CUNYfirst

By James Audry

On November 17th 2010, The City University of New York (CUNY) launched a new way for the student body to register: “CUNYfirst”. Queens College and Queensborough Community College will be the first users of this new program.

The “first” in CUNYfirst is an acronym for Fully Integrated Resources & Service Tool. The purpose of this new program is to replace the older system of registration, eSims, that CUNY schools have used for years. The complete implementation of the CUNYfirst program will be conducted in multiple phases over the next five years, with CUNY teams working on developing the program, taking it to a level that will make the lives of students, faculty, and staff easier. The next few years will also serve as a test run for CUNYfirst, and if the program lives up to its expectations, it will be introduced to the other CUNY schools.

After adding a class online through CUNYfirst, students will receive confirmation within 24 hours regarding the class. With this program, QCC students will also be able to register for classes in other CUNY schools with little difficulty, and QCC advisors will be able to keep track of students’ schedules and records. CUNY has developed high security for this system to protect everyone’s private information, especially personal records and other important information, since students, faculty and staff will be able to access the program from any computer.

The new program will also have live information streams that contain the weekly updates in the campus calendar and communication channels that make reaching faculty, students, and advisors easier, and students will be able to pay tuition online and reach anyone they need to contact on campus regarding advisement, course work and other school-related issues. In the end, one of the main goals of the CUNYfirst program is to make college life less stressful.

Stress-Free with a Little Help from Tai Chi

By Thelma Salgado

Looking for relaxation? Even with constant worries over bills, exams, work, and homework, Queensborough Community College’s Tai Chi (PE-441) will help you find tranquility and adopt a healthy lifestyle.

According to legend, Chang San-Feng, a Chinese Taoist who lived in the Wu Tang Mountains, was called by an unusual sound. Birds were sitting in trees where a snake was lying with its head lifted, gazing up at them from below. A moment later, one of the birds spread its wings and flew down to attack the snake. The snake moved a bit, yielding to the embrace. The fight continued like this until Chang San-Feng stepped in. Immediately, the birds flew away, and the snake disappeared. In the words of the International Tai Chi Chuan Association, what occurred in Chang San-Feng’s dream was “a martial art that does not use muscle power as a primary source of movement, but Chi.” The term Tai translates as “supreme ultimate fist” or simply “the ultimate” while Chi is the energy that a body contains.

It was not until the 1970s that Tai Chi was first introduced to the United States. Initially, the teachings of Tai Chi were sworn to secrecy; the Chinese decided that only the elite were to practice it. But the tides have turned; Tai Chi is now the most practiced martial arts form in the world, and Queensborough Community College offers it.

Professor Myles is a current instructor in the arts of Tai Chi, demonstrating the martial art and, also, informing and educating his class about the many benefits of Tai Chi. He constantly tells his class, “Tai Chi helps with the mind and body, and also allows one to regain a soothing, calm energy […] for a better, healthier lifestyle.”

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100 Faces of War

By Francisco Romero

In 2005, Matt Mitchell, an artist from Amherst, Massachusetts, started working on an ongoing project called 100 Faces of War Experience, a tribute that involves 100 portraits with individual stories of those involved in the Global War on Terror.

Mitchell, a civilian who has never actually been to war, understands the struggles of soldiers and veterans better than most. In the beginning, he felt disconnected from the wars in Iraq and Afghanistan and was disheartened by the fact that he was living ignorantly unaware of the happenings overseas. His move to action began five years ago when he read an article about Jeff Lucey, a troubled marine suffering from posttraumatic stress disorder, who took his own life ten months after returning from Iraq.

In an interview conducted by the Boston Globe, Mitchell said, “I felt something was wrong; I was ill at ease. There was no connection between me and war. What disturbed me most was the way I continued my life as if nothing whatsoever was happening. I wanted to do something about it.” After talking with the family members of Lucey, he realized how little he knew about the hardships many veterans experience and decided to tell their stories through impacting emotional portraits that connect the viewer with the brave men and women who have fought in Iraq and Afghanistan. His first portrait was of Lucey.

Mitchell began painting local soldiers from his studio in Amherst and then started to travel around the country to complete his 100 faces. So far, he has completed 38 portraits and hopes to include at least one veteran from every state. Along with having their portraits painted, those involved in the project are also asked to share their thoughts on anything they want, including the wars.

One brave soldier, Army Sergeant Rick Yarosh, wrote in his personal statement, “Whether it’s a look in the mirror, or the thought of a lost friend, it all goes back to that day. Sergeant Luis Montes, Specialist Andrew Loe and I loaded into our Bradley, ready for a full day of patrols. After a short time, our vehicle was hit by an IED [Improvised Explosive Device]. The fuel cell ignited and engulfed us in flames. We escaped the Bradley exceptionally fast. I escaped out the top hatch of the turret. I knew I needed to get off the vehicle. With my face on fire, I didn’t know where the edge of the Bradley was and when I did find the edge, I didn’t know where the ground was. When I jumped off the Bradley, I broke my right leg, severing an artery, which resulted in an amputation.”

He continued, “‘Stop drop and roll’ is no way to put out a fire when you’re covered in fuel. I found that out while I was rolling on the ground, doing nothing but setting the grass on fire. I ended up rolling in a canal, which extinguished the flames. The lost friend I speak of is Sergeant Luis Montes. He passed away due to his injuries seven days later. Specialist Andrew Loe survived with 20% burns, but the thought of that incident goes through my mind every day. I’m lucky and blessed to be here. I’m able to share my story with others. That day started the same as every other day, but that day has never ended.”

In an article titled, “One Hundred Faces Of War Gives Soldiers A Voice” by Margot Adler, Yarosh states, “My features are totally different from anybody else […] no ears, no nose, my eyes are different, my lips are different, the scars, how do you capture that? But Matt did it, and I really didn’t know if I expected to see the finished product the way it was, and it was perfect.” He also says that despite his disfigurement, he is proud of his service, that it was a choice, and he feels good about it.

