The movement tagged as “Occupy CUNY” is gradually building momentum. It is in many ways modeled after the “Occupy Wall Street” protests that have caused an uproar all over the United States and, in fact, all around the world.

The OWS was born on the streets of New York—Wall Street, a notable location for many big financial houses. The OWS is described by many as the demonstrative objection to the oligarchy of the super-rich in society otherwise known as the 1%, by the proletariat who make up the subsequent 99% of society. The movement in itself has witnessed heavy backlash from a number of politicians and mainstream media outlets that have argued against the credibility of the movement, calling it a leaderless movement with no plausible objective. Their critics have been retorted by various other politicians, celebrities and media personalities who have claimed that the OWS is a demonstration asking simply for the financial institutions who took the country into the 2008 financial turmoil to bear the outcome of their malfeasance and not to allot the burden to the working class and to refuse them employment, increasing the bank rates, tuition, etc.

It is not surprising that members of the CUNY community have followed suit with the OWS. On the 10th of November, about three hundred York College students carried out a “York College Walk Out” in protest to tuition hikes, no EJB access on campus, LGBT rights, and against plans of their administration to begin to charge for lab fees. The protesters also discussed strategies to communicate their grievances with city officials and CUNY’s central office.

Over at QCC, a group of staff and students held what they called a “General Assembly” on Nov. 17th. It was scheduled to coincide with the National Day of Action. The goal was to have a democratic discussion of campus issues, similar to the General Assembly of Occupy Wall Street in Zuccotti Park. Despite the piercing cold and the eight officers from Public Safety, the QCC movement began at around 11:07 AM. The crowd exercised and proclaimed their First Amendment right to speak, petition and gather without an iota of hesitation. Without a microphone, students and professors came to the center of the gathering, speaking in facets while the crowd repeated the words.

The gathering began with about 60 students and progressed to about 130 students approximately. Professors and administrators were also present at the assembly; about 22 of them were spotted, some include Prof. J. Barbanel (Basic Skills Dept.), Prof. B. Pickett (Theater Dept.), Prof. L. Zinger (Health Dept.), Dean A. Perkins (Campus Facilities), Prof. J. Rogers (Eng. Dept.), Dir. G. Rivera (Student Activities), and a few others. A variety of topics were voiced, including the cost of textbooks, tuition increase, and adjunct healthcare. Prof. Linda Hart remarked that the event was “wonderful” and that she admired the “extent of student involvement and interest.” She mentioned that she felt a “great sense of community.” Additionally, there were also calls to boycott the cafeteria and a staff member came out to express his discontent with the cost of food at the cafeteria and remarked that he had never patronized the cafeteria throughout his seven years of work at QCC. He refused to disclose his identity when approached.

It was a non-violent, engaging and participatory assembly. One of the organizers mentioned that given the sizable turn-out and obvious shared interest to discuss salient issues, this pioneer General Assembly would serve as a catalyst to many more to come in the near future.

In the larger frontier, on Monday, the 21st of November, a CUNY-wide march was held from Madison Square park to Baruch College, where CUNY Board of Trustees were holding a budget and public hearing on a tuition increase and adjunct health insurance. The Baruch vertical campus was flooded with students from all over. Outside the hearing, reportedly, the students and staff who were denied access to the room where the meeting was being held gathered in the lobby and began to share their stories. They were met by a staff barricade of security officers carrying batons. Protesters were mauled by police to leave the building. According to the Huffington Post, 15 individuals were arrested. Ms. Barbara Bowen, the president of the Professional Staff Congress (PSC) at CUNY, wrote to the CUNY chancellor: “What creates unsafe conditions is not the presence of peaceful protesters on a college campus, but rather the college’s approach to policing: confining student protesters to an inadequate area and limiting access to public space at this public college.” As a result, following the hearing and the reportedly lackluster response released by Chancellor, several petitions have been circulated via the internet calling for the resignation of the head of security at Baruch College, the CUNY Chancellor Goldstein and some Vice-Chancellors, and the immediate abolishment of the CUNY Board of Trustees. Jamie Yancovitz, a 23 year-old student at the CUNY Graduate Center, said, “The board of trustees are mostly successful business people, and they’re basically trying to run a public institution as a business, which it is not. They don’t get what it’s like for us.”

To the dismay of many and amid protests, on Monday the 28th of November, the members of the CUNY board of trustees voted to increase tuition. The tuition hike will range from $150 for a full-time student to about $300 for a doctoral student and goes into effect from 2013 up until 2015. One protester’s sign read: “I am a H.S Teacher. By the time my 9th graders start at CUNY it will cost $1500 more than now. Is this what equity looks like?”

Although CUNY’s tuition remains relatively less expensive than other public and private universities around the country, it should be noted that the City University did not charge tuition until up to the 1970s, and City College was regarded as “Harvard for the poor.” In addition to possible financial aid from both Federal and State resources, the trustees approved $5 million in new aid to offset the burden of the tuition increase for the neediest of students.

The ongoing mayhem that has seemed to gain a world stage- first in the political and economic arena and now the educational sphere – begs the indomitable notion that mobilized citizenry who challenge the status quo of political, economic or the social affairs of their state or institution are met with a stern reaction. This can be witnessed in the violence that the Occupy Wall Street protesters received from police officers and can even be likened to the 2011 civil war in Libya, where the citizens looking to oust the government were brutally attacked by the forces loyal to Gen. Gaddafi.
To get involved with NYPIRG or to find out how you can help with this campaign, marketing in stores and especially around schools and in health stores like pharmacies. Tobacco marketing in New York City. We want to decrease the visibility of tobacco bodegas. Have heavily increased their marketing presence at convenience stores, pharmacies and age. Since Federal regulations restrict TV and print advertising, tobacco companies smoke. As a matter of fact, 90% of regular smokers start before reaching 18 years of – so this is where they target their marketing. This is NOT an accident. The tobacco industry knows youth spend a lot of time in stores gum or candy. They see it on the store's windows and directly behind the cash register. Of a school. Kids see tobacco marketing whenever they go into a store to buy water, tailored to target a specific audience or demographic. Out of 11,500 licensed tobacco retailers in NYC, 75% are located within 1,000 feet of a school. Kids see tobacco marketing whenever they go into a store to buy water, gum or candy. They see it on the store’s windows and directly behind the cash register. This is NOT an accident. The tobacco industry knows youth spend a lot of time in stores – so this is where they target their marketing. Studies show the more tobacco marketing kids see, the more likely they are to smoke. As a matter of fact, 90% of regular smokers start before reaching 18 years of age. Since Federal regulations restrict TV and print advertising, tobacco companies have heavily increased their marketing presence at convenience stores, pharmacies and bodegas.

NYPIRG and our coalition partners are working to reduce youth exposure to tobacco marketing in New York City. We want to decrease the visibility of tobacco marketing in stores and especially around schools and in health stores like pharmacies. To get involved with NYPIRG or to find out how you can help with this campaign, come to our office in the Student Union Basement, or contact us at (718) 225-9121 or qcc@nypirg.org.

Vanessa Rodriguez
Project Coordinator, NYPIRG at QCC

Letter from NYPIRG

Dear Editor,

As the semester comes to an end and holiday shopping starts, I’ve started to notice the amount of time I’ve spent looking at marketing ads. In order to increase sales, companies spend money on funny and socially appealing ads. In New York, the tobacco industry spends $1.1 million every day marketing its products. This is more than the amount spent on junk food, soda and alcohol marketing combined. These ads are usually tailored to target a specific audience or demographic.

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Vanessa Rodriguez
Project Coordinator, NYPIRG at QCC

Dear Friends,

I bring you humble greetings from my fellow student government officers and me. Thus far, the 2011 fall semester has been one of the most active semesters yet. The multicultural festival was a huge success. Did you know that about 40% of Queensborough students speak a language other than English and over 140 countries are represented on our campus? The multicultural festival was a great opportunity to celebrate and appreciate the diversity that our campus contains. There was a parade of flags around the campus, dance presentations, song renditions, and food exhibitions. Visit http://www.qcc.cuny.edu/tigermedia to find videos.

