Five years ago U.S. forces entered Afghanistan on an operation to drive the Taliban regime from power and to help democratize the country. The operation was met with joy from both the Afghan people and the international community; however, things have changed since then.

Most importantly, the Taliban are still active within Afghanistan and are continuing their attacks on military and civilian targets. They have bounced back and retaken a large part of land along Afghanistan’s southern border with Pakistan while the U.S. is busy in Iraq. At the start of the war, U.S. allies and most of the Afghan population blindly followed American guidance when it came to the overall strategy of the war in Afghanistan; however, the changes in the past five years have brought about differences between the U.S. and some of its key allies in the war against terror, and the people of Afghanistan are also beginning to think on their own for a change. At the same time, U.S. efforts to push its NATO allies to provide more troops for Afghanistan so it could send more of its own troops south and east to Iraq do not seem to be going successfully so far — only a few countries have agreed to send small contingents of troops to Afghanistan. But for the Afghan people, it’s Afghanistan that comes first, not Iraq. Afghans had great expectations from the U.S. military presence in Afghanistan: they wanted the U.S. to help in ending the Taliban insurgency, bringing security to the country through a national police force, providing speedy country wide reconstruction and ensuring basic human rights to the whole population. American presence has indeed had a positive impact.

With U.S. help Afghanistan has written its constitution, had almost a democratically elected president (undermined by the fraud committed by Hamid Karzai), conducted democratic parliament elections and has seen financial improvement. The country has also seen a huge arrival of its refugees while human rights and the rule of law have been very slowly improving. But that is not the whole story.

The U.S., despite its success, has also made mistakes in the past five years, some of which have been extremely negative and dangerous to both the U.S. and Afghanistan. For example, the American government backed specific groups, such as friends of the President who include corrupt drug smugglers, racist groups and warlords; it has promoted an inferite and defective policy in eradicating poppy crops; it has not adequately dealt with Pakistan’s serious interference in Afghanistan’s affairs; and ineffectively prosecuted the cases of prisoner and civilian abuse at the hands of U.S. soldiers — at least not to the level of the cases in Iraq. In addition, the bombardment of civilian targets and cases of disrespect to the country’s culture has forced the public to change some of its views about the U.S. led war against terror in Afghanistan.

The anxiety is growing. Five years have gone by but there is still time to fix past mistakes and formulate new strategies and policies - with the positive impacts of the U.S. still fresh in the people’s minds, it can still save the day if both countries sit down and discuss some key issues that could help both keep their relationship as close as it was at the start of war.

- The U.S and Afghanistan government should cooperate in building a national army and police that would not only be up to international standards, but also acceptable to the Afghan population.
- Afghanistan needs serious help in solving its border issues on the Durand Line. If the problem is not solved and the border is not demarcated, Pakistan will continue to drown Afghanistan in further turmoil.
- Afghanistan needs to be guaranteed that in case U.S. troops are withdrawn from the country, the international community will be there to help fill the gap.
- A working strategy on how to rid Afghanistan of Taliban and other terror networks related violence.
- Afghanistan still regards the U.S. as a friend. Afghans also understand the difficulties their ally is facing in Iraq. But if things go the same way they have in the past and the U.S. does not change its military and political strategy in Afghanistan, not only will it lose public support in Afghanistan, it will also be to the good it has done since November 2001.

How Thin is Too Thin?

"This is in" is what people believe, but has the media and fashion world gone too far with the way they portray the "ideal body" for women? These days it seems as though every fashion magazine has a thin and beautifully airbrushed swimsuit model on its cover. On television more and more unhealthy thin actresses are being shown. Most of these supermodels and actresses are so unnaturally thin that they risk infertility, osteoporosis and ultimately kidney damage.

In a recent Madrid fashion show, overly thin models with a BMI (body mass index) of 18.5 or less were banned. The organizers stated that they wanted to project health and beauty — therefore the models had to be within a healthy weight range.

Women and teenage girls today are bombarded with the message that they need to be super skinny to be sexy. The American research group Anorexia Nervosa & Related Eating Disorders Inc. says that one out of every four college aged women uses unhealthy methods of weight control including fasting, skipping meals, excessive exercise, laxative abuse and self-induced vomiting. Psychologists and eating disorder experts are concerned with the message the media is sending out to young women — they say the fashion industry continues to put pressure on women to achieve an unattainable beauty standard.

What worries Lamb most is that these images are influencing girls as young as 9 and 10. She believes its fine for girls to want to feel sexy and pretty when they are teenagers, but that shouldn’t be their primary focus. For most teenagers, the ideal person they want to be is a famous model or actress and the emphasis is very much on external appearance. Perhaps this is part of the reason that so many teenagers today are unhappy with their appearance and are often on a diet — they perceive they are not as beautiful as others. We need to remember that each person is unique and has their own beauty standards. More than anything else, each person should remember to be true to themselves.
The Trouble with the MTA

BY TISHA RAMDHAL

Waiting, pushing, shoving, standing — these are all actions that affect Queensborough students who take public transportation to school every day. It’s not new to students that the buses on Horace Harding are usually late and crowded. Students have to spend the mornings rushing to class because the buses are delayed, and are frustrated again when they face the same delays going home in the afternoon. It’s no surprise then that a Queensborough student’s commute isn’t the greatest of experiences.

The MTA New York City Transit, the New York City Department of Transportation, and the New York State Department of Transportation are working on a plan to improve the bus service. Titled the “Bus Rapid Transit,” its aim is to improve speed, reliability, and appeal of the bus service in New York City. After a detailed, five-borough review of potential corridors, the agencies have fifteen under consideration. Fortunately for Queensborough students, the Horace Harding buses are the first ones on the list to be revamped.

Public meetings are scheduled almost every month where anyone can attend as long as they have a valid photo I.D. At these meetings, students can learn about the 15 candidate corridors, the updates on the project, and have the opportunity to provide their input in selecting the five demonstration corridors. Meetings are accessible to the mobility impaired, and presentations are scheduled for the deaf.

On the NYC Bus Rapid Transit Study website, those who are interested are invited to participate: “The Project team welcomes your questions, comments, and ideas. Please visit its website regularly for updates, join our mailing list, and attend public meetings.” It would be a great idea if more QC students attended these meetings so Horace Harding travelers can be heard. The more representatives we have, the better it will be. For more information on this program or for contact information, visit the NYC Bus Rapid Transit Study website at www.mta.info/planning/brit/index.htm.

The Emergence of Digital and the Demise of Film

BY KENNY MALDONADO

Photographs are a large part of our lives. Pictures can be found everywhere — in textbooks, magazines, and advertisements. There’s a phrase that’s been going around for quite some time: “A picture is worth a thousand words.” And it’s true. I’m sure everyone has found themselves flipping through a magazine or newspaper, glancing through the images to get the gist of a story. People are naturally visual. Photographs also contain an air of sentiment — many of us have photographs of friends, family and loved ones that we hold dear; and a few of us have even gone so far as to create a photo album as it was a stand in for a person, especially if that person is no longer around.

Photography has been a drastic turn within the last decade; having remained unchanged for a generation in its process of silver emulsion, chemicals, and control of light, it has finally evolved along with the rest of our society into a digital medium, resulting in instant access and widespread distribution. The digital revolution has allowed photography to become more readily available to the average person; where photographs were once prohibitively expensive due to the cost of film, the low cost of digital cameras has brought photography to the masses, and these days people take pictures of everything under the sun. The camera is also no longer a standalone device, the latest cell phones and laptops often integrate a camera, so that pictures can be taken and shared immediately with others.

Digital influence has become so rampant that some companies have completely stopped making film cameras. The “big two,” Canon and Nikon have both stated that film cameras have become such a low area of interest that it is no longer profitable to continue their development and manufacture. Kodak, the largest name in the industry, had also stopped production on some of its photographic paper products due to poor sales. The company has also instituted layoffs throughout due to the lagging sales of film. And many other companies that produce film are following suit. Industry analysts predicted that film would eventually be phased out, and if it remained at all it would simply be a specialty product for professionals and hobbiests. But the transition is taking place far quicker than anyone could have guessed. It seems that the demise of film is inevitable.

What’s so great about film anyway? Perhaps it’s just my own inability to let go and move on, but film holds a dear place in my heart and that of many other photographers despite the drawbacks. Much like how some music enthusiasts prefer the sound of vinyl, and how some people will never let go of yesterday’s fashions, I love film. It’s more than just being a fan of the medium and the historic ties to early photographers; shooting film is a practice that is completely different from the digital workflow. It’s akin to being a painter, or a sculptor — it’s the feeling of being in the darkroom and creating something with your own hands that I treasure. Capturing the image is only half the process; it is also witnessing the magic of chemical formulas concocted by men over a century ago. With digital photography, the image seemingly remains forever intangible. Even after you print it out (which many of us never do), it still doesn’t hold the same value as film; you can always just print another one effortlessly at the push of a button.

Film photography has also had a long history of consistency. The digital world is constantly changing; in my time alone I’ve seen the storage mediums evolve from 5.25” floppy disks to 3. 5” diskettes, then to CDs and DVDs. Who’s to say what the next one will be. Will the medium still be usable in future? Even file formats are changing as Microsoft is trying to debunk the industry standard JPEG and introduce their own Windows Media Photo format. Meanwhile film negatives developed decades ago are still in excellent shape and very much usable today. There’s no concern about data errors or the fear of using outdated technology; film is tangible and will always be there.