This project is more than just a work of art; it exists to remind us of the many sacrifices our brave men and women in uniformed services make overseas. Through their portraits and stories, we are able to understand the nature of these wars and honor those individuals who protect our freedom.
American Hero Awarded Medal of Honor

BY LUIS A. JORDAN

Three years after acts of battlefield bravery in the Korengal Valley of Afghanistan, Army Staff Sergeant Salvatore Giunta of Haiwatha, Iowa became the first living service member in nearly 40 years to receive the nation’s top military award, the Medal of Honor.

During a ceremony at the White House in Washington on Nov. 16th, President Barack Obama awarded Giunta the Medal of Honor for conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty. Obama called Giunta a soldier who is “as humble as he is heroic” and said the ceremony was a “joyous occasion.”

On Oct. 25, 2007, Giunta and his comrades were heading single file down steep terrain when an insurgent ambush split the group into two. Aerial support overhead saw what was happening but couldn’t engage the enemy so close to U.S. soldiers. Another platoon heard the gunfire but was too far away to help. The two lead men were struck by enemy fire. After a third went down from a bullet to his helmet, Giunta braved enemy fire to pull him to safety. Giunta was hit twice by rounds that struck his body armor and shattered the weapon slung across his back. His unit regrouped, lobbing grenades and using the explosions to charge ahead until they reached one of the two lead men. Giunta then bolted forward, again ducking enemy fire, until he reached a hill, saw the insurgents taking away his friend and opened fire.

The standards for earning the nation’s highest military honor are so high that many recipients are only so honored posthumously. Both Obama and his predecessor, George W. Bush, had come under pressure because no living member from the Iraq or Afghanistan wars had been awarded a Medal of Honor.

Though Giunta’s actions predate Obama’s time in office, they took place during a war that’s more closely identified as belonging to Obama, who has added tens of thousands of troops to the effort in Afghanistan.

As commander in chief, Obama ultimately approved the recommendation that Giunta receive the medal. Recommendations for the Medal of Honor work their way up through the military chain of command until eventually they are approved at the highest levels of the Pentagon and finally by the president.
After spending 26 years behind bars, an innocent man was finally set free. Dewey Bozella at the age of 24 was charged with murder for killing a 92-year-old woman despite the lack of physical evidence linking Bozella to the killing and the discovery of a fingerprint of another man, Donald Wiser, who was later convicted of committing a similar murder of another elderly woman. The prosecution relied entirely on the testimony of two men with criminal histories. Both men repeatedly changed their stories and received favorable treatment in their own cases in exchange for their testimonies.

Mr. Bozella was given multiple plea-bargain offers during his trial. He was offered a chance to accept a lesser charge in return to walk free. Mr. Bozella said, "I could never admit to something I didn’t do." He sacrificed his life by not acquiescing to the pressure of giving a false confession. While in prison, he obtained his bachelor’s degree and master’s in theology. He has a strong passion for boxing and developed an interest in the theater.

Also, Bozella wrote multiple letters to the Innocence Project, an organization that works on cases of people who have been wrongfully convicted of crimes, using DNA testing to prove their innocence. After realizing that all the evidence was destroyed, the Innocence Project consulted with a law firm to handle the case on a pro bono basis. The firm Wilmer Hale invested 2,500 hours working on the case. This amount of time is worth $950,000 at usual rates, and this type of representation is almost not available to people who are convicted. His lawyers interviewed a retired police lieutenant, Arthur Regula from Poughkeepsie, who revealed that he kept Bozella’s file in his home for eighteen years. The file contained valuable evidence leading to his case.

On October 14, 2009, the State Supreme Court ruled that Bozella was wrongfully convicted. At the age of 50, he was released from prison due to the hard work and dedication of the Innocence Project and the Wilmer Hale Firm. Bozella is currently putting the pieces of his life back together again, readjusting to the liberties we take for granted on a daily basis.

Fighting for Freedom

By Ben Brockman

Imagine being left alone in a room with no way of communicating to the outside world. Imagine that you can only see your loved ones twice a month. Imagine being restricted to four walls, and your only source of movement is to walk in the perimeter of your room. Imagine being told to wake up at a certain time and to go to sleep at a certain time. Imagine being on alert whenever you go to sleep because there’s a chance that someone might try to assault you while you’re sleeping. Imagine having to take a shower with at least fifty other people of the same sex. Imagine being forced to shave your hair. Imagine that the music you enjoy is restricted and prohibited, and you can’t watch your favorite TV show because you’re not allowed to own a TV. Imagine that everything you ever owned is taken away from you, and you are isolated and restricted to a facility where you are constantly watched. Imagine having to live like this for 26 years.

Destroying Myths

By Emilia Tercjak

The Wolf Conservation Center in South Salem, New York is an interesting place to be at this time of year. With young wolves born late spring of this year coming into their own, and mating pairs being set up together for the winter time, who knows the possibilities that could sprout out of such situations?

The Conservation Center, founded in 1999, is about an hour and a half drive out of New York City and boasts a plethora of opportunities for any age group. The center’s main goal is to destroy the myths about wolves by educating people, stressing the importance of the species to the ecosystem.

In the spirit of informing the public about wolves, the center has age-related gatherings, such as pack chat for kids, where children are taught the importance of wolves and how packs socialize. The kids also get to see the ambassador wolves, Kaila and Atka, who represent the center. These wolves are highly socialized with humans from the minute they were born and travel around the country, representing their species in high school educational group meetings all the way up to congressional decision-making gatherings.

One of the ambassador wolves, Atka, traveled to Washington, D.C. in 2007 to represent the United States’ population of wolves in a bill called PAW (Protect America’s Wildlife) to stop the aerial killings in Alaska, which included wolf packs, wolf mothers and even wolf pups no more than a couple of days old that were being shot by hunters from airplanes.

The center also boasts a rehabilitation center for the Red wolves and Mexican Gray wolves that were nearly extinct in the wild about a hundred years ago. The Red wolf captive breeding program only has 182 wolves at the moment. The rest of the Red Wolf population (130 or so) lives in the woods of North Carolina, where the wolves are properly protected by state laws. The Mexican Gray wolf was completely wiped out in the early 1900’s; the only remaining species were the wolves captured by scientists for research at the time. These wolves were used to start the breeding program in the mid 1970’s.

