Who’s Going to Save You Now?

By Caitlin Dooley

When a call is made, a New York Police Department operator sends a typed Sprintf sheet in code to the fire, police, and emergency services departments within the city. All fire-related calls are routed to one central office per borough. Dispatchers are highly trained professionals responsible for receiving and transmitting all fire calls made to 911. The dispatcher then makes sure all the information is correct before sending it to the firehouse. Once the firemen receive the call with the address, they rush to the site. Response time is usually 4 minutes.

In May 2009, Bloomberg decided to change the entire dispatching process. What used to have taken 30 seconds now takes nearly 8 minutes. Bloomberg also replaced the year-long training that certifies Unified Call Takers (UCT) with a 4-hour class. The operator handles all calls and types word for word into the computer. The codes are sent to the fire dispatcher without talking to the caller to confirm information. The NYPD uses a lot of abbreviations that often leave FDNY dispatchers trying to make heads or tails of what the call is about.

As a result, many calls are left with wrong addresses, missing information, and unknown conditions. Many times a fight is confused with fire causing fire trucks to be sent on the wrong call.

Survival of the Fittest

By Meredith Carbonell

Today the job market is a battlefield and it seems almost impossible to get a job. According to the Labor Department the unemployment rate is at 9.7% with 36,000 people losing their jobs in February alone. There are very few jobs available and many people need to pay bills and have money to live on. How is it possible for college students to compete in the job market when they are just starting to get their degrees and may not have the same experience as other individuals they are competing with? College graduates infrequently worked in the retail or food industries as cashiers or sales associates but due to the economic crisis there are also many opportunities nowadays where anybody, regardless of education level, can get a job. There are always agencies that guarantee a job, but some come with a fee, however, many services are provided for free.

One resource that is free and accessible is the Career Services Center at Queensborough Community College, which is easily accessible to students. Career Services offer many different workshops each semester to help students with a job search. Workshops range from how to dress for an interview to advice on interviewing. If a person goes on the website he or she can find ample information from videos, job banks, and learn where students can post their resumes.

The Career Services Office is located in the Library building on the fourth floor, room 429. Students can also set up an appointment to discuss his or her resume and cover letters. The Career Services office also has a job fair every semester, and the next one is scheduled for April 28, 2010. Dress attire is required and the student has ample opportunity to meet with many different employers and not only hand in their resume, but be able to ask questions about the company and what type of employee are they looking for. More information can be found on the Career Services website http://www.qcc.cuny.edu/CareerServices/Students/Default.asp.
Global Warming is Not Real

By Luis Canals

According to Al Gore, the planet is in dire need of change. What change is he talking about? Gore has won a Nobel peace prize for his work on changing the world in regards to global warming. Soon after the movie An Inconvenient Truth came out, Al Gore got sued by over 30,000 scientists for fraud. Not many people know this because the mainstream media in America did not cover it. 9000 of those 30,000 scientists have PhD’s in sciences.

The general belief of global warming skeptics is that climate change is part of earth’s natural cycle and that sun spots may have something to do with recent increases in temperature. Scientists no longer call it global warming anymore because the earth is actually cooling; they now call it climate change. In October of 2009, The BBC claimed “over the past 11 years there has not been any increase in global temperature. The warmest years were not 2007 or 2008, but 1998 even though man made carbon-dioxide has continue to rise.”

If you ask people about global warming, they will tell you that the ice caps are melting. Recently the U.S. National Oceanic and Atmospheric Administration had proven that they were melting but now new research shows that most of the ice is back. The video clips shown in the film An Inconvenient Truth of the polar bears on melting ice and ice falling into water were shown to imply that ice caps will be gone soon and that polar bear population will suffer. The ice is growing back and according to the World Wildlife Fund, the polar bear population is on the rise. In 2007, the New York Post published an article titled “Al’s Warming Lies and the real inconvenient truth.” The title says it all.

The biggest scandal never to have been spoken about was climate gate. Climate gate is the scandal involving hacked emails from climatologist Phil Jones, proving that some of the reports by the Intergovernmental Panel on Climate Change were altered to cover up temperature decreases. Jones, director of the Climate Research Unit at the University of East Anglia, was one of the scientists that contributed to the report. In emails, Jones writes to another scientist, “I’ve just completed Mike’s Nature trick of adding in the real temps to each series for the last 20 years … to hide the decline.” This was done to conceal global cooling. To read the emails go to climategate.com.

The recent surge in hurricanes has been a major argument point for global warming supporters, but according to one of the leading hurricane forecasting pioneers, scientist William Gray, there have been 83 hurricanes from 1957 to 2006. From 1900 to 1949 there were 101 hurricanes. If the earth has been warming over time, how is this possible? We cannot base our theory on global warming on a 100 years of research. The earth is 4.6 billion years old and has gone through many radical climate changes. Humans or no humans, the earth will continue to go through its cycles.

We are all being brainwashed into believing that the planet will end if we don’t lower the carbon dioxide levels. Movies like The Day After Tomorrow show us what the effects of global warming can be, but on the side, a huge movement for solar and wind energy has emerged. Contracts on renewable energy have extended into the billions.