As time goes on, technology progresses. And perhaps digital is simply the evolution of film. There are always going to be people who want to keep things the way they are, and there will always be those who will embrace something new. But regardless of your position, one thing is inevitable. Things change.
**POETRY CORNER:**

**NATIONAL ASYLUM**

By Grace Perez

O say can you see
The actuality underneath
What’s gone on beneath the sheets
Pulled over our eyes
The red white n blues great disguise

By the dawns early light
Bright and blinding
Dutile Societe docks herding
Hended toward opposite right wing directions
Seeded in dollhouse fingerprint school lessons
Lessenin our truthful uncouth history
To media created a caged conformity

What's so proudly we hail?
The addiction of our frail minds?
Molded through the fingers of Rascism
Hidden in Nationalism and
Forever erasing
Rationalism, Romantism and
Constructive criticism to push in
Voices that though have a say in a paved
Constitutional way
Are held at bay
No one can afford to have a bad day
She has a mortgage
He drives a Benz
She is in a platinum successful band
Shes already got her new rims

So
Not a care is Expressed
That our rights become less n less
Our opinions more supressed
As our Constitution in Definition
Becomes a mere Drivers Permit
We full-bellied consciously Submit

And the Rockets Red glare
Today symbolizing mass murders in that land way out there
And there n there
Sent over our sons and our daughters
In which has now new ability to slaughter
Pure snow minds lashed with Hiroshima, Nagasaki, Kienholz, Gwang, Native Americans, SAVAK, Vietnam, Operation Phoenix, East Timor, 300,000 Iranian mother n children living n more

Reagans coin funded contras killing in Nicaragua, El Salvador, and Honotorous
Bagdad, Kwait, Brazilian Indians n All these were citizens
Killed at our will
And these bloody missions
Done for a fuckin commission

Gave proof through the night that our flag was still there
Is it?
Have we completely abandoned ship?
Ms Liberty has a big chip on her shoulder
And we all have a tight lip
As our country flips pages back to colonial
Invasion dressed as Liberation N
Incarnation onto those whom are foreign goers
Yet no one approaches the wealthy governmental roaches for Treason, Abyction of Justice, or Murder
As America turns to face Peace and shunds her
Spitting upon surrounding nations
And urinating on its own population

O say does that Star Spangled Banner
Shouldn’t matter
To us
When we live in silent hidden chaos
Don’t know who to trust… Whats true
Fed pills to erase the blue to feel better
While questioning the lately crazy weather n
Its chemical streaked clouds
Medicated and Heavily Radiated
Of if are you really proud?
O’er the land of the free
And
The home of the Brave?????

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**Open Mic: Closed For Business?**

By Claire Copeland

On October 18th, 2006, the English Department held its annual Open Mic event – participation included the students, faculty, and staff members of Queensborough Community College. The event started with participants reading personal works or the works of others that they felt should be shared with the community; some students and faculty that had originally stood by as viewers eventually participated in the event as well. As the activities drew to a close, those who had participated and observed the event seemed to open and expand their views of this very open forum which allowed students to express themselves in both traditional and new ways. An Open Mic event presents an opportunity for anyone to voice their opinions about the world, speak about their everyday life, in other words, to express their opinions with no strings attached. The diverse community of QCC had the opportunity to introduce one another to their personal views on culture, politics, love and life. Yet the topics addressed that day are not in the spotlight, but rather the “language” in which such diverse perspectives were expressed.

In the days following the Open Mic event, emails between faculty and staff were exchanged expressing concern regarding the language used in the event. This discussion was shared among faculty and staff, but until now most QCC students have been kept in the dark about a debate that escalated online and grew in intensity for several days. The discussion began with an email sent by a member of the Math Department, Professor Broznisky. In his email Prof. Broznisky explained, “I am glad that I didn’t bring my grandchild to the campus today. I am glad that I didn’t see any of my colleagues listening to the profanity dispensed in this poetry reading that the powers that be saw fit to tape. I am embarrassed for those of my students who I saw laughing in amazement at the utter depravity of this vulgar display.” When questioned, Prof. Broznisky was more than willing to elaborate on his concerns. He stated that he did not attend the event but had heard tidbits walking past; the particular language be heard that offended him were words such as “bitch,” “nigger,” and “shit.” Prof. Broznisky then made the suggestion that “perhaps the material could be pre-read by faculty so that suitable disclaimers as to content can be issued” – a reasonable and viable point that should be heard by the community. However, another member of the faculty, in a different department, chose to lay the blame on hip hop – the medium through which most students delivered their works that day.

The attack on hip hop as an art form triggered another intense debate, with many of the faculty rising to its defense. Mr. Mitch, the Four Year College Transfer Coordinator and an audience member at the Open Mic, was upset by the negative comments made towards hip hop and the student body – he spoke on the understanding professors and staff members need to possess before criticizing any facet of an individual’s lifestyle: “You cannot go in and teach students or sit behind a desk working with others without trying to learn something about the people you are trying to educate, or the people

Continued on page 15

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Afghanistan: The Other U.S. War

By IRFAN FARMAN

It has been nearly five years since the U.S. invaded Afghanistan, overthrowing the Taliban regime, and forever changed the landscape of the entire country, and arguably the entire Middle Eastern and Southwestern Regions. While every day news headlines are dominated with stories of suicide bombers, insurgents, and Al-Qaeda supporters who are massacring civilians and soldiers in Afghanistan, the stories of the war in Afghanistan are not so prevalent in the headlines of the American media. While attention and coverage of the war in Iraq is widespread and bountiful, the media chooses to neglect the situation in Afghanistan.

I recently had a chance to speak to a few young men who are in their late teens at a gym. With the topic of America at war came up, being 21 years old myself, I was shocked to learn they were not aware of there being a conflict in Afghanistan, saying something to the effect that “Didn’t we win that war like five years ago?”

Those two teenagers are not alone in their ignorance. I have spoken with many people around my age and they all were examples of Americans not being properly informed about the conflict in Afghanistan. But I do not blame them for their ignorance; I blame the American Media.

In late 2001, in response to the 9/11 attacks, the U.S. targeted Afghanistan not only as a country that harbors terrorists, but a country that was hiding the mastermind of all terrorists, the man believed to be responsible for the September 11th attacks, Osama Bin Laden. After their refusal to give up Bin Laden, the U.S. and Britain launched air strikes in Afghanistan, propelling the countries into a war. It has now been five years and the U.S. is still fighting in Afghanistan — soldiers and civilians continue to stain the mountainous land with their blood while a Taliban uprising and resurgence has taken place with Taliban fighters having adopted the ruthless tactics of the Iraqi insurgents. Yet these facts are continuously ignored by American mainstream media. In the August/September 2006 American Journal Review, Sherry Ricciardi in her article “The Forgotten War,” details the story of a reporter for the New York Times who witnesses a terrible incident in Afghanistan: in February 2006, Carlotta Gall was in Kandahar, Afghanistan to interview Taliban Prisoners when a massive explosion took place on the road where she had just passed in the car she was traveling in. While Gall was eager to report the story, her editors didn’t want her to follow up.

When Gall realized what was going on she began to record footage of the terrible violence and captured images and footage of the aftermath. When she was all over the suicide bomber had left 13 dead and 13 wounded. While this incident remained unnoticed and unreported the rest of the world was in an uproar over the Danish Prophet Muhammad cartoons controversy, which was the hot story at the time. In talking of the terrorist attack she was amazed that her editors didn’t care to report what had happened: “What amazed me even more [than the explosion] was that editors weren’t the least bit interested in the story, so I didn’t write about it, even though I was right there,” Gall says.

In an age of technology and 24 hour news channels, more people get their news from television than from newspapers or articles online; and television coverage of Afghanistan has been mediocre and sporadic at best. This lack of interest is shameful and irresponsible - the amount of reporting that the news channels give to this war gives the impression that there are a few scattered rebels looking to disturb this otherwise peaceful, stable, democratic nation. That isn’t what the case. As reported in the August/September 2006 American Journal Review, the three nightly news broadcasts aired a pathetic 147 minutes on Afghanistan, compared to the year of the invasion in 2001 where 1,260 minutes of coverage were devoted to Afghanistan. The only rise in coverage of Afghanistan was in the beginning of 2006, due to a surprise visit by President Bush in March and the story of a Muslim-turned-Christian who was threatened with execution because of his conversion. The only noteworthy stories in the past year and a half that have been reported on by the mainstream press were a story on a child from Kabul who needed heart surgery on March 2, 2005, and a story on the peace and stability from the region of Afghanistan on September 19, 2005, both by covered by Nightline; as well as a March 5th story about a soldier convicted of killing two prisoners in an Afghan prison, along with an October 16, 2005 story on the drug trade in Afghanistan, both covered by 60 Minutes.

The conflict in Afghanistan isn’t getting the proper coverage due to various reasons. For starters, television, newspaper, and radio journalists and correspondents are, for the most part, not in location or reporting from inside the country. They are more likely in neighboring Pakistan, and if a story breaks then reporters travel to Afghanistan in the event of some incident of importance to the news agency. The major news outlets do not see Afghanistan as high priority as Iraq, or even Pakistan, which as Paul Slavin, head of the ABC worldwide reporting operation feels “is more important to that region” than Afghanistan, as he states in the August/September 2006 American Journal Review. I cannot disagree more strongly as I feel that Afghanistan is just as important to that region of Southeast Asia than Pakistan, if not more important. This is an area in which major Qaeda operatives and leaders such as Bin Laden and Talib leaders are using to their advantage, and for their shelter, so I would think that that warrants enough reason to give more coverage to the country in some shape or form in the American Media.

The drug trade in Afghanistan is seemingly absent from any discussion or story from most news reports and coverage, and it is not stressed how much of a problem it really is. In an October 24, 2006 USA Today article by Donna Leinwand, Rep. Henry Hyde, Chairman of the House International Committee said in an Oct 12th letter to Defense Secretary Donald Rumsfield that the U.S. supported poppy eradication program was a failure. He goes on to say that “The ‘opium crisis’ has increased violence and terrorism against coalition forces there, and is now threatening to totally corrupt all of the new Afghan democratic institutions we support. This drug money is helping to fund and re-organize the Taliban and Queda in Afghanistan.” Despite the severity of the issue, his warnings fell on the deaf ears of the defense secretary. According to an USA Today article Afghanistan is the world’s top supplier of heroin which makes up nearly one-third of its economy. A report by the United Nations last month was followed by Hyde’s letter saying that an estimated 407,724 acres of opium poppy were grown in Afghanistan this year, a 59% increase from 2005! If that doesn’t stifle you than this will - the Pentagon has stated in the past that its main priorities in Afghanistan were to eliminate Al Qaeda and the Taliban; in the article they state that they view drug trafficking as a law enforcement issue! If the money from those drugs were helping to fund and support the enemy, which in this case is Queda and the Taliban, then I would think that this is more than a “law enforcement issue.” However, to the government’s credit, Rumsfield has authorized military units to take along Drug Enforcement Agents to help control areas of drug operations.

