On March 15th, 2011, thousands of students from SUNY and CUNY colleges arrived bright and early in Albany to protest budget cuts that target higher education, cuts that Governor Andrew Cuomo proposed for New York in 2011.

Students chanted, “Education is a right! Fight! Fight! Fight!” and “Hey! Ho! These budget cuts have got to go!” Some held signs saying, “We are NY’s future,” while others displayed signs that read, “Invest in our education.”

Over the last 20 years, state support for higher education has decreased by over 1 billion dollars, while the rise in tuition revenue has increased by the same amount. There is a steady increase in enrollment at SUNY and CUNY colleges along with rising tuition costs.

The largest cuts proposed were 12% for SUNY and 26% for CUNY community colleges. SUNY four year colleges are being cut by 5% while CUNY four year colleges are being cut 14%. Out of four year colleges alone, these numbers represent close to 200 million dollars that will be cut from higher education, causing an increase in class sizes, the decrease in the number of professors teaching these courses and more competition to enter community colleges.

When assembly members were asked if the cuts to higher education were a result of having many disenfranchised students not using their voices, they responded that it was purely mathematics. In other words, the cuts were NOT targeted at higher education because there were thousands

Continued on page 9

Need a way to enjoy that extra time between classes? Take the initiative to explore the treasures in your own backyard. QCC has three cultural centers located right on campus that are easily accessible to all students.

The Harriet and Kenneth Kupferberg Holocaust Resource Center and Archives contains numerous artifacts and exhibits by artists, such as Rabbi Isidoro Aizenberg. Rabbi Aizenberg’s “Music in Hell” exhibit illustrates the musical era of the Holocaust, a time when Jews were classified into groups according to physical appearance and forced to entertain German soldiers.

The Holocaust Center also offers internship programs that allow students to interview Holocaust survivors. To participate in this unique learning experience, go to the QCC homepage, and click the tab marked “Holocaust Resource Center” for upcoming events and possible internships. Or stop in and visit the center during your free time.

Coincidently, the QCC Art Gallery is now displaying the art work of Samuel Bak. His exhibit is entitled “Little Boy,” reflecting on his life as a little boy growing up during the Holocaust. The gallery also displays another one of his exhibits entitled “Angels.” Each painting contains an angel and tells a different story of pain, guilt, sorrow, and happiness. In some paintings, the Angels are crying into their hands with their heads held low, and some angels sit amongst rubble with the look of hope in their eyes. The colors of the paintings range from light blues to golden yellows, to evoke concern and empathy in the viewers.

The Art Gallery also has other rooms, such as the African Artifacts room, containing art.

Continued on page 19
On Wednesday, March 15, the Queensborough Criminal Justice Program invited two attorneys to speak about attorney law.

Attorneys Edward R. Hammock and Donna M. Sullivan met in college. Ms. Sullivan was a student who was failing certain classes. She asked many professors to help with the courses, but most of them felt that they could not help her. Edward Hammock, however, took her under his wings and attempted to help her with the courses. Since then, they have been close friends and opened an attorney law office together, Hammock and Sullivan, Attorney at Law.

Mr. Hammock has practiced criminal law with the federal and state courts for more than 40 years. Mr. Hammock was involved with the New York State parole board as chairman and chief executive officer for the NYS Division of parole. Before becoming a parolee, Mr. Hammock worked in Manhattan with attorneys as an assistant prosecutor. After working with the parole board, he received a job as an executive district attorney in Queens. Since September 1985, Mr. Hammock has worked with the criminally charged, “a formal accusation made by a governmental authority asserting that somebody has committed a crime or a charging document, which contains one or more criminal charges, or ‘counts’,” according to Mr. Hammock, who provided help to the criminally charged by assuring the person will receive a fair prosecution.

Ms. Sullivan has been involved with various courts in the state of New York for over 20 years. She started her career as an associate with Mr. Hammock. Because of Ms. Sullivan’s education in earlier release, she has succeeded in placing her clients in correctional services and with the parole board. Even after her client has been denied parole, she connects with Mr. Hammock to make appeals and petitions for her client. Ms. Sullivan also helps to provide clients with civil disability and good conduct certificates. Moreover, Mr. Hammock and Ms. Sullivan work in law to provide clients with the best possible outcome and the fairest trial.

If you want further information about the Criminal Justice program, go to room M-129 or M-120 or to the QCC home page under the departments link. Click on Social Science to find out about other events.

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**Men’s Roundtable**

**BY MASSIEL LARA**

Are you feeling stressed and want your concerns to be heard? Then join the Men’s Roundtable! Sponsored by the Counseling Center, the Men’s Roundtable is a group that will discuss topics such as managing stress, understanding women, and unemployment issues. Often, many male students suppress their feelings, giving rise to stress, but the roundtable will give students the opportunity to express themselves, and, by speaking about their problems, they will have the chance to release whatever is causing their stress. Also, students will find excellent solutions to their problems as well.

Stress is defined as the body’s reaction to any change that requires an adjustment and response. A WebMD study showed that 43% of all adults suffer adverse health effects from stress. 75% to 90% of all doctors’ office visits are for stress-related ailments and complaints. QCC male students should be very cautious about stress because it can cause sleep problems, such as insomnia, digestive problems, autoimmune diseases, and depression.

For students who are interested, the facilitator of this group is Michael Unger, a current counselor in the Counseling Department. This club meets every Wednesday during club hours, 2:10-3 P.M. in the Medical Arts Building, room 146. Students attending this club are required to bring their QCC ID cards. All programs and activities for males are open to all eligible male students, regardless of race and national origin. Refreshments will be provided for the students who attend. The Men’s Roundtable occasionally meets with the Women’s Group, sharing views on common topics. So, take advantage of this great opportunity to voice your comments and concerns.
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The Q27 Nightmare

BY SUANY FRONTRAN

If the Q27 bus is your form of transportation to get to school from Flushing to Bayside, Queens, then you should be familiar with the long lines in the rain and the over-crowded, slow buses that often delay you from getting to class on time. But there should be a better solution to this public transportation nightmare. The Q27 bus frequently travels locally between Flushing and Bayside, often making many stops on the same streets, which causes the bus to be delayed. Even though there’s unlimited bus service, these buses generally only run early in the mornings and late in the evening, leaving students who travel during the day and rush hours relying on the local buses that don’t come quickly enough for the students to make it to class on time. Some students claimed that they have to arrive at least an hour before class at the Flushing stop to stand in line to get to school on time. And when the bus does arrive, it fills so rapidly that sometimes QCC students must wait for the next bus or push their way onto the bus, a last alternative when the weather is bad, inadvertently causing arguments and hostility over personal space.

Although there is a Q27 bus solely for the QCC community, the transportation nightmare still continues, since individuals who are not part of the QCC community board the bus. In addition, the heavy traffic between Flushing and Bayside can be a hassle; leaving Flushing is often a difficult task for the bus driver. The bus route runs through the busiest and narrowest streets in Queens. Because some streets are narrow, the bus often has to pull over to allow the oncoming traffic and other buses to pass by.