Also, I am sure many have seen the new Veterans memorial site located by the main entrance of the campus. It is a testament to the school’s appreciation and honor of all the men and women who have served in the armed forces, either in the Marine Corp, Army, Navy, Air Force, or Coast Guards. More than 230 current students, faculty and staff of Queensborough have served the country as Veterans. I salute these noble men and women.

In this issue, I’d like to address the concern of “no study space and the congestion of the library.” First and foremost, I would like to thank all those who have gone out of their ways to bring these issues to our attention. I truly appreciate your feedback and courage to speak out on behalf of your peers. Let me state categorically that I am in unison with all those who are concerned with the ongoing congestion that the Kurt R. Schmeller Library is facing. Student Government recognizes this predicament and has brought it to the attention of the college’s management numerous times. We have been retraced with the fact that enrollment is at record highs, and since the library is the academic hub of the campus, it is a challenge to relegate the population there. To that end, we have a member of Student Government on the Academic Senate Committee on Library, who is working together with other committee members to find possible solutions. Additionally, I have compiled this concise list of alternate study locations for you and your friends to consider other than the library. The Learning Center on the first floor of the Library Building, the upper level of the Student Union Building, the benches in the Art Gallery and Kupferberg Holocaust Center, and the quadrangle by the Science Café. We also welcome your suggestions on how the library can be improved. In case you wish to contact the chief librarian, please don’t hesitate to email JGalvin@qcc.cuny.edu.

Lastly, I thank everyone who in some way contributed to the Walk to Aspire student scholarship fundraiser. Because of your efforts, the cost of education for families has been subsidized, and students will be given the edge for success.

I wish everyone happy holidays and best of luck in all your endeavors.

Best,
K.
Oluwadamisi Atanda.
Serene Test-Taking

By Anais Wong

The dreadful week of final exams has arrived, but now is not the time to panic! On the contrary, it is all about creating the best conditions to be as effective as possible while taking tests.

What makes students nervous about tests? Our Counseling Center at QCC (room L-428) provides some information about “Test Anxiety” and ways to deal with it. According to their leaflet on the subject, this phenomenon may be physical as well as psychological and varies in intensity. Test anxiety can come from several sources, such as negative thinking, low self-esteem, pressure that the student or the family puts on him or her, and obviously being unprepared for the exam – which is a realistic reason to be worried. To overcome test anxiety, the Counseling Center gives us some recommendations, which include practicing relaxation techniques, eating healthy meals, getting enough sleep, and telling oneself positive messages.

Different students experience exam-related stress differently. For example, many students are more worried about a certain type of test. During a final exam, students might have to take an objective test, such as one containing multiple choice questions or fill-in-the-blanks; or a subjective test, typically asking students to answer one or several essay questions; or both types in the same test. Guo Bai, an ESL student in pre-nursing, admitted that he doesn’t feel comfortable with essay questions since he is still learning English. “I don’t write well. Sometimes I know the answer, but I cannot write it,” he said. On the other hand, Jonathan Rivera, another QCC student majoring in Theatre Arts, affirmed that he prefers to write essays because he can really show what he knows. He also finds the time constraints helpful, keeping him focused and enabling him to think quickly. Mauricio Davila, majoring in Criminal Justice, and his friend Amanda Acosta, a Liberal Arts student, presented opposite opinions. Davila claimed that he is more at ease with essay questions, while Acosta prefers multiple choice questions. “I’m a good writer,” Davila said. “I’m a good guesser!” Amanda replied. In short, students all have their strengths and weaknesses, but in the end they will probably have to take exams of both types.

At this point, trying to cram more information into one’s head won’t help very much. Here are a few things students can do to optimize exam sessions, as advised by Dr. John Michael Domino in an online document entitled “Final Exam Test Taking Strategies” available on Florida Gulf Coast University’s website (fgcu.edu). First of all, we should arrive early to be able to pick a seat where we will feel comfortable. Also, bringing everything we need, such as pens, pencils, a calculator, and anything authorized will save us some unnecessary additional stress, so gather everything the authorized will save us some unnecessary additional stress, so gather everything the

How to Find an Internship

By Eve Johnson

Doing well in your classes, earning a good GPA, and joining extracurricular activities is great, but when you go for a job interview after graduation and you’re up against someone exactly like you, the determining factor will be experience. Ask yourself: Do I have the experience related to my field of study? If you’re graduating soon from QCC, or you just want to make sure you’re properly qualified, whether it’s for a job interview or transferring to a four-year institution, it’s best to look for internship opportunities.

Why is participating in an internship so important? Internships give students hands-on experience. An internship allows you to apply all that you’ve learned into real action. For example, you study Liberal Arts at QCC, and you have aspirations of becoming a journalist; yet, you haven’t exactly taken any classes toward your future major. There is no need to wait until you graduate and declare a major in journalism before you take on an internship relating to journalism. You can do that right away! Interning gives you a special edge and provides real experience that you can use when you transfer to other colleges. Plus, the experience gained at an internship will give you a head start towards your ultimate career goal. Also, interning in your field of study will give you the opportunity to discover if this is the path for you; in other words, you won’t have to face the possibility of not liking whatever career you’ve chosen simply because you didn’t know the realities of this career’s demands.

Here are a few helpful ways to go about finding an internship:

• First and foremost, check out the Office of Career Services in the Library, room 429. The office provides advisement on your career as well as professional development. You can go to their website (http://www.qcc.cuny.edu/careerservices/) to find their phone number as well as their office hours. The Office of Career Services is the first start to finding an appropriate internship, and, as an added benefit, the staff will also help you apply for a 3-1-1 operator job through CUNY, which is a part-time position.

• Check online sources. There are many websites out there to help you find an internship. Some of them are more specified to certain areas, but some also offer a wide spectrum of openings:

  1. The website InternQueens (www.internqueens.com) is a great place to start. According to the website, Intern Queens “helps students find and apply for internships while also educating them on how to make the most out of their experiences.” The site offers internships in Los Angeles as well as New York City, which is closer to home. Simply upload your resume to the website, and start your search. It’s as simple as that!

  2. Another helpful website is nycinternships.com. This site offers a wide variety of internships in NYC as well as Boston, Chicago, Los Angeles, and London. There is an application process, but one of the greatest things about this website is that it guarantees you a summer internship. How awesome is that?

Of course, there are many other websites that you can use to search for an internship. Try Google as a search engine; it works wonders. Take the initiative to make your dreams come true. Don’t just rely on a great GPA and extracurricular activities; be proactive. Become the architect of your future.
The Pitfalls of CUNYfirst

By Alshanette Moodie

Last year, CUNY chose Queens College and Queensborough Community College to use CUNYfirst, a new system that replaced eSIMS as a resource and service tool for all CUNY colleges. Although we have access to registration, financial statements, academic and personal information, faculty, students and staff on campus claim that navigating the new system isn't easy.

At the very start of its implementation, many on campus noted the pitfalls of CUNYfirst. An anonymous source said, “CUNYfirst rushed its release in which faculty had little time to learn how to use it; then they had to teach the students.”

A QCC student who wished to remain anonymous said, “At first, I had difficulty using CUNYfirst, but after using it regularly it became easier for me. I [still] don’t like CUNYfirst, though.” Another QCC student agreed, saying, “I hate CUNYfirst! I can generally move about the site without too much trouble, but it’s still pretty annoying, and … the staff has no idea how to work it.”

Another student who chose to be anonymous said, “CUNYfirst is horrible, slow, and difficult to understand.” According to many QCC students, the difficulty lies in CUNYfirst’s security measures. When you log in, you must choose four or five security questions before you create a password. After 90 days, your password expires and must be reset.

You have to enter the answers to those security questions again before creating another password. Also, many students claimed that searching for classes during registration can also be difficult. Sometimes the classes don’t appear when you want to look for a specific class.

Rebecca Succes summed up the reasons for disliking CUNYfirst, saying, “I don’t like the fact that QCC and Queens College had to be the ones to try CUNYfirst. It makes things more complicated than they seem. CUNYfirst messed up … the way we register, look at grades, financial aid, graduation … You can’t locate anything, and the loading process takes too long to get certain information … With eSIMS, it was easier.”