If anything has been learned in the past five years it is that nothing should be overlooked, misinterpreted, mistaken, or misclassified when dealing with terrorists and their doings, whether they are in Iraq, Afghanistan, Pakistan, or anywhere else for that matter. The American people should be an important and integral part of the decisions and policies we make in foreign lands, but how can we help to shape diplomacy when we aren’t even aware of what is going on? In a country such as Afghanistan daily battles are fought, lives lost within a blink of an eye, and instability reigns runs rampant over the troubled region like never before. A casual thought about Afghanistan may pass by chance in one’s mind; it might be a thought of how we succeeded in that war, or even worse, one may think the war is not even taking place presently as with the two teenagers men- tioned earlier who had no idea to who luthers to speaking to me were unaware of a war being fought in Afghan-istan. The American media needs to report more attentively about what is happening in Afghanistan, as it is doing in Iraq. The media has falsely labeled Afghanistan a suc- cess story, as if the battle has been won, when it has only started and no long-term contingent plans seem to be in place. A mission that was first labeled “Operation Enduring Freedom” has a nice ring to it, but the end result of America’s involve- ment with Afghanistan may be anything but nice.
Transformation: from War Veteran to College Student

BY KO WO CHEN

Many male teenagers of this generation romanticize war, influenced by movies and video games. People tend to forget that there are still wars being waged, that they go on around the globe in Afghanistan and Iraq. Perhaps we are numbed by all the media coverage of this chaos. Everyday, on the news, we are reminded of the numbers of U.S. casualties and the even higher casualties of Iraqis. Most of us are not affected by the deaths of these soldiers who serve in the United States armed forces at an average age of nineteen years old, the average age of most college students. And just as troubling, many Americans seem untouched by the enormous loss of civilian life. Any soldier will tell you that combat provides a unique experience; these are extraordinary times.

I recently spoke with my longtime friend, James P., an Army specialist formerly stationed in Texas with the 4th Infantry Division. He served in Iraq from April 8th of 2003 to March 29th of 2004 during "Operation Iraqi Freedom." He was honorably discharged on January 2005 and is currently a sophomore majoring in English at Queens College. In the following interview he discusses his experience in Iraq and his transformation back into civilian life.

What were the reasons you enlisted four years in the U.S. Army after high school?

I see war as a challenge. I was curious. I was bored. And, most importantly, I was confused — I didn’t know what I wanted to do for the rest of my life. I got accepted to all the SUNY universities of my choice but I wanted to take a break from schooling, and do things differently from what was expected of me in an effort to “discover” life. I know this is a cliché.

What was your job in the Army?

My official title was “Signal Support Systems Specialist.” Basically, I was the communications expert for my task company. Just like the medics, I followed the fighting and provided communications support.

Can you tell me how you felt about September 11 back in 2001?

I felt scared and bullied. I left on leave from the Army in New York because the attacks occurred, and I knew right away that I was going to be deployed to war. A year later, I was in Baqubah, Iraq.

Tell me about your experience in Iraq.

On the first few months in Iraq were pretty quiet. We all spent our days basically fooling around and playing card games. There was no violence, and none of this was taken too seriously. Then came the attacks started happening. One day three soldiers from my company were killed. Just a day earlier, I was fooling around and playing cards with one of the soldiers that was killed. He was only 20 years old and full of energy; now he was dead. My view of the war and life completely changed after this incident. The war was serious, and death was a real threat.

What was your life defining moment in Iraq?

I was on patrol, riding in a Humvee, we came under an IED (Improvised Explosive Device) attack. A mortar shell was implanted in the body of a dead dog by the side of the road, and exploded when my vehicle drove through. The windshield on the driver’s side shattered, and my driver’s face was crushed really badly. The gunner received shrapnel, luckily only in his head, he walked out basically fine, minus a little hearing. What worried me was that I was wearing my seatbelt at the time of the attack. The army implemented a ridiculous policy that seems to happen all too often from old ass generals in an air conditioned building nowhere near the combat zone, let alone the country of Iraq, where all passengers in a Humvee must wear their seatbelts. With all our equipment on, wearing a seat belt became a difficult task, and taking off the seatbelt was an even more difficult task. We were warned to get out of our immobilized vehicles immediately after an attack to set up a defensive perimeter in case of a second attack, but I was stuck because of my seatbelt. Luckily, there wasn’t a second attack, but I was a sitting duck if there was one. My buddies from the other vehicles eventually freed me but I was steamming because of the ridiculousness of many of the army policies. Once I was freed, I took up my defensive position and tried to listen to my gunner when he called for me but my head was ringing so I couldn’t hear anything too well. He started pointing somewhere, and with my head still fuzzy, I were charging commander style to the middle of nowhere. It was pretty embarrassing. I couldn’t sleep too well that night. Two days later, I was under another IED attack while in a convoy, and my first sergeant gave me some time off as a result.

A close friend of mine survived a grenade attack where three of his comrades were killed and one severely wounded. He and another soldier were the only ones that survived, and tried desperately to help their comrades after the attack. But it was futile. They couldn’t do anything but watch their friends suffer an excruciating death. My friend was eventually awarded the Bronze Star, as well as other accommodations, for his actions on that day. He did not suffer any physical wounds, but mentally he was scarred. After we returned home, a bunch of us went out for drinking, and we saw the effects of the war on my friends. It was very sad and nice, but sometimes some of us would see him in deep despair. He would sometimes go into spells where he would cry and scream that he didn’t do enough to save his friends, or would wonder why his life was spared while those that were killed weren’t. I thought maybe this was just the alcohol talking, but he would occasionally display some of his despair while we were sober. My roommate and I secretly contacted the chaplain and arranged a meeting, and my friend started receiving counseling. But he eventually just faked his way out. My friend actually told us that some prick thought he was crazy and sent him to counseling, but he found a way out because counseling is for weak and crazy people. To this day, I stay in contact with him to check up on how he’s doing. But I’m afraid that something horrible is going to happen because of the impacts the war had on him. Right now he and the rest of the 4th Infantry Division are doing their second tour of duty in Iraq.

Can you tell me about your adjustment from soldier to college student life?

It’s been easy and difficult. It’s easy because I don’t have to wake up at five every morning, spend weeks in the field, or go to war. I enjoy some of the classes I’ve been taking in college, and I enjoy the perks of being a civilian. It’s been difficult, however, because I miss the discipline and structure of army life. I am impatient with the lack of discipline I see in civilians such as students consistently coming to class late, or turning assignments in late, or the professors who allow all this to happen. I think all students and professors are unaware of the comforts in their lives and complain about their problems. Instead, they should be grateful for what they have. I see many civilians living their lives as lazy pigs, complaining and whining about nothing important in their simple civilian lives, ungrateful of all the things they have. In Iraq, I lacked the comforts that many Americans take for granted, and I gained a new perspective on life. I hear students complain about how they have so much schoolwork, or how the cafeteria food sucks, or how they wish they had a better car, or how they wish they had a better job, and it makes me sick sometimes. I sometimes see some people get themselves into bad situations, and demand help and sympathy like they deserve it — like single moms or those that fail exams because of a lack of preparation. I don’t know where all the responsibility went. That’s why I believe all Americans should be required to serve in the military, to gain discipline, self respect, and responsibility. Civil life is very different from military life, to say the least.

How do you feel about the war in Iraq?

When I first heard that I was going to be deployed, I felt patriotic and excited. 9/11 was still fresh in my memories, and I really felt that I was defending my country. Also being in the army, all of us wanted to experience combat because that’s what we train for and hear about constantly. But, in hindsight, I see that the war was nothing about 9/11 so I feel like I was duped. And after several monotonous months in Iraq, we saw that war was not as exciting as we thought it was going to be. When the casualties and attacks started accumulating, we became aware of human costs of war. Upon my return and after reading about the war (besides U.S Army propaganda), I realized the truth and I turned against the war in Iraq. I’m a staunch supporter of the military and its values, but I just don’t see the reason why young men and women are dying in Iraq.

Since 2003 to the present, every soldier who has returned from combat duty in Afghanistan or Iraq is required to attend weekly counseling to help in the prevention of suicide and domestic violence. One of the most common disorders suffered by soldiers who have experienced combat is PTSD (Post-traumatic stress disorder); it has a debilitating effect on the brain’s chemistry that sometimes lasts the rest of a person’s life. It can lead to flashbacks, sleep disorders, panic attacks, survivor’s guilt, depression, and emotional numbness long after soldiers return home from duty. war zones. Many officers, NGOs (Non Commission Officers), and soldiers in the armed forces who served in Afghanistan and or Iraq are afraid of admitting PTSD where it might affect their promotion and career in the military. They do not want to show any signs of weakness among their peers due to their leadership position.

In combat, the first effort is to save the wounded. Some 98 percent of the wounded now survive, and the death rate for American soldiers has decreased 22 percent in comparison to the first Gulf War. Due to rapid MEDDAC (med- ical evacuation), high tech body armor capable of stopping high-velocity rifle rounds, fast-cloot bandages, and access to quick blood transfusions, many soldiers who would have formerly bled to death have been saved. Even with such modern high tech medical interventions, there is one thing that every soldier has to cope with and that is mental stress. The sacrifice soldiers make in selfless service for this country should not be forgotten.