But there can be a better solution to this problem. Limiting the stops to specific areas where more students take the buses can prevent delays. The stops can be chosen by creating a survey to ask students where they catch the bus. Another possible solution is for the college to provide shuttle bus services between Flushing to Bayside. Other CUNY colleges, such as City College, have shuttles from the nearest train station in Harlem to the school, and the College of Staten Island transports students from the ferry to the school.

Another possible solution is implementing additional Q27 buses to Queensborough Community College. To ensure that only QCC students use this particular service, students will be required to quickly present their QCC ID card to prove that they attend the college while swiping their Metrocards at the entrance of the bus. If taken into account, these solutions, may be able to mend the transportation nightmare at the college.

The Asian Society Club

BY FIONA NG

What better way to kill time during breaks between your classes than to join a club at school? For over 26 years, the Asian Society, located right here on campus, has welcomed students of all ethnicities. This club gives students a chance to understand the Asian cultures and helps American born Asians to understand their own heritage better. Students in this club are provided with a place to express their own opinions and share similar interests.

The purpose of the Asian Society is to have cultural exchange and socialization with other ethnic groups. The society hosts different events on certain Wednesdays, usually from 1:00 P.M - 2:00 P.M during club hours. Every club meeting provides free food, drinks, and entertainment. Invited guest speakers discuss certain important topics, such as the transfer process, the financial aid process, and the job fair. The society also hosts presentations and speakers to talk about the Lunar New Year, the moon festival, the dragon boat festival, and other interesting events. The club encourages students to make suggestions about activities they would want to plan in the future.

The Asian Society’s last meeting was held on March 16, 2011. Ms. Wei Lai, an instructor from the Foreign Language Department, discussed the Chinese zodiac animals. At this event, she explained the purpose of the twelve zodiac animals and the personality traits of people born under these signs. At the end of the club meeting, the club advisor and director of Asian affairs, Florence Wu Tse, demonstrated how to fold origami rabbits and invited students to participate as well, to honor the year of the rabbit.

On Wednesday, April 27th, from 1:00 P.M – 3:00 P.M, the club is hosting a flower arrangement function, featuring guests from the Buddhist Tzu Chi Foundation. According to Florence Wu Tse, the Tzu Chi Foundation is a charity organization founded in Taiwan that lends a helping hand to those in need. The Foundation’s latest charity function is fundraising for the earthquake in Japan and the tsunami survivors. The Buddhist Tzu Chi Foundation will be coming to QCC to show students ways to keep the environment green, as well as demonstrating eastern style of flower arrangements. The event will be located in the Humanities Building, room 110, so don’t miss it! During the event, the Asian Society will serve tea and vegetarian food to promote healthy ways of eating.

In addition, the Asian Society is looking for a dedicated vice president and senator for their soon to be vacant spots in the following semester. The vice president is responsible for helping the president to accomplish the objectives and goals of the club and to represent the president if he or she is absent at the meetings. The senator represents the voice of the club at the student government events. The vice president and senator must complete delegated responsibilities in a reasonable manner.

Although these responsibilities might not sound very appealing, the positions offer great ways to learn how to be responsible, and they look good on your resume! If you are interested in becoming either the vice president or senator, or if you have any questions or suggestions, please contact the Asian Society club advisor, Florence Wu Tse at Fts@cuny.edu or (718) 281 – 5410.
From Tragedy to Change

BY SOFIA PETSAS-THEODOSOPOULOS

A fire breaks out on the 8th floor of the Triangle Shirtwaist Factory. What resulted changed working conditions for all working Americans to this day. Tragically, 146 employees, predominately young immigrant women, burned, jumped, or fell to their deaths in a matter of moments.

Although it was not the first horrific fire of this sort in New York, it became the most infamous. The doors had been bolted shut from the outside. This was not an unusual practice. It was to prevent the workers from taking breaks or scraps of fabric and to prevent union organizers from coming in. These garment workers typically worked 13-18 hour shifts in an overcrowded, filthy and dangerous environment. Prior to this, the Fire Commissioner ordered sprinklers to be installed and fire drills to be conducted. Building owners refused, citing excessive cost and cumbersome equipment. Drills were never held by the factory owners either, which interfered with the work schedule. The women’s union demanded basic safety changes before but lost to the owners who held the power to do what they wished. Safety measures seemed too burdensome to management. Just three weeks after their last attempt to change conditions, this fire killed them. Charred bodies were found upstairs, while other people plunged to their deaths to avoid the fire. Others fell to their deaths when an inadequate fire escape collapsed. The fire department stood helpless, since their ladders were three stories too short. Witnesses were in shock on the street below. All that was left of these women were piles of bodies found on the street. Seven of the ladies were never even identified, since records on employees were not required to be kept. 100,000 sympathetic people attended their funerals, whether they knew them or not.

NY Governor John Alden Dix henceforth created the Fire Investigating Commission on June 30, 1911. Something had to be done to prevent such a catastrophe in the future. Ultimately, 36 new state laws emerged. These new regulations became models for all new regulations in the country. The new laws made it possible to identify many unsanitary and dangerous structures. They found unsafe buildings and were labeled as fire traps because they were too tall for firemen to get to, required sprinklers, or had no fire escapes. Mandatory fire drills were held ever since. Doors were no longer allowed to be locked or blocked from those within. Occupancy limits were also established. Child labor restrictions were made. Reasonable working hour restrictions were set, as well. Even

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HEALTH NEWS

The Silent Killer

BY SALMA SHIRZAD and TRICIAL KELLOWAN

Are your eyelids struggling to stay open while you’re in class? Does your head always happen to find its way onto your notebook, as if it were your pillow, while your peers around you are taking notes?

Sleep deprivation, the condition of not having enough sleep, is all too common for students today, especially those in their freshman year. Students are known for all-nighters and cramming sessions through late night hours when they should be sleeping. Lack of sleep can prevent you from obtaining your academic goals and reaching your full potential as a college student.

There are two types of sleep deprivation: Chronic, partial sleep restriction, which can cause fatigue, daytime sleepiness, clumsiness, and weight loss or gain, and Acute, which is total sleep deprivation. Though a complete absence of sleep is impossible for humans, partial sleep deprivation can lead to many serious side-effects besides falling asleep in class, causing a serious decrease in your grades. According to the article, “Students and Sleep Deprivation,” “Lack of sleep affects daily activities. 37 percent of Americans report that sleepiness interferes with functioning at least a few days a year. Impaired daily functioning affects work performance, relationships and, in the case of students and sleep, grades.”

The National Sleep Foundation Survey found that college university age students get an average of 6.8 hours of sleep each night. In 1997, the University of Minnesota compared students who went to school at 7:15 A.M. and those who went to school at 8:40 A.M. They found that students who went to school at 8:40 got higher grades and more sleep on weekday nights. According to “Students and Sleep Deprivation,” “Lack of sleep affects daily activities. 37 percent of Americans report that sleepiness interferes with functioning at least a few days a year. Impaired daily functioning affects work performance, relationships and, in the case of students and sleep, grades.”