Anais Wong, a QCC student, weighed in on the CUNYfirst issue. She said, “I usually have trouble with CUNYfirst. The amount I owe for tuition is always incorrect, and I think the navigation could be made easier.” Another student wrote on a Facebook posting that he had tried checking one of the professor’s schedules. Unfortunately, a “404 Error” appeared on the CUNYfirst page for four hours, leaving the anonymous student with a distaste for the new system. On Facebook, he posted, “CUNYfirst sucks!”

Other CUNY schools are still using eSIMS, so the question remains: Why is QCC and Queens College the only participants? Many QCC students said that this college as well as Queens College were being used as lab rats in an unfair experiment. They complained that although CUNYfirst is still a work in progress, the new system should’ve been completely developed before making it available to the public. In the end, many on campus agreed that CUNY needs to take this system back to the drawing board and finish what the City University started. Then, it can be accessible to all CUNY colleges.

Prisoner #92A8325

By Roslyn Joshua

On August 6, 1991, the same day of the “birth of the World Wide Web” (alternatenewsreport.net), Raymond Bermudez’s universe felt like it expired. Arrested in front of his mother, with a gun pointed to his head by the police, he was interrogated about his whereabouts on the night in question, but his efforts in convincing the cops that he was driving around Manhattan with his friends was to no avail. Eyewitnesses, coerced by police, pointed out Bermudez as the murderer. A plea offer was introduced, but he never accepted it because he thought there was no doubt that he would have been exonerated.

He was able to obtain his Associate in Business degree while in prison, thanks to grants that were available at Sing Sing Correctional Facility (not all penitentiaries are funded to provide postsecondary education). A study by Jeanne Contardo and Michelle Tolbert, comparing postsecondary education with the general public, claimed, “While more than half of the general population has some college education, less than one-fourth of all state and federal inmates have any postsecondary education,” according to jjay.cuny.edu/ContardoTolbert_Paper.pdf.

Despite his success in obtaining his associate degree, and being a model prisoner which allowed him conjugal visits, Bermudez’s life was far from impeccable. In fact, he contemplated suicide, but the thoughts of his family and how selfish his act would have a devastating effect on them made him decide otherwise. Sharing his cell and drawer with roaches, the constant stealing of his soap and shampoo and fighting to get them back, inmates and officers attacking each other, and the inhumane and humiliating body searches underscore the many scenarios Mr. Bermudez faced at his long-term locale. A fixed three days a week shower could not suffice, but improvising, he utilized a laundry bucket for alternative days to clean up.

Through the years, he consistently wrote letters to journalists and law firms; he would ask runs to pray for him as the violence of prison life increased, and his only hope was clinging to his belief: “Patience + Truth = Freedom.” Pastimes were exercising for miles by running around the prison yard and systematically performing pushups to calm his nerves while struggling with the disappointment of his countless appeals. His family too assisted in the battle to free him by taking out a loan of $11 thousand. He bought and sold wholesale clothing to help out.

The physiological pain of Raymond Bermudez’s imprisonment still resonates today as he travels around the country speaking to students in high schools and colleges. The traumatic events of being incarcerated for 18 years did lead to PTSD to the extent that he woke up at 3 a.m. with anxiety attacks. An advocate for the wrongfully imprisoned population, his goal is to try to change the system. His final message to all was that in the football game of life, Justice is the Super bowl, so you have to kick whatever confronts you and continue to score touchdowns.
There were multitudes of attention grabbing news stories to keep us entertained at the lunch table and provide us with the ammo for idle chat. With a couple a weeks left in 2011, let’s take a look back at some of the strangest stories from the past year.

To start the list of 2011’s strangest stories is a man named John Rolczynski of Grands Forks, North Dakota. Rolczynski is a history buff who when researching for his book on the state of North Dakota, discovered that the 120 year-old state is technically not a state but still a territory because of a constitutional conflict. According to John Rocznyski, North Dakota’s state constitution omits “the executive branch, the Governor and other high ranking officials when it explains who needs to take the oath of office.” In failing to require these oaths, North Dakota’s constitution is at odds with federal requirements established by Article VI of the U.S. Constitution, therefore making statehood illegitimate, according to newsfeed.time.com. State Senator Tim Mather wrote a bill this past spring to fix the problem, and it will be voted on in the upcoming months.

In Lake City Florida, the battle over pizza supremacy was taken a little too far this past September. Bryan Sullivan, 22, and Sean Davidson, 23 (both managers at Dominos), thought it would be a good business strategy to burn down their local rival, Papa Johns. When asked about their motive, police said one of the men admitted that he believed with his competitor out of the way, more pizza lovers would flock to his restaurant. Both men were jailed and charged with felony arson.

Employees of a hardware store in Chickasha, Oklahoma were stunned to find out that a man they thought was handicapped wasn’t after all. Anthony Black, 21, wasn’t handicapped but was trying to shoplift a chainsaw by shoving it down his pants. Employees were unaware of Anthony Black’s intentions until they saw the giant bulge in his pants and the reason behind his limp. Black dropped the chainsaw and began to run as employees chased him down. The employees saw Black dive headfirst into a creek, which is where police pulled him out and arrested the man who turned out to be intoxicated.

A man linked with several home burglaries in University City, Missouri was caught in the middle of a home invasion while cooking some bacon. According to stlouis.cbslocal.com, Kenya Ealy returned home after an errand and found 36 year-old Damon Petty of St. Louis cooking breakfast. Ealy says the suspect initially tried to keep her out of the house by trying to hold the front door shut. But Ealy and a friend managed to tackle and subdue the man and call police.

Video games should stay where they belong... on the TV screen. In Clemson, North Carolina, a 23 year-old man was struck by an SUV while playing a game of real life Frogger with his friends on a 4-lane highway. In the game version of Frogger, the player takes on the role of a frog crossing a car-ridden highway and a hazardous river. The real-life version involved the 23 year-old man’s friend yelling, “Go!” and the man running right into traffic. Fortunately, the man was quickly hospitalized and in stable condition.

The votes of Fort Wayne, Indiana’s residents will not be honored after all. After much delegation, political officials have decided not to name a new government building after a popular mayor from the 30’s and 40’s. The Harry Baals Government Center will not be named after Mayor Harry Baals, who served Fort Wayne for 17 years, even though the Harry Baals Government Center received over a 100 thousand votes, according to abcnws.com, while the runner-up didn’t even crack 600. So much for democracy and a future without the Harry Baals Government Center.

Responding to a rare alligator sighting in the suburbs of Kansas City, police of Independence, Missouri took quick action to kill the beast, shooting it in the head while it menacingly lurked in the tall grass leading to a pond. But after the second shot bounced off the reptile’s head, the officers realized they had shot a concrete lawn ornament. The property owner told police that the gator was meant to keep people off his lawn. Police told him that a “no trespassing” sign would have been better.

We all have our moments when we overreact and blow things out of proportion, but a 15 year-old girl from Tahuya, Washington took it to a whole new level. She shot her father in the torso with a hunting bow after he had grounded her and taken away her cell phone. She refused to let him call the police, so he climbed out the window and drove to the neighbor’s house approximately a 1/3of a mile from his home. He was then airlifted to the hospital. According to seattlepi.com, the girl ran away from her home with the bow and at least 35 arrows but was later found by a SWAT team in the woods behind her house.

A disgruntled worker in a grocery market in Albuquerque, New Mexico is being charged for handing out tainted yogurt samples and admitting to putting his own semen onto the spoons and into the yogurt. A few customers had complained that their yogurt was not yogurt but human bodily fluids. The man denied the charges, but the police linked him to the yogurt through DNA testing. He faces up to three years of imprisonment to be followed by three years of supervised release.

This year’s strangest story takes place in Delaware, Ohio, where a 30 year-old woman is being accused of getting inebriated at a wedding and spraying police with breast milk. The woman’s husband reported that she had gotten drunk at a wedding, hit him and then shut herself in a car. Police said that when they attempted to extract the woman from the vehicle she wouldn’t cooperate. According to ecbnews.com, the woman reportedly said that she was a breast-feeding mother and then exposed her chest and sprayed deputies with breast milk.

