidential and is subject to the Federal Educational Rights of Privacy Act (see page 218 of the current college catalog for more information about FERPA), therefore your PIN can only be changed through the Registrar’s office (Admissions building 104) with a proper photo ID.

Q: I am having a hard time logging on to the online transcript request service. I am currently not enrolled in the school, but I had attended in the past. Can you assist me with this issue?
A: CUNY policy states that if you do not attend a spring or fall semester you are not renewed for registration for the following semester. You must file a readmission application in order to register for a non-sequential semester. In other words, should you skip any spring or fall semester, you must file for readmission the next time you wish to register for classes. The application is available in the Admissions Office (Admissions building 210) and there is a $10 nonrefundable fee. Remember that readmission either as a degree or a non-degree student is not automatic and all requests for admission are reviewed by the Director of Admissions and the Faculty Committee on Admissions. For more information on readmission, visit: http://www.qcc.cuny.edu/FutureStudents/howtoapplyre_admit.asp.

Q: How can I obtain a copy of my transcript?
A: You may obtain a copy of your academic transcript in one of the three following ways:

1. ONLINE: You may download an unofficial copy of your records on eSIMS through the CUNY portal at www.cuny.edu OR you may order a copy through the QCC website at www.qcc.cuny.edu. From the home page select "registration" -> "online services" -> "transcripts" to enter your order.

2. IN PERSON: Pick up a transcript request form from the lobby of the Administration building. After paying the fee at the Bursar’s Office, return the stamped request form to the Registrar’s Office and a student copy will be mailed to your home.

3. BY MAIL: Mail a transcript request form with a $7.00 check or money order for each request to:

   Transcript Department
   Registrar’s Office, Room A-104
   Queensborough Community College
   222-05 56 Avenue
   Bayside, NY 11364

Thanks to Florence Farrat of the Registrar’s Office for providing the information used in this article.

Hungry Wallets
Continued from page 1

the gradual erosion of their value.

Another federal program being affected by the rise in cost of staples is Women, Infants & Children (WIC). WIC, run by the Department of Public Health, promotes nutrition specifically in pregnant women and children from birth through the age of four. WIC is also more accessible than food stamps as eligibility allows income to fall within 185 percent above poverty level. This program not only provides assistance to qualified individuals in obtaining healthy food, it also counsels 8.5 million women and children on nutrition. WIC already has an annual budget of $6 billion dollars, but according to Eckhom, Congress may need to approve a large increase so that new mothers and children are not turned away.

Even with the cost of healthy foods at an all time high, America’s portion size has also gotten out of control. The National Institutes of Health (NIH) has developed an interactive quiz called “Portion Distortion” in which people can test their knowledge on portion sizes compared to those twenty years ago and the amount of exercise that is needed to burn off the increased intake of calories. The “Dietary Guidelines for Americans” can also be found at www.eatright.org and is a good resource to help people make healthy choices. Choosing a variety of healthy foods in the correct portion sizes is vital for achieving and maintaining a healthy weight.

Not being able to afford healthy staples such as fresh fruits, vegetables, steak, chicken, fish and even juice and milk will not only cause an increase in the number of people who are at an unhealthy weight, but will also make the diseases obtained as a result harder to control. If something is not done to address this problem and soon, this already unacceptable health pandemic will kill more and more Americans.
Queensborough Community College celebrated the recent opening of its new on-campus Veterans’ Center at Queensborough with a ribbon-cutting ceremony on April 2, 2008.

Many of the 200 people in the audience were veterans of various eras dating back to World War II. Attending the ceremony were local legislators Queens Borough President Helen Marshall, City Council Member Hiram Monserrate, City Council Member Tony Avella, City Council Member David Weprin, and City Council Member Helen Sears, as well as Dr. Garrie W. Moore, Vice Chancellor for Student Development of The City University of New York (CUNY).

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Deputy Commissioner of Veterans’ Affairs, Clarice Joynes of the Mayor’s Office of Veterans’ Affairs, and Latisha Lamott, Social Service Coordinator of Veterans’ Affairs attended the ceremony. They brought with them a congratulatory letter from Mayor Bloomberg, in which he wrote:

“On behalf of our City, I applaud those associated with Queensborough Community College for continuing to be a great source of support for our City’s veterans and military personnel.”

Vice Chancellor Moore noted that Queensborough has an impressive history of serving veterans, and “They’re doing it better each day.” The Vice Chancellor, a Viet Nam era veteran, also stated of recent vets, “We need to be ready for them when they return.”

Council Member Monserrate, Chair of the Veterans’ Committee of the New York City Council and Queensborough alumni, said that the College “continues to be cutting edge,” in providing services not just to the college community but for the benefit of the entire borough of Queens.