If you are interested in reading other interviews with and stories about soldiers who have served in Iraq, recounting their experiences and reflections on the war, visit www.justanothersoldier.com. It started out as an online blog and continued, webedited and improved, by Jason Christian Hartley, an infantryman from the New York Army National Guard. The blog was later published as a book with the same title. Another book, based on a female soldiers account, is Love My Rifle More Than You: Young and Female in the U.S. Army by Kayla Iacovino. A former Arabic linguist in the Army, she focuses on the stress of combat, the questionable treatment of Iraqi prisoners, and her critical opinion of the U.S. administration. For those who appreciate documentary films, check out the film Operation: Drumlins, Gunner Persson’s experience in the wars in Afghanistan, Baghdad ER, and Last Letters Home. Also, The Dream of Sparrows, by Iraqi director Hayder Mosua Daffar, examines life in Baghdad and Fallujah under U.S. occupation.
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The Life and Death of CBGB’s

BY ANNA WINSWOOD

On October 15th after 33 challenging years, New York City’s rock haven CBGB’s has shut its doors, apparently for good. CBGB’s was a legendary punk rock music venue located at 315 Bowery and Bleecker on the Lower East Side of Manhattan. It was made both famous and infamous by the artists who began careers there and rose to stardom. The Ramones, Television, Blondie, and the Talking Heads, among numerous great bands, all contributed to the legend that became CBGB’s. The full name of the club was CBGB and OMFUG, “Country Bluegrass Blues” and “Other Music for Uplifting Gordmans.” (Gordmans by definition, means a greedy voracious eater...in this case, an eater of music).

CBGB’s was founded and opened in December 1973 by Hilly Kristal. His intentions were to create a club for country bluegrass music. Little did he know at the time that his club was to become the fertile birthplace of American punk rock music. It is always difficult for musicians to break into the market, and New York City during 1970’s was no exception. Many clubs would not allow bands without signed record deals to play, therefore gigs and media attention were hard to come by. Hilly Kristal broke the trend by allowing unsigned bands to play his club.

In 1974 a band called Television, which served as the punk rock barrier breaker took the Sunday night weekly“breakthrough.” CBGB’s became known as the hot spot in the country for punk bands, especially The Ramones. Television and The Ramones became two of the most important punk bands of the 70’s. Quickly following their success a new wave of musicians landed at CBGB’s and it was off and running as the epicenter of NYC’s musical stomp ing grounds. Bands such as The Television, Blondie, and The Fleshtones all got their big break at CBGB’s. And not only did the club become home to local bands (The Ramones hailed from Queens), playing CBGB’s became a highly desired “must” gig for bands touring in the NYC area. Famous musicians who played at CBGB’s include, among others, AC/DC, The Beastie Boys, Elvis Costello, The Dave Matthews Band, Disturbed, Green Day, Goo Goo Dolls, Guns N’ Roses and Korn.

Anyone who has been to CBGB’s knows that its unique décor was worth talking about. From the outside the club looked like a hole in the wall bar. Once inside, it was dark, distal, and wonderful! The walls were covered from top to bottom with stickers of bands who had played there or would have liked to. It was a small venue, with a maximum capacity of 300. Regardless of where you were, one would hope you could not escape the music. CBGB’s was known for having one of the best rock & roll sound systems in the city. The music at its peak would “Raise the Roof.”

And then there was the one of a kind smell. The unmistakable combina tion of beer, sweat, urine and on occasion vomit. That the club was located on Bowery speaks volumes. The Bowery during the 1970’s was not a pretty place to be. It was filled with flophouses and the homeless and alcoholics lined the street. On certain nights entering CBGB’s was like stepping through an obstacle course of sleeping bodies. Between its lower Manhattan location, its smell, its music and great sound, CBGB’s was a true rock & roll haven.

In 2005, Hilly Kristal found himself in a rent dispute, with his landlords claiming he owed them $91,000 in back rent. Unaware that his monthly rent had changed, Kristal was shocked. Once his lease expired an agreement with the building’s owners allowed him to keep his club open for an additional fourteen months. During this time Kristal believed CBGB’s earned the right to be noted as a historic landmark. Unfortunately, both Kristal and Bloomberg were unsuccessful, and, after doing all that could be done, Hilly Kristal was forced to close his club for good on October 15th.

A heartbroken Kristal, now 74 and reportedly fighting lung cancer, plans to open CBGB’s in a new location that is quite different than downtown Manhattan: Las Vegas. He wants to strip the NYC club and take every little bit with him...literally. He’s stated, “We’re going to take the untold.”

Everything about CBGB’s was, in its own way, magical, and a major component of that magic was its special New York City mojo. Whether the club’s unique vibe be recreated in the desert is anyone’s guess, but with Kristal involved the odds are pretty good.

CBGB’s final Bowery show was performed by Patti Smith. The club was packed to capacity for the goodbye celebration with a seemingly larger crowd gathered outside the doors. Red Hot Chili Peppers had the honor of closing the attendance, celebrating his 44th birthday. It has been reported that once 12 o’clock hit, the crowd as well as Patti Smith all joined in singing “Happy Birthday” in his honor.

CBGB’s also has a store selling its own merchandise. CBGB Fashions which was once located at 315 Bowery will have a new NYC home starting November 1st, taking up residency at Broadway and Bond Street.

Substance Abuse among College Students

BY LATEEFAH BROWN

Why do college students turn to alcohol or drugs as an anti-depressant? There are no easy answers. Oftentimes students abuse addictive and harmful substances when they are doing poorly in school, having family problems, or going through a relationship crisis. Unfortunately, the majority of students who abuse alcohol and/or drugs over the long run develop a serious chemical addiction to depression. And to exacerbate the problem, many college students who face depression may never receive help from a psychiatrist.

It might seem like a great experience to “get high” or consume large amounts of alcohol, but the consequences of putting harmful elements in your body are costly. Your body literally begins to break down. And soon, one’s motivation to attaining one’s goals in life gradually disappears.

The effects that drugs have on the body may include: nervousness, moodiness, sensitivity, paranoia and other negative effects. Generally the attitude one is left with is “I don’t care. Why should I?” Alcohol can be the most dangerous. The National Mental Health Association provides several useful resources regarding substance abuse and its effects.

“The Truth about Alcohol and Drug Abuse” states that hundreds of thousands of today’s college students will eventually die of alcohol-related causes, from accidents, cirrhosis of the liver, heart disease and many other diseases. The data included in this article should have a lot of students thinking about changing their drinking habits. Women who drink face liver problems sooner than men and alcohol consumption can increase their risk of breast cancer.

A lot of people are astonished by the number of college students who become addicted to alcohol and drugs. One reason is that the student’s behavior on campus is very different from when they are home with their families. Most guardians send their children off to school with good intentions, unaware of their children’s predisposition for drugs. The students who drink and smoke are endangering their lives with dangerous substances, and need to get assistance right away. It’s heartrending when parents have to make funeral arrangements for their children whose abuse of drugs or alcohol cost them their lives.

The University of North Carolina (www.unc.com) has a college fact sheet on substance abuse that helps us to understand the seriousness of the problem:

• The average college student who has one drink a day earns a GPA at only a C-level, and grades continue to fall with higher consumption.
• Women need to drink only half of what male students drink for them to do just as poorly as males do on their grades.
• Almost half of all academic problems come from abusing alcohol.
• Substance abuse also accounts for a third of dropouts.
• Half of all campus injuries are alcohol-related.
• One third of people who die in drunken driving crashes are under 25 years of age.
• Alcohol is the leading cause of death for young people.

Alcohol is the leading cause of death for young people.

When students consume an alcoholic beverage they may think it’s good for them, but alcohol is really a depressant. Students should be able to find useful things to do with their spare time without consuming alcohol or taking drugs. If a student goes to a party the day before an exam and drinks heavily, what are the chances of that student passing? Being dependent upon alcohol can cause a lot of confusion and tension in a person’s life. It can also prevent a student from coming to class at all. It is imperative that we understand the disastrous effects of drugs on the individual’s mental, social, and physical health.

We should always be alert if alcohol and drugs are in our presence for safety purposes. It’s very important for college students to achieve their goals without the interruption of substance abuse. We can party but if you aren’t familiar with your limit it’ll lead you into trouble. If you need help, contact your student health and/or counseling service. You can also dial 1-800-DRUGHELP 24/7.
Sleep: Good for Your Body, Grades, and Those around You

BY DANIELLE MORGANSTEIN

It’s understandable that college students don’t get enough sleep. We have plenty to juggle — between school, work, family and friends; it’s hard to prioritize each proportionately. Consequently, we struggle to accomplish as much as we can in a day. I know I’m not alone when I mention late-night cramming, or an early morning trying to squeeze in some last revisions to that interminable term paper! Then there’s that not-to-miss late night party when you’ve got an early class the next day. There might even be the possibility of work, and your shift doesn’t end until 2 a.m., and your first class the next morning is 8 a.m. Whatever the case, too much work or play, and too little sleep, can do great harm to the mind and body.

When a person doesn’t get enough sleep, they feel fatigued. Imagine having to take an exam when you’re operating on only three hours sleep. Most likely, you’ll have to blink at the exam’s questions a couple of times, thinking to yourself, “Didn’t I answer this already?” In addition to a lack of concentration and an inability to remember clearly, you’re also more susceptible to getting ill. As young adults, we need about 8-9 hours of sleep, daily. That doesn’t mean nine hours one night, four the next, and three hours of sleep two days later. Sleep must be consistent in order for the body to restore, rejuvenate, and maintain healthy functionality.

There are five stages of sleep: 1, 2, 3, 4, and REM. Stage 1 is the state of drowsiness. You might even feel this first step of sleep sitting in class. Your eyes feel heavy and your professor’s voice begins to drill your mind. It’s your body’s way of telling you: I need rest! Stage 2 is a “light sleep.” Our muscles and brainwaves become slower, our heart rate slowly decreases, and our temperature begins to drop. Stages 3 and 4 are considered “deep sleep.” Slow brain waves, called ‘delta waves’ begin to appear. In this stage, it’s very difficult to wake a person. There is no eye movement, or muscle activity. If you ever do happen to awake from this stage of sleep, you’ll feel groggy and find it difficult to become fully aware. The last stage is REM. In this stage, our eye movement becomes rapid, and our breaths become irregular and shallow; blood pressure increases, our hearts beat faster, and our limbs become temporarily paralyzed. It is in this stage that you dream.