Just recently, the U.S Department of energy approved a plan to give BrightSource Energy, a solar/thermal power plant company, 1.37 billion dollars, according to businessweek.com. This is just one of many companies that the government has set aside tax payer money for. We will soon start to feel the financial effect in our taxes.

As of right now, the renewable energy movement is still in its beginning stages. When it develops and individuals will have to make changes such as adding solar panels to the roofs of their houses, we will have to pay. Someone is benefiting from the financially. A 200 watt solar panel can go for over a thousand dollars. 200 watts can only power a computer. If you ask a stock trader what to invest in today, he will tell you renewable energies.

Climate change is becoming a form of revenue for the federal government and a business opportunity that unfortunately the middle class can rarely take advantage of. Global warming is just a theory based on computer simulations and over enthusiastic environmentalists. The only way to find out the truth is to educate yourself.
Queensborough students have full access to the campus fitness center at a variety of time slots. Although we all live busy lives, our health should be a top priority. Whether you take ten minutes to an hour in taking care of your body, makes a difference in the long run. Most majors require two physical education courses, beneficially giving students a mandatory suggestion to get moving.

Students who have overwhelming class schedules, assignments, full time or part time jobs, and take care of their families seem to forget about their own health. Also with gym memberships today ranging from $30.00 to $50.00 a month (at least), many students are unable to afford these bills and put the issue in the back of their mind. However there are plenty of ways to save on a gym membership and become a healthier person even if you feel you do not have the time. The QCC fitness center offers a solution being free of charge to students, faculty and staff with a QCC ID card.

The QCC fitness center is not only a home to basketball courts and a swimming pool for student athletes, but for students who are looking to simply stay in shape. According to the Intramural and Recreation Programs Pamphlet available within the department of Health, Physical Education and Dance offices, as of February 10- May 10, 2010, students have access to the gymnasium, courts, and pool facilities as long as there are no classes or team activities going on. The basketball court in room G-302 is also available for basketball games with friends. Specific times of operation are available in the office and throughout the building. The swimming pool is located beneath each the locker rooms. Within the student fitness center is an array of work out machines such as treadmills, an elliptical, weights, and much more. The QCC Student Fitness Center is located in G-303 and is open to all students. Throughout the year, there are also ongoing competitions and activities held if there are enough participants such as mile walks, basketball recreational games, swim recreational meets, and more. All information can be easily inquired with pleasure at the Physical Health and Dance office.

Queensborough Community college offers a variety of sports teams as well as exercise classes. Students should take advantage of a class that will keep them active for at least 30 minutes like aerobics, basketball, dance, and more. According to the 2009-2010 CUNY Queensborough Community College Student Handbook, courses within the PE-400 Series consist of team sports like Basketball, Volleyball, Touch Football and more. The PE-500 series offers individual activities and lifetime motivational hobbies such as Archery, Badminton, Golf, Jogging, Swimming, Yoga, Aerobics Exercise, Sport Walking and Conditioning, to simply an introduction in Physical Fitness class. The PE-600 series is the last series offering a variety of dance courses from Modern, Hip-Hop, Ballet, African and Afro-Caribbean, Jazz, to Folk and Square dancing. Taking advantage of such courses at QCC will allow students to become more physically active and enjoy a course in which they may or not need to receive credit for any way. When these courses are required as a gym class requirement, students should take a course that they will receive the most enjoyment and life changing perspective from. These classes can show a new outlook on an active hobby and offer motivation for the future.

Health lectures and presentations are offered this semester on Wednesdays at 1:10pm from February to April for anyone with a student ID card as well. Topics such as Financial Health, Nutrition, Weight Management, Internet Mania, Eating Disorders, Tattoo and Body Piercings, Anxiety, and Drug Abuse are discussed to provide students with information in coping with their life styles and future care for themselves.

Another aspect of the QCC gym is the track, located on campus by the Q27 bus stop. Students can use the track in between classes and breaks or after school since it is open and available all day. Students should take advantage of the track for school and for the future. Students who are attending these classes to provide students with information in coping with their life styles and future care for themselves.

NYPIRG organized a lobbying in Albany on Tuesday March 9, 2010, and voted “No, to the Governor proposal”, said Bernard. They received letters from hundreds of students who were unable to attend and delivered them to Senator Sampson and Speaker Silver. They are making a stand to protect students who are being affected and feeling as if they do not have a say in the matter. NYPIRG has not stopped there.

NYPIRG has set up a letter drive, which started March 3, 2010 and will

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A Wonderful Career: QCC Student Anna Litewka

By Prof. Chong Ju

Ms. Anna Litewka came to Queensborough Community College, after graduating from Johns Hopkins University in Baltimore, to search for more direction in her life. Johns Hopkins University provided Ms. Litewka with a good undergraduate education. Queensborough enhances her education, fostered her curiosity, and gave her many opportunities that she did not have before. While attending Queensborough, Ms. Litewka took courses offered by the Department of Biological Sciences and Geology including Anatomy and Physiology 1 and 2, General Biology 1 and 2, and Microbiology.