Queensborough has been providing services for veterans and reservists since the 1970s, offering individual counseling and a veterans’ group that meets each Wednesday. The opening of the new Veterans’ Center in Queensborough’s Student Union Building represents an expansion of services as well as a central meeting place for the nearly 150 veterans and reservists who attend Queensborough.

Counseling staff and peer mentors are now available to answer questions from other veterans and their family members regarding educational assistance, health benefits, career counseling and much more. The Veterans’ Center will maintain a major network in contacting those governmental and private agencies serving these veterans. Dr. Stanley Rustin, the Director of Counseling at Queensborough since 1972, and Maria Saltas, who holds an M.A. and an Ed.M. (Master of Education) in Psychological Counseling from Columbia University, manage the new center and its enhanced services for veterans.

Please see the Veterans’ Center’s website at www.qcc.cuny.edu/veterans/default.asp.
Spitzer Isn’t the Only One
By Michael Tepper

On March 10, 2008, The New York Times reported that then New York Governor Eliot Spitzer spent thousands of dollars on a high-class call girl. The news shocked people all around the country, as if a politician cheating on their spouse was a rarity. Spitzer isn’t the only one; infidelity among politicians is more prevalent than one may think. Politicians and extra marital affairs date back to the creation of the country.

Alexander Hamilton, one of the founding fathers of our nation and the first Secretary of the Treasury, was exposed for marital infidelity with Maria Reynolds in 1792 in what became known as the Reynolds Affair. Maria Reynolds’s husband found out about her relationship with Hamilton then went to high-level politicians and blackmailed him into confessing about the relationship publicly. Hamilton’s situation was similar to that of Spitzer’s in that Hamilton came out publicly about his affair once he found out that he was going to be exposed. Third President Thomas Jefferson is well known for his relationship with one of his slaves, Sally Hemings, with whom he had an illegitimate child.

And how can anybody forget about the blue dress from the Bill Clinton sex scandal with Monica Lewinsky, who was just one of several women who claimed to have had sexual relations with Clinton.

Some other big name politicians who are believed to have engaged in extra marital affairs, but never confirmed include: Thirty-fifth President John F. Kennedy and actress Marilyn Monroe; Thirty-second President Franklin D. Roosevelt is believed to have had a long-term relationship with Lucy Mercer, starting about 1918 until his death in 1945 (she was even with him the day he died, not his wife). What separates FDR from the other cheating politicians is that while he had an affair, so did his wife Eleanor with Lorena Hickok, who was a prominent female journalist at the time. Twentieth President James Garfield, twenty-ninth President Warren G. Harding, thirty-fourth President Dwight D. Eisenhower, and thirty-sixth President Lyndon B. Johnson are all believed to have had extra marital affairs as well.

While Spitzer still serves as the present poster-boy of politicians who have extra marital affairs, there have been more recent outings of politicians. Eliot Spitzer’s replacement, Governor David Patterson, has publicly admitted to having affairs. Former Detroit Mayor Kwame Kilpatrick was forced to resign after being caught via text messages for having an affair with his chief of staff. Besides all those aforementioned there are countless other lesser-known politicians who have been caught or suspected of having extra marital affairs.

Politicians having affairs is almost as unlikely as lobbyists lobbying politicians.

The Decline of Justice
By Michael Angelo Morales

In recent months the number of NYPD recruits has dropped drastically. In fact, the city has recently cut jobs in the department because of the decline in recruits. The main problem facing the department’s ability to recruit new talent is that New York City police have been working without a contract for years, and that has seriously affected the attractiveness of salaries for young people considering careers in law enforcement. Starting pay when entering the police academy is $25,100 a year, and when you graduate from the academy the rate steps up to $28,000. After two years it then goes to $30,000 a year. This low pay has resulted in higher numbers of recruits dropping out. As one cadet said in an interview, “All your honor and duty for the job goes out the window when you can’t pay the rent.” The police commissioner Raymond W. Kelly says that in order to keep the crime in New York down the academy has to graduate 1,800 police cadets per class. However, only about 800 graduated in the last class.

The low pay is not the only factor in the recent decline in recruits. Another big problem is the bad press police actions sometimes receive in the daily press. For example, the shooting of Sean Bell, where four police officers shot fifty rounds killing an unarmed man has seriously stigmatized the NYC police department. And let’s not forget the rookie cop a couple of years ago that got into a fight in a fast food restaurant and when the police arrived, they shot him dead because he was drunk and had a head injury from the fight, so he pulled out his gun and could not identify himself. Unfortunately, in response to such incidents many people conclude that all police are corrupt, evil, trigger happy, immoral, unjust, and criminals themselves. The vast majority of police officers are none of these things, but the way they are portrayed in the news because of a few bad apples influences people to think otherwise.