Both species that were endangered in the 70’s have been increasing in numbers due to rehabilitation centers such as The Wolf Conservation Center in South Salem, New York. It is because of these places that wolves have survived all these years despite the destructive myths and mysteries that make wolves one of the most misunderstood creatures in the ecosystem.

If you’d like to learn more about wolves, or if you’d simply like to get a better understanding of them, take a drive to South Salem, New York and see a wolf up close and personal! You can also visit The Wolf Conservation Center’s website, NYWolf.org, for a description of their programs. The center also has a facebook domain under the name Wolf Conservation Center, featuring updates on the center’s programs and news about events in the world that affect wolves. The center will even accept a small donation to help bring the wolves back to where they should be: in the wilds of the United States.
On Thursday, Nov. 11, 2010, a fire broke out in the engine room of the Carnival Splendor cruise ship while it was on a seven day Mexican Riviera cruise that started Sunday in Long Beach, California. The cause of the fire is still unknown.

The Carnival Splendor was stranded off of the shore of Baja, California after the fire cut its power supply. The ship was towed into a Mexican port by Mexican sea-going tug boats. There were 3,299 passengers and 1,167 crew members on board. No one was hurt. However, passengers experienced no air conditioning, hot water, or phone service and had no food for days. Toilets and cold running water were restored quickly, which made conditions on the ship a little more comfortable. Nights on the ship were pitch black, and many passengers slept on the deck with blankets.

In order to keep their guests happy, the staff stated that refunds, reimbursement for transportation costs, and a free future cruise of equal value will be given. Carnival president and CEO Gerry Cahill stated, “We know this has been an extremely trying situation for our guests, and we sincerely thank them for their patience.” He also stated, “Conditions on board the ship are very challenging, and we sincerely apologize for the discomfort and inconvenience our guests are currently enduring.”

Many passengers who boarded the Carnival Splendor expecting a lavish, luxurious time stated that the trip was smelly and awful, and they probably wouldn’t cruise again for a long time. Barbara Dillon, a passenger from Corliss, California, stated otherwise, “This was my first cruise, and I would cruise again in a second. Well, it was a little stinky, especially the first day, until the toilets were fixed. I’m a little stinky now. I haven’t had a shower since Monday.” Crystal Wildenstein said that she had a wonderful time on her family trip and defended Carnival employees’ handling of being stuck at sea. Wildenstein stated that a “majority of the passengers kept a cheery attitude on the ship.” Several activities went on as planned, including salsa dancing, piano playing, and sing-alongs.

Wildenstein praised the staff for making the best of a tough situation. But, still, some vacationers who once preferred traveling by cruise ship will think twice before planning their next vacation.
GENERAL NEWS

Mayor’s Four-Year Financial Plan

By Nicholas Ong

Over the next 18 months, Bloomberg will lay off 6,201 employees. Schools alone will lose 6,166 teachers from Bloomberg’s four year financial plan. This cut back is the ninth during Bloomberg’s three terms as mayor, but this time the cuts are more severe, with over 10,000 jobs eliminated and at least 6,200 teachers getting pink slips.

With so many schools and so many students in New York City, many New Yorkers are wondering how Bloomberg can afford to cut back on teachers. New York has 1,700 schools and 1.1 million students in New York City. Currently, public schools and classes are overcrowded. With the layoff of over 6,000 teachers, there will be even more overcrowded classes and schools.

Michael Mulgrew, President of the Teacher’s Union, said, “We’ve had 4,000 teachers less in the last two years than we have right now and that has caused a dramatic increase in class size, and that’s not good for kids, not good for parents, not good for schools.”

In addition to cutting back on teachers, Bloomberg will close 20 fire companies. Many New Yorkers are worried that with less fire fighters, there may not be a fire house near their homes in case of a fire. The closest fire house may be 15-20 miles away. Also, the New York City Department of Transportation will lay off 640 employees, possibly leaving New York City Streets in shambles.

Many of these layoffs are just a small portion of what will come; in 2011, there will be many more job layoffs.

Nike Exploitation

By Lauren Williams

The same sneakers are then sold in the United States for over $100.

Nike provides living quarters for their workers, renting small rooms that are very compact, fitting up to four people to a room. The workers share the same bathroom, and all the people who do not fit into these facilities live outside. According to the Campaign for Labor Rights, Nike workers who both rent rooms and live without shelter do not have the basic necessities, such as clean water and/or clean sewage systems.

Not only do these workers live without basic necessities, they also experience harassment in the workplace. According to the website educatingforjustice.org, 25% to 50% of Nike workers in partner factories report verbal, physical, sexual, and/or psychological abuse.

Many human rights organizations try to protect Nike workers from physical and emotional exploitation. Campaigns such as the Campaign for Labor Rights expose the illegal paying actions of Nike. The website stopnikesweatshops.org was specifically created to bring attention to this issue. Nike has yet to comment or address these allegations.

The next time you walk into a sneaker store and see a Nike sneaker, don’t think about the star athlete peddling that shoe; think about the girl or boy who made it before you reach into your wallet to make that final purchase.

From the Communique Staff
HEALTH NEWS

Depression, a Recurring Matter

By Andrea Izquierdo

Depression is a disorder that affects many individuals. Depression can be defined as intense feelings of helplessness, hopelessness and worthlessness. Although depression has the possibility of being cured, it also has the possibility of returning.

Even though this disorder may affect anyone, it is common among adolescents because their control over their emotions is not as developed as the level of control in older individuals who can balance their feelings in a healthy way. Also, for the adolescents who have been treated, depression can return. According to The New York Times, “about half of adolescents who recover from major depression become depressed again within five years.”