Yes, We Can...Go Topless!

Whether her intentions are really to just make our day or to get exposure as an artist, Holly Van Voast is protected by the New York City law to continue her topless adventures throughout the Big Apple. Although many find her act to be courageous and amusing, others object to it and call her a “wacko.” However, Holly Van Voast takes pride in what she does and states, “It takes a real man to rock titties.”
Sleep Deprivation and the Body

By Staceyann Martindale

One of the most essential keys to living a happy and healthy life is sleep. Without it, we’re basically miserable. Between work, late night studying and cramming sessions, staying up to watch TV or surf the web, people aren’t getting the proper amount of sleep that’s necessary for a healthy and happy life. Some think this issue only affects our mood, memory, and behavior. Little do they know that sleep deprivation takes a dangerous toll on the entire body.

The feelings of fatigue and lethargy, difficulty with decision making, moodiness, and irritability, impaired motor skills, increased risk of accidents, and problems concentrating are all in an individual who isn’t getting enough sleep. The negative and chronic effects of this problem are high blood pressure, obesity, depression, substance abuse (alcohol), increased risk of heart disease (hardening of arteries), tension headaches or migraines, and stress on the immune system (leading to frequent colds and infections). These effects are linked to one another in some way. For example, the body panics when we don’t sleep, which increases stress hormones and blood pressure and heightens the risk for heart attacks or other heart diseases. If this isn’t frightening enough, think about the effects of sleep deprivation on the brain. A study conducted at the University of Wisconsin by Dr. Chiara Cirelli, co-author and professor in the department of psychiatry, looked at the brain of rats when they’re tired and found that the neurons “sign off” when they’re deprived of sleep. Although this study focused on rats, the results can pertain to humans as well. “When it comes to the mechanics of sleeping and waking brains, there isn’t a whole lot of difference between humans and rats,” Cirelli said. The experiment involved researchers wiring the rodents and implanting electrodes in their brains and keeping them up when they were tired by dropping toys into their cages. To their surprise, the once sparking nerve cells suddenly went into nap mode. The researchers also taught the rats to retrieve sugar pellets through a hole in the cage and monitored their performance when they retrieved the pellets. The researchers saw that the rats had difficulties doing this and concluded that the nerve cells in the region that controls movement went offline.

According to the National Institute of Health, adults need seven to nine hours of sleep to perform and function at their best. Instead, a large number of Americans are getting six hours or less each night. Most people think that they can catch up on their sleep during the weekends, but this affects the body’s internal sleep clock, also known as the circadian rhythm. It runs on its own 24-hour clock and is influenced by light signals sent to the back of the eye and neural pathways connected to the brain; the pathways tell us when to wake up, when to sleep, and the amount of time we’ve been asleep. A disruption, such as traveling and being jet-lagged, interrupts our internal clock and causes us to sleep much longer than we’re supposed to. The same is true for people who fight the urge to sleep and try to stay awake. Regardless, in the end, the body always wins the battle.

We live in a fast-paced environment, which causes us to forget the importance of rest and our internal sleep clock. Luckily, there are numerous ways to relieve sleep deprivation and put us back on track to getting a good night’s rest. For starters, create a regular sleep-wake routine: go to bed every night at the same time and try waking up at the same time. Setting this pattern eight to nine hours apart will enable us to get the full night’s rest we need. If we have an active mind and find it difficult to fall asleep, simply read a book, listen to relaxing music, exercise regularly (preferably four hours prior to going to bed), or drink a cup of chamomile tea, and in no time we’ll slowly slip into a slumber. Also, before going to bed, try not to eat a heavy meal, consume caffeine, or drink too many liquids (frequent nightly visits to the bathroom can disrupt sleep), and stay away from electronic devices, which will keep us up all night. These tips usually help people who suffer from sleep deprivation, but if they don’t work after trying them out for an extended period of time, visit a doctor for other options to get a good night’s rest.

Silent but Deadly

By Nicole Haufe

Cell phones have become a main accessory in our lives. They are usually glued to our hands or ears when we talk or text. Cell phones might not seem dangerous to us now because we cannot imagine living in a world without this wireless device, but there are some long term health risks that could affect us in the future.

Most of us know the dangers of texting or talking while driving or walking in the street, but many do not consider the long-term health effects of using a cell phone. The risks from cell phones are still unclear because cell phones emerged around a decade ago. Technology is constantly changing, but basic information about radiation is being used in studies to give concrete evidence of whether or not cell phones do cause malignant cancerous brain tumors.

When we use our cell phone, radiation is emitted. This radiation is radio frequency (RF), which is used in microwaves as well. It is transmitted from the cell phone’s antenna to the base station every time we use it. So, if we’re talking on the phone, and we use our left ear constantly, the left side of the brain is receiving low dosages of radiation which might lead to tumors and cancer. Tumors don’t grow immediately, so signs of tumors or cancer from cell phone use can show up in a person decades from now.

Cell phones also use similar radio frequencies that are found in x-rays but in a much lower dosage. The radiation from x-rays is much more powerful and put a person in a higher risk category for developing cancer in a shorter amount of time. So, with over a decade of pressing a cell phone against the ear, we might be risking the development of brain tumors.

As time goes on, more research will be conducted to give scientific evidence supporting the theory of cancer-causing cell phones. Many factors have to be considered when researching evidence, such as the number of years we have been using a cell phone, how much we use our cell phones on a daily basis, and the length of the phone calls. Also, researchers consider where we live and where we use our cell phones. For instance, the closer we are to a base station, the fewer radio frequencies are being used. People living in rural areas are using more RF’s during a phone call and, therefore, might be at a slightly higher risk for developing cancer or tumors than those living in an urban area.
Over the years, man has been obsessed with predicting the future, an obsession that leaves us amazed at every invention. With 2012 approaching, many are excited about the new technologies looming around the corner. But we don’t have to wait much longer to get a glimpse into the future. Many of these fantastical inventions are available to us now.

A transparent phone called the “Window Phone” is a perfect match for every tech freak. The designer of this phone, Seunghan Song, promises to revolutionize how phones work and look. Window Phone is a glass made product that can predict the weather. Sunny days, rainy days and snowy days all appear on the main screen in the most realistic way to brighten our day. But that’s not all; the Window Phone is also programmed to move into “hand writing mode” when we blow on the screen. In other words, when we need to answer a text message or type, we simply blow on the screen, and the phone allows us to type instantly.

In addition to being completely flexible, the phone offers many features. According to Mezzofiore, “The Galaxy Skin will offer a high-resolution 800×480 flexible AMOLED screen, eight megapixel camera and 1Gb of RAM as well as a 1.2GHz processor […] The new core technology also allows the phone to be used as a mouse, a clock or a wrist-watch.” However, we’ll have to wait a little bit longer for this fantastic invention; according to Samsung, the phone won’t be released to the public until the New Year.

In the past five years, there has been a noticeable rise within my beloved New York City in the use of technological devices, ranging from Apple’s iPod and iPad to the painfully apparent smart phones created by various phone companies, such as Sprint and Verizon. More recently, however, I have noticed a slow but gradual increase in the ownership of the device commonly known as the e-reader, an invention that allows books to be downloaded in seconds from the comfort of your own home. Sherry Turkle, a Professor of Social Studies and Technology at MIT, has argued that items akin to the e-reader are perceived to be a technological “salvation” by the general public—I beg to differ. With the virtues of e-readers, such as Amazon’s Kindle and Barnes and Noble’s Nook, come respective vices that threaten to erode the mental capacity of readers everywhere.