The NYPD has been so desperate for recruits it has extended its reach outside New York City by going to Syracuse, Buffalo, and other cities as well as trying to recruit at local city and state colleges. To further complicate recruitment, other states and cities have been advertising in New York for their police departments that, in some cases, pay much better, such as Seattle.

Ever since 9/11 the number of police recruits in the city has dropped. Before 9/11 the number of crimes committed in New York City had dropped drastically and reached record lows. Police officials and some politicians are concerned that if the drop in recruits continues police officers will be stretched thin and crime will rise again. The NYPD is doing everything it can to stop this decline by promoting itself on television, radio, billboards, etc. And talk about raising the starting pay is receiving more attention.

The recruitment process itself has also come under fire. According to many observers, there are too many things wrong with the way the department processes potential recruits. Police officers themselves will tell recruits to reconsider, or talk about how unhappy everyone is with the job. This can be discouraging to people before they even come on the job. Investigators who are assigned to recruits won’t get back to the people they are assigned to. The investigators, some critics say, lose patience with the person they are assigned to if they ask a simple question. Any of these reasons might discourage a person from applying.

New York City can be a dangerous place, and with the drop in the number of police officers it will only get worse. In order to get the police department to the number of people needed it must undergo a number of changes. If the trend of decreasing recruits continues there is no telling how unsafe New York City might get.
2008 has been music to the ears of anyone paying attention to changes in the music industry. Having witnessed over the past few years a serious decrease in music sales many artists have endeavored to provide a breath of fresh air through alternative marketing strategies. Whether its Indie Rock, Hip-Hop or Pop you desire, downloads have become one of the best ways to supplement a well-rounded Mp3 collection.

**Recommendations for spring 2008:**

*The Age of the Understatement* by The Last Shadow Puppets.

Showcasing the joint talent of two young, break away musicians are the Last Shadow Puppets, one half Alex Turner of the Arctic Monkeys and one half Miles Kane of the Liverpool, UK band The Rascals. “The Age of the Understatement” rides in like a hero in a modern day western with the help of the 22-piece London Metropolitan Orchestra, which helped design the cinematic sound of LSP. Telling the story of a femme fatale who is “playful/ the boring would warn you be careful,” the title wistfully suggests her seductive lethality is considerably an understatement. The trotting sounds of drums and groovy bass carries Turner and Kane’s pioneering charisma to success in creating enjoyable, youthful music.

“Mother Mary” from *Stop Drop and Roll* by Foxboro Hot Tubs.

“Mother Mary” is the first single off the Foxboro Hot Tubs’ Stop Drop and Roll. Members of FBT, noted as a Green Day side project, have been “kept secret,” though a recognizable Billy Joe Armstrong is heard crooning, “All dressed up like a switchblade knife/ let’s hang in love from the gallows/ or we can take a walk around the lake,” continuing with the statement that “anywhere is better than here.” Green Day’s punk rock roots become a modernized 60’s rock and roll sound, comparable to such recent acts as the Strokes and Arctic Monkeys. The up-tempo cadence of “Mother Mary” finds this single iPod ready for guaranteed foot tapping.

“Don’t Touch Me” from *Back on my BS* by Busta Rhymes.

The self proclaimed “Godfather of the club banger” is back with his knack for energetic hit records as Rhymes’ successes show no sign of cooling down. With Hip-hop being anything but humble and reserved, Rhymes boasts that “you can applaud/ see from the very beginning, you can gimme a standing ovation/ as I bang ya face in!” With more to offer than the normal methodology of a rap song, “Don’t Touch Me” progresses with the same soft to loud dynamic concept as “Touch It.” As snazzy as the hammered in conga and snare arrangements, Rhymes’ “Tear the Roof Off!” bravado is resurrected with his animated syllable emphasis to keep the dance floor wild. Keeping his distinct reputation in an industry filling up clubs with one-hit wonders, “Don’t Touch Me” is the danceable version of a mother slapping a child’s hand for coming to close to the stove.

“Royal Flush” by Big Boi F/ André 3000 and Raekwon.

The “Skew it on the BBQ” trio is back for another New York City, dirty south collabo. This B-Side release kicks off with Big Boi taking a more political stance with lyrics like “impeach the president/ cause he don’t think before he talk.” “Royal Flush” is an obvious pun in Big Boi’s lyrical illustration aimed at flushing out the supposed “royals” of America. Raekwon and André 3000 continue by noting themselves as the standard royalty of Hip-Hop music, advising listeners to keep true to their own personal identities while flushing out any false prophets. The funk influenced rhythms and sure shot content makes for a good filler between another Outkast album and solo releases from both Big Boi and André 3000. As anticipation boils, make use of this gem to simmer the pot.