Ms. Litewka received her classroom training in microbiology at Queensborough from Dr. Melvin Gorelick and undertook research work in molecular genetics with Dr. Sharon S. Ellerton and Dr. Chong K. Jue. She worked closely with these professors conducting research on the molecular genetics of yeast, the use of yeast as model organisms, and the development of antifungal drugs.

In 2007 Ms. Litewka presented the early results of her research at the National Science Conference of Experimental Biology in Washington, D.C. A year later in 2008 she co-authored a presentation of further research results at the Experimental Biology Conference in San Diego.

During 2008 Ms. Litewka participated in Dr. Joanna T. Ambron’s Queensborough BioPREP program. Through that program Ms. Litewka was able to take part in a research program at Stony Brook University that immersed the participating students in research in molecular biology. Ms. Litewka’s performance was so impressive that she was asked to stay longer at Stony Brook to continue her participation in the research program.

Ms. Litewka has co-authored two full-length research articles with faculty from the Queensborough Department of Biological Sciences and Geology. The first article was published in 2008 in The Journal of Biological Sciences and was based on work that she conducted at Queensborough on the development of antifungal drugs. The second article is based on her research work at Queensborough and at Brooklyn College employing yeast as a model organism to help provide insights into understanding the complex nature of Parkinson’s disease and Alzheimer’s disease. This article will appear in the March 2010 issue of the prominent biology journal Eukaryotic Cell and has been selected by the editors to be “spotlighted” as an article of significant interest. The publication of this article has also been selected by the editors of the American Society of Microbiology journal Microbe to be “highlighted” in the April 2010 issue as an important news item for the scientific community.

The recognition of the high quality of this research article by the editors of these two prestigious journals would be a major achievement for any career scientist and is especially noteworthy for Ms. Litewka as an undergraduate student from Queensborough.

While conducting the research that resulted in the second of the two full-length articles, Ms. Litewka so impressed Dr. Peter Lipke, the Chair of the Department of Biology at Brooklyn College, that he invited her to teach microbiology at that college as an adjunct lecturer.

Ms. Litewka attributes her success in biological research to the nurturing environment within the Department of Biological Sciences and Geology at Queensborough Community College.

Please join us in congratulating Ms. Litewka on her accomplishments and wishing her a wonderful career.
The Nursing Admissions Phenomenon at QCC – Why the “Waiting List”?  
By Tonessa Thomas

According to Connie Quijano, secretary of the Nurse Administration Department, each semester approximately fifty percent of all pre-nursing applicants get accepted into the clinical nursing program at Queensborough. Admission procedures plays a key role in this percentage.

Each semester the average number of pre-nursing applicants ranges between 200 and 250. During the fall semester 120 applicants get accepted with the majority being accounted for as day students. However, in the spring semester the department accepts a total of 75 day applicants due to the absence of an evening program.

Unlike other career programs on campus, admission into clinical nursing requires that every applicant adhere to a checklist which must be completed before application. A checklist which was recently posted by QCC Student Affairs on the Tigermail website, suggests that each applicant must have in possession the following: a Tiger Online Degree Audit form, completed or exempt from Math requirement, completed or exempt from Speech requirement, completed Bio 301 with minimum grade of C, completed EN 101, completed SS-310 and SS-510, GPA of 3.0 or greater in Bio-310, SS-510 and ENG 101 with first grade, updated documentation of legal status in the US on file with QCC and transcripts for transferred students. However, after completing the checklist, this only qualifies applicants for the first stage of the admission process.

Upon appointment each applicant meets with a nurse advisor who evaluates their credentials and determines eligibility for the National League for Nursing Pax Pre-Admission exam. Applicants are only allowed to take this exam twice. In event of a failure on the first attempt, they must wait 6 months before reapplying for the next exam.

Applicants who fail short of any segment of these requirements often suffer long delays even before they take the NLN-Pax. The colloquial term used on campus refers to this phase as the “waiting list” period. Applicants who transfer into Queensborough for the clinical nursing program are more susceptible to longer wait periods because first preference is normally given to QCC students. Many pre-nursing majors at QCC spend semesters taking additional courses for prerequisites causing what is supposed to be a two and a half year program extends into a three, four or even a five years. These pre-nursing students lose free Financial Aid coverage for courses taken as prerequisites which are not part of the nursing curriculum. Some transfer to other nursing colleges and others simply look for an alternative to nursing or change to non-nursing majors.

National Council of State Boards of Nursing (NCSBN) says that Nurses are the second largest group of licensed professionals in US. According to the Annual report presented in 2008 by the United States Board of Nursing, the State of New York has been credited for having the highest number of Clinical Nursing students take the National Council Licensure Examination. This is the first United States education these examinees normally receive. Information from the Queensborough Nursing website indicates that in the year 1976, QCC commenced its Nursing program. Today this college is the major educator for Registered Nurses throughout the entire borough of Queens.