Photo courtesy of www.mun.ca

In one way or another, everyone has experienced the pain of stress from loneliness, anxiety, anger, and unhappiness. Because stress may harm a person’s physical and mental health, it is of vital importance to learn how to deal with this silent killer.

Daily factors, such as massive amounts of work, relationship problems, and financial problems, can cause stress. According to campuscalm.com, 85 percent of students reported feeling stressed on a daily basis. According to the site, “Educational burnout tops the list of reasons why students drop out of college.” Clearly, stress has a significant impact on the lives of students across the country. Therefore, when stressful problems arise, they must be dealt with in the most beneficial way. Here are a few guidelines to make life a bit less stressful:

1) Exercising- Exams and project deadlines can cause stress. Exercise may be one of the fastest and effective ways of relieving the immense stress built by loads of school work. According to R.L Fielding, a freelance writer for the past ten years, we should focus on aerobic exercise, such as running, riding a bike, or even dancing. R.F. Fielding stated, “This type of exercise allows the body to release healthy chemicals in the brain called endorphins.” When these chemicals are released, the body and mind will naturally have a good feeling, causing stress to decrease. 15 to 30 minutes of daily exercise will most definitely help to relieve stress.

2) Correct diet- Another major factor contributing to a stress-free life is a proper, balanced diet. It is important to eat things such as milk products and vegetables along with whole grains, allowing us to have a proper supply of nutrients in the body, according to the website healthandfitness.com. Stay away from alcohol, cigarettes, and caffeine because they may tighten blood vessels and cause headaches. The website also suggested Siberian ginseng instead of caffeine for those who can’t go without it.

3) Sleep- Getting enough sleep is not only important for the physical well-being of a student, but also it’s important for academic performance in school. Sleep is very important for the functioning of the brain. In order to have a successful stress-free day, an average of eight hours of sleep is necessary every night. According to F.R Fielding, going to sleep around 10 P.M. and waking up around 7 A.M. would be the healthiest sleep schedule. “Waking up early allows our body to re-energize before activities begin,” Fielding said. Also, drinking a glass of warm milk and possibly adding rose essence to it every night before going to bed will help reduce stress and allow a good night’s sleep.

4) Aromatherapy- Last but not least, aromatherapy may be one of the most effective stress relievers. According to healthandfitness.com, aromatherapy helps relieve pain, tension, and fatigue caused by daily stress. Taking a nice, long, warm bath will relax the body and mind. Adding candles with relaxing scents will add to the relaxation. And after the bath, a massage will eliminate every bit of stress left within the body.

We all get overwhelmed with the demands of school and keeping up with the rest of our lives, so here are a few easy but important ways of dealing with day-to-day stress that most college students experience. Although all of the tips are physical, they are extremely beneficial to both the mind and body. We cannot escape from stress, but, if we follow these tips, we may experience less stress in life.

The Effects of Sleep Deprivation

BY ASHLEY REID and KIARA ROSS

Photo courtesy of polish.com

to malfunction, affecting a person’s behavior. A study found that sleep deprivation resulted in reduced Cortisol, a steroid hormone produced by the adrenal gland. Issues with attention and working memory are perhaps the most important to college students. Attention lapses can, in some cases, lead to car accidents, and industrial mishaps can also be a result of sleep deprivation. Consequences of memory loss can include missing a sentence while taking

Continued on page 19
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Elizabeth Edwards, one of the most well-known American attorneys and a health care activist who was married to John Edwards, the former U.S Senator, struggled with Breast Cancer before succumbing to the disease six years later. After first being diagnosed with Breast Cancer in 2004, the news was publicized during her husband’s campaign for Vice President. She spoke about her treatment, about losing her hair and consoling her children, and she addressed any questions regarding the time she had left to live. In her battle, she informed the public that the treatments did not help. She had weeks if not days to live.

But Edwards’ fight with the disease is not an isolated battle. Pink ribbons symbolizing the battle against Breast Cancer can be found on car bumpers and coat jackets, making the public aware of this deadly disease that affects thousands of women in the U.S. alone.

Even though Breast Cancer isn’t the leading cause of death in the U.S., there is no cure for this disease. Sometimes, when it is detected, most of the cancer cells have already spread beyond the breast tissue, risking a person’s life.

To recognize early signs of Breast Cancer, perform a self-breast examination. First, lie down on your back, and with your opposite hand of the breast you want to examine, press down for any lump, and if you experience pain, it’s very important for you to see a doctor. Also, consider how the breast or nipple feels. Be aware of tenderness on the nipples or a lump or thickening on your breast around the underarm area.

Other important changes to look for are swollen or red breasts or nipples and changes in the size and shape of your breast. If you notice any of these changes, or if you’re not sure, it is best to get checked by a doctor.

Once you have visited your doctor, you will be sent to get a mammogram. According to David C. Dugdale, MD, “A mammogram is a low-powered X-ray technique that captures a picture of the internal structure of the breast. Additional angles and magnified views are taken of suspicious areas.”

There is still no cure for Breast Cancer. So, for those who suffer from this deadly disease, we must show them they are not alone. Every year during the month of October, a Breast Cancer walk, The Avon Walk of New York, is held. This year, the walk will take place during October 15 and 16. On October 15, everyone attending will walk a total of 26.6 miles, and on October 16, which happens to be on a Sunday, we will walk a total of 13.1 miles. By attending this walk, we will help the “women and men get the medical care they need regardless of their ability to pay, and leading research teams can receive vital support in their on-going search for a cure,” according to the Avon Foundation & Breast Cancer Crusade Consumers.

There are many famous celebrities who have been able to overcome the disease, including Sheryl Crow, Cynthia Nixon, and Christina Applegate. Elizabeth Edwards died December 7, 2010. However, she will always be remembered for the person she was and all of her accomplishments in life. She was first a Law Clerk for a Federal Judge and then became an associate at the Law Firm of Harwell Martin & Sloan. She even had her own foundation, the Wade Edwards Foundation. Throughout the years, we hope to discover a cure, so we will be able to help those who have cancer and those who have a good chance of developing the disease.
Tragedy Strikes Albany

continued from cover story

of students protesting for their rights; nor were the cuts targeted at higher education because students could afford the future tuition hikes but because there is a 10 billion dollar budget deficit that must be closed. One student commented, “It seems we are no longer faces and people, but numbers and dollar signs”.

Most democrats seem to oppose the governor’s budget and have proposed a counter budget that would, instead, only cut 50% of the original plan, but why have any cuts at all? There are many revenue options that can be used instead of making any cuts at all. A perfect example is the stock transfer tax. Essentially, the stock transfer tax can be summarized in what Howie Hawkins, of the New York Green Party said, “The stock transfer tax doesn’t impact upon people making serious long term investments. It makes those who manipulate stocks for short term bets pay a price for doing so. Democrats had no problem bailing out financiers for all the damage they did with their speculative games to our economy, but they don’t want to bail out average New Yorkers or those who saw their retirement funds collapse due to Wall Street’s misdeeds.”