“I Will Possess Your Heart” from *Narrow Stairs* by Death Cab for Cutie.

Death Cab for Cutie’s sixth studio album, Narrow Stairs, introduces a release that expands from what could have been an instrumental track. Over eight minutes in length, it is ideal for bus or train rides, modifying the sounds of a crowded city. As the intensity of the composition grows, Ben Gibbard’s vocals emerge out of the sound of congruous synths, airy guitars and smooth bass line with “How I wish you could see the potential/ the potential of you and me.” “I Will Possess Your Heart” continues to illuminate the ears of the adored that his love won’t go on being a one sided feeling. Gibbard expresses “You gotta spend some time, love/ you gotta spend some time with me/ and I know that you’ll find, love/ I will possess your heart.” Symbolically, the intention of the song’s length is to keep you there, spending time. As a musical inveiglement, if Death Cab for Cutie’s first single doesn’t possess your heart, it will possess your ears.

Also Check Out:

“Water Curses” by Animal Collective, “I’m Yours” by Jason Mraz, and “Get Busy” by The Roots F/ Dice Raw, Peedi Crakk, DJ Jazzy Jeff.
Independent record stores are disappearing. These stores carry a wide variety of music. They even sell albums from underground, less popular artists. Unfortunately, mega stores and music downloads, which are more convenient to consumers, are two of the main reasons why independent stores are losing business and need our help.

It’s a different feel when you enter an indie store rather than a Target, Best Buy or Circuit City. The atmosphere is like no other—it’s easy going, friendly and carefree. You won’t have to browse through CDs with someone testing out and blasting three different stereos at once. The best thing about these record stores is that most of them sell vinyl. If you don’t have a record player, I suggest you get one because no MP3 or CD can compare to the sound records emit.

April 19th, 2008, was the first annual “Record Store Day”. It’s a campaign started by the Coalition of Independent Music Stores, or CIMS. It was made to raise awareness of the existence of independent music stores, before they all risk shutting down. Well known artists such as Bruce Springsteen, Chuck Berry, D.J. Jazzy Jeff, Paul McCartney and Regina Spektor are just a few of the many who supported the day. Record stores around the country made this day one to remember. They held in store performances and activities, as well as gave away free stuff.

Regina Spektor, who is a singer/songwriter living in New York, said it best, “People that work there know their stuff; they’re not coming in today to sell music, and tomorrow to sell TVs, and the next day to sell whatever.” They’re there to do what they love, to talk about music. Record stores have a different relationship with their customers than a corporate owned chain or an online store. There’s usually someone there who has knowledge about the type of music you’re searching for, eager to assist you.

The reason buying music on the internet is so popular is because it’s just a click away. More and more people are buying MP3s or ordering CDs online. According to the Recording Industry Association of America, CD sales had fallen about 25 percent between 1999 and 2005. Little or no attention is being directed to independent stores that need our help. Many of the remaining great indie stores are located in the east village of Manhattan. If you go to St. Marks Place in the village, you’ll find four different record shops on one block. If you can’t find the music you’re looking for in one store, just head on to the other, three stores down. Whatever you do, don’t go to the Kmart located a few blocks away at Astor Place—you’ll be lucky to find a salesperson who knows what you’re talking about!

The lack of independent stores makes it harder for local bands to get their music out to the public. Independent stores help bands promote their shows or CD releases. They do so by hanging flyers up in store windows or carrying their music. Sure, websites like the popular Myspace provide a chance for bands to get their music out there, but it’s not as personal or as real as dropping in at a small owner-operated storefront.

DJs have recently resorted to using MP3s. Instead of using vinyl, they’re using computer software to scratch and play MP3s. Unfortunately, it’s easier to find MP3s from artists, but many still release their albums on vinyl. Independent stores usually carry a good amount, new and used. There’s a store called Breakdown Records (www.myspace.com/breakdownnyc) a few blocks away from Queensborough campus that sells used vinyl for two bucks each. It’s frequently visited by DJs and vinyl lovers from in and outside of the Bayside area.

Even though Record Store Day has passed, you should go down and support an indie store. Consumers are the only ones that can help these small businesses thrive and succeed. To find a record store in your area, go to the independent record store directories website at www.the-ird.com/store.html.
Planned Parenthood delivers important health care services such as GYN care, Birth control, Emergency Contraception, STD urine testing and treatment, HIV testing, Family planning, sex education, and sexual health information to millions of women, men, and young people. For more than 90 years, Planned Parenthood has encouraged a common sense approach to women’s health and well-being.