Aside from how sleep stages affect our body, sleep generally helps us remain healthy. First, sleep rejuvenates our memories, allowing the brain to rest and be able to store more information. The REM stage of sleep energizes our part of the brain that controls learning. Slow sleep also helps us socially. The part of the brain that controls our decision-making, emotions, and socializing skills becomes rested, allowing us to interact with our teachers, friends, peers, and family ideally.

Sleep also affects our immune and nervous systems. When someone is sleep-deprived, the neurons that are normally repaired during sleep are not able to perform efficiently and our bodies’ nervous system becomes impaired. In regard to our immune system, sleep slows down the process of protein being broken up in our body. Without sleep, our cell production would decrease leaving us prone to infectious diseases.

Sleep deprivation can also negatively affect your performance in school and even your personality. Because of the importance sleep has on the part of your brain that controls learning, you are unable to concentrate optimally. What’s the point of even coming to class if you can’t retain the information you just learned? Secondly, being deprived of sleep, you’ll become moody, irritable, anxious and impatient. Interaction with anyone would probably put you in a bad mood. It’s unlikely that they’ll sympathize with your crankiness.

Patterns of sleep deprivation, whether it’s one night, or over a year, is called insomnia. The first type of insomnia is called Acute, or Transient Insomnia, and can last any period of time, from one night to a few weeks. It’s caused by any temporary situation, such as a fight with your boyfriend or girl friend, or even a small cold that you’re getting over. The second type of insomnia is Intermittent Insomnia, which comes and goes. It is most commonly found with people who are experiencing temporary stress. The third type is called Chronic Insomnia, which occurs on most nights over a lengthy period of time. This form of insomnia is usually not as common, because it’s usually a result of physical or psychological conditions, medications, or other substances, such as caffeine, nicotine, and alcohol.

After understanding how rest is beneficial to our well being, and recognizing negative substances and activities that can lead to sleep deprivation, we can now ask: How can I improve my sleep? First, it’s best to relax. Read a book, watch some television or listen to music right before you head off to sleep. There are a variety of different things that you could do to put you at ease. As far as leaving work for the last minute, it’s best that you make prioritized lists. This way, you can allot your time to allow yourself a break when you need it. Lastly, you should cut down on your caffeine and nicotine intake and keep consumption of alcohol to a minimum.


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Come on Down to Chinatown

By Oskarobrunn Haukshaun

Chinese immigrants founded Chinatown, in New York City, in the late 1870’s. It is located on the far east side of Manhattan, below Canal Street, and is one of the city’s oldest neighborhoods. Wo Kee, the first Chinese grocery store in the U.S. opened on Mott Street in 1878. In addition, NYC’s Chinatown is the largest in the United States. The U.S. census declared it is the largest settlement of Chinese Americans in 1980.

Today, Chinatown is considered a standard tourist destination for visitors to New York City. Each street has its own unique pattern of shops and restaurants, and presents an interesting artistic experience. Canal and Mott Street are both known as the heart and soul of Chinatown. As you stroll down Mott Street below Canal, you will come across one of the oldest churches in the city. Church of the Transfiguration, built in 1801. Canal Street is famous for its great bargain shopping and jewelry stores. If you are looking for fresh vegetables, fruits or fish, then Grand Street is where you need to be. You’ll find supermarkets and stores with an endless array of garden-fresh ingredients for all your cooking needs. On Baxter Street, resides a small Vietnamese population, as well as various Vietnamese restaurants. Columbus Park, situated on Mulberry Street, is an excellent location to play chess, or to just sit and relax after a long day of walking and shopping. Many people visit Chinatown for the genuine Asian cuisine. With nearly 300 restaurants to choose from the process can seem overwhelming, but the food is definitely worth the challenge.

An event called “The Taste of Chinatown” takes place every year in April and October from 1 to 6 P.M. The concept behind “The Taste of Chinatown” was to bring more people back to Chinatown after the events of September 11, 2001. The festival started in October 2004 and has developed into one of the most large anticipated occasions in N.Y.C. drawing fans of Asian food from across the U.S. and beyond. The event is organized by the Chinatown Partnership Local Development Corporation (C.P.L.D.C.), which helps to maintain the exclusive culture of the Chinatown in New York City. Sponsors for the occasion included the U.S. Department of Housing and Urban Development, Chinese Radio Station (C.W.C.B.), the September 11th Fund, N.Y.C. & Company, ABC 7, Chinatown New York City, L.M.D.C, Pushmata 265 Mall, General Motors and Weston Food INC.

I recently had the opportunity to attend the fifth annual “Taste of Chinatown”. There were a variety of dishes to sample; the price of each plate was $1 or $2. Participating were over fifty-five restaurants, bakeries and teashops. The different dishes included Chinese, Indonesian, Thai, Singaporean, Vietnamese, Japanese, Malaysian and others of Asian origin. The five hour event is not only about tasting a selection of delicacies; there’s also lots of activities such as, a fortune cookie writing contest, games for children, authentic Chinese drawings, cartoons, music, Asian arts and crafts, Origami, massages for $5, the Lion Dance and much more. The available foods consisted of Vietnamese Spring Rolls, Curry Chicken, Papaya Salad, Sautéed Shrimp, Don Sum, Grilled Beef, Rice Noodles, Fried Rice, Japanese Seaweed Salad, Shrimp Summer Rolls and Sweet ‘n Sour Pork just to name a few. The beverages offered are several assortments of tea, such as Mango, Ginseng, Bubble and Green Tea among others. My favorites were the Fried Rice, Sweet ‘n Sour Pork, Chinese Tamales, Crab Sushi Rolls and Green Tea.

On the streets of Chinatown, there were thousands of people enjoying the celebration at once. Many people of all ages and ethnicities were in attendance, admiring the scenery, tasting dishes, shopping at the nearby stores and taking part in everything the festivities had to offer. If you’re not a fan of large crowds this event may not be for you.

Be sure to get to Chinatown early; exploring the neighborhood can be an all day adventure. Most stores close by 6 P.M., and restaurants at 11 P.M. It may take more than one trip to learn the layout of the streets and without a map getting lost is quite possible. Finally, if you do venture to Chinatown, Bubble Tea is absolutely worth trying. The sweet drink originated in Taiwan and is a mixture of tea, non-dairy creamer, water and sugar with Tapioca Pearls located at the bottom of a glass (after one taste you will become a fan).

My overall experience was wonderful. I tried many tasty Asian cuisines, bought a few souvenirs, got a relaxing massage and entered the Fortune Cookie Writing Contest. The event is a great idea for family and friends to spend time together, learn about different cultures and chow down on some great tasting food. I will definitely return for the sixth Taste of Chinatown in April 2007.

If you’re searching for delicious Asian cuisine, fresh produce, great shopping deals, guided tours, antiques or entertainment, why not visit NYC’s Chinatown? You might just find what you are looking for and a lot more.

Getting to Chinatown is just a train ride away. Here are the directions by subway: Q, R, I, Z, N, W, M or # 6 train to Canal Street station; B or D to Grand Street station; or F to East Broadway station.

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How to Be Healthy

By Nihira Beltran

Having good health means having happiness in mind, body, and soul. But, people can only achieve this state if they take care of themselves. To achieve happiness in life it’s important to keep a balanced diet and to follow a sound exercise program, doing so will improve one’s physical and emotional health.

Healthy people are generally positive and enthusiastic; they also tend to have more control over anxiety and stress. They have more energy for family and friends, and they also tend to nurture intimate relationships with their significant other.

Although a healthy diet and exercise can improve the quality of anyone’s life, most people don’t make the effort. There are many reasons why people do not eat healthy food: they may not be aware of the benefits that each food can provide for the body; they feel that they don’t have time to eat a decent meal; perhaps they do not care for their health; or, it could be as simple as “broccoli tastes yucky.” For many Americans, bad eating habits are creating unnecessary health risks including heart problems, high blood pressure, high or low blood sugar levels, obesity, cancer, and many more.

According to the United States Department of Agriculture, a government organization that regulates the food industry in America, there are guidelines for the types of food that people should consume on a daily basis to maintain a balanced diet. Some recommendations have been presented in the form of a pyramid which is divided in four levels (See Figure 1). These recommendations will help decrease the likelihood of many illnesses.

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Figure 1

Continued on page 12
What if a Student has a Complaint?

**By Michael Villarreal**

What if a student has a complaint against a Queensborough Community College employee? Do you feel lost or powerless when this happens? Can you do? Who can you turn to for help? During my years at QCC I have seen and heard numerous students complain and criticize various QCC employees, but do nothing about it. I decided to find out what our options are if we ever have a complaint against an employee at QCC. I’d like to act on. This article will be your compass, helping you navigate through the process.

The first person you can turn to is the QCC Student Government. Whose President, Mr. Lin Lee. Having spent two years as a U.S. Army Drill Sergeant, Mr. Lee is no stranger in mediating conflict; he feels that “everything needs to be fair,” and one should open a mind when faced with any issue. He briefly described the process of dealing with a complaint: First, Mr. Lee would talk to the professor or other staff person that the complaint has been brought against; he would then ask the appropriate Dean to run background checks to make sure he has objective witnesses——Mr. Lee says getting both sides is a part of “understanding the situation.” Then, after hearing the witness testimony, Mr. Lee will make his ruling according to the facts available.

If you prefer to address your complaint in a more formal manner, our Associate Dean of Student Affairs, Dr. Paul Jean-Pierre has this advice for anyone experiencing a conflict with a professor: speak with the professor, then the Chair of the department. If you want to speak with Dr. Jean-Pierre, you can do so at any time to discuss the progress of or other options concerning your complaint. The Dean takes special care to ensure that the process is fair to both sides, because according to him “anyone can accuse anyone.” Next, if the Dean decides an investigation should be held, the report will be given to both parties 30 days after the initial report along with a course of action—if either side wishes to argue on the report’s findings, they may file an appeal within ten days, but the final decision to appeal the findings is made by the Vice President of Academic Affairs. When asked about the number of complaints lodged on the QCC campus, Dr. Jean-Pierre stated that “complaints are going down.”