When asked if he considered himself to be an activist, Ari, a student from QCC, responded, “Yes, I like it; you get to voice your opinion and when you do it as a big enough group, that’s when change happens.” When Walter, a student from City College was asked what he planned on achieving during the march, he said, “Being able to sway assembly to represent us.”

Rumors of statewide walkouts to protest the budget cuts are circulating, and students strongly favor such an event. Although it can be said that there are many disenfranchised students on campuses across New York State, the students at the march believed that they could make a strong change in politics. As T.S. Eliot once said, “The general ethos of the people they govern determines the behavior of politicians”. 

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The Art of Public Speaking

By Toni Gonzalez

If you’re anything like me, the thought of speaking in front of a classroom, with 30 pairs of eyes staring at you, is the most frightful thing in the world. The blushing and sweating, the sticky palms, and the unavoidable rush of anxiety is no picnic in the park.

So, you can imagine my dismay when I discovered that I would have to take Speech Communications at Queensborough Community College because, as a Liberal Arts major, this course is mandatory. I did, however, get off “easy.” I took the course in the summer, a shortened semester, but, nonetheless, the course contained the same curriculum.

I walked into this class with no real expectations. Quite frankly, I walked into the class with only hopes of passing and not completely wasting a month of my summer that I could never get back. In all honesty, the first few days were exactly like I imagined. I found I had strayed to the back of the class, hoping to become invisible, dreading having to write a speech, let alone three speeches, and presenting them in front of the class for a time span of three to five minutes each. These minutes would feel like the longest minutes of my life, for sure.

In between my fellow student’s awkwardness in front of class and a few laughs, I knew my time would soon come, and boy did it come! I perfectly outlined my speech and prepared myself as best as I could for reciting it to the class. Professor Cesarano stressed the importance of eye contact, posture, use of gestures, energy, articulation, and pronunciation, all of the little things to keep in the back of my mind when standing in front of the class and presenting.

The morning I was due to present for the first time, I decided to change my speech at the last minute for reasons I still do not comprehend. Now understand this, I was absolutely prepared with my first speech. I memorized nearly all parts of my introduction, body, and conclusion in the form of an outline, but that was not enough. In changing my speech, I relayed a flush of information that was fresh in my mind and presented my newly “whipped up” speech as best as I could.

Needless to say, two of my three speeches followed the last minute changing routine. This method seemed surprisingly effective to me. At the end of the course, I cannot say that I am a better speaker in public or that I would pursue a career in public speaking, but this course was extremely beneficial. I was able to conquer the anxiety of public speaking, even if just for a few weeks, allowing me to participate in my other classes without fearing public scrutiny and, also, giving me the confidence to approach job interviews with my newfound tools of preparation and presentation.

Every day, this course brought something new. Even if you are like me, sweaty palms and all, and even if taking Speech Communications is just to fulfill a Liberal Arts requirement, or any other major requirement for that matter, grab the ball by the horns. Enter the course with more than just getting an “A” on your mind. I was told that you make friends in this course and that even when seeing them around campus, you greet them. And it is true. Speech is one of the few classes where you share a bit of yourself in front of your peers. You tell your classmates things you probably would not have said on a daily basis even if the opportunity presented itself. So, why not walk out with more than you came into the class with?

Race: The New Forbidden Word?

By Bryan Bravo

In our modern society today, most people believe that everyone is created equal, and we are the same. The sad truth is that almost all of us don’t realize that we use “race” to differentiate ourselves from everyone else. For the most part, people take great pride in their heritage. If people are different in terms of “race,” then what is race? What does it mean to be Hispanic or Asian or African, among many other ethnicities? Most people believe that being a certain ethnicity is not something one can change and is the very core of a person. But because of these beliefs, hate crimes and genocide have become more common worldwide, and this is all due to one word, “race.” Ultimately, “race” is a term that most of us accept and see as a part of ourselves. It is because we adopt and embrace this concept so readily that the struggle to remove such a belief from our understanding of the world will be one of the most difficult things to do but will be a stepping stone to a brighter, more peaceful future.

Most people today in modern America might say that being a certain ethnicity or “race” is based upon genetics, culture, traditions, and/or physical appearance. In terms of genetics, even though people have minor differences in appearance, for the most part, everyone is the same. According to the article by Ann Morning from the Race and Genomics website, scientists saw slight differences in physical appearance and inherited traits but did not see any major differences among groups. In other words, most of the genes in a person’s body are not different from another person’s genes. Secondly, there are also many differences in physical appearance within a supposed “race.” For example, some Hispanics are light skinned while others are dark skinned. This shows that “races” do not share one physical characteristic that defines a whole group. There is no clear cut Asian or Hispanic or any other “race” but a wide variety of characteristics that are found within each supposed “racial” group.

When asked about race, not only do people think about genetics or physical appearances, but they also think that “race” is determined by the cultures and traditions of people, both in the past and present. Some people use the term “race” as a way to express their identity or a way to be accepted by others. For example, some Hispanics are light skinned while others are dark skinned. This shows that “races” do not share one physical characteristic that defines a whole group.
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Children spend hours every day watching television and surfing the internet, but chances are they are not watching SpongeBob or viewing the Disney website.

Today, it’s easy for kids to access inappropriate content, especially on the internet. While it is possible for parents to block pornographic websites on their children’s online accounts by using parental setting codes, there are other ways for them to view inappropriate content.

YouTube is a site used by millions of people of all ages; however, not everything that is uploaded should be seen by people of all ages. In recent news, a young man named Evan Emory, 21, was charged with child pornography over a video of himself that he uploaded onto YouTube. The video featured the native of Raveena, Michigan singing a song with sexually explicit lyrics that he wrote himself, playing over images of children from local elementary schools. Emory filmed himself singing songs in several classrooms and then spliced that footage with the video of him singing his song. Emory voluntarily went to jail and is working towards making a plea bargain to bring the charges down from a child sex crime to posting harmful information on the internet.

Also, R rated movies are regularly uploaded onto the site. YouTube usually requires that a user wanting to view content flagged as mature should give a user name and password, such as theRockStar25, password 456345. But making up a username is easy, since there are no requirements for proof of age. Furthermore, in most cases, a username is not required. I was able to go on YouTube and watch R rated movies without needing to log in with a user name.

The same holds true for television. You can try to block channels, but kids can and will find ways around these blocks. Most television shows are now available to watch online, on Hulu and TV.Shack. No passwords or usernames are required. You can simply access the site and watch whatever you want. The content of the shows are just as graphic as they are when broadcast on television.

In an after-school program here in Queens, children coming into contact with material too mature for them is a huge problem. The children in the program range from ages five to twelve but use the kind of foul and harsh language you would hear in a Quentin Tarantino movie.