Planned Parenthood, in addition to providing the services outlined above, has also become more involved in the enforcement of sex education in schools in response to a study by The Center for Disease and Control released on March 11, 2008 showing that one in four young women ages 14-19 have one of the four main STD’s, papillomavirus also know as HPV, Chlamydia, genital herpes, and trichomoniasis bacteria.

Interestingly, this same study showed that although there was an increase in the number STD infections, there was a decrease in teenage pregnancies from 2002 to 2007. Pregnancy were lowered due to the expansion of sex education in schools and also providing teenagers with the contraception that is needed to help prevent unwanted pregnancies and diseases. There has been, however, an increase in the percentage of young adults ages 18-25 having unwanted pregnancies. For many the problem is choosing between the different types of contraception and the different options in today’s market.

According to the National Library of Medicine, “Birth control also known as contraception is designed to prevent pregnancy and works in numerous ways... includ[ing] blocking the sperm from reaching the egg, restricting the ovaries release of eggs that can be fertilized, and preventing the attachment of the egg to the uterine wall.” There are many choices of birth control. Choosing the right method of birth control is very important and should be determined by a number of factors, including frequency of sexual activity, number of sexual partners, and if having children is a part of your future. Another important factor in deciding which contraception is best for you is knowing the different types and how they prevent pregnancy, including diaphragms, IUD’s, birth control pills (oral contraception) and condoms. According to www.nyc.gov, diaphragms prevent pregnancy by blocking the sperm from entering the cervix. The diaphragm covers the upper part of the vagina and the cervix and is used with a spermicidal gel. The diaphragm is usually prescribed by a Gynecologist, and varies in cost. The site also states that diaphragms come in different sizes and a new fitting is needed after a pregnancy and weight gain or loss of 20 pounds. According to the American Pregnancy Association Org, the diaphragm has a failure rate of 5%. WWW. NYC.GOV also states that spermicidal gels in the U.S. contain Nonoxynol-9, a chemical that if used frequently may make it easier for one to become infected with HIV. For this reason, many women who have frequent sexual intercourse should refrain from the use of diaphragms.

An IUD (Intrauterine Devices) is a tiny device that is inserted into the uterus by a health care provider. It consists of two strings which lie in the vagina slightly outside the cervix. According to American Pregnancy Association Org, there are two types of IUDs: the non-hormonal and hormonal. The IUD works by stopping the movement of sperm to the egg and it changes the lining of the uterus wall, so a fertilized egg will not attach. According to Citizens Development Corps (www.cdc.org), "IUDs are 99% effective in preventing pregnancy. The site also states that possible side effects include cramps, backaches and may increase menstrual bleeding. IUDs have also been known to cause PID (Pelvic Inflammatory Disease), an infection that left untreated can result in infertility.

Condoms are available for both men and women. The male condom covers the penis during sexual intercourse, inhibiting pregnancy by catching sperm so it will not fertilize an egg. The female condom works in the same way by preventing the sperm from entering into the cervix. CDC states that male condoms are 85-95% effective and female condoms are 70-93% effective in preventing pregnancy. CDC also mentions that when using condoms water-based lubricants should be used, such as K-Y, or Astroglide, and that oil based lubricants, such as Vaseline and baby oil should be restricted as they can weaken condoms.

Second in popularity to condoms is the birth control pill. The first birth control pill was developed in 1960 and was destined to change women’s history for years to come. The birth control pill (oral contraceptive) contains two hormones – estrogen and progestin. According to the U.S. Food and Drug Administration (www.fda.gov), there are many different pills on the market. Birth control pills prevent pregnancy by stopping the release of eggs from the ovaries and creating cervical mucus, which makes it harder for the egg to attach to the uterus. The FDA site mentions that when used correctly, birth control pills are 99% effective in preventing pregnancy. This form of birth control also contains certain health benefits. According to nyc.gov, “Women who take the pill are less likely to have ovarian cancer, or uterine cancer. They also reduce the risk of pelvic inflammatory disease, pregnancy, anemia, menstrual cramps and improve acne. The site also states that there are many women who should not take the pill. These include “women who have had blood clots in the veins or lungs, women who smoke; the risk of stroke is higher in women over 35, and women who breast feed.” In addition, once the consumption of pills has stopped it may take up to three months before fertility becomes normal.