Park at Your own Risk:
Parking Conditions on Campus

By Olivia Hand

With Queensborough enrollment at an all time high this semester, more students are driving to campus and spots are filling up faster than ever.

The QCC campus consists of six parking lots. Of the six, only two are available to students, Lot 2 and Lot 6. These lots are open for use from 6am to 10pm. Lot 2 is located on Cloverdale Blvd., next to the H building and Lot 6 is around the corner on Kenilworth Drive. The remaining four parking lots are strictly reserved for faculty and staff members, with the exception of Lot 1, which is open to anyone after 5pm.

Naturally with more students than spots, this leads to a frantic rush to get parking. Anyone who drives to campus is aware of the complete chaos that goes on, especially in the morning. Parking lots are filled as early as nine o’clock in the morning, Lot 2 in particular. “People are always blocking the road and there’s always a problem around the entrance of the H parking building” says Erin Altinbasak, a current QCC student. If the lots are full, the only other option is to park on the streets, where your chances of finding a spot are a lot less likely. On practically every street surrounding the campus, there are signs that prohibit parking.

The lack of parking spaces available causes people to become frustrated, and often reflects on their driving. The mornings are most hectic, seeing as more people are taking daytime classes, as opposed to night classes. “Everyone drives like a maniac…to find a parking spot, get into the parking lots, and get to class on time, but it’s a safety hazard.” another student complains. On the QCC website there is an entire section devoted to driving and parking rules referred to as, The Parking and Traffic Regulations for Students, Faculty and Staff.

The Regulations are merely a guideline for how drivers should conduct themselves on or around campus. Some rules include a maximum speed of 10mph, coming to a complete stop at all campus entrances and exits, and outlines prohibited parking on surrounding buildings. The Campus Peace Officers enforce these rules and will punish any reckless drivers. Punishment can result in fines of up to $100.00 and if not paid in a timely manner, can prevent a student from registering for classes. To take a closer look at the rules, you can visit http://www.qcc.cuny.edu/Security/parkingRegulations.asp.

Staring your day stuck in a line of traffic, waiting to get into the parking lot, and risking being late for class is not ideal. At a time when everyone is “going green”, it’s surprising that more people aren’t opting to take the bus.

It seems as though the only solutions are to try carpooling, take public transportation, or park at your own risk!

Who’s Going to Save You Now?
continued from cover story

Steve Cassidy, President of the UFA, said in a press release on December 10th 2009 that the city has been lying to New Yorkers about response times. The total response time has decreased because the city isn’t counting the time from when the call is taken. Instead, it starts timing from when the fire trucks are en route to the scene. The false statistics may be part of an attempt by the Bloomberg Administration to close 16 firehouses in 2010.

According to an article published in the Daily News, Bloomberg wants to remove all of the 15,000 fire alarm boxes from city streets, which would save the FDNY $2.5 million. However, not only does it violate the civil rights of the deaf, it is also dangerous. Cell phones aren’t always dependable, as was shown on 9/11 when all the phones stopped working.

NYPIRG is Here for the Students
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continue until April. Everyone that will be affected by these cuts is urged to write a letter to take part and put power back in the hands of the citizens. If you are writing a letter, make sure talk about how the cuts will affect you. You can bring your letters to the NYPIRG.

NYPIRG and other groups similar are trying to protect students from unreasonable for higher education costs. Most of these students have hopes to succeed in the economic downturn our society is currently enduring. These students are the future work force. The cuts our governor has proposed will affect tens of thousands of students. This proposal will just do more harm than good to our future workforce.
MTA’s Changes Effect Student Population

By Elma Rahman

“...I beg my relatives from Bangladesh not to move to New York,” says 23-year-old Tasmia Rahman, a former QC student who is now attending Queens College. “They want to come to America so they can send their kids to public school here. I told them that public school isn’t really public school anymore. Especially if you are going to be here in two, three years.” Rahman’s uncle has three daughters. If he comes to New York and two of the girls attend middle school, he will have to come up with almost $1400 each year for their transportation, a situation many families will have to face very soon if the government cannot appease the MTA.

If indeed the MTA moves on with its plan to charge approximately 585,000 students for their rides, that money will come out of students and parents pockets. It will be the money that could be spent on putting food on the table, grabbing quick meals at McDonald’s, or even doing laundry. Could this become the cause of more high school dropouts?

ABC news reports that on Monday, February 1, 2010 teachers and students from middle schools and high schools citywide protested in front of MTA headquarters. After doing so for an hour, they broke up peacefully but promised that they will continue to protest again and again until their MetroCard privileges are secured. These protests began since December 2009 and were already carried out a couple of times.

College students seem to have it just as bad. If they are not on a commute to college, many are on their way to work. There are even those who are not working. Last September, the Pace Press, a student-run weekly newspaper at the New York City campus of Pace University, stated how unlike the New Jersey Transit that has a program, which gives students a 25 percent discount, if their colleges sign the appropriate paperwork, the MTA has no such program. Students have no choice but to pay full fare, and usually end up buying the unlimited monthly MetroCard.