In fact, this is so common that the staff ignores the use of this language to a point because the children are so used to speaking like this. Also, many of the boys behave inappropriately towards the girls. In one case, a boy was caught putting his camera phone up the girls’ skirts to take pictures. Several of the older boys make sexual remarks regarding women. “I once heard a boy say that for his Bar Mitzvah he wanted ‘half naked [women] dancing on poles’,” said Jason, a tutor in the program. The reason for this behavior is because the kids listen to music from artists such as Eminem and watch shows such as True Blood and often imitate what they hear and see. “They aren’t necessarily bad kids,” Jason said, “They were just exposed to too much too soon.”

In a world where inappropriate content is so easily accessible, what can be done? You can’t stop pornographic material from being made or distributed, since anyone over the age of consent has the right to view it. You can continue blocking any sites and channels that display adult content, but, again, this doesn’t always work. The best thing you can do is monitor what children watch as closely as you can. Perhaps moving the TVs and computers into communal areas in the home, such as the living room, will make seeing what your children watch much easier. And if you discover that they are watching material that is too mature for them, take the time to put the graphic images into context and explain why they shouldn’t watch it.

Dangerous Boulevard

By Wesley Low

Cars often speed on Cloverdale Boulevard that runs alongside QCC, past the pond, all the way down to Northern Boulevard. To make it worse, the cars are noisy, roaring and rattling as they drive by.

There are students, like me, who try to cross that road each day. There is no crosswalk designating there may be people walking. Sometimes, the cars keep coming, and pedestrians have to keep waiting! A few times, when I was crossing, the cars kept coming, showing no sign of slowing down until the very last minute. It’s as if the drivers don’t care! What about the students who can’t walk quickly? Some people may be crossing with children.

We, as students, have a right to feel safe crossing the street, to not feel like there is a good chance of becoming roadkill. Speeding down the long stretch that passes the pond, cars pick up even more speed.

Often, cars are double-parked on Cloverdale, creating even less space for traffic. Also, big school buses double-park all along Cloverdale! There is also a parking lot, with cars going in and out. If cars are speeding by, there can be a collision.

It shouldn’t take someone getting hurt or killed before something is done. If something is done, it will make things better, not just for the students, but for the people living here as well. I made a call to 311, and the dispatcher said that she would send the local police to patrol the area, which I have seen.

There are many ways to slow down speeding: speed bumps, cops standing in the road to slow traffic down, a crosswalk, or a stop light and a crosswalk. Even one of these measures can make a difference!
Harry McCracken of TIME attended the browser’s launch and press event on March 14th and described it by stating, “IE9 has a streamlined, clutter-free interface, strongly reminiscent of the one pioneered by current browser-aficionado favorite Google Chrome. It also sports some slick tie-ins with Windows 7 [...] All in all, it’s easily the best new Microsoft browser since the 1990s.” Despite the praise, however, he chose the new beta Firefox 4 in preference over Internet Explorer 9.

In a comparison report of the privacy and security features of the recently updated Chrome 10, Firefox 4, and Internet Explorer 9, Techland made an astounding report, claiming, “According to the press release, IE9 blocked 99 percent of engineered malware attacks, five times more than Firefox and 33 times more than Chrome.”

The catch, though, is that Chrome and Firefox still came out on top in PWN2OWN, an annual computer hacking contest. Techland reported, “Congrats to Google Chrome: The web browser went unhacked at PWN2OWN for the third consecutive year. Firefox 4 joined Google Chrome for the first time as one of the survivors of PWN2OWN.” While Internet Explorer 9’s “press release” may sound impressive, there’s nothing better than being put to the test by real users.

What’s the verdict then? In another Techland report, the author asked, “Is Internet Explorer’s Reputation Repairable? [...] Whether serious browser fans -- the sort who defected from IE years ago for Firefox, and who may have moved on to Chrome more recently -- have any interest in coming back to IE [...] The reputation of the Internet Explorer name has been so poor for so long that some folks who might like the new version if they tried it are instinctively resistant to the notion. IE could continue being what it’s been for years -- the most popular browser choice among people who don’t care enough about browsers to choose one.”

While IE9 is slowly working on improvements, its reputation might already be too tarnished for it to reach a level to compete fairly against the other browsers in the market.

While the new official release of Internet Explorer 9 is being hailed as “The best new Microsoft browser in eons” by tech expert Harry McCracken, Microsoft may still have miles to go to conquer many of the stereotypes dominating the product and to keep up with the fierce competition from other third party browsers that have already established themselves in the market.

The term “Internet Explorer” invokes shudders from most PC users, since they immediately conjure up thoughts of a virus prone, ad-riddled, clunky browser. Mozilla’s Firefox, Google’s Chrome, and even the underdog, Opera Software’s Opera, have managed to bypass the giant Microsoft by astounding leaps over the past years, but can the new Internet Explorer 9 close the gap?
As college students, we pursue the best technology products and devices for schoolwork, business, or pleasure. Apple is the leading company in all sales for computers, music players and phones, and now their technology is steered towards college students.

In 2011, many new products will be available in the Apple Stores, including the new iPad 2, which is believed to be the front runner of all products in the New Year. The iPad 2 will have many more apps and features, a thinner and sleeker look and will include a camera for FaceTime app users. The iPad 2 now uses a Smart Cover that carries and prepares the iPad 2 for movie watching and YouTube Videos. The iPad2 also processes faster, ideal for quick and easy downloading and finding information. There is also an option for an HDMI cable, allowing users to watch videos on a TV by connecting the iPad2 into the box, an ideal fort for multiple users and for amplifying the size of the video. The upgrade from the iPad to the iPad2 is worth making, since the original iPad will be outdated in the next year, and the new iPad2 has upgraded with FaceTime, videos, office and word apps, and it is a better quality product all around because of the battery life and portability, making it ideal for students with a college budget who can’t afford expensive laptops.

The next most popular device coming out in the summer of 2011 will be the new Iphone 5, the new craze for Apple lovers. The specifics of this new phone are not clear; according to Kit Eaton from Fast Company, “Little has been said about the next iPhone’s form factor at all the usual rumor sources. Given the media-driven (and misleading)iasco surrounding the antenna flaws in the bold new design of the I Phone 4, and persistent reports that the glass back of the I Phone 4 is a structural liability, it’s no surprise that Apple is keeping the I Phone 5 locked down.” However the speculation is that the new rear of the device will adjust according to the changes in the antenna. “[...] we imagine [that] Apple will stay with its antenna-frame design, with better insulation to prevent any antenna-to-hand problems,” Eaton claimed. With its improvements, the new Iphone 5 will attract more buyers. The set date for the new Iphone release is June 20, so be prepared for this much anticipated event!

The Ipad2 and the Iphone5 will lead the Apple Class of 2011 through a year of upgrades and modulations of different devices from 2010, including the many Ipods and Macbooks, such as the MacBook Pro with a sleeker look and a faster processor, the Ipad Nano and Ipad Touch with newer apps and videos, and the IMac with a larger screen and thinner panel. Apple will also lower the prices for every single model available for purchase right now. This makes the year 2011 the “Year of the Upgrade,” and Apple will continue the upgrades and improvements to beat the competition and monopolize the market with newer and less expensive items. So, take advantage Queensborough; you have the ball in your court!