I believe that the best way to show the downfalls of these e-readers would be to mention my own experiences with them as an avid reader of print media. Last year, about a week before Thanksgiving, I knew exactly what I wanted to spend my $300 paycheck on—a brand new $150 Nook Wi-Fi. It was going to evaporate a little more than half of my paycheck, but I felt it was worth it. There was something about its sleek design and “E-Ink” that just blew me away; I had to have it. Why didn’t I want a Kindle or other available e-reader device? I was, and still am, a Barnes and Noble fanatic. There was no way I would let the Kindle infest my personal space with its aesthetically awful QWERTY keyboard. The Nook, however, had an aesthetically pleasing touch-screen keyboard/menu, something that Amazon’s Kindle didn’t have at the time. Still, while the touch-screen menu was a great innovation in my eyes, it introduced into my daily life the aforementioned vice of my generation—distraction through multi-tasking.

To try out my e-reader, I eventually got around to buying Leo Tolstoy’s Anna Karenina for a respectable $1.99 through the Nook. Sadly, a novel that would usually take me a week to finish took about a month and a half just to peruse. Why? I spent
Love in the Cyber World

By Brooke Smith

In a city of roughly eight million people, why do so many New Yorkers feel alone in such a crowded place? It seems that we have become obsessed with living such a fast-paced life that we have forgotten how to connect with others face-to-face. Sure, we catch up with friends on Facebook, and twitter the night away. But we no longer spend quality time with a person. Even romance has been transferred into an online database where we can send flowers via e-mail and make grand gestures of love by text messaging. In this modern world of cyber love, Prince Charming only needs to know a woman’s profile page to sweep her off her feet, and a lonely soul can depend on networking websites to find his or her “soul mate.”

I took the liberty on behalf of all my peers to create a completely fictional profile on one of the many matchmaking websites out there, posing as a New York female who goes by the name of “Val”. Within ten minutes of posting random and false facts about Val on her page, I received about ten messages from men all within a mile of where I supposedly lived. Most people might get excited if they believe in this online sort of socializing, but I became very skeptical. How can one find companionship in a cyber world in which anyone can take on a phony personality? I also wondered how we can create a relationship out of thin air simply because a networking site claims we’re compatible with another person.

There are benefits of these matchmaking sites. Some people are quite shy, and they need hours of conversations in order to become comfortable enough to meet in person. Because of these websites, a shy man or woman can view another person’s lifestyle, income, religious values, and social scene all within a single webpage tab.

On the other hand, the negatives outweigh the miniscule positive factors. Besides the fact that these sites require us to sum up who we are in 200 characters or less, which gives a potential match the false impression of our personalities, we can create alter egos, and this is terrifying. What do we really know about that perfect match who lives miles away and might possibly endanger us? We are playing with fire when socializing on these sites, desperately searching for love, because the sites offer little to no security.

Perhaps we think it is a harmless world online. Perhaps we haven’t yet encountered a con artist who we get to know a person is extremely important; using these matchmaking sites without caution can be truly harmful and hurtful in the end.

Bullying: The New Trend

By Johane Celestin

The media has put a lot of attention on bullying lately; celebrities are opening up about their experiences with this issue that many children face on a daily basis. We are seeing these celebrities on the covers of our favorite magazines, along with encouraging and catchy words next to their names. The stories are more elaborate than they are touching, seemingly more for attention and less about true courage through adversity. It’s commendable that many organizations seem to truly be interested in the cause, but I feel that most of these celebrities who tell their stories are only interested in the publicity that comes with telling their tales.

The case of Tyler Clementi started this vast anti-bullying campaign. Clementi was taped having sex with a male partner by his roommate at Rutgers University and later committed suicide. He wrote on his Facebook page, “Jumping off the GW bridge sorry” on September 22, 2010. His story was real and very sad; it should not have happened. The incident received a great deal of national attention in an effort to stop further incidents, which was perhaps the only “good” thing to have come from this horrible situation. I’m sure his story has helped many teenagers, especially in the gay community. However, it seems that many celebrities have made it their calling to “stop bullying.” The intention is very admirable, but I feel it’s less about the cause and the torture that these kids go through and more about the celebrities being recognized for something news worthy.

A few years ago, the media had its attention on Tibet, when the “Free Tibet” movement started. Celebrities such as Richard Gere and Joanna Lumley were great supporters of the effort in getting Tibet away from Chinese occupancy. This cause is also important and deserved the attention, but it was also treated as a fashion trend. Celebrities were photographed in their “Free Tibet” T-shirts and often holding a peace sign. The whole situation seemed very opportunistic because the celebrities knew they would be photographed, therefore making the whole world think that they were truly interested in saving a country that desperately needs freedom. The fire has died down for Tibet; no one is talking about it anymore, which is unfortunate because those celebrities got their fifteen minutes of fame while Tibet still struggles for freedom from China. Maybe celebrities did raise money to free Tibet, but they themselves received more publicity than the actual issue at hand.

Celebrities find new causes constantly. Today, the new trend is bullying. Lady Gaga truly seems to care; she launched the Born This Way foundation along with her mom for anti-bullying and to empower youth groups. Born This Way is also the title of her song that has been the anthem for many teenagers who have been bullied or struggle with their identity. Her fan base, or Little Monsters as she calls them, is huge, and, even though she’s very over-the-top, they can relate to her through her music. She did mention that she was bullied as a teenager, but I don’t think made this statement for attention because she gets enough for just being herself. People like Gaga are very interested in the cause, unlike Tyra Banks who always tells the same story about being bullied in middle school, but she was walking runways in Paris and Milan before she turned eighteen.

Most celebrities tell their “bullying story” for attention but pretend that they are sharing their plight “to help others.” Their fake courage will not help a kid who is seriously in trouble. They are making bullying seem like the “it” thing. But bullying is real and serious. Children are beaten and verbally abused on a daily basis at school and other places, while these celebrities are posing on magazine covers with their fake words of encouragement.

Photo courtesy of healthlandtime.com

Photo courtesy of nirocks.areavocies.com
Dressing For Successful Learning

By Tziporah Fuzaylov

The saying “dress for success” is true because the way we dress influences the way we act and make decisions, thus determining our success. From my experience as a student, I believe that the key for learning successfully is dressing appropriately. We must know the importance of dressing properly as it will reflect upon our success.

I often come to school seeing students dressed in baggy clothes that may as well be pajamas. All warmed up, they sit in their seats prepared to fall asleep during what seems to them to be a long, boring speech given by their professor, when, in truth, the professor is known to be an interesting, wise man. Imagine – and this may sound familiar – the hand holding the head up, thoughts drifting to the comfy bed at home, and a yawn breaks out. The atmosphere is already dulled. Neither the students nor the professor want to learn or teach anything because of the boring mood that is set.

I know the feeling of being in comfy pajamas, the feeling that screams I do not want to do anything today but sit back on the couch, with a blanket over me, while sipping hot cocoa and reading a good book as the hours roll away. With this attitude, I am already setting myself up for an unproductive day. Clothes can make or break our moods, which can then possibly lead to failure; when we dress a certain way, we act a certain way. We must dress properly in order to be successful, just as businessmen wear suits, and police officers wear uniforms. They then take on the responsibilities that they have, since their clothes represent who they are.

When we dress nicely, we look forward to the day. Everyone has a certain opinion on what they think is nice or makes them look and feel good. In most cases, when we dress neatly, no matter what we wear, whether it is for religious purposes or if it is just something we like, we look good. We feel more confident as we plan the day wisely, and do not let a minute go to waste. Usually, when we are in a good mood, we are excited to learn something new, and our day is productive. Also, the way we dress determines how people perceive us. People are more likely to respect us when we give them assurance by dressing like a responsible human being. For example, take two students, each speaking to their professor about the bad mark they just received on their reports: One, dressed in neat pants, with a clean, tucked in shirt, and short, clean-cut hair; the other with long hair covering his face, an oversized shirt, and pants that are falling off. How would the professor respond to each of them? Although there are many other factors to consider, the way we dress makes a big impression on others. So, the professor is more likely to take the first student more seriously than the second. The professor will find some way for the student to do extra credit because he looks like he really wants to do well.

Aside from what dress can do to our mood, it also affects the learning process so much that many public schools started using uniforms. Studies have shown that uniforms improve both behavior and grades in class. Students are more focused on school work than on what they should wear to school that day or if their friends are wearing the latest trends. To many people, clothing is a status symbol, and when taking that away, the students are more unified and focused. That atmosphere of the class is well structured, and the students are more likely to learn successfully.