“Sometimes, I really feel like quitting,” Rahman said when asked about how she feels with the fares rising once again. “I remember not so long ago, the monthly unlimited MetroCard was $76. College tuition is rising. Textbook prices are also going up and now this. If it goes up to $100, that’s almost $25 more. Between working till closing on weekends and attending college full-time, those dollars could be very useful. It’s a week’s worth of lunch. What keeps me going is the fact that I’ve come so far. I’m afraid some students don’t even have that to hold on to.

Will Windows Phone 7 be the iPhone Killer?

By Janier Jaivier

Microsoft is aiming its crosshair at Apple’s iPhone with its new OS Windows Phone 7. Windows phone 7 has a lot of promising features which seem great, but Microsoft is notoriously known for its mishaps. Anyone who has owned an Xbox 360, or a computer running Windows Vista, should know what I’m talking about. As for its promising features they’re great in writing, but I would advise to wait a good while before you purchase yourself a phone with this new OS, noting Microsoft’s history. Not to say Microsoft is a bad company, it is just known to launch something quickly before giving it long test runs to work out all the kinks.

However, I have high hopes for Windows Phone 7 features and way the OS is designed. Microsoft is aiming to make Smartphone’s the new laptop with Windows Phone 7 OS. The Windows Phone 7 will be like a Zune turned into a phone allowing you to do a lot of what the Zune HD offers and more. The phones containing OS technology can be used for entertainment and business use as well. Windows Phone 7 offers the ability to go on Xbox Live and play games with your friends. Microsoft’s approach is to organize the core of our digital life: people+social+multimedia+communication slapping them together into hubs. As John Wang, Chief Marketing Officer at HTC Corp said, “the 7 series is an entirely fresh approach user experience design, it brings the applications and content together (and) the consumers are going to love it” (http://www.windowsphone7series.com/multimedia/Media64/).

These hubs are what Microsoft plans on replacing Apps with; which will be customizable, allowing easy access to whatever the Hub is based on e.g., music, video, games, or contacts. Windows Phone 7 plans on keeping you in touch and up to date with your friends through these Hubs with Xbox live, Windows Live, Facebook etc... The hubs basically group together everything in that one category. For example, the people hub can pull together all the people you recently were in contact with from your G-mail, to your Facebook friends, to the people you recently were in contact with (http://channel9.msdn.com/posts/ Laurafory/First-Look-Windows-Phone-7-Series-Hands-on-Demo/).

These hubs could be added to the start up screen on your phone to see instant live updates through the hubs that you previously customized. Windows Phone 7 has so much to offer it is said to be an iPhone from the future with all these promising features. Microsoft is making sure that the hardware will meet all of Windows Phone 7’s needs. There will be 3 designs that will carry this OS according to Microsoft and you can expect them to be on all major mobile companies like AT&T, T-Mobile, Verizon and Sprint, whereas the iPhone is only available with AT&T.

Microsoft Australia developers Michael Kordahl and Andrew Coates revealed what Microsoft’s chassis will actually consist of. “First off, WP7 phones will come in three styles. Chassis 1 is a large, keyboard-less, touch-screen phone made by PC manufacturers with at least a 1GHz processor and a dedicated GPU. Chassis 2 is a more traditional phone likened to a Palm Treo, with a physical keyboard and some form of touch sensitivity. Details on the final chassis, number 3, are still unavailable, but the developers expected it may be a candy-bar style phone” (http://gear.ign.com/articles/107/10713651.html).

Windows Phone 7 is expected to hit stores around the holidays, 2010; no official price has been announced. All apps on previous Windows Mobiles series have been said not to be compatible with Windows Phone 7, which is why I advise to wait before purchasing. Has Microsoft finally done what many have failed at? Is Microsoft Windows Phone 7 the iPhone killer?
Survival of the Fittest  

continued from cover story

On March 3, 2010 the event “How to dress like you mean business,” gave many students the opportunity to discover what to wear for interviews. For example, when is it appropriate to wear jeans in an interview? The only time it is appropriate is for a retail position, with no holes and more of a dark denim shade. Representatives from the Banana Republic informed students how to tie a tie, and how to act for an interview. Vanessa Rodriguez, a store manager with Banana Republic, mentioned how she was more interested in the vibe of the interview and how the potential employee acts during the interview, rather than focusing on experience. She also mentioned one question that is important for the job candidate to answer, “Do you have any questions for me?” She states that you might ask anything like how long have you worked for this company. Asking good questions of the interviewer shows that the applicant was paying attention. Rodriguez also mentioned that if dress clothes are needed students and faculty get fifteen percent discounts shopping at Banana Republic by showing their college identification card.

Another service that is free to every adult is at your local Workforce1. Each borough in New York City has at least one, and every weekday they offer on the spot interviews for jobs with employers such as Home Depot and Best Buy. In the Workforce1 they offer many other services as well. Services include help for women who may not have the resources to dress in the proper attire for an interview, workshops, job training, and a personal agent who can help a person one on one with a job placement or other services if needed. They open early, are usually open late, and have some Saturdays open as well.