From Tragedy to Change

Continued from page 5

food industries were given new sanitation rules after the fire. An attempt to set up a minimum wage was made also. Laws needed to be enforced, which were not prior to the blaze. This horrific fire was to be the last straw in the realm of public opinion. It was decided that worker safety had to surpass any other priority by the state. Businesses were no longer trusted to do the right thing without the threat of intervention. These women did not die in vain. Their misfortune improved workers’ rights to this day; this was their legacy to America.

One of the onlookers from the street was Frances Perkins. Deeply affected by what she saw, she tirelessly fought to insure this would never be repeated again. She later became the first woman to serve in the cabinet, as the Secretary of Labor for President Franklin Delano Roosevelt. Subsequently, she grew to be seen as the woman behind The New Deal. This horrific event set the wheels in motion to great changes in policy. Unfortunately, it was too late for those poor souls, but not for others still working under the same conditions. Those owners were simply given a slap on the wrist for this travesty. But these workers’ deaths directly paved the way for sweeping changes to fire codes, labor laws, and even sanitation laws.

Owners threatened to leave the city or close their shops due to the excessive new rules. They warned that bakeries, canneries, factories, and landlords would all go out of business. However, not a single business left or closed.

Today, workers around the world are still experiencing fires in sweatshops. These mills produce goods for American companies. In fact, most of the manufacturing occurs in countries that do not have safety laws because producing goods in these countries is cheaper and provides a greater profit for owners. Similar deaths were reported recently in Bangladesh, where workers were trapped in burning infernos. Americans should know why products may be less expensive and should be aware that there is a much higher price others pay outside our borders. These international tragedies don’t make the front pages here, but maybe they should. Many nations do not have the safeguards set forth by the labor movement in New York. Profit is still valued above safety in unprotected nations. Unfortunately, workers are still dying today in this world.

With events in Wisconsin and elsewhere in this country, perhaps it is time to consider what is actually being attacked. Unraveling collective bargaining would be taking away the only thing that helped American workers in the past to have a voice. Let us not forget that the women who died in the Triangle Shirtwaist Factory Fire had legitimate demands ignored. Losing collective bargaining rights in America has deeper consequences than we may realize in modern times because we take so much for granted. Have we forgotten these rights were created out of necessity and the unimaginable sacrifice of others? Should we once again start to hold cost-cutting measures above all in this country?

Little by little, that is exactly what we are headed for without collective bargaining and the destruction of unions. Should we strive to become like Bangladesh, or should Bangladesh try to be like us? Whether you are a union member or not, we all benefited from the battles these unionists fought. These laws were brought forth out of necessity for all public safety, cleanliness, decent work hours, and pay. Unions helped create a larger middle class and a greater United States of America. Workers’ contracts were always negotiated before in good times and in bad times for a hundred years since these fires. Why should today be any different? Did we forget these deaths, erasing the reality of the work and sacrifice that enabled collective bargaining in this country in the first place? These rights were literally paved in people’s blood. We are all Wisconsin, whether we realize it or not. Let us not let the Triangle Shirtwaist Fire legacy be taken away from us. Those women paid for our rights with their lives.
Amanda Rack began her career at Hofstra as a dual major in business and dance. While interning in the office at a dance studio of an alumnus, she tapped into her passion for business. Shortly after graduation, Amanda danced her way into a career as a tax accountant.

Rasheeda Johnson transferred to Hofstra as a scholarship recipient and paved her way to acceptance into top dental schools.

When Fashion Converges with Comfort and Charity

By Gerale M. Middleton

As our wardrobe changes with the season, and we walk the streets in cardigans and thin blazers instead of hooded sweatshirts and oversized sweaters, losing the stockings and tights from underneath our shorts and packing away our bulky coats, we cannot forget about our feet. As our 2011 winter season passes by and spring streams through, there are many fashionable shoes that are also environmentally friendly. When the semester ends and the temperature increases, light shoes will be necessary for the oncoming season. Many stores and brands are using organic fabrics, donating a percentage of what is sold to charities or changing how their products are made.

TOMS manufactures resilient, flexible and durable fashion items and is also a charitable brand with a soaring popularity. TOMS also makes a different variety of recycled and sustainable, glittery, corduroy, soft soled slip-ons. The company also sells necklaces, shirts, heels, sandals, and hooded sweatshirts for males, females and young children. TOMS is extremely popular for their cordones, canvases and boot styles and offer a wider variety of shoe styles, such as high-top, lace sneakers, low-top slip-ons, low-top lace sneakers, and wedges. A pair of TOMS is constructed with a soft sole made of a latex sponge added for support and a rubbery outer sole. The prices of TOMS products range from $28.00 to $80.00.

When a pair of TOMS’ Original Classics of any color is purchased, a second pair is donated to a child in countries miles away. This is known as their One for One movement developed in 2006. Blake Mycoskie created this company with the efforts of fulfilling the needs of many children in Argentina after recognizing their bare feet on a trip that same year. During his first year of selling the shoes, he returned back to Argentina with 10,000 pairs of shoes for Argentinean children. TOMS has also partnered with many humanitarian organizations and charities to help expand their donations to the Argentinean children as they grow and, also, to the aging youth in other countries.

Osborn’s are a collection of shoes created by Aaron and Carla Osborn of New York City. Osborn shoes are funky, pattern-filled and creative, hand-crafted by a team of 30 talented crafters in Guatemala City who imprint their names on the sole of each shoe with pride. The Osborn shoe is made from many different recycled materials and threads and has a structured padded foot bottom and leather sole. The price of a set of Osborn shoes depends on the type of shoe purchased. Lace boots cost about $170.00, and the low, round-toed Oxford shoes cost about $148.00. Osborn shoes are sold online on sites such as urbanoutfitters.com and madcloth.com and, also, in stores in California, New York, North Carolina, Ohio, Texas, Virginia, and Greece.

The main goal of both TOMS and Osborn shoes is to combine humanitarian concerns and fashion. Both companies produce a wide variety of styles and comfortable fabrics for the urban trendsetter or even the busy, always-on-the-go athlete.
What to wear and which designer? Every celebrity dwells on what they should wear to a special event! The 83rd Academy Awards were celebrated on February 27th. Many celebrities presented themselves in their best gowns for this night, but the 2011 Oscars were superior to past ceremonies due to host Anne Hathaway, who wore seven different outfits.

Hathaway represented style, glamour and beauty on the big screen. Most of her outfits, which she planned on wearing prior the event, were all made for her and for that night. She addressed this on the Red Carpet and also expressed how she loves to change her clothes more than two times a day. Tiffany jewelry opened up their archive and allowed Anne to display their best on the night of fabulous glamour; Jimmy Choo also allowed her to rock their best shoes. Besides her clothes more than two times a day. Tiffany jewelry opened up their archive and allowed Anne to display their best on the night of fabulous glamour; Jimmy Choo also allowed her to rock their best shoes. Besides her variation of outfits, her hair styles were modern but classy enough to make her look outstanding. She began on the Red Carpet with an outstanding strapless long Versace dress.