The Dean told me that Lee had suspended only one student in his five years as Dean. But even with his authority, Dean Jean-Pierre admits: “I do not view myself as a judge; because after all QCC is not a court of law.” Dr. Jean-Pierre feels that the best part of his job is working with the students. Speaking that idea, the VP of Student Affairs, Ellen Hartigan, put it: “we’re here for the students.”

Another individual you can turn to on campus is a former C.P.D. Officer in the Freeport Police Department on Long Island with more than 24 years of experience, the Director of Public Safety, Edward Locke. Mr. Locke has a simple job description: “promoting security in a positive way.” Mr. Locke went on to describe his personnel not as security guards, but rather sworn peace officers that do have arresting powers. The training of these peace officers lasts eight weeks, which is above and beyond the requirements of the penal law. In case of complaints against peace officers, Director Locke assured me that all complaints are fully investigated.

If you wish to bring your problems confidential, however, you can speak with a counselor at the counseling office. I spoke with one of the counselors, Dr. Belzer, who told me that anything said in session is strictly confidential unless you intend to harm yourself or others. In the counseling office you may talk freely, and the counselor will do their best to help you resolve your issue or direct you to someone who can be of more assistance. Dr. Belzer also informed me that most students who have conflicts with their professors often decide to drop the course. However, like Dr. Jean-Pierre, Dr. Belzer recommends that you “talk with your professor first before dropping!”

Dr. Belzer went on to tell me that through all the years he’s worked as a counselor, he had not heard “...many complaints against faculty members.”

According to the many students I talked to, most complaints are generated during the registration period at the Registrars and Bursar’s office windows. One of the biggest complaints concerns the number of windows available compared to the number of windows staffed at the Registrar. When questioned, an employee at the Registrar’s Office explained that this was due to the fact that the Registrar’s office is understaffed. The Registrar’s Director, Ms. Talilo, suggested that students take advantage of phone and online registration services in order to skip the lines. Right next door at the Bursar’s offices, I spoke with Ms. Sanders, an experienced employee working at the window who often assists students. She told me that one of the reasons for the long lines is the unnecessary distractions such as: cell phones and music players that students use while being serviced who rob the staff of what they need from you - your undivided attention. Students should keep in mind that during certain times the Bursar and Registrar’s offices tend to be crowded, as at the beginning of a semester. Also, some students may have a communication problem (language or lack of understanding), in which case you should exercise patience and understanding. Here are a few tips taken from the Bursar’s Office to help shrink the line:

1) Bring your Bursar’s receipt when you go to the window.
2) Write out your check before you get to the window, or better yet avoid the line entirely by dropping your check in the nearby lock box.
3) Bring your own pen.
4) Don’t wait until the last minute to pay your registration fees.
5) Be aware that credit cards payments take the longest.

President Lee summed up a student’s true purpose on campus: “we come here to study.” And it is vital that college students act with respect, maturity, exercise patience and carry themselves with dignity, in order to get the most out of their college years. While college can be stressful, one can find joy and purpose in every aspect of their life. One can find joy in their classes, their friends, their futu.
College Food at Prices Students Can't Afford!

BY KRISTY VAQUEZ

Students pay a total of 1,600 dollars for a semester at Queensborough. That sum covers tuition, and lab, safety and technology fees. Two of these services, lab and technology, are not needed by most students. Wouldn’t it be a good idea that the extra fees be used for a meal plan for students who can’t afford to buy food and are on campus late nights, such as the many who stay until 6 or 10 pm? Every student I’ve talked to this semester has noticed that cafeteria prices have gone up since last year. To investigate this issue I recently interviewed the manager of the cafeteria, Marcos Peralta. This is his response to the rise of food costs.

MARCO: We only raised about 20 popular items prices this semester about 40 cents. The reason why the prices are raised, is because we contribute some money to the school and we need money to pay for food in the cafeteria. The Q.S.A. association also gives money that we make to the school so some students can attend school.

KRISTY: Do you think that the prices in the cafeteria are cheaper than the surrounding neighborhood eateries?

MARCO: If you think about it, we are cheaper to buy from than around the neighborhood that the school is in.

KRISTY: How do you figure? I went out the other day to the Chinese restaurant, Empire Garden, with a friend and all together we paid eight dollars. We managed to have a full meal, plus drinks and dessert. While at here at QCC, a full meal for the two of us costs fifteen dollars.

MARCO: Well, you only went to one place. There are many other places in the neighborhood you didn’t try out.

KRISTY: Okay, well McDonald’s total for a meal on the dollar menu is no more than $4.00; Subway: $6.95; Sushi restaurant: $8.50; A sandwich and drink at Key Food: $4.00. It seems that I have covered pretty much all the restaurants in the neighborhood and then some.

KRISTY: How about creating meal plans for the students?

MARCO: I would like Metro Foods to have meal plans because it would be easier for students; but it’s not possible.

KRISTY: Why isn’t it possible? It seems fitting to have one since this is a big CUNY school.

MARCO: A lot of students transfer from our school to other four-year colleges. So it would be difficult because we are only a two-year school. But overall, it isn’t up to me about some of the changes in the school cafeteria.

KRISTY: Well, who is it up to, to make the changes in the cafeteria?

MARCO: The Q.S.A. is who students who have concerns should speak to. I would also like to speak with the new student government, to see what we can do to improve the cafeteria. There is no communication between us, and I would like some feedback. I am very open to suggestions. So if anyone else has any comments or questions, even suggestions they can feel free to speak with me or even call me at (718) 279-3090, or at imperalta@qcc.cuny.edu.

KRISTY: Alright, thank you Mr. Peralta for your time, and I hope to see changes in the food service at QCC very soon.

It seems as if Mr. Peralta is very interested in helping to change how the cafeteria is run. As students at QCC we are responsible for the changes in our school. The student body as a whole has a say in what goes on - but everyone seems to think otherwise. Well now you have a chance: Mr. Peralta asks you to contact him if you have any ideas or questions concerning the cafeteria and how it’s run. I have also tried contacting the employees of the Q.S.A. and not one of the five have bothered to email me back, including the department head Ken Williams. If you would like to contact him here is a number you can call and find out what he can do to change our CUNY experience: (718) 281-5787; or you email him at kwilliams@qcc.cuny.edu. Maybe you can get through to him with your phone calls and maybe we can see a change before most of us graduate. If you have any questions or comments on this article please feel free to email me at kcny1029@gmail.com.

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Take Care of Your Money

BY YONG-ZHI HUANG

What are your spending habits? Are you one of the typical young adults today who max out their credit cards, spending that hard earned paycheck on an expensive brand name product such as designer clothing or one of those iPods every other person seems to have? At the end of the month, ever wonder where all your money had gone? Ever ask yourself why you kept borrowing money from others when an emergency occurs? Young adults today are spending more than they’re making: with the availability of credit cards, it became possible for a person to buy things with their future wages. Young adults today are being brainwashed by the aggressive advertising of the media in buying things they don’t really need. Schools today teach young adults how to work FOR money rather than how to manage it; resulting in the habit of overspending, with no money left for emergencies.

If you think you’re financially illiterate, don’t be alarmed — you are not alone. Many people simply pass on everything they earned from that last paycheck back into the economy with no consideration for investment, because they have no idea how or where to start. So what can you do to start turning your financial nightmares around? I have compiled a list of 10 tips to guide you to financial success:

1. The best way to learn about money is to learn from your mistakes. If you’ve ever been in a bad financial situation, think of it as a lesson: think about why you were in debt and what you can do next time to avoid the problems.

2. Take a financial seminar — look for free financial seminars in newspaper advertisements — topics covered in seminars such as real estate and personal finance, coupled with financial or social networking can get you started on the right foot.

3. Start a savings account at a local bank if you haven’t done so; a savings account gives you a very secure place to store your money, not to mention the extra interest you can earn. Just make sure they’re FDIC insured.

4. Conserve your spending, and always set aside a portion of your earnings each month for your savings account and other investment options such as stocks, bonds, and real estate.

5. If you have extra money lying around and you know you are not going to touch for a long time, invest them into Government Issued Bonds - this is money you lend to the government in exchange for a full return plus great interest after 10 years or more when bond matures. It’s risk free because unlike corporations, governments are much less likely to collapse or go bankrupt.

6. Study FREE investing lessons on www.investopedia.com this is the best FREE resource for you to take advantage of. The website teaches you everything you need to know about the concept of financial investing and management.

7. Do not make purchases (especially with credit cards) you know you’re not going to pay off in the short term, because interests are an hassle and an unpaid balance is the worst thing you can do to your credit history.

8. Pay off your current debts! If you are deep in debt, pay off your debts as much and as fast as possible. Live temporarily on a bare minimum by canceling services you don’t need, such as cell waiting, internet service, or cable TV. You can also contact a credit counseling service to figure out a plan to help you pay off your debt. Having a great credit score is the key to a better financial future.

9. Avoid secret and unfair charges from companies by reading the “fine print” when you sign up for their services. There’s a reason they make the “fine print” so small - most hidden fees and special charges are printed there because they do not want you to know about them when you sign up.

10. Set a goal, such as getting a certain car or buying a condo or house. A goal will prevent you from overspending and help motivate you to invest intelligently.

Remember, knowledge is power! With the right knowledge of money management in your mind, I’m sure you will be able to take good care of your current and future earnings; you will thank yourself later when you get that dream house or that hot car you always wanted.

Be Healthy

Continued from page 9

By following these recommendations and exercising, people will undoubtedly improve their health, especially those who are already ill.

An easy way to find out what a food product contains is the food label. Found on all food products, it helps people identify good sources of fiber, minerals and vitamins. The DV or Daily Value is the amount of nutrients that should be consumed in a person’s everyday diet.