The Workforce1 centers also include a resources room where people can use the computers for job purposes. Instead of aimlessly applying online hoping to get an interview, the Workforce1 makes it easy for the employer and employee. Once the potential employee meets with one of the Workforce1 interviewers and passes the first interview the potential employee later applies online to the specific company while the interviewer sends the potential employee’s resume over to the employer. Usually within a week the employer contacts the employee and usually hires the person after a second interview.

Remember there are many services out there for people to use for free. The only thing that is required is that people be patient and do not give up looking for a job.

the White House Southern Lawn back in March of 2009. First Lady Obama
Elementary School in Washington D.C. already planted a vegetable garden on
help kids exercise more and educating parents.
standards, getting food companies to voluntarily improve nutrition standards,
it would cost billions of dollars a year to treat. The Obama administration has
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at higher risk of conditions like diabetes, cancer, and heart disease conditions;
it would cost billions of dollars a year to treat. The Obama administration has
launched a proposal to tackle the child obesity issue by improving nutritional
standards, getting food companies to voluntarily improve nutrition standards,
help kids exercise more and educating parents.
Michelle Obama along with twenty-three fifth graders from Bancroft
Elementary School in Washington D.C. already planted a vegetable garden on
the White House Southern Lawn back in March of 2009. First Lady Obama
has been an active role model with her “Let’s Move” campaign, which is
aimed at childhood obesity.
Carmen Piernas, a predoctoral student at the Carolina Population Center
University of North Carolina at Chapel Hill, and Barry Popkin, a professor of
nutrition at the Carolina Population Center and director of the Interdisciplinary
Center for Obesity also at the University of North Carolina; acknowledged
that “The numbers of calories have risen radically over the past few years.
Children snack so often that they are moving toward constant eating”. More
than 27 percent of calories that American kids take in come from snacks as
food eaten outside regular meals.
The director of the U.S. Center for Disease Control and Prevention Dr.
Thomas Frieden wrote a commentary calling for taxes on sugary drinks
and junk food. Frieden also stated that there should be zoning restrictions
on fast-food outlets around schools and bans on advertising unhealthy food
to children. “Government at national, state, and local levels, spearheaded by
public health agencies, must take action,” Frieden wrote. Even despite the
fact that deserts and sweetened beverages remain the major source of calories.
Some of the calories children do consume come from salty snacks and candy.
Other studies have shown that obese children are more likely to stay obese as
adults, and they develop continuous conditions at younger ages, burdening the
healthcare system. Australian Actress Judy Davis declared, “This might be the
first generation where kids are dying at a younger age than their parents and
it’s related primarily to the obesity.”

Although our genetic make-up may determine whether or not we are
exposed to certain predispositions such obesity or diabetes, making the right
choices can make a big difference in your life. A publication on the Basic
Principles of Genetics, written by Benjamin A. Raby, MD, MPh Editor and
Assistant Professor of Medicine Harvard Medical School, referred to this as
“Incomplete Penetrance.” This effect does not normally occur unless certain
environmental factors are present. For example, you may inherit the genes
that are responsible for Type 2 diabetes but you may never acquire the disease
unless you become greatly overweight or obese. Hence, it reinforces the
point that making the right decisions can make a big difference in your life.
Some choices may include a healthy diet, exercise and being an informed
consumer.
A healthy diet consists getting adequate amounts of nutrients and water,
says the RightHealth.com. Nutrients can be obtained from grains, fruits,
vegetables, milk, meat and beans. Students should opt for healthy snacks;
take a slice of whole wheat bread with a slice of cheese or pack a bag with
some fruits or nuts to snack on rather than buying unhealthy snacks from the
cafeteria or vending machines.
Students should read the labels on their foods and understand what goes
into making them. According to an article posted on Monday, February 22,
2010 by David Zinczenka with Matt Goulding a Yahoo health expert, “the most
fattening fries have 1,920 calories and three days worth of saturated fat”.
An article published by Sebastian Smith, for Google.com on March 9,
2010, states that New York leaders are pressing for a “fat tax” on the soft
drinks industry, saying that sweet drinks is responsible for the increase of
obesity across the United States. State Health Commissioner Richard Daines
spoke about the issue on Monday, about “golden opportunity to create the
tax.” Daines states, that obesity is “biggest public health challenge of this and
the next few decades.”
Students should also take advantage of the free services that are available
to them on campus. The college offers a full equipped gym at various hours
during the week, health counseling, and from time to time health related
activities. These events are often posted on the Queensborough home page.
According to data from National Health and Nutrition Examination Survey
(NHANES) survey, it shows that obesity has increased from 5.0% to 17.6%
among children and adolescents ages 12-19 years. Trends have shown that
obesity seem to be prevalent to low income, African Americans and Hispanics.
Another study done by Centers for Disease Control and Prevention, found that
25% of obese adults were overweight as children, and obese adolescents are
more likely to become obese adults.
Americans need be urged to take control of their health. By making better
choices, you are able to help yourself and your family in a productive manner,
ultimately contributing to reducing the affect obesity has on America.
For more information go to:
cuny.edu/healthservices
From generation to generation, many societies have sought out ways to enhance the growth of hair. There has been the production of many hair products such as “miracle grow” scalp treatments and hair vitamins. Many of us are in such desperate need of long and healthy hair that we are brain washed by the supposedly results of these products. However there are certain vitamins that can enhance or promote hair growth, especially for those with thinning hair. The task is discovering the combinations of vitamins that will promote healthy hair growth.