Anne Hathaway opened the awards in a vanilla-colored bustier, Givenchy Haute Couture by Riccardo Tisci gown that was long with belts on top of the strapless bustier that looked natural in the delicate way it fit her. She was accessorized with a Tiffany diamond ring, earrings and Brian Atwood peep-toes. This whole style screamed old Hollywood glam, which seemed appropriate for the film industry’s biggest night. For her second number, Hathaway came out in a menswear-inspired look, a custom tux by Lanvin yet kept the style looking feminine with her Tiffany jewelry and heels while she performed her solo, singing. Hathaway took the audience’s breath away with her third outfit, a Vivienne Westwood corseted Couture gown, made for her in London, and to top off her beautiful appearance, she walked the stage in Jimmy Choo platforms. The all black gown was strapless and had a thin layer of white glistening cloth half way on the dress, the bottom contained different skirts that made the lower half of the gown pop out. The necklace that Tiffany lent to her was the “cherry on top” of that dress, giving Hathaway an elegant appearance.

A silver beaded tassel dress by Oscar de la Renta, representing 70s Glam, was her fourth dress, accompanied by Tiffany jewels and Jimmy Choo golden peep-toes. The one shoulder strap gown was a long, golden fringe dress, which she swung around to amuse the audience. The fifth gown was perfect Red Carpet material. This Versace strapless gown was a rich red color and long with a shiny material on the top part of the dress running down the middle, and the dress hugged her body beautifully. Hathaway looked positively majestic in her sixth, a Giorgio Armani Prive gown in a beautiful royal blue that shined, standing out to the audience, and she finished the look with Armani platform heels and, of course, Tiffany jewelry. To close the big night, Hathaway wore Tiffany jewels with a lace and crystal dress that was a turtle neck with long sleeves, and wrapped around her body, and sandals by designer Tom Ford, who knows a thing or two about fashion and film. He recently unleashed a woman’s wear line and also directed last year’s Oscar-nominated hit, A Single Man.

Race: The New Forbidden Word?

continued from page 10

of a certain group of people. If “race” is determined by culture or a tradition, then someone who comes from Asia, for example, and grows up with an African culture and tradition should be considered African. Most people would disagree with this idea, but, if “race” is determined by cultures and traditions, then anyone who adopts those cultures should be considered part of the “racial” group. Of course, some people would disagree with this and would see someone who tries to adopt their culture and traditions as a “wanna be.” They believe that unless you originated from the area where that culture and those traditions are practiced, you are not a part of that group, even though you adopted its culture and traditions.

If “race” plays a big part in society, how can it be harmful to humanity? One of the most common examples of the term’s harmful effects is the Holocaust during World War II. During Hitler’s Nazi rule in Germany, the Nazis considered themselves to be superior to all others. They considered anyone who was not of the Aryan “race” to be less than human and ordered the mass extinction of the Jewish and the Slavic people.

Not only has “race” been used to fuel genocide, but it has even been used to divide people. When the Belgians invaded Rwanda, they separated the indigenous population into two groups: Tutsis and Hutus. A once unified people, they were divided into these two groups based on their physical appearance. According to American University’s Washington College of Law website, the Belgians claimed that the Tutsis looked whiter than the Hutus and were seen as the ruling group and given positions of authority over the Hutu people. Tutsis were given privileges, such as an education, while the Hutus were denied these privileges, fueling their feeling of resentment over the Tutsis. Over time, the Tutsis wanted to become independent from the Belgians and took action. The Belgians, afraid they were losing control, gave some power to the Hutus and took some power away from the Tutsis in order to maintain their control. Even after the Belgians left Rwanda, these once unified people considered themselves different. Eventually, the Hutus gained power and elected the first Hutu president in 1959. Shortly afterwards, the killing of Tutsis occurred, which led to the Tutsi Genocide in 1994.

Even in America, where people are thought to be equal, “race” is used to divide and separate Americans, even causing us to make judgments about others based on their “race.” In 2008, an Ecuadorian immigrant was killed without provoking anyone and was beaten to death just because he was Hispanic. Also, a former Army soldier once told me that while he was going to a diner with his army buddies, he noticed a group of Native American soldiers sitting at a table. These Native American soldiers had been waiting to be served before everyone else, but the waitress served everyone else first. In disgust, this former soldier and his friends left because of the poor treatment of the Native Americans.

Even though there is no ill intent in most of us, we consistently make judgments based on “race.” We stereotype, affiliating certain actions with a certain group. For instance, some believe that low paying jobs and undesirable tasks are usually performed by Mexicans for a cheap price. This stereotype makes us look at Mexicans as a lower class and less educated people than everyone else. Other examples of judgment also include favoritism, in which people favor their own “race” over others from different “races.”

The concept of “race” is relatively new but has quickly become a way to identify people in the past 250 years. Needless to say, this word “race” has done nothing but divide us and cause us to fight each other. One might even go as far as to say that the word “race” is in itself racist, as proposed by Ashley Montague in The Origin of the Concept of Race. Ultimately, once we realize that there is no such thing as “race,” we can all realize that we are truly, for the most part, the same and that we should not use our supposed differences to wage war against each other.
By Salvatore Piscotta

This article is based on information obtained from the websites “Cultinfo.ru” and “sashbash.ucoz.ru,” translated with the invaluable help of Rachel Povolotsky. The performance noted in the piece was found using Google video, on video.google.com, and was recorded in 1985 at Bashlachev’s apartment.

In a small, dingy apartment, you are sitting across from a man who is considered one of the finest song writers of the day, with only his guitar and the occasional tapping of the foot to accompany him. It is only you and a handful of others. The musician’s expressive songs are almost deafening in such a small space, the words going directly from his mouth into your ears. He strums so furiously that it seems everything will soon implode, his hand moving like it must surely be defying the laws of physics. He sings with fervor, producing a sight and sound that is mesmerizing. Yet, it was not only a lack of support that led this musician to play to such a small crowd in such a tiny space—it was the law, and this type of performance was both a form of entertainment and a means of undermining the law. This was the life of Alexander Bashlachev, a Russian rock musician from the 1980’s who has become something of a forgotten gem. The life of Alexander Bashlachev, like many talented musicians, was brief and tragic.

The Sweet Word-Freedom

With the constant struggle for human rights occurring around the world, examples can help serve as a guiding light. Bashlachev is only one of many examples of the struggle against the authorities of the USSR during the 1960’s, 1970’s, and 1980’s. As protestors attempt to fight for their rights in Libya, Saudi Arabia, and elsewhere around the world, Bashlachev and others fought in their own way—through rock and roll.

Alexander Bashlachev, known as Sasha to friends, was born on the 27th of May in 1960, to Nikolai and Nellie Bashlachev in Cherepovets, Russia. Nikolai was in charge of a division of the Cherepovets power plant, while Nellie worked as a chemistry teacher. After graduating from high school in 1977, Bashlachev worked in the Cherepovets Steel Mill as a painter before returning to school, studying journalism at Ural State University.