In a new study, 200 adolescents ages 12 to 17 had to take Fluoxetine, an antidepressant. Also, the individuals participated in cognitive behavioral therapy for 12 weeks. The study showed that patients did recover, but the doctors predicted that after five years, another major depression might occur. Dr. John Curry, the study’s lead author and psychologist in the psychiatry department at Duke University’s School of Medicine said, “It looks like we don’t have treatment yet that really prevents recurrence, and we don’t have much of an indicator while the person is in treatment of how protected they’re going to be against recurrence.”

Depression doesn’t have an exact cause. But genes, events in a person’s past, a person’s current circumstances, gender, age, health conditions, and stress all play a major role in depression. According to the National Institute of Mental Health, symptoms of depression may be difficulty concentrating, a decrease in energy, feeling guilty or worthless, and pessimism. The most common symptom is having thoughts of suicide.

According to Mental Health America, depression is a disorder which affects more than 21 million American children and adults annually. If it is not treated as soon as possible, depression can be destructive. This disorder is the principal cause of suicide, with about 30,000 people, ranging from ages 15 to 24, committing suicide in the U.S. each year.

Many Queensborough students believe depression is a difficult disorder to handle, and some believe that depression happens only to weak individuals.

Continued on page 18
The Importance of Sleep

By Dianne Bhagwansingh

These sleep patterns may be due to stress about school, jobs, making the time to meet with friends, or the stress from life itself, and the patterns may eventually turn into a sleep disorder. Sleep disorders involve any difficulty related to sleeping, such as difficulty falling asleep and staying asleep, falling asleep at the improper time, or abnormal behavior associated with sleep patterns.

Sleep is essential to the body and to survival, just as exercise and nutrition are. Deprivation of sleep is dangerous because it affects the way your body deals with carbohydrates and modifying the level of hormones that affects appetite. The immune system will also become weak, causing the body to feel exhausted and increasing exposure to illnesses.

Reduction of sleep also affects emotions and productivity. You may get angry or aggravated easily, or you may even want to stay away from people and disregard work. Then, you’ll be left with a bundle of tasks to accomplish but no energy to do them. Also, sleep deprivation makes concentration in class difficult, forcing you to think only about sleeping when you should be focusing on studying for the next big final exam.

Sleep is so important because it enables you to stay healthy, to study, concentrate, work, and deal with stress to the best of your ability. To get your life back in order, all you have to do is sleep at least seven hours during the night so you will be more productive during the day. Sleep helps you recover by strengthening brain cells.

Create a consistent sleep cycle by trying to sleep and wake up the same time seven days a week. If you work in the night, try not to take early morning classes; take later classes so you will be able to get enough sleep as well as perform successfully in your class work. Avoid napping in the day because if you do, then you will not be able to sleep at night. Hang out with friends on the weekend instead of weekdays. Avoid caffeine and eat complete meals, especially ones filled with carbohydrates, such as bread, pasta, rice, soy, whole grains, lentils, eggs, seafood, and any dairy product. Also, try having dinner about two hours before bedtime so that there is enough time for the insulin to work in the brain, which then clears acid from the bloodstream. By establishing a schedule, you will remain happy, healthy and successful.

If this doesn’t work, try some over the counter medications such as Motrin PM, Advil PM, TYLENOL PM and Valium to get a good night’s rest.
Christmas is right around the corner, so that means happiness, togetherness, and empty wallets. If you are a gamer, the biggest and hottest gadgets for this holiday season are the Playstation Move and Kinect for the Xbox 360. But which one will you choose?

Kinect is billed as a revolutionary gadget by Microsoft. Kinect brings a different aspect to motion control gaming. There is no controller involved because you are the controller. The Kinect has a built in camera, microphone and depth sensor so it can track the player, identify the player’s face and take voice commands. But Kinect is not as perfect as Microsoft advertises it to be, especially with its $150 price tag. Kinect requires a large amount of space to fully enjoy the experience. It is recommended that you stand at least six feet away from the system. So, if you do not have a large room, this can be a problem. Also, there is a little bit of a lag from your motion to the character’s motion in the game that you’re playing. The lag is not horrible, but it can annoy some players. Despite its negatives, there has never been a gadget like Kinect, one that can recognize your face and instantly sign you in without the hassle of going to the menu to do so. Another unique feature is the voice command that enables you to open up menus, such as your zune and videos, but you cannot open apps like Netflix, which is disappointing. Overall, most “hardcore gamers” will not be satisfied with Kinect. The games are geared towards children and family fun.

With the Playstation Move, players get the controller back in their hands. The control is very precise, picking up movements almost instantly. One Move controller costs $49, which sounds inexpensive, but don’t let the price fool you. You need the Playstation Eye Camera in order to play with the Move controller. If you don’t own one, the Eye Camera costs around $40. But, luckily, Sony has released a bundle pack that includes one Move controller, a PlaystationEye and a Sports Champions video game for $99. This may seem like a great deal, but some games for the Move are played better with two controllers.

The Move allows you to play with up to four friends, double that of Kinect’s player options. You also do not need a large amount of space to enjoy the Move, and “hardcore gamers” will love the adult-oriented games, such as Resident Evil 5: Gold Edition, NBA 2k11, and other Playstation fan favorites like KillZone 3, Socom 4 and LittleBigPlanet 2, all coming out in 2011.

Stress-Free with a Little Help from Tai Chi

continued from cover story

PE-441 consists of one class per week. It is one credit and lasts about one to two hours. Within those hours, you learn the fundamental basis to Tai Chi known as western breathing, in which you breathe from your abdomen. This style of breathing is considered the best way to relax, and anyone can perform it. You will also be given a martial arts routine that will be taught step by step, and by practicing it, you will benefit by acquiring muscular strength, a stronger bone structure, more flexibility, stamina, and agility.

Tai Chi will also guide you to the proper ways of breathing and the release of stress from your body. Queensborough student, Zahfi Chowdhury, expresses how he has “noticed that [he has] become more patient and more relaxed ever since [he has] been learning Tai Chi in [his] Friday class with Prof. Myles.” He was also astonished at how the practices of Tai Chi helped him reduce the stress he had built up from his other courses and claims that the routine is a “fun routine that the class goes over every Friday so there is no way anyone can’t possibly learn it and have fun with it at the same time.”
Story of a Freshman

BY OLUWADAMISI K. ATANDA

It wasn’t the “Welcome to Queensborough Community College” sign atop the Administration Building that told me I was finally in college, nor was it the long array of corridors in the buildings or crowds that roamed the hallways. It was the “freedom,” the smokers puffing in my face, the way I wasn’t mandated to attend classes. This newfound freedom made me see that the next chapter in my life was finally opened.