As with anything in life nothing is guaranteed. The essential thing to know is that there are choices and one should make an informed choice based upon which birth control method is right for you. For those interested in using birth control, your best bet would be to talk to you health care provider who can give you an array of birth control options, or take advantage of the Planned Parenthood Van that will be on the QCC campus in the main parking lot in front of the administration building on May 14th, and again on May 24th from 10:00 a.m.–3:00 p.m. Planned Parenthood will provide the following services for QCC students:

- GYN care
- Birth Control
- Emergency Contraception
- STD Urine Testing and Treatment
- HIV testing & Counseling (rapid test results provided same day)
- Family Planning

If you intend to visit the Planned Parenthood Van don’t forget your QCC ID card, and if you need more information you can call the Office of Health Services at (718) 631-6375. It is also important to remember that any birth control method does not prevent the transmission of HIV/AIDS, or any other sexually transmitted disease. You are responsible for knowing your and your partners’ health history.

The Old and the Dangerous

They are old, they are dangerous, and they are causing traffic jams near you. Old people, one of the worst road hazards to hit the roads. More dangerous than street racing and road rage, their automotive mishaps outnumber all DWI accidents. If you think a DWI is bad, you haven’t seen anything yet. As documented by the National Highway Traffic Safety Administration (NHTSA), it is more likely for the elderly to be in an accident than any other group of drivers. Code enforcement officer Chris Brown stated in an interview with this reporter that, “Old people are the cause of 95% of all the accidents and traffic jams in Great Neck.” According to The American Medical Association older people’s motor functions change because of their age. Musculoskeletal diseases (such as arthritis) can decrease an individual’s ability to drive safely and comfortably. Declines in motor function make older drivers vulnerable to crashes in complex situations that require good visual perception, attention, and rapid response. Their slow reaction times and lapses in memory often contribute to traffic jams and force others drive around them, making it dangerous for other drivers. Old people usually have poor eyesight and sometimes cannot see the road. They can’t read the other cars around them making an unaware driver into the “Elderly’’s” next victim.

The threat of Elderly drivers has been around since the creation of Henry Ford’s first Model-T. Precautions and safety measures have been developed since then to deal with this never ending threat. For example, “night vision” found on new Cadillac’s and some Lexus models have built in sonar that projects night vision on the windshield interior in order to help people with impaired vision see better when driving at night.

The threat posed by elderly drivers, however, remains high morning or night. With their limited vision there truly is, no end in sight. Be afraid, be very afraid.
According to the National Wildlife Federation the amount of carbon dioxide in the earth’s atmosphere is the highest it has been in the last 650,000 years. The earth’s temperature is rising fast, raising concerns about future environmental consequences. Scientists of the Intergovernmental Panel on Climate Change (IPCC) are 90% certain that increased concentration of greenhouse gases (water vapor, carbon dioxide, methane, nitrous oxide, ozone, and CFCs) will make it very difficult for thermal radiation to leave earth thus making it very warm. Further complicating the matter is that pollution from livestock is seriously threatening humans and the earth’s ecosystem. A combination of factories, planes, trains and trucks that spew carbon dioxide and other greenhouse gases, chlorofluorocarbons (CFC’s), and nitrous oxides in livestock and agricultural activities have all contributed to the deplorable state of earth’s environment.

Increasing drought, forest fires, melting icebergs, abnormal cycles of rainfall, and drastic changes in agricultural output are all the result of global warming. Still, it is very difficult for most people to understand that a juicy hamburger or a chicken sandwich is contributing to global warming. However, livestock production contributes to quarter of the world’s greenhouse pollution. According to the 2006 report from United Nations, raising animals for food generates more greenhouse gases than all the cars and trucks combined in the world. Many leading environmental organizations like The National Audubon Society, the World Watch Institute, the Sierra Club, and the Union of Concerned Scientists have all recognized that raising animals for food damages the environment. This affects all aspects of human survival, including clean air, water, soil and energy. Statistics provided by EarthSave (earthsave.org) indicate that 25 gallons of water is required to produce a pound of wheat, whereas 2,500 gallons of water is necessary for a pound of meat. Further complicating the problem is that water sources around farms and meat processing factories have concentrated amounts of antibiotics and hormones, animal waste, chemicals from tanneries, fertilizers and pesticides used for crop feeds, and there is a great decrease in soil permeability. Consequently, when this water is consumed it causes acute health problems.

According to the Natural Resources Defense Council nitrates in water cause Blue-baby syndrome that kills babies, and results in spontaneous abortion, and concentration of nitrogen sulfide causes brain damage, and destroys marine life beyond repair. According to the NRDC, any amount of water conservation is in vain if people continue to produce and consume meat in the same way. It is a bitter irony that many communities across the globe face drought and water shortage while the meat industry’s consumption of water resources has not slowed.