I can see where one might say that there are many other things that can affect one’s success in learning, which is completely true. However, dress is one very important key to doing well academically. Dressing for success is truly rewarding because students are more confident in themselves, respected, taken more seriously, learn more effectively, and opportunities arise for them. So, we must be sure that we dress appropriately because it eventually affects our mindset and helps us stay focused on certain goals. Dressing appropriately will enforce us to make wiser decisions that will put us on the road to success.
Have you ever had an event to go to but nothing to wear? Now there are websites that can help you with that dilemma. RentTheRunway.com and BagBorroworSteal.com are sites where you can rent fashionable clothing, jewelry, and handbags. These wonderful sites are the “it” thing for fashion editors. Because of all the events fashion editors attend, they are always in need of a new outfit. Now it can be your fashionable secret to snag an amazing look.

RentTheRunway.com has been featured in many newspapers and magazines like The New York Times, Glamour, Teen Vogue, InStyle and many more. The site is uber-chic and a favorite for many people. This site partners with major fashion designers to allow you, the customer, to rent their clothing, bags, and jewelry at amazingly cheap prices. Imagine wearing a dress by Halston, Zac Posen, or Versace for between $50 to $60. It will make you scream for joy. The rentals are for a four day period. The website recommends you rent one to two days before your event. They also have an option for an eight day rental, but it’ll cost you an extra $30. The one extremely convenient feature is that they allow you to rent a second size for free. RentTheRunway.com provides their stylists for you to call if you have any questions or need advice about what accessories to wear. For $25 extra, you can even rent another look (just in case you aren’t satisfied with your first look). Before you think this is too good to be true, check it out and call up with any questions, and their friendly staff of fashionistas will be happy to help.

BagBorroworSteal.com is another Mecca for fashion lovers. However, it is strictly an accessories website. If you’re in need of designer handbags, jewelry, sunglasses, and watches, then this is your go to hotspot. Prices range from under $40 dollars to $400 and up. This allows you to rent something fabulous and affordable just for you. Shipping is free and so are the returns. BagBorroworSteal.com also offers great amenities like their new handbag cleaning and repair services. If you have a bag that needs some TLC, send it to them, and they can make it look brand new (literally). BagBorroworSteal.com is the ultimate website with live help (just call up), private sales (it’s all a steal, honestly), and their phenomenal services.

Take advantage of both websites and their great deals. Before you know it, you’ll be the one everyone compliments, and only you’ll know the secret to your fabulously fashionable look!
Jingle bells, jingle bells, shop for the holidays today; online deals are quite a steal, but don’t forget to shop safe!

Holiday season is here once again. Family and friends, and even secret Santas will be roaming shopping malls and store outlets looking for the perfect gifts. Stores will be overcrowded with tired consumers standing in long lines. These overcrowded stores will make a large profit from consumers searching for the perfect gift for their loved ones. Shoppers, on the other hand, will often not be able to purchase the gift they set out to buy and will leave the store disappointed and overwhelmed. For many, a solution to holiday season frustration is online shopping.

Shopping online can be very convenient. Consumers have more options when they purchase online. One can shop faster and often smarter. Within a matter a seconds, an internet website loads on the screen, and the store’s products are introduced. A consumer can view a wide variety of products in a matter of minutes. There are no long lines to stand in. Consumers do not have to wake up early and rush to a store to pick up a new item; they can just go on the internet and purchase their products. Shopping on the internet can also be more cost efficient. One can view an assortment of stores and compare prices. The revenue from online shopping has increased tremendously.

There has been an upsurge in e-commerce, which is the purchasing or selling of goods over the internet. Revenue from e-commerce increased to $32 billion in 2009. The Census Bureau of the Department of Commerce stated, “The estimate of U.S. retail e-commerce sales for the second quarter of 2009, adjusted for seasonal variation, but not for price changes, was $32.4 billion, an increase of 2.2% from the first quarter of 2009.” Revenue from online shopping increases each year, especially with the holiday season. This vast increase in revenue from online shopping has paved the way for the increase in the number of online stores. Every store or marketable venue has a website selling its goods. Suppliers know that consumers are no longer only buying goods in stores, and they want to continue to produce large profits. Therefore, they are producing online websites that showcase and sell their goods.

Even though online shopping can be convenient, it can also be dangerous. Shoppers must protect themselves. The internet is filled with fraudulent websites. A 2010 ABC News article entitled “Avoid In-Store and Online Holiday Shopping Scams” states, “The federal government is cracking down on illegal shopping websites – just in time for the holiday season. The government announced Monday it had seized and blocked 82 Websites that had been accused of selling counterfeit and pirated goods.” Those 82 fraudulent websites took advantage of innocent consumers looking to purchase items. Online frauds can deter shoppers from purchasing online. Consumers do not want to stand in long lines and rush to purchase goods, but they definitely do not want to be scammed either. It can be very hard to avoid fraud when one does not know what to look for. One must know how to safely shop online.

Eric Griffith from Fox News reported ways to safely shop online in the article, “11 Tips for Safe Online Shopping.” These tips prevent consumers from putting themselves in danger. The first four tips, however, are the most important to remember: Use familiar websites when shopping; don’t tell all; use strong passwords; and know what’s too good to be true. These four tips will protect one from being scammed online.

Using familiar websites is a very important tip. Familiar and trusted websites, such as Amazon.com, are the best places to begin online shopping. Eric Griffith also recommends using a retail store’s website (like Target.com) because it is usually more trustworthy. Retail store websites can be held accountable in case a product is lost or damaged. Also, it’s very important to not give any website all of your personal information. If an online store asks for a social security number, one should never give it out. A person’s birthday is also never needed. If a website gets one’s social security number and birthday, it can continuously withdraw money out of that person’s account and scam him or her. The only information that should be asked for is credit card information and one’s address.

Using strong passwords is the third important tip. When making a password, one should make sure that it is unique and uncommon. Birthdays and middle names are not strong passwords. Weak, common passwords are easy to obtain and leave one vulnerable to fraudulent acts.

When shopping online, it’s also important to know what’s too good to be true. Online shopping can be very dangerous if one cannot differentiate between false advertisements and shopping deals. Many false advertisements will not sound real. The most common fraud is often one that involves a free gift with a purchase. Other online frauds involve a shopper being the 100th person to enter the website and winning $100 thousand for example. One must ask the question, “Does winning $100 thousand by entering a website sound like a real deal?” Being alert and aware while shopping online is the key to safe shopping.

Holiday shopping doesn’t have to be a stressful time if one knows how to safely shop online. Once one knows how to carefully purchase online, he or she will be able to enter a whole new world of shopping. Revenue from online sales will continue to increase because consumers enjoy purchasing their items without going to a store and waiting in line. Online stores can be more cost efficient, and in this recession, money holds value. Being alert and aware of online scams will make holiday shopping easy.
Dear Amy,
How do I keep my hands moisturized during the winter?
Angie (Bayside, Queens)

Dear Angie,
Washing your hands with hot water is a big no-no, especially in the winter when it is cold. You should always try to wash your hands in lukewarm water and never hot, since this will take moisture away from the skin. If the skin feels tight, it is definitely time to moisturize. You should always try to carry a small bottle of moisturizing lotion.

For your overall moisturized skin, you could massage yourself with sugar and bathe in milk once a week which will give you the smooth feeling of a baby’s skin. You can also try to massage with hair conditioner while you are showering and then moisturizing.

Dear Amy,
How do I choose a college to transfer to?
Melanie (Fresh Meadows, Queens)

Dear Melanie,
There is a transfer office in the Administration Building, room 119A on campus. The office’s purpose is to help you (the student) get everything together to file for the student transfer application. It also has a school book that shows all the different majors CUNY and SUNY schools offer along with the tuition rates. So, you should make a trip to the transfer office.