Bashlachev’s first-known song appeared in 1983, titled “Gribovedov Waltz.” Throughout this period, Bashlachev continued to write and create music. Later in 1983, Bashlachev graduated from the university. He returned to Cherepovets, where he worked for a year with a local youth newspaper called The Communist, writing articles on rock and roll.

Shortly after, Bashlachev began performing at kvartirniks or house parties. In the 1960’s and 1970’s, music was held under strict censorship in the USSR, rock music especially. Musicians were routinely imprisoned or sent to work camps. Rock and roll music from the west was supposed to be repressed. To get around this censorship, and to lay low under government radar, these defiant musicians would perform at friend’s apartments. These small performances, or kvartimiks (often with the audience not exceeding ten), were the key methods of rock’s survival and influence in the censored USSR. The parties were not elaborate. The musician would sit on one side of the room, the audience on the other. They might have served tea or wine, and the musician would play. In some instances, the musician might have circulated cassette tapes of recordings as a means of gaining attention or support. It was not a rewarding system. If caught, many faced prison or, in some cases, even death.

By the mid-1980’s, restrictions on music began to lessen significantly. Despite this, rock and roll was still not considered mainstream, and as previously noted, these house parties kept rock and roll alive. In March of 1985, Bashlachev played at his first public appearance at the hall of a medical college. This performance was later released on an album titled Kochegarka. It was there that Bashlachev joined the Leningrad Rock Club and also performed at the legendary Kamatchka boiler. For a period of time, he also worked at the boiler.

Bashlachev’s performance at the 1987 Leningrad Rock Festival drew much attention and praise. Shortly prior to this performance, Bashlachev suffered from writer’s block. Because of this, new songs were rare, and he attempted to avoid performing old ones. One of his last-known songs, called “Cherry,” was written in 1986. This writer’s block was accompanied by a period of depression. Supposedly, Bashlachev attempted suicide several times, but he finally succeeded on February 17, 1988, falling from the 9th floor balcony of a building on Kuznetsova Avenue in Leningrad, where he lived. Some, however, disputed the suicide claim. Bashlachev’s position as an underground rock musician only added fuel to this fire. He was buried in Leningrad at the Kovalyovskoye Cemetery, and his son, Yegor, was born after his death.

Bashlachev was mostly known as a poet, and his lyrics have garnered him fame. Unfortunately, very little of his lyrics have received a proper translation to English. Bashlachev often wrote of Russia, of the people and images around him, almost a sort of nationalism, portraying the times in both beauty and grit. In the taped kvartnik, he was asked about the contents of his songs; he answered, without hesitation, “Russian soul.” He is not unlike those who attempt to better their country through protest, fighting a strict government who seeks to suppress them through force and policy, as was the case in Egypt, and is the case in Libya, Saudi Arabia, and elsewhere. Let us never take for granted the freedoms we enjoy, while others struggle for the same rights.
The Xenith X1, founded by former Harvard Quarterback, Vin Ferrera, takes pride in its infrastructure. The X1 contains 18, 2 in. shock absorbers, flexible bonnets for a sturdy, comfortable fit, and a polycarbonate shell (exterior) and chin piece. Peter Keating of ESPN Magazine reported the Xenith X1 is only strapped on by 1% to 2% of NFL players, including the talented names of Dallas Clark, Josh Cribbs, and Ricky Williams.

The Sports Concussion Institute stated that brain injuries cause more deaths than any other sports injuries, and football players suffer the most brain injuries of any sport. According to the American Journal of Sports Medicine, at least one player sustains a mild concussion in nearly every game.

Experts and manufacturers agree: There is no concussion-proof helmet. But knowing that the epidemic has achieved notoriety provides comfort for players and their families, while research on concussion and concussion-prevention progresses.

Basketball is a sport enjoyed internationally, but in the U.S.A. during the month of March, college basketball is the most competitive sport.

During “March Madness,” teams from all over the nation compete to make it to the championship round to represent their school and win the NCAA title. There are 330 teams competing for the chance to play in the NCAA tournament, but only 68 teams will make it.

All of the players will be competing to live the dream of getting drafted to play for the NBA. However, some college players don’t really want to go to the NBA; they play for four years and then graduate. But each regular season game matters to most freshmen, sophomores, juniors, and even seniors because it’s the seniors’ last year, so they are usually the hungriest athletes, desperately wanting to win the crucial season games that will get their teams into the NCAA Tournament.

For example, the defending champions, Duke University, won the NCAA Tournament last year and are now trying to gain another title. They have a 10% chance of winning another title because of the talent at the college level. And for the other teams who did not make the NCAA Tournament, they will be invited to another tournament, the National Invitation Tournament or NIT. The NIT is basically another NCAA Tournament, but it’s not as important as the actual NCAA Tournament.

Some players, especially seniors, find competing in the NIT to be disrespectful because of the tournament’s lack of importance. In their last year, seniors want to compete in the NCAA Tournament to be awarded for their hard work and dedication all season long.
The Effects of Sleep Deprivation

continued from page 6

notes or forgetting to complete an assignment for class. Other side effects include aching muscles, depression, hallucinations, and increased blood pressure.

A student’s best friend in college is usually caffeine or energy drinks, but do these really help? After drinking an energy drink and receiving a jolt of energy for a few hours, the horrible side effects of a “crash” begin. The use of caffeine proves useless also due to the fact that caffeine is less effective if taken routinely.

Though many suffer from some form of sleep deprivation there are ways to counteract the sleeping disorder. To combat sleep deprivation, increase nightly sleep time. Just one night of recovery sleep can reverse adverse effects of total sleep deprivation. Try budgeting your time better so you can have more time to sleep. For example, if you are assigned homework or have to study for a test for the next week, budget that into your timing. Try to complete homework or studying when you have free time during the week the assignment or test is assigned to avoid doing last minute work. Also, if you’re working full time hours and you’re a full time student, you might have to cut back on a couple of hours at work. Education is always important and should be a main priority. With these tips, hopefully you will be able to catch more “zzzzz’s” so you can get back on track in school.

QCC Cultural Centers

continued from cover story

work and artifacts from all different parts of Africa. Also, the gallery uses monitors to give students a brief explanation of the artwork. The artifacts range from religious to mythological pieces, such as the zulu beading that was very popular in South Africa. The beading tends to have elaborate coloring and detail. The gallery also displays a variety of facial masks traditionally used during celebrations, times of loss, war, or birth. These masks usually emulate some sort of mythical creature or spirit.

In addition to the Holocaust Center and Art Gallery, QCC has its very own theater company. Recently, the QCC theater department performed William Shakespeare’s Othello. Often, discounts for all shows are available to students, and the plays are performed in the Queensborough Performing Arts Center located in the Humanities Building. Shows are not just performed by students, but well-known comedians, actresses, and Broadway sensations come to perform at the college as well! Sometimes, these shows can be expensive, but students at the college are eligible for discounts. Just log on to Cunyevents.com and look for upcoming events. And remember, most activities on campus are free, so with the help of your school ID, the possibilities to enjoy these places and events are endless!
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