The quality of the air we breathe is also mediocre at best. In 2004, the Environmental Protection Agency (EPA) estimated 20% of man-made methane gas is emitted from livestock, primarily digestive processes of cattle. Hog production generates high levels of hydrogen sulfide that limits cells ability to use oxygen. The American Lung Association affirms that people who work in swine factories experience respiratory illness and bronchitis. Ammonia and endotoxins from chicken farms cause eye, skin and respiratory irritation, while carbon dioxide causes shortness of breath and dizziness. A report from PETA specifies that 87% of all U.S. agricultural land is used to raise animals for food and utilizes 260 million acres of U.S. forestland to cultivate feed for the industry. Extinction of indigenous plants, soil erosion and fertile land becoming barren are all results of over grazing.

U.S. livestock produces 250,000 pounds per second of excrement when compared to 12,000 pounds per second of human excrement, and there is no sewage system to dispose this vast amount of excrement sanitarly. Further, there is little or no regulation for disposal of animal waste. Farm factories regularly dump manure that contains heavy metals like cadmium, arsenic, zinc and copper. Soil fertility and structure is compromised depriving crop productivity. Fred Cox, a soil scientist with the North Carolina State University, states that once the soil is contaminated plants will not grow at all. In the U.S. waste generated from livestock in confinement operation totals to one billion tons that is not recycled. It is extremely hard to summarize the health implications that follow.

E. the environment magazine, has noted that the U.S. burns more than one third of its fossil fuel supplies to raise animals for food. Every single stage involves heavy pollution, massive amounts of greenhouse gases and energy. The need for energy could be drastically reduced if meat eaters of developed nations reduced consumption of meat. Present consumption rates pose innumerable environmental and health problems.

Today, one in six countries in the world faces critical food shortages. The developed countries are using almost 50% of farming land to cultivate feed for livestock production. The U.N. food council estimates that 10 – 15% of grains and cereals used for feeding livestock could be used to alleviate the food shortage. Meat eating is a costly habit and must be changed to eradicate world food shortage. In fact, if U.S. taxpayers did not subsidize meat production hamburger would cost $35.00 a pound.

Meat, the Other Polluter

A for April, A for Autism

Worldwide the month of April is dedicated towards autism awareness. What is Autism? Autism is a life long developmental disability which typically is noticed around three years of age; it is a result of a neurological disorder that affects normal functioning of the brain. People with autism have severe difficulty with social interaction and depending on the severity of their disability may not be able to differentiate facial expressions, body language and tone of voice. Some with autism may not have the ability to speak with others, have a very limited vocabulary, or rely upon the use of sign language. The autistic with echolalia, for example, repeats what is spoken to them in order to process verbal commands. There are also autistic individuals with excellent language skills who will speak mainly of their own specific interest.

Who does autism affect? In the United States alone one out of every one-hundred-and-fifty children are diagnosed with autism, that means sixty-seven children are diagnosed per day and a new case is diagnosed almost every twenty minutes. Boys are more likely to be diagnosed with autism than girls. The number of diagnosed cases of autism is projected to increase over the years due to lack of funding for the research to prevent the disability. Under “Facts of Autism” on AutismSpeaks.org we find that, “More children will be diagnosed with autism this year than with AIDS, diabetes and cancer combined...”

One may be surprised to learn that Leukemia which affects one in twenty-five-thousand receives $310 million in funding annually, and juvenile diabetes which affects one in five-hundred receives $130 million, while autism which affects a significantly larger percentage of the population, one in one-hundred-fifty people, receives approximately $15 million in funding for research per annum. Due to lack of funds and awareness, autism is poised to affect even more children in the general population. Parents of young children are the first to notice irregular behaviors in their toddlers. The majority of kids diagnosed with autism were around 3 years of age when the disability was first detected. The earlier you can detect the abnormal traits associated with autism the better chances a child has in overcoming the disabilities in the long run. You can’t fix autism but it is possible to assist children to help them function well in society.

In some cases people with autism are sensitive to light, taste, smell and sound, even the sounds that we tend to block out during a normal day at work or school can cause a person with autism to behave in “inappropriate” ways. Another characteristic of autism is to follow routines, people diagnosed with autism have difficulty dealing with change, and the smallest break in routine can cause anxiety. For example, “One young person with autism attended a day service. He would be dropped off by taxi, walk up to the door of the day service, knock on it and be let in. One day, the door opened before he could knock and a person came out. Rather than go in through the open door, he returned to the taxi and began the routine again” (National Autistic Society).