Nothing quite prepares us for tertiary education as much as actually experiencing it. Yes, to an extent, the tour and freshman guide gave a good theoretical description and background to QCC, but there is just so much a tour guide can provide.

College is a totally new world, a huge change from high school, from the outfits we wear, to the kinds of words we utter. We can’t deny that we take a little more time to make decisions and to think about our actions. “I mean this is college baby,” my sister said on my first day at QCC, “the colored skinny jeans and Mohawks just don’t go.”

On the day of September 16th, I started a whole new era of my life. The cliché, first day of the rest of my life, suddenly appeared very realistic. It was time to build my tomorrow. Several thoughts mingled in my mind: How do I make friends? What words aren’t “cool” on campus?

I raised my shoulder to the challenge and advanced to my first class. It was a foundation business class. Having taken business and economics classes in high school, I assumed the course was well within my previous knowledge. As much as what we were taught in high school is very important, we must understand and accept that we are moving on to improve on that knowledge. In other words, we must walk into our classes with the pure intent to gain something new.

Another very important lesson I learned is to always confirm. Ask the appropriate authorities the appropriate questions. Never assume anything; never hesitate. We will be shocked to discover that asking a fellow classmate for the due date of a paper, instead of asking a professor, may save us from embarrassment or, worse, from handing in an assignment late.

Apart from asking questions, another very important action I recommend is to search. Search for help, events, information, guidance, internships. Whether the topic is financial or spiritual or social, always search for people who can help. QCC has many hidden opportunities, open only to those who are willing to take the extra mile to look for them. The M.A.L.E.S club was a great place where I met wonderful people. Right from the moment of entry, I felt the togetherness and knew I wanted to be a part of this club. The publication club provides an effective medium for the expression of thoughts and concerns and for the development of writing and journalism skills through the Communique’s monthly publication. My friends in the College Discovery and A.S.A.P programs discuss the benefits of joining these two programs, such as free text book loans. My sister speaks about the Christian club helping her spiritually. And the NYPIRG group is the best association of positively motivated people. But we will never experience the benefits of these clubs and programs without searching and inquiring. Are we aware of the various honors programs in the college? Do we know that the Learning Center provides aid for students who need tutorials and that the Writing Center gives helpful assistance to students? Besides the Learning Center, the Computer Center is one of the best decisions of management. It’s where we come to type our academic papers and print copies for free!

Also, I recommend learning about the Fed Challenge team. I heard a couple of my classmates discuss certain issues, and I was captivated by the contents of their discussion. They introduced me to their meetings, and the facilitating professors of the team welcomed me onboard. The aim was to prepare for an annual inter-collegiate competition sponsored by the Eastern Economic Association and the Federal Reserve Bank, in which we had to prepare a 20-minute presentation, acting as the FOMC and answering a series of questions on economic issues from business personnel. We met about twenty hours a week on some weekdays and on weekends with our professors to rehearse, and, thankfully, we won the community college division and received exceptional ratings. But beyond the credits we received, I observed how dedicated professors here at QCC are. They sacrificed weekends and leisure time, giving us rides and bringing food, all to motivate us. During discussions, it was evident that our teachers were truly committed to seeing us excel. The support we got from the Business Department and President Diane Call was most encouraging. The experience will remain with me forever.

Below the Student Union Building on the lower floor is the student lounge. Here, we can make friends, surf the internet, meditate, pray, buy and eat meals, and watch movies. It is the most comfortable place to hang out with friends. The Student Affairs Office, which is right next to the student’s corner, is where I met Mr. Ray Volel, the student life specialist. He is one person who motivated me and pushed me to explore the many opportunities on the QCC campus. Because of Mr. Volel, I attended the Student’s Leadership Conference at Baciiff Manor in upstate New York. I received life-changing tips and lessons on being a better human being and a great leader. It was a wonderful weekend filled with workshops, team activities, brainstorming sessions, drama presentations, and networking.

I find myself very fortunate to be at QCC, not because the college has provided me with many opportunities but largely because QCC has given me and every other student on campus the chance and liberty to improve ourselves. Kudos to QCC!
Who doesn’t enjoy delicious fast food? It tastes so good, fills you up, and is available at the touch of a button. If you’re hungry, all you have to do is pull into a “drive-thru” or make a phone call. Those burgers, fries, tacos, and chicken nuggets are simple, fast, and delicious. What more could you ask for when your life is always in the fast lane? The answer to that question is nutrition.

Fast foods are packaged and advertised in appealing ways. However, most people don’t know the source of fast food. Large food corporations have created an industrial system in which our food is grown, processed, and distributed throughout most of the U.S. This industrial system has created a slew of problems, including food-borne illnesses.

What these global food production businesses are doing is producing large quantities of food and selling them at low prices. A person can walk into a local McDonald’s and order a Big Mac, fries and a drink all for under ten dollars. Or if he or she feels like Mexican, he can “cross the border” to Taco Bell and order three tacos for three dollars. The relative cheapness of this food and easy accessibility to it (Some Taco Bell stores boast being open until 3 a.m. every day,) generate an enormous profit for the corporations, allowing them to obtain a greater amount of control over the global supply of food sources. These corporations neglect the health and safety of the animals we eat, the prepared food itself, and the workers who help create the foods and, thus, risk the health of the consumers.

Fast foods are also unhealthy. Highly processed and highly fattening, fast foods are loaded with fats, sugar, salt, and artificial additives. Fast foods are the main reason why the obesity rate in this country has skyrocketed. There have been studies that show that people who eat fast food two or more times a week gained an average of 10 pounds. Obesity rates in America have steadily increased over the last 30 years, the same time period in which fast food restaurants have flourished all over our country.