In an article written by ShawnTe Pierce published by suite101.com she stated, “There are three vitamins that are essential for healthy hair growth”. These vitamins are A, B and C. Vitamin A is very crucial in protecting cell membranes and stimulating bone growth. This cell membrane protection is what makes vitamin A beneficial to maintaining the healthy hair inside and outside of the hair follicles.

Within the vitamin B family there are five vitamins that are essential in healthy hair growth. These vitamins are often called the vitamin B complex. They are vitamin B-6, biotin, choline, folic acid, and inositol. According to Pierce they are “essential for the synthesis of DNA, RNA and cell reproduction. Since the growth phase is the longest phase in the hair growth cycle, these vitamins promote healthy hair growth”.

According to Merck Pharmaceuticals, vitamin C is very essential in the production of bone and connective tissue which includes blood vessels and skin. A deficiency in vitamin C can result in dry, brittle hair and even bald hair. Hair is linked to the scalp which is made of skin and a multitude of blood vessels.

Whenever you visit the beauty section of your local pharmacy or beauty supply store, keep in mind that the results you are pursuing can easily be found in the vitamin section or in your own kitchen pantry.

The hair growth cycle is composed of three important phases, the growth phase (Anagen), resting phase (Catagen) and shedding phase (Telogen). The time period of each phase is determined by our genetics. However certain environmental and health factors may affect any one of these phases. The affect may either be temporary or permanent. Overall our health plays the most important role in each of these phases. An important way in which we can obtain healthy hair that grows properly is through the consumption of the right amounts of vitamins along with proper daily nutrients.
The NBA draft is an event that takes place every year, in which the thirty NBA teams can recruit players who are then able to join the league. These players come from a variety of places, however most are from division one and two colleges. Despite the fact that most are from division one and two schools, it has been more common over the years for both players from foreign countries and people who have just graduated high school to be drafted. Some of the most famous players to date have come straight out of high school, such as Kobe Bryant and Lebron James. The draft takes place at the end of June, which is when the NBA off-season is taking place. Since 2001, the draft has taken place in New York City.

The NBA draft is also intertwined with something called Free Agency. In all professional sports, a free agent is a player whose contract with a team has expired and who is thus eligible to sign with another club or franchise. According to NBA analyst Eric Snow, never in the history of free agency have so many big name players been eligible to be spread around the league. Almost every team in the NBA has their hopes up, and in all aspects it is possible for them to achieve their goals. Hall of fame players such as Kobe Bryant and Paul Pierce were able to take their franchises from nothing to everything, and coaches know this. This year’s draft may determine the NBA’s direction for years to come.
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SPORTS

Making Room for a King?

BY KENNETH NEWMAN

As the 2009 NBA season is coming to an end, New Yorkers are wondering who is coming to save the city in the 2010 season. New York Knicks General Manager Donnie Walsh is finding a way to make room for the next King of New York to sit in their throne. But the real question is, “is there room for King James?” Lebron James who is one of the top athletes in the NBA is a free-agent in 2010 and is still unsure of where he would want to play. After the Knicks traded rookie Jordan Hill, forward Jared Jeffries and a draft pick to cut salary and bring legend Tracy McGrady, it makes room for a player like Lebron James. Fan favorite Nate Robinson who just won the Slam Dunk Contest for the third time was just traded to the Celtics for Eddie House and point-guard Sergio Rodriguez in a three team trade to add support for this superstar. As a New York resident and fan, we wonder what these trades did for the New York Knicks. Trading these players gave the team millions of dollars to work with next year as they try to find the right player to sit in the right throne. Players like Lebron James, Joe Johnson, Chris Bosh, Dwyane Wade, Dirk Nowitzki and Amar’e Stoudemire can all fit the city’s throne. But the fact of the matter is do they fit where they already are? Can playoff wins affect the Knicks from receiving one of these players? Sure it can, if all it takes is a few wins for the franchise to notice how valuable a player is to their system which is what the Knicks and Donnie Walsh are looking for.

The Knicks are looking for their third championship in their franchise history, since the 1972-1973 season. According to ESPN.COM, it has been 37 years since the Knicks have won a title and 11 years since they have appeared in a Final’s game. The Knicks last division championship was in 1994, and you wonder why Donnie Walsh is looking for this All-star player to get paid the big bucks? Not only signing one of these free agents will bring fans into the arena, but it will also help them win games. The NBA is a business just like any other professional sport. If teams were in competition for survival in the business, the New York Knicks are on the verge of shutting down. So who could save New York City? Will it be LeBr0n, Wade or both? That’s the question that fans are asking but who has the answer?