Dear Amy,
How do I get over my first love?
Abigail (Flushing, Queens)

Dear Abigail,
You never really get over your first love. It takes time for the process to happen. It’s hard because he was the person who showed you what love is, but if you didn’t stay together it means you weren’t meant to be. Your true love is still out there, and you need to find him. Once you do find him, you will know it.

Dear Amy,
How can I mend my split ends?
Christina (Rego Park, Queens)

Dear Christina,
If you blow dry or flat iron your hair too often it damages it. So, if you do this four times a week, cut it to twice a week. Brushing your hair with a brush is a no-no as well; it is recommended to comb your hair with a wide toothed comb. To keep your hair looking even healthier, you should try to cut it every three months.

Dear Amy,
My professor thinks I don’t understand the work because I don’t raise my hand. But I do understand; I’m just shy. What should I do?
Karen (Ozone Park, Queens)

Dear Karen,
If you already put the effort into doing your work, you might as well give answers in class. Class participation is also part of your grade. Your professor probably sees the potential you have and just wants to give you the opportunity to earn the grade you deserve. So, even if you are shy, try raising your hand.

Dear Amy,
What are some good spots for relaxation on campus, somewhere I can be alone?
Danielle (Brooklyn, NY)

Dear Danielle,
I’m going to list some spots for you. The Art Gallery; the field behind the Art Gallery (you can find benches here); the bleachers on the track field; the walkway between QCC and the elementary school; by the parking lot outside the bookstore (there are some tables here); and the patio outside the Kupferberg Holocaust Resource Center. These are all nice and quiet relaxation spots on campus.
Leo: Quit goofing off all the time, and get your priorities straight. If you think things are bad right now, they’re only going to get worse. Not everything in life can always be handed to you; you have to grow up and do things for yourself. You don’t want to be 50 years old and still living at home, do you?

Virgo: Acting like you’re God’s gift to the world isn’t the greatest turn on. If you want someone to like you someday, quit being so full of yourself, and give others a little of your attention. The more you love yourself and act like you’re the best, the more you’ll chase people away.

Libra: Try new things and take chances; you live only once. Stop being so scared to take risks; what could be the worst thing that happens? You get a new haircut, and you don’t like it? So what? Hair grows back! You go out with your friends to a place you’ve never been before, and you don’t have that much fun? Oh, well! Don’t go back. The only way you’ll find things you like is to try them. Stop being so boring!

Scorpio: Correcting everything that a person says doesn’t show you’re smart; it just shows how annoying you are! Learn to shut up sometimes, and let people say what they want to say. Just because you think you know it all, doesn’t mean you do. Get over yourself already!

Sagittarius: Just because things have been getting hard, it doesn’t mean you have to give up! Hard work pays off, and you’ll soon see. When you get your grades at the end of the semester or your pay check at the end of the week, it’ll all be worth it. Whether you have to wake up early for work or stay up all night to study for an exam, in the end, it’s worth your time! Money and education are two important things in life.

Capricorn: Learn to stop depending on everybody, and depend on yourself; you’ll be a much happier person. Also, having a boyfriend or girlfriend and making this person your world isn’t the smartest idea. What happens when he or she doesn’t want to be a part of your life anymore? You’ll have nobody. Keep your friends and family close; they’re going to be the people who are always there for you, not your boyfriend or girlfriend of two weeks. Think before you do things, and don’t be so dumb.

Aquarius: You’re very independent and caring, but don’t be afraid to let others in. I see great things in your future.

Pisces: You’ve been so good lately, helping others, doing school work and listening to your friends’ sappy stories, so the universe will thank you in a big way soon. Be patient and continue being the great person that you are.

Aries: Don’t let stress get the best of you. Just keep yourself busy with things you love to do and time will pass. Time flies when you’re having fun, right? So do yourself a favor and chill.

Taurus: Friendship means a great deal to you, and you’re very loyal to those in your circle. Open up your horizon by trying something new and risky.

Gemini: You’re doing a good job working on yourself by opening up your mind; maybe that person you’ve had your eyes on will finally notice something in you. However, the changes should be for you and no one else.

Cancer: Take some time off and start paying attention to that admirer; it might be the best decision you’ll make if you open up to the idea.

Images courtesy of Michele Borg
Traveling Made Easy by Jetblue

By Phillip Isidore

Have you ever traveled on an airline before? What were your experiences? I have traveled on several different airlines, and from my experience, I can honestly say that no other airline can make it anymore simpler than Jetblue.

Instead of going to the airport and waiting online to check in, Jetblue offers a web check-in 24 hours before departure. This means that you can go online to jetblue.com and check in with your confirmation number and print out your boarding pass from the comfort of your own home. This will save you a lot of time. When you get to the airport, you are already checked-in with a boarding pass, and you can go through security for screening and then head straight to the departure gates. If you are already checked-in and you have bags to check when you arrive at the airport, there is a bag drop-off counter. You simply go to the counter, show the customer service agent your boarding pass and simply drop off your bags.

If you don’t have a computer in your home, don’t think that you will have to go through a long process when you arrive at the airport. Jetblue has kiosk machines at every airport they fly to, and you can simply check yourself in rather than waiting on a long line. You simply punch in your confirmation number and follow the simple steps and then your boarding pass will print out. From there, you are all set. You can sit comfortably in the boarding area until Jetblue begins the boarding process.

Once you get onboard and are seated in your assigned seat, you will notice the other things that Jetblue has to offer. They offer 36 channels of live TV and XM radio. This will definitely keep you occupied during flight, so you won’t get bored. They also offer excellent leg room for all of their customers. Unlike some other airlines, you will feel fairly comfortable in your seat with the ability to stretch your legs. Also, the inflight crew is always warm and welcoming, greeting all passengers with a smile. Jetblue also offers great tasty snacks and drinks at your choice.

Traveling with Jetblue is a great experience. The next time you decide to travel by air, think about how smooth the process will be when getting from point A to point B with their 24 hour check-in. If you want your travel experience to be as smooth and simple as possible, fly Jetblue.
Travel

Up, Up and Away We Go Around the World

By Melanie Caceres

As students who work and have a lot of responsibilities, planning a trip can be difficult and expensive. The good news is that there are ways to avoid paying outrageous prices for airfare and hotels. Online is the place to go for great deals, and there are more than a few reputable websites that offer affordable prices on trips.

The best way to plan an inexpensive trip is to book it at least six months in advance. Booking this early will guarantee at least 30-50% off your airfare and hotel costs. And early booking also means you’ll have a better selection of airline seats and hotel rooms; plus, you’ll have some time to save extra money to spend on your trip and for your bills when you return home.

When booking your trip, first pick a place where you want to go. Then start comparing prices with different websites such as Orbitz.com, Hotwire.com, Travelocity.com, Expedia.com, Priceline.com, and Libertytravel.com. The next thing you might want to consider is whether you’re going to an all-inclusive hotel or not. All-inclusive means that food and drinks are included in the hotel package deal. Do some research and see how much food costs around your dream destination. Sometimes it is cheaper to eat out than to have an all-inclusive hotel. Since most of the time people are out exploring on their trips, chances are you’ll eat out. There are some hotels that will offer breakfast at the hotel, but you will have to pay extra for this meal.

Before you book your trip, also research the activities available at your dream destination. Consider the types of activities you might be interested in, and then find out the cost of these activities, so you’ll have an idea of how much you’ll have to spend. There are some reputable websites online to help you find affordable prices for activities. Knowing how much you’ll need to spend gives you the opportunity to plan more activities for your trip or to simply put extra cash on the side in case something unexpected happens.

If you plan your trip well and in advance, you will be able to afford more activities. Just because we are working students full of responsibilities does not mean that we can’t travel the world. Planning ahead gives us, as students, an opportunity to free our minds, relax and enjoy life without responsibilities for a few days.
We spent decades dismantling the castles of morality and reconstructing them with our bare hands, always running away from someone or something. There never was a moment in which we weren’t running. In time, we simply grew accustomed to it—running and fighting became our lives—we were beasts, yet we were heroes. The flux of our lives made us desire an end to it all, but we didn’t know what that end could possibly consist of, for being born in strife led us to believe there was nothing else.