Is there a cure? According to The National Autistic Society there isn’t a cure yet, but researchers have narrowed the cause of the disease down to either being a genetic disorder or the result of vaccines children are given during infancy. Autism does not go away over time but early intervention is always the key to reducing the severity of the disorder. If you know any one who has been diagnosed with autism or notice a change in your young child’s behavior, visit a health care professional, the sooner you know the sooner you can address it. For more information and for early detection visit www.autismspeaks.org.
MR. STEINBRENNER, I GRADUATE 05.17.09

JAYPRakash MISTRy | BUSINESS MAJOR | NEW YORK INSTITUTE OF TECHNOLOGY

Graduates of New York Institute of Technology are uniquely prepared to succeed in the world's leading companies. Our students are passionate about their fields of study and serious about learning all they can. NYIT's schools and colleges, including Management, Engineering & Computing Sciences and Education, provide opportunities for internships at companies such as AT&T, JPMorgan and CBS. To register or arrange for tours of the Manhattan and Long Island campuses, call 800.342.NYIT. Visit nyit.edu.
Water is a compound made up of the combination of two gases, oxygen and hydrogen. It has three different forms; solid, liquid, and gas. Water covers about seventy percent of the earth’s surface. Only three percent of the earth’s water is fresh water, which means ninety-seven percent of the earth’s water is ocean salt water. As most of the earth is water, so is most of the human body. According to the article, “Water: The Bodies Most Important Nutrient,” Marjie Gilliam, a journalist at www.sissel-online.com, says that water “Makes up 70-75 percent of your total body weight.” Everybody needs water every day to keep themselves hydrated enough to avoid illness or worse bodily harm.

The body needs to take in at least eight glasses of water each day in order to maintain healthy water levels. A glass of water is about eight ounces of water, which adds up to sixty-four ounces of water a day. If people do not drink at least sixty-four ounces of water a day, your body can be harmed. According to an article by Marianne Woods Cirone on www.yoga-for-health-and-fitness.com, if a person doesn’t drink enough water they can “Increase risk of getting urinary tract infections, kidney stones and constipation (and its potential effects, including hemorrhoids and diverticulosis).” They can also have “Increased risk of bladder, breast and colon cancer. Mitral Valve Prolapse, with the symptoms of MVP actually being a sign of low blood volume.”

Putting sugars in your body is very bad for your health. Drinking coffee for breakfast, juice for lunch, and soda for dinner on an every day basis takes a toll on a person’s body. The sugars and caffeine in those drinks dry up cells, which causes dehydration, which ultimately causes the complete shut down of the body. Dehydration lowers the immune system. This can cause a lot of damage to the body and in certain instances may result in death. If one’s intake of water is at least eight glasses a day, they will incur fewer health risks. Water improves the energy in a person’s body; it helps with mental and physical performance, flushes out the system and removes waste from the body, keeps the skin healthy, and is good for dieting among other things. Water can also help when a person is sick. Coughing, for example, is reduced because the water in your system keeps the bad drainage from sticking to your throat and makes your coughs less painful. It also helps with cold sores because the skin is kept hydrated; it will be hard for the sore to find a dry place to come out.

Sickness, dry skin and dry cells can all be reduced or prevented by drinking water everyday. Even though it is said that water does not have a taste, it is still the best thing to drink. The next time you are thirsty, try to stay away from the drinks that dehydrate you, drink water.
Collegiate basketball history is fascinating. The first intercollegiate game was played on February 9, 1895, by the Minnesota School of Agriculture and Hamline College with Minnesota winning 9-3. The game of basketball developed over time and on January 18, 1896, the first college game was played with the current five-man format in Iowa City, Iowa. During the game, the University of Chicago defeated the University of Iowa by a score of 15-12.

Basketball at the university level quickly grew in the early 20th century and soon there were enough college teams for conferences to form. In 1906, the intercollegiate Athletic Association of the United States (IAAC) was created to govern the rules of eligibility for collegiate athletics. Four years later, the organization would change its name to become the National Collegiate Athletic Association (NCAA).

The NCSS Tournament is structured around sixty-five teams across the nation and it is always an uplifting experience to see a team from the New York Tri-State area win this coveted championship. The teams with the most NCAA Championship Titles are: UCLA with 11, Kentucky with 7, Indiana with 5, and Duke and North Carolina with 3 each.

This year’s NCAA Tournament was one of the most exciting in Tournament history because the top four seeds Kansas, Memphis, UCLA all got in for the first time ever. The other teams that were selected gave it a valiant try with only one “Cinderella” team, Davidson, advancing to the “Sweet Sixteen” and then getting eliminated by the team that won it all, Kansas.

This year’s NCAA Championship game pitted the Memphis Tigers against the Kansas Jayhawks. It was a highly competitive game from beginning to end which resulted in overtime with the Jayhawks winning by the score of 75-68. It was an extremely entertaining game to watch because of the talented pool involved. There is one thing that cannot be overlooked about the 2008 Tournament – television ratings were average because a representative from the New York City area was not there. New York City is still the “Mecca” of basketball, in case the high profile college specialists have forgotten. Let’s get our act together New York City, and show the rest of the nation we were just taking a coffee break.