Recently the USDA published new guidelines on portion size and nutrient consumption. Products such as fruits and vegetables are now recommended to be consumed in large amounts; daily dairy intake should be increased to at least three glasses of milk a day. They encourage eating products that are rich in protein such as chicken, fish, meat, and whole grains. It is also recommended that exercise be increased in order to maintain a lower risk of illness. Exercise not only helps the person to be in shape but also decreases the risk of heart attack, blood pressure problems, as well as obesity. Everyone should exercise at least 30 minutes a day, three times a week, but increasing the time to 60 minutes a day not only helps the person to stay healthy but to also keep their ideal weight.

As people begin to include more portions of fruits and vegetables in their diet, they also need to be aware of the risk that they are taking in consuming these products. Raw or uncooked food is not always safe, and these types of food need to be eaten very cautiously. In the past month, alarming reports have surfaced announcing the discovery that that raw spinach and lettuce had been found contaminated with the very dangerous bacterium E. coli. E. coli can kill humans if not discovered and treated in a timely manner. However, raw vegetables are not the only type of food that carry the risk of sickness; other products such as ground meat and certain carrot juices carry this risk as well. People have to be aware of the foods that they are consuming on a daily basis, so that in the event of food poisoning they can be properly treated.

The process of implementing a new eating habit is very difficult at the beginning. It takes time, and it needs to be done slowly. People need to be knowledgeable of the key factors in a balanced diet: eat a good breakfast, get sufficient protein, drink plenty of water (very important), lower the amount of sugar in what you are consuming, include more fiber, eat very little fried foods and when using oil, it should be olive or canola, and avoid sodium as much as possible. These key factors will help people maintain a healthy heart, strong bones, and lower the risk of other diseases. It is better to start now and begin following the USDA recommendations, than to have health problems that will worry family and friends in the future. It will take time to change, but developing a healthy diet and exercise regimen is something everyone should start now, before it is too late.
The success of the computer game “World of Warcraft” can be compared to Michael Jordan’s career. “World of Warcraft” has won 29 different awards, including Video Game Awards’ Game of the Year in 2005, and it is the fastest selling PC game of all time. “World of Warcraft” is a massive multiplayer online role playing game; to gamers the term is MMORPG. There are players from many different countries playing this game all the time - no matter when you log on, there always will be players to play with or against. From its release date of November 23, 2004 to March 2006, Blizzard Entertainment, the creators of “World of Warcraft,” has estimated the number of people playing this game to be 6 million. Other MMORPGs do not compare – “EverQuest,” “Guild Wars,” “City of Heroes,” “Final Fantasy XI,” none of these come close to the number of players that “World of Warcraft” has attracted. The most popular MMORPG before “World of Warcraft,” “EverQuest,” had only managed to gather 450,000 subscribers at its peak. “World of Warcraft” differed from all other games as the masses would 6 million people play a game that many call “pointless” for months, even years.

In the last few decades, the MMORPGs have been constantly evolving, adding new concepts that no one has ever seen before in online gaming. The first ever graphic MMORPG was “Neverwinter Nights,” powered by Quantum Computer Services which is now known as America Online. “Neverwinter Nights” had over 500 players playing it throughout the game’s history. A game created by Electronic Arts called “Ultima Online” hit the shelves in 1997 and fast become a success due to faster internet connections, better graphics, and improved game play. However, with technology constantly advancing, “Ultima Online” got old very quickly and a new MMORPG came to take its place in March 1999, called “EverQuest.” “EverQuest” revolutionized the MMORPG world with outstanding graphics, unique game play, a growing economy within the game, and the ability to allow players to cooperate in achieving a certain objective. As more MMORPGs were released, new additions and improvements were made to game play and graphics. With these things evolving constantly, people were always asking for more than what the last game had offered them. The answer came on November 23, 2006, when “World of Warcraft” took the gaming world by storm. According to Tor Thorson, a journalist for Gamespot.com, “World of Warcraft” sold 240,000 copies within 24 hours of its release. After a week of its release, it had sold 350,000 copies - making “World of Warcraft” the fastest selling PC game of all time. With a vast world, countless items, an unlimited amount of quests and 349,999 players on opening week, “World of Warcraft” quickly separated itself from its competitors. This game offered more than people expected. In the game “World of Warcraft” you can customize your character, from its race, class, and appearance. The game’s concept is “perpetual character development.” You can develop your character by leveling up, getting new items and learning your skills. The highest level you can reach is 60, but it will take a good amount of time - from personal experience, it took me 20 days, 12 hours, 28 minutes and 38 seconds of game time to reach level 60. There are also groups of people that form guilds to play, complete quests, raid, and meet new people. Some guilds get very serious about the game and take the time to organize end-game raids - a 40-40 player cooperative effort that can last for hours. The game has a very realistic free economy - everybody competes to sell their virtual items on the auction house. The auction house is an excellent system to get items sold, or to buy items that you may need. Some people use this virtual environment to practice their economic or business skills. Another way of competing in the game is in the battlegrounds, where two warring factions fight for specific objectives.

Long before “Blizzard” had announced its 7 million player mark in August 2006 many players had entered contests involving “World of Warcraft.” Categories include best art, best comic and best in-game video. One video that was made famous worldwide is by Leeroy Jenkins. Jenkins’ video cannot be explained or understood, but it can always be “YouTubed.” Even the popular television game show “Jeopardy!” has mentioned “World of Warcraft” and Jenkins’ video: “This Role-Playing game out in 2004 returns to the world of Azeroth, where heroes like Leeroy Jenkins do battle. And most recently, a “South Park” episode which aired October 4th, 2006 dedicated its entire storyline to “World of Warcraft.” Some celebrities play “World of Warcraft” as well, including comedian Dave Chapelle, who according to Tor Thorsen of Gamespot.com has also praised it in a San Francisco nightclub appearance.

People who play video games used to be stereotyped as nerds, but the world has changed - and luckily many people play “World of Warcraft” today, decreasing the number of nerds on the streets. The game population consists of people of many different ages from all over the world; I’ve met people ranging in age from 13 to 46 – many of the older people were hard workers with families, and an old guild leader of mine is the owner of a company in New York. Generally, the game population can be split in to two groups: the casual players who value sleep, and the “hardcore” players who are on almost 24/7 obsessed with being the best.

“World of Warcraft” is highly addicting, and may pull newcomers into playing for months without pause. The addiction cannot be beaten by patch es, medication or therapy, but it can be beaten; one of the most effective means is running out of money to pay for it. Having a high maintenance girl-

friend or boyfriend helps, and actually thinking about school, work, and other important issues may help you find a grip on reality. You can find out how much of a loser you are by typing “played” into the game to check how much time you’ve wasted in game. Although selling a definitely a game that everyone should at least try once, the chance of getting hooked on the game is great.

Recently Blizzard Entertainment announced a trading card game related to the “World of Warcraft,” further expanding upon its success. And Blizzard will soon release an expansion to the original game called “The Burning Crusade.” Hitting the shelves in January 2007, “World of Warcraft: The Burning Crusade” aims to once again break sales records; with 7 million fans worldwide, expect a long line at your local electronics store.

### Too Thin?

Continued from page 1

ceive themselves as unattractive and have lack of esteem.

What most women, men and teenagers don’t realize is that every photo of a model/actress in a fashion/beauty magazine has been touched up using the latest computer technology to remove any flaws such as bulges, pimples, stretch marks, etcetera. Women and young teenage girls need to come to the understanding that beauty doesn’t mean that they have to fit in a size 2 dress; beauty comes in all sizes - they should be happy with the way they look and not try to be someone else but themselves.

A recent survey commissioned by a British magazine found that:

- 79% of the 2000 women surveyed thought that their social lives would improve if they were thinner, like the star of Ally McBeal.
- 83% thought that overweight celebrities led unhappy lives, and 70% believed that overweight people were generally seen less intelligent and less attractive.
- 88% of girls feel the need to “look perfect”, and 60% say their appearance is their biggest concern in life.

Recent statistics provided by Natural Health magazine found that:

- 44% of women who are average or underweight think that they are overweight.
- The average woman’s dress size is 12 and the average mannequin’s dress size is 6.
- The average height and weight for women age 18 to 74 years old: 5’4”, 138 lbs.

In a survey conducted by Better Health Channel, they found:

- Normal weight men and women — 45 per cent of women and 23 per cent of men in the healthy weight range think they are overweight.
- Underweight women — at least 20 per cent of women who are underweight (8% think that they are overweight and are dieting to lose weight.
- According to a recent Prevention/NBC Survey, 60% of women have dieted or are on a diet, 44% of women refuse to be photographed in a swimsuit, and 37% of women won’t play beach games while wearing swimsuits.

There are over one million anorexic women in the UK alone. For more information on health and eating disorders visit the following websites: www.somethingfishy.org, www.newlifecenters.org and www.ahwg.net.
Protecting one’s child should be a parents’ number one priority. In today’s world, parents must be ever vigilant against sexual predators. For the sake of this article, a sexual predator is defined as “A person who has been convicted of, or pleaded guilty to, committing a sexually oriented offense and who is likely in the future to commit additional sexually oriented offenses.” Convicted sexual predators are subject to registration/verification requirements for life, unless a judge modifies or terminates the conviction. Sexual predators are also subject to a neighborhood’s notification provisions and reporting requirements, usually set at 90 day intervals. According to www.Watchdog.com, there are four hundred thousand victims of sexual assaults each year. Watchdog.com is a web site that parents can visit to see how many registered sex offenders live in their area. It also helps by supplying safety tips and other information necessary to protect oneself and one’s children.

In a recent broadcast by Dateline NBC’s “To Catch a Predator,” the report provided legal information for parents regarding sexual pedophiles and how they were interacting with their children. “To Catch a Predator” raised questions and concerns for many, including “Who are your children talking to or interacting with on the internet?” On the worldwide phenomenon that almost everyone has heard of and or used, one can pretend to be whomever or whatever one wants to be. And that is the problem. How do you know who you’re talking to?