Next time you think of ordering fast food, you might want to think again. Think about where those chicken nuggets and fries have come from and why you are able to even buy a cheeseburger for only a dollar. And don’t forget to consider the unhealthy ingredients in these fast foods that can lead to lifelong illnesses, such as obesity, cancer, diabetes, and cardiovascular diseases that may, in the long run, lead to death.

The Queensborough Communiqué is currently searching for talented writers, photographers and artists!

If you’re interested in joining our staff, come visit us in A313 on Wednesdays from 1-2 p.m. during club hours.

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If you’d like to submit articles for the March 2011 issue, send them as a word document to jeremyfischer55@yahoo.com. All articles will be returned with comments via email.

For more information, contact Tammi Rothman at TRothman@qcc.cuny.edu.

Together, we can make the Communiqué a paper for the students, by students!
The Glass Menagerie: A Play Review

By Jeremy Fischer

The Glass Menagerie by Tennessee Williams was performed by the Performing Arts ensemble at Queensborough Community College on Wednesday November 10th. Directed by Professor Georgia McGill, the cast and crew involved in cultivating a great play taking place in St Louis, Missouri in 1937 worked diligently to give the audience a play to remember.

The cast included four main characters: Amanda (portrayed by Simon Black), Tom (David Guillaume), Laura (Amanda Bergmann), and Jim (Bryan Pacheco).

In the play, Laura’s limp leg and a slight mental disability prevent her from being social in the outside world and grasping concepts to move forward in life to greater and bigger achievements. Laura finds enjoyment in life by entering an imaginary world with her glass menagerie pieces that personify her emotions and characteristics.

Amanda is a bed-ridden woman, living in the depression of crushed dreams after the man in her life left her with a family to raise, and she carries a mental burden, making her believe that most people are cruel and malicious, especially when they’re under the influence of alcohol. Although she loves her children with all of her heart, she overprotects them and often scares them into wanting to leave, as their father did in the past.

Tom, Amanda’s son, takes the place of the man of the house when his father leaves. He holds a steady job with long hours at a factory, strictly motivated by the fact that he has to care for his sister and mother. Tom begins drinking after work with a coworker to relieve some stress from home, life and work. Amanda takes notice of his drinking habits and becomes very frightened, expecting Tom to leave the family, too. To divert attention away from himself, Tom decides to strike up a relationship between a coworker and his sister, Laura.

Tom’s coworker, Jim, is a creative, optimistic, good-looking man with plans for his future. He is able to break the shyness of Laura and make her happy on their date together at the house. She is truly happy with Jim until he mentions he is engaged and cannot further any relationship with her. The tragedy of this drama ends with Laura getting new hope for the future; however, Tom leaves home to explore the world just as his father did, leaving his mother hopeless.

The acting was phenomenal! Every actor in this play created an atmosphere in which the audience felt as though they might have been watching real people on stage. By staying in character throughout the entire play, all of the actors made the fictional story quite believable and poignant as well; despite the 1937 time period, the strikingly realistic acting enabled the audience to relate to the family drama. The story also consistently grabbed the audience’s attention, and although the play was moderately paced, everyone was on the edge of their seats, waiting for the twist and turn in the play.

A Review of Lombardi: A New American Play on Broadway

By David Russell

Lombardi: A New American Play on Broadway, based on David Maraniss’ biography of Vince Lombardi entitled When Pride Still Mattered, is a new play performed at Circle in the Square in Manhattan.

The play features Dan Lauria of The Wonder Years as the title character, Vince Lombardi. Judith Light, known for her role on the TV show Who’s The Boss? plays Vince’s wife Marie. The relationship between Vince and Marie is explored to give the audience a deeper insight into Lombardi’s life, instead of simply focusing on his football career.

Lombardi is known for his time as the Green Bay Packers’ Head Coach, in which he won five titles. Lombardi became coach for the 1960 season and retired after the 1967 season, but the bulk of the play takes place in 1965. The Packers, who won the NFL title in 1961 and 1962, had finished in second
After Lombardi: A New American Play on Broadway ended, I had the opportunity to speak with the play’s stars, Dan Lauria and Judith Light. The interviews I conducted gave me a greater appreciation for the play and for the actors themselves. I was thrilled to do the interviews with them, and they were genuinely happy to speak with me.

Russell: When did you hear about this role?
Dan Lauria: My agent called me and said that they were looking for someone to play Vince Lombardi. I did a couple of readings for the NFL. They wanted a big name, but they felt I was a lot like him so I got the job.

Russell: How did you prepare?
Lauria: The NFL gave us some game films and clips of Lombardi. We were also given a number of books to read. The main one was *When Pride Still Mattered* by David Maraniss. We were also given *Instant Replay* (by Packers legend Jerry Kramer and sportswriter Dick Schaap) and *Run to Daylight* (by Vince Lombardi himself). I also visited Green Bay over the summer. It was a great experience.

Russell: You used to be a coach. How was your style, and how did it compare to Vince Lombardi’s?
Lauria: I used to coach at Lindenhurst High School. I was a screamer. All coaches used to yell like that. I liked coaching but not the teaching.

Russell: You began acting while in college, on a football scholarship.
Lauria: That helps with the role.

Lauria: He presented the Rutgers Cup to my team. I didn’t say anything to him, but I did get to shake his hand.

Russell: How was it to work with Judith Light and the new actors?
Lauria: I love Judith. All the players call her mom. I actually recommended her for the role. She did one reading, and she got it. She is a doll. The others are great. I worked with Bill Dawes [who plays Paul Hornung]. And I just keep watching Keith Nobbs [who plays a writer] grow. He gets better and better everyday.

Russell: How do you think Lombardi would do in today’s era?
Lauria: Everybody who played for him said he would still be a winner. The guys who didn’t play for him say no. The game has changed with players making all that money. I believe he would have adapted.