However, never did this grasp us so tightly to make us cease our march in the name of our cause. There was a light somewhere in the distance, and we made haste for it, without a thought of whether or not it was even real or if reaching it would prove to be beneficial. We knew nothing about our world, yet we spoke volumes as though we were prophets. We know only what has been done and what we are doing—never what is to come, and we have done terrible and great things, my friend. I know that you are now dying, and perhaps so am I. We must be strange, though, for our other friends couldn’t be happier. We are in paradise, they say.

They worry for you, my friend. The sun has set upon our terrible world hasn’t it—that world in which death was the norm? We never feared death, though—only failure. After so much running and fighting, watching so many people die made me feel like I was missing out on something. You know, the blood from my very last victim has dried on my blade. As I look at it now, I can see him approaching on his horse, his blade ready to cut me down. At the time, I was preparing to mount my own steed and retreat, but there wasn’t any time with him approaching so quickly. I distinctly remember how vulnerable he was—how wide open he was to my retaliation. He must have thought that he could get careless given that I had very little time to react. He probably had years of training—years to master his form, to never let his guard down, to always be alert and to assume nothing of his opponent. His arm flew off into the distance, and his body landed at my feet. He didn’t even struggle. He just lied there and waited for the end. I always wonder what his final thoughts were. I wonder if he was damning himself or if he was relieved to let his guard down just once after all these years. Your eyes are open now, friend. Why is this? A fascination for bloodshed? I know that’s not why. It’s a terrible thing to watch someone die, knowing that you are the cause. We were like rocks carried by the power of the current, unable to fight it, though we fooled ourselves into thinking we had the reigns. The current was too powerful—it was an unpleasant thing, but we eventually came to a waterfall, and settled at the bottom—ever stagnant.

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**Creative Arts**

**Ever Stagnant**

**BY Charles Lester**

A city dyed in cosmopolitan
Representing every creed and race:
Blue, Black, Yellow
White, Brown and Gray.
Faculty, students, custodians too
All intertwined multiculturally.
That’s who we are at QCC.

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**DYE-VER-CITY**

**BY Roslyn Joshua**
about two hours surfing the web, playing chess and searching for books to read. I never actually did any reading on my Nook Wi-Fi during that first day; I had become a victim of distraction.

You may not know this, but a novel like *Anna Karenina* takes a great deal of focus, especially if you’ve never read Russian Literature before. The names are odd sounding, and the obscure allusions to history and religion take some getting used to. With the Nook Wi-Fi, I hoped that I would be able to read effortlessly whenever I felt compelled. The arrows on the sides of the screen seemed like a wonderful idea; I could read quicker knowing I didn’t have to turn pages—oh, how lazy I had become. When I had the arrows at my disposal, I erratically skimmed through the e-reader pages, understanding about 50% of what I read. Sure, I could read quicker, but I couldn’t comprehend most of it.

The Nook’s internet access didn’t make things easier. I spent a great deal of time searching for synopses of comic book heroes and Pokemon EV stat spreads (don’t ask) on Wikipedia and Google respectively. If that wasn’t enough, the chess application on the Nook pilfered a significant amount of my time. I still remember beating the computer on the highest difficulty; it felt fantastic. Unfortunately, I had no idea who Konstantin Levin was or why he liked Ekaterina Shcherbatskaya (Kitty) so much—both of whom are main protagonists of *Anna Karenina*.

As an English major, my ability to perceive the relationships of characters is pivotal to understanding the use of certain literary devices such as setting and allusion. When religious references did appear, I casually glanced them over with the rapidity of Levin’s rising infatuation. Even worse, I had a very difficult time figuring out who was related to whom. If you thought Russian surnames were bad, try keeping the families of Tolstoy’s novel in check while skimming through the story; it’s nearly impossible, especially when Pikachu and The Hulk are vying for your attention!

After my somewhat depressing epiphany, I purchased a hard copy of *Anna Karenina* and started reading from the beginning—of the introduction, something I would never have thought about doing with the excess accessories of the Nook Wi-Fi appropriating my attention. It took me about two weeks to finish, and I still consider it one of the greatest novels ever written. It now holds a spot on my bookshelf next to my hard copy of Tolstoy’s equally entertaining *War and Peace*.

The Nook Wi-Fi now belongs to my little brother, Reggie, and he enjoys it for all of its glitter and glamour. I don’t have the luxury of buying an e-book for $1.99, surfing Google, or playing chess on the same compact device, but I do have the benefit of walking into a bookstore or library and reading without the fear of procrastination rearing its ugly head. I think I’ll buy a paper copy of *Don Quixote*; I’ve been meaning to read it.
Dantzler Leads Tigers

By David Russell

In his third year as coach of the Queensborough Tigers, Larry Dantzler has his team set up for success in CUNY, in the regionals for Region XV, hopefully in the Nationals, and more importantly to Dantzler in his team’s academic career.

Dantzler has worked his way up to the head coaching ranks after decades of playing and coaching. He played for three years at Midwood High School in Brooklyn and was captain during his senior season. Dantzler went on to Edward Williams College in New Jersey where he was All-Conference two times and became the school’s all-time leading scorer. He moved on to York College, and although an injury derailed his playing, he started an intramural team which went 24-0 in two seasons.

He then got into coaching, at IS 59 Middle School, where he went to the district finals five years in a row and won one district title. Coach Dantzler then won the District Championship at IS 109; he holds the distinction of winning the District title for two different schools. He moved up to the high school ranks, as an assistant coach at Campus Magnet and then Boys & Girls High School. He got his first crack at coaching as the JV Coach at Boys & Girls and went 24-0 in his first year. He became the Head Coach for the varsity team at John Jay HS, where he coached the whole season with only seven players. Dantzler moved up to the collegiate level, as an assistant for Lehman College (Women’s team) and then Monroe College, where he won the regional championship two years in a row. He is familiar with CUNY, since he was an assistant coach at Hostos and then BMCC. In addition, Coach Dantzler has worked numerous camps including the New York Knicks’.

Coach Dantzler discussed his career and the upcoming season in this interview.

David Russell: What made you want to get into coaching?
Larry Dantzler: As a player, I always had a good sense and a good feel for the game. I decided when my playing days were over I would like to give something back to the game of basketball; I figured the next best thing was coaching.

DR: How would you describe your mindset as a coach?
LD: My mindset is academics first, basketball second; I am developing the Student-Athlete. We are developing life styles, habits so our young men in the program will be successful in life. Time management is one of the most important aspects of a young man’s life while he is in college.

DR: What does your past as an assistant at various levels of the game bring to the job?
LD: My experience, two regional championships, one regional semifinal and hours of watching film and talking to head coaches have laid a solid foundation. I feel you have to learn how to be an assistant before you can lead. There are so many behind the scenes things that an assistant has to take care of on a daily basis. This is all part of game preparation so the Head Coach doesn’t have to worry about anything but coaching.

DR: What do assistants Gamal Steele, Damien Broadwater and new assistant Marvin Patterson add to the team?
LD: Gamal was player of the year in CUNY, MVP, won two CUNY titles for Queensborough, and he brings a wealth of knowledge to the program. It’s always good to have an alumnus on the staff. Marvin Patterson was MVP, CUNY finals player of the year, and he also brings a wealth of knowledge to the program. Damien Broadwater has been a part of Queensborough basketball for over twenty years. He is our stats man. Damien has the responsibility to report our stats to the NJCAA national website, CUNY website, and Region XV’s website. He also does the book for us. We would be lost without him.

DR: Who are, if any, your coaching idols?
LD: I played for a coach during my JHS and HS days. His name was Gil Reynolds, who was a military style coach. He was Bobby Knight before anyone ever heard of Bobby Knight. He taught me integrity and fundamentals of the game. John Wooden and those at UCLA were also remarkable.

DR: What are your goals for the season?
LD: We want to win the regular season CUNY title, the CUNY Tournament, make the regional tournament, and win the regional which leads to the National Tournament.

DR: How do you expect to accomplish these goals?
LD: Our team expects to achieve these goals by working hard every day while in practice. We must keep up with our academics in order for us to achieve our goals.

Happy New Year
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