Chris Hansen, a correspondent of NBC news, hosted “To Catch a Predator.” In the news report, he greets the pedophiles as they arrive at agreed upon locations. The pedophiles are hired by chat room conversations they thought they were having with a child; the conversations in Dateline’s special report were actually with undercover police officers posing as young teenagers. When a location is set, the pedophile goes there hoping to see the young child they interacted with over the computer.

Chris Hansen then reviews the sexually explicit conversation that the pedophile thought they were having with a child. As he reads the conversation, cameras film the pedophile exposing them to the world. Hansen then asks, “Why did you come here?” and “Who were you expecting to meet?” Usually, the pedophiles play dumb and state some variation of, “I have no idea what you are talking about.” The pedophiles identities and occupations were shocking. Some were teachers, doctors, lawyers, police officers, and in one case a FBI agent.

The lesson Dateline’s “To Catch a Predator” teaches is that parents need to interact with their children more and get involved in their lives, online and off. Parents should visit www.Watchdog.com to see what steps can be taken to protect one’s children from sexual predators. It’s important to know, for example, that ninety percent of sexual attacks are committed against someone the offender knows. This is an important statistic that many people are unfamiliar with – and a serious issue that needs to be addressed. Sexual predators use the public’s ignorance to their advantage when preying on children. You do not want your child to be the victim of a pedophile. Be safe and know what your children are doing.
you work with everyday,” Prof. Murlely, who teaches the English 102 course “Hip-Hop and Literature: Connections and Histories,” pitched in as well: “I do not use hip hop in my classroom in order to be ‘cool’ or ‘hip’... I use hip hop because it is a significant and authentically American art form.” When asked about her feelings about the Open Mic event she responded “…it’s a good place for students to share poetry or other writing with the larger QCC community. One of the great things about this event is that it is multilingual, meaning that students are encouraged to read poetry in languages other than English.” Prof. Murley added, “Scholars in a variety of fields, including English, African-American Studies, Cultural Studies, and Law are currently studying and writing about hip hop and are creating a body of critical material on both the art and culture of hip hop.”

Inevitably, the heated discussion reached the eyes and ears of Dr. Eduardo Martí, the President of QCC. Dr. Martí, the first performer of the Open Mic event, emphasized his support for such open-forum events: “I am a strong supporter of [the] freedom of expression, by virtue of my participation in such events.” While what triggered the online debate was the use of improper language, Dr. Martí believes “it’s not the usage of language, but the location of the event.” Although Dr. Martí firmly holds that the campus quad is a great location for the event, he concedes that everyone must be made aware of the volatile content of such events, and that each person’s rights should be respected. He states: “A person has the option to be in a certain environment...some people have lost the option to choose to be there.” Dr. Martí then reiterated Prof. Brozinsky’s suggestion, proposing that “there should be a sort of mechanism to allow people to know the material there could be offensive to others.” But Dr. Martí didn’t stop there. He delved further in to the problem, namely the need to address the “generation gap”… “the faculty needs to learn as much as the students,” he declared. Presently Dr. Martí is looking to achieve this goal with help from the Center for Excellence in Teaching and Learning (CETL). “The CETL is to have a series of seminars for faculty to explore the intergenerational and cultural differences amongst students, faculty, and staff,” explained Dr. Martí. The bottom line is, events such as the Open Mic will not be in danger of being banned on campus, but in the future the organizers will be more considerate of people’s rights to be shielded from profanity. As the VP of Student Affairs, Ms. Ellen Hartigan put it: “I may not like what you say, but I will defend your right to say it.”
The Daily Program Schedule

**By Mohamad Jamal**

What’s a great way to lose weight, meet new people and have fun at the same time for free? Although the options seem limited, there is one easy solution I can think of: the exciting variety of programs that are offered here at QCC by our very own Physical Education Department. There are team sports including basketball and table tennis, and individual activities such as swimming and weight training.

All QCC and CUNY students are allowed to participate in these athletic activities with their college ID's, and the proper attire for each individual sport. It’s a great way to socialize, bring friends from other CUNY colleges, and meet new people on a daily basis. Being healthy is vital to an enjoyable life, so it’s only natural that we remain active to remain fit. Taking part in a team sport or working out in the weight room is a great way to lose weight and to keep in shape. One of the great things about QCC’s PE department is that you don’t have to register or pay for any of the recreational activities offered. As a CUNY student you’re guaranteed free admittance into any program that catches your attention. Grab your sweats and a bottle of water, because that’s the only requirement!

Some of the upcoming events for the evening intramural are handball (single games) tournament on November 13th, table tennis tournament on October 20th, basketball (3x3) on November 3rd, 6th, and 10th and badminton (doubles) on December 4th, and 8th. All of the above events take place in the QCC gym from 6pm to 8:15pm. Remember to make your way to the QCC gymnasium to learn what recreational activities our college offers!

**The Daily Recreation Program Schedule:**

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<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Basketball</td>
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<td>Monday</td>
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<td></td>
<td>Friday</td>
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<tr>
<td>Weight Training</td>
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<td></td>
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<tr>
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<td>Wednesday</td>
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<td>Lobby</td>
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Basketball and the New Age Rule

**By Michael Edwards**

You may have heard of NBA players LeBron James, Kevin Garnett, Tracy McGrady, and Kobe Bryant. Did you know these players came to the NBA from High School? That’s right, these athletes moved straight from High School to the pros, no college ball required, and each of them has had booming careers. In fact, LeBron James broke the record as the youngest player ever admitted in the NBA. The question is will there be future high school players to follow in his path?

In the 2004 NBA draft, more high school players were selected with the intention of turning team standings around just as LeBron James once did for Cleveland. For example, Sebastian Telfair, a senior from Abraham Lincoln High School, was drafted by the Portland Trail Blazers coach, Nate McMillian. He felt Telfair could be a great asset to the team. And Dwight Howard, a center from SW Atlanta Christian Academy High School, was drafted by the New Orleans Hornets.

During the 2004-2005 NBA season, Dwight Howard had a good mix. His stats were 15.8 points, 12.5 rebounds and 1.5 assists per game. The “why” of the year however was diminished when Abraham Lincoln’s star point guard, Sebastian Telfair, averaged only 9.5 points, 1.8 rebounds and 3.6 assists per game – well below average for a player that is supposed to be the “next best thing.” Sportscaster Bill Walton, former NBA player for the Los Angeles Lakers, states “High School basketball to the NBA is a big difference; players could go to college and they are not ready for this transition.” Other sports broadcasters chimed in that Telfair was “not ready for the NBA.” Sebastian Telfair’s “star” had been pitched with the release the DVD “Through the Fire,” directed by Jonathan Hock. The film shows Telfair’s senior year of high school and what led him to choose the NBA over Louisiana College. Yet even in the film there are a lot of doubters who said he should go to college. For example, Marc Berman, sports writer at The Daily News, said, “NBA! He’s not ready for the NBA.” It seems that everybody wanted Telfair to go to college first, but he chose the NBA.

Following the 2004-2005 season, NBA Commissioner David Stern introduced a new age rule. It states that a player has to be over eighteen to enter in the NBA draft. It remains unclear to what degree this decision was based upon or in response to the stats of the rookie class of 2004, or because David Stern wants to encourage high school basketball players to go to college. In my opinion, high school athletes should get the college experience. Division 1 college basketball better prepares players for competitiveness of the NBA. I agree with David Stern’s age regulation, it encourages young athletes to seek a college education, an education that ultimately helps them succeed in all aspects of their career. For example, J.R. Smith was drafted by the Orlando Magic in the 2006 NBA draft and Allen Ray was drafted to the Boston Celtics. These two players came from respected colleges; J.R. Smith from Duke and Allen Ray from Villanova. These players serve as prime examples that hard work and college pays off.

“Not Again Yankees”

**By Nino Tiburzi**

It’s been six years since the New York Yankees have won a World Series title — the last time was against the New York Mets in the year 2000. With the highest salaries in professional baseball and totaling over 198 million dollars, the Yankees should be performing better even though there are only a handful of players left playing from the 2000 championship team. Captain Derek Jeter, catcher Jorge Posada, centerfielder Bernie Williams, and closing pitcher Mariano Rivera.

In the playoffs this October the New York Yankees lost in the American League Division Series (ALDS) to the Detroit Tigers 3 games to 1. This isn’t the first time the high paid New York Yankees have lost a series to a lower-paid team. They have also lost to the Los Angeles Angels, The Arizona Diamondbacks and The Florida Marlins.

Perhaps having an all star team isn’t what it takes to win a World Series Championship. In the year 2000, the Yankees didn’t have a team like they do now — they since added Jason Giambi, Gary Sheffield, Randy Johnson, Alex Rodriguez, and many others. During the regular season and at the end of last season, the Yankees didn’t have that many stars suffering due to injuries — left fielder Hideki Matsui had a broken wrist and was out for most of the season, lefty sensation Mike Mussina started in his position and did great. Newcomers Robinson Cano and pitcher Chien Ming Wang played phenomenal both seasons. Yankees owner George Steinbrenner and General Manager Brian Cashman focused on the Yankees offense. In previous years, the Yankees hadn’t focused on batting but rather the pitching. The Yankees acquired pitchers Roger Clemens, Andy Pettitte, and David Wells. Hopefully this off season the Yankees will concentrate once more on pitching.

The New York Yankees not only meet the highest payroll in baseball at $198,662,180, they also have the highest paid player in baseball, third baseman Alex Rodriguez. The “A Rod” contract is worth $25,680,727 but he is not putting up the numbers this contract would seem to guarantee. The captain of the Yankees is Derek Jeter, who is making $20,600,000. As a MVP (Most Valuable Player) candidate, Derek Jeter is highly paid and in most games he demonstrates his worth.

The New York Yankees should shift their priorities and focus on pitching. Yankees fans, including myself, are getting desperate and want to see them take another World Series title (in our lifetime?). Let’s hope and pray that this off season many changes are made, even in the salary department.

FOR IMMEDIATE RELEASE

Queensborough Community College

Queensborough Communique, November 2006

The New York Art Ensemble

FOR IMMEDIATE RELEASE

New York Art Ensemble

Queensborough Community College

Queensborough Communique, November 2006