Russell: How was it working with the others?
Judith Light: We were given a book, *When Pride Still Mattered*, about Vince Lombardi. It was written by David Maraniss, who is a Pulitzer Prize winner, who also wrote about President Clinton. A lot of research was done. Dan and a few others went to Green Bay. There were a lot of stories told about the family and the relationships. We wanted to explore his family life in the play that not a lot of people know about. The playwright, Eric Simonson, lived in Wisconsin, so that was nice. We read a few books, but the Maraniss one was the main one.

Russell: How was it working with the others?
Light: Dan and I have known each other for about thirty years. It was a nice reunion, to work together. The young guys I didn’t know before; they’re so talented. They’re smart and young. It was a terrific experience. We’re all really close now. When something like that [somebody in the audience became ill for several minutes during one performance] happens everybody pulls together. We’re all in this together. Everything is happening in the moment.

Russell: How was the practice?
Light: We had three weeks of rehearsal in June. We practiced in Massachusetts, on a regular stage [The theatre at Circle in the Square is in the middle of the audience]. We did eight performances and then we took off for a few weeks. Then we did three more weeks in New York. It was very different. We closed off parts of the stage. Each experience was different.
Super Student Athlete: A Profile of Lisa Kurner

By Stephanie Buendia

Photos courtesy of Stephanie Buendia

Lisa Kurner is truly this season’s cross country track star for Queensborough Community College, leading her team time and time again towards victory in the fall 2010 season. She helped her team bring home first place in the CUNY Athletic Conference Championships and secure a third place victory in the Region Championships. Her individual achievements are the most notable, ranking in at the top five for the region and top 10 in her district.

Born and raised in Japan on September 2, 1989, Kurner attended Osaka International School where she decided to take the next big step in her life and move to New York City to continue her education. Drawn in by the city’s diverse community, she settled in Queens and started attending Queensborough Community College in the fall of 2009.

When asked why she chose cross country in particular that first semester, she simply smiled and replied that it was really just a matter of luck, a decision she made based upon the suggestion of the athletic director to fulfill her course requirements.

Although she always had a passion for sports, her 2009 cross country debut was her first time taking her passion to the competitive level. Always a natural athlete, Kurner enjoyed swimming, tennis, basketball, and softball in her leisure time and decided to try something new with long distance running.

This fall, she clocked in at a personal best time of 21:53 for the women’s 5k and 28:08 for the women’s 6k, destroying her previous season’s records of 27:16 and 35:58, respectively. In addition to her athletic achievements, Kurner also maintains a 3.95 GPA and won the Academic All-American Award in both the fall and spring.

The modest Lisa Kurner makes it look easy. She credits her achievements to consistency, persistence and a lot of running. Her strong mentality has enabled her to excel beyond her own expectations in a short amount of time. Kurner’s passion is infectious, motivating her teammates to strive to be the best.

A Tremendous Need to Bear Witness

By Leon Williams

Former QCC student and author Susan Kalish found the inspiration for her vivid book of poetry, “The Cereal Jukebox,” in her life’s journey.

“The Cerebral Jukebox” incorporates moments from her life and literary elements, as well as music, to produce an elegant yet honest picture of the mid 1950’s to recent times. For example, in a line from the poem “Potsy,” Kalish addresses her childhood: “Life’s boundaries are defined by chalk lines on the pavement near the playground.” In writing this book, Kalish uses all of her memories, both painful and pleasant. In poems such as “Let’s Get It On,” she presents the tragic story of her first husband’s death. Through her life experiences, “The Cerebral Jukebox” leads the reader on a journey with a realistic ending that forgets political correctness; the collection of poems is rather raw and uneasy at times.

Written in 2001 to 2002, during her sabbatical while she attended Queensborough Community College, “The Cereal Jukebox” presented Kalish with the opportunity to self-illustrate and edit the collection, an eye-opening process that presented many challenges. Her son, her husband and Kirpal Gordon, an editor she hired to review the book, all helped her at different points in the process. The publisher she hired at the beginning of the process proved to be more stressful than helpful, failing to catch errors and providing a limited amount of corrections when she submitted her book for editing. On top of the limited help, the publisher charged her for every submission of the text. The editing process, however, was made much easier due to Kirpal Gordon’s help, and her son and husband caught mistakes that she missed. The illustration process, though, proved to be less difficult; during her sabbatical, she attended class at Queensborough Community College, learning to produce digital images, as well as formatting the produced images for her book.

Susan Kalish is a multi-talented person with many interests. A former educator, she taught the deaf for thirty years. Later, Kalish evaluated children for special services, a position that became the source for several poems in “The Cereal Jukebox.” As an evaluator for the committee on special education for the Board of Education, she has mental pictures that litter her mind. One vivid picture involves a mother, whose welfare status was revoked, and her son who might have needed special services; the woman told Kalish, “I don’t want to have to sell my body.” From that point on, Kalish and a coworker helped the mother of the child and his five siblings as much as she could while providing opportunities for people to donate to the woman during a sixth month duration.

The personal inspiration for Susan Kalish spans different eras of life and different decades, encompassing music and an illness later in her life. To her, music is “tangential” to writing. Speaking about music, she said, “A little clip starts playing, and if I am inspired enough, I write the soundtrack; the soundtrack is the poem.” Music is spiritual to her, and she also said, “You tend to associate outstanding events in life with music.” When Kalish was a child, her father would play the radio, mostly pop music.

Another reason for the book was a battle with cancer. “The day before my retirement party, I found out I had cancer [and] it scared the hell out of me,” she said. After Kalish experienced the negative effects of her treatment, having five cancer operations scared the hell out of me,” she said. After Kalish experienced the negative effects of her treatment, having five cancer operations in 2004-2005, she “had posttraumatic stress disorder.” This was an inspiration for writing because she had always wanted to write a book, and she decided to do it during her sabbatical. While on her sabbatical, she also found inspiration in her cousin, Donald Margulies, a Pulitzer Prize winning playwright.
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Attention All Point Guards!!!

BY Lawrence Lubin

A point guard is just a person who passes and runs the ball up and down the court, but there is actually more to this position. So, what does it take to be a point guard?

A point guard has various jobs on the court, but his or her primary focus is court awareness. A point guard should also be able to concentrate, play under pressure, show leadership, and be able to distribute the ball. If you lack the ability to do any of these things, the position is either not for you, or you need to improve your game.

The perfect example of a fantastic point guard is Rajon Rondo of the Boston Celtics. Rondo has displayed his talents in the NBA time and time again. Playing the point requires you to have the courage and will to lead your team to victory by encouraging your teammates to play better, and that's exactly what Rondo does. For example, during his last five games, he averaged 14 assists, 10.8 points, and 3.5 steals. This shows dedication and the ability to be aware of his surroundings.

Rajon Rondo is also a dynamic player. He not only commands his position, but veteran players also look to him for guidance and feedback. Some may think that as a young player coming into a franchise, Rondo would act like an "employee" simply doing work. In his case, Rondo is a "company partner," brainstorming a route to success. Others may not see Rondo as an elite point guard, but facts show that he has reached the "elite" status and is ready to surpass it. Any aspiring point guard should watch Rondo working on the court.

A great point guard has finesse, good court vision, stamina, durability, versatility, defensive/offensive awareness, and, once again, the ability to make those surrounding him or her better. Scoring doesn’t always guarantee a victory!

A Review of Lombardi: A New American Play on Broadway

Continued from page 11

place the following two years, which was just as good as last place for Lombardi. The play also shows "flashbacks" to 1959, when Lombardi thought about leaving football for banking until the Packers came calling, and, also, Lombardi's first day as coach in 1960, when he met with the players for the first time.

The play primarily concentrates on the relationship between Lombardi and his wife Marie. The main premise is that Lombardi's life revolved around "God, family and the Green Bay Packers...and not necessarily in that order." Judith Light portrays Marie Lombardi as someone who did not like the idea of leaving New York, where Lombardi was an assistant coach for the Giants, for Green Bay, a city she has to look for in an atlas to find. Also, Marie serves as Lombardi's voice of reason, often calming him when he becomes anxious about the Packers.

Dan Lauria and Judith Light will likely receive Tony Nominations for their work as the Lombardi’s. The supporting characters also do outstanding work. Keith Nobbs plays Michael McCormick, a writer hoping to make a name for himself for writing about Lombardi. Three Packers’ legends are also recreated. Bill Dawes plays Hall of Famer Paul Hornung, who realizes that they began winning when Lombardi became coach. Robert Christopher Riley plays linebacker Dave Robinson, and Chris Sullivan plays fullback Jim Taylor, who had squabbles with Lombardi, but they ultimately grow to respect each other.

In real life, Lombardi wanted his players to act and play professionally but hated sports’ agents. The play covers this aspect of Lombardi’s personality; in the play, Taylor, who wants a raise, complains that Lombardi wants his players to treat the game professionally but not to handle their business like pros.

The play is written by lifelong Packers’ fan Eric Simonson and superbly directed by Thomas Kail, who is primarily known for directing In the Heights. In a nice touch, the stage is shaped like a football. The NFL also contributed to the play, providing classic footage to guide the actors in the preparation of their roles. The wardrobe is also stunning, with Lombardi changing different Packers’ gear and Judith Light sporting at least a half a dozen outfits.

This play is definitely worth seeing for a number of reasons. If you are a football fan, you’ll enjoy the coaching scenes and Lombardi’s hollering. Even if football doesn’t interest you, there is still enough intrigue about his life and family to keep the non-football fan interested. There are a number of well-timed jokes, but the play is serious when it needs to be. Lombardi: A New American Play on Broadway is worth the time and money for the performances alone.
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who let their problems overwhelm them. Because of this stigma, many college students who suffer from depression may refuse treatment or even refuse to acknowledge they have a problem. But those who experience the symptoms of depression need understanding and time to recover.

Despite the recurrence rate of depression, people who suffer from depression should seek treatment, such as antidepressants, psychotherapy, counseling, or they may seek immediate treatment by calling 1-800-SUICIDE or 1-800-273-TALK. QCC students may go to the Library Building, room 422, or contact the Counseling Center at (718) 631-6370. It is open Monday to Friday from 9 am to 5 pm and offers anonymous, professional care to all QCC students free of charge.
flaxseed, soybeans, olive oil, and walnuts. Monounsaturated fats (Omega 6) can be found in almonds, canola, peanuts, and avocados. These oils reduce blood clotting in the arteries, protect the arteries from hardening, reduce inflammation and stiff joints in those who suffer from arthritis, and, most importantly, lower cholesterol. Foods that contain “bad fats” (saturated + linoleic or Omega 6 oils) are animal based foods, vegetable oil and corn oil, to name a few, so make sure to include good fatty acids in your diets to balance your intake of bad fats.

7. Protein isn’t just for body builders.

Many people have the common misconception that protein is consumed if you want to build muscle mass, but in reality protein is very important for the body, manufacturing neurotransmitters, hormones and enzymes. Also, protein aids in the production of antibodies to act as builders and repairmen, and it also helps maintain blood pH balance.

8. Remember to take your vitamins.

Vitamins don’t give you energy, as many people think, but they do assist the body with most of its important processes. When considering if you need to take a multi-vitamin, you should think about a couple of things. First, consult your physician before taking anything. Then, ask yourself: Do you regularly skip meals, and do you regularly skip certain food groups? If you answered “yes” to one of those questions, it is recommended that you take a multivitamin.

9. Don’t be afraid of the carbs.

By now, you may be accustomed to hearing that eating too many carbohydrates will get you fat, but carbs are very important for the human body. Carbohydrates are the body’s preferred fuel source, so your daily diet should be 60% carbs. Carbs are not only used to fuel physical activities, but, most importantly, they are used to feed the Central Nervous System (brain & spine).

10. Also, be sure to consume enough of all nutrients, avoid eating too much of any food, and include all food groups in your diet, which means having a variety of foods at your fingertips.

At the end of the day, what you put into your body affects it tremendously, making it very important to question all of the food you put into your stomach. If you treat your body well, it will return the favor. With these ten steps, you may be able to slowly change your eating habits on the road to a healthier and happier lifestyle.
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