The Knick’s next star is a mystery waiting to be solved. A Queensborough students stated, “As a sports fan, I’m becoming impatient about this whole situation. Someone must know what’s going on in the inside.” So we wonder is there information that has not yet to be leaked out. Or is there a perfect time where it should be? 2010’s free agent class will be one of the biggest changes in NBA history and it might just change New York. Who would have thought that one single athlete could bring change in one of the world’s greatest cities. So we sit here and wait and see who will take the center stage here in the Big Apple. The answer will have to be revealed sooner or later, but will it be the answer that New Yorkers and sports fans want.

Steroids and Blood “Spinning,” What’s Next?

BY LUKE FALCI

Steroids have been an ongoing dilemma for several years now. Who is doing what, how does it affect them, when did they start? These are some of the questions that are being asked by baseball fans all around the world. In the mid eighties, Mike Schmidt was the league’s best third baseman and among the best power hitters in the game. Among some of the players in baseball at that time was Jim Rice, Ryan Sandberg and Andre Dawson. These were notable players in the eighties who have paved the way for many new players today, who then eventually would steal the spotlight. Not with hard work or dedication but with a performance-enhancing drug (PED) whether it be taken orally or via injection. These men have found a way to build an era that has cast a shadow over America’s pastime.

Some people have believed for a long time that José Canseco was the biggest villain the sport had ever seen. Canseco admitted to using several different kinds of steroids along with telling Mike Wallace of CBS many of the players whom he personally injected with steroids including Mark McGuire. Now just for the record José Canseco blew the roof off of something that everyone knew was always there- that baseball players were using steroids. Among some of the other athletes he has named were Ivan Rodriguez, Rafael Palmeiro and Sammy Sosa. What all of these athletes have in common is at some point or another they were associated with the Texas Rangers while George Bush was the owner during the 1990s. Let’s take this opportunity to thank George Bush for screwing up more than just the economy but the stability and integrity of baseball.

The 90’s and this past decade will forever be labeled as the steroid era. It’s embarrassing to know that players such as Mark McGuire, Sammy Sosa, Barry Bonds and Roger Clemens performed at record-setting speed just to learn they did it by cheating. Raphael Palmeiro pointed his finger at everyone in congress and said “I did not use steroids, PERIOD!” Come to find out soon after that he was suspended for using PED, booted out of baseball and never heard from again.

People are still on the hunt for Brady Anderson who came in to baseball as a mediocre outfielder for Baltimore and hit 50 home runs as well as participated in the homerun derby in 1996. From 1993-95 Anderson’s homerun totals were 13, 12 and 16 and in 1997-98 his homerun totals were 18 a year. All the statistics provided can be found in The ESPN Baseball Encyclopedia, fourth edition by Gary Gillette and Peter Palmer foreword by Peter Gammons.

Barry Bonds who had been chasing and eventually broke Hank Aaron’s 755 home run record has record been one of the prime targets in baseball. In a recording from the winter of 2001, Bonds said, “I’m going to get mine” to his trainer while making a reference to Mark McGwire becoming the first man to ever hit 70 home runs in a season. 1998. Bonds went on to hit 73 homeruns (BasebalReference.com) a mark that will stand forever surrounded by controversy.

As we moved into the new millennium where records are being set hand over fist and everyone including the baseball commissioner Bud Selig has turned a blind eye to what stands as some of the biggest cheaters today. Players who went from good careers to baseball’s elite have been nailed to the wall with steroids. Roger Clemens was known as a workhorse and had a reputation of dedication like no other. Brian McNamee, his personal trainer named Roger Clemens as one of the players who has used steroids in the past. However Clemens went on to lay down a suicide squeeze on his own wife by mentioning that McNamee was providing her with injections of steroids.

A little over a year ago Alex Rodriguez admitted to using performance-enhancing drugs because he felt he had to live up to the pressure of the biggest contract in baseball. Looking at the local teams, which are the Mets and Yankees, we have a list of players and at the top of that list are Alex Rodriguez and José Reyes. Both of these men among others such as Tiger Woods have been linked to a doctor named Tony Galea who was involved in the latest scandal while gaining an edge in sports called blood spinning. Blood spinning is when an athlete’s blood is extracted and then mixed with a substance that is supposed to clean your blood and then put back into your body. This is very similar to the process of dialysis.

Tony Galea was also known for supplying athletes with human growth hormone (HGH). The questions that should be asked are what does this do for future athletes who are looking to find an edge in sports? How young these athletes were when they began these tactics and where does the buck (continued on page 14)
### Spring 2010 CLUB WORKSHOPS and ACTIVITIES

**March 17th:** Getting Over Your Fear of Public Speaking  
**Location:** LB-16  
Do you have a fear of public speaking? Do you want to give better presentations in class? Then this workshop is for you. We will provide tips for reducing anxiety, improving communication skills, and provide tools for communicating effectively.

**March 24th:** Research/Internship Opportunity  
**Location:** LB-16  
Topics covered will include: the importance of Internship & Research participation, types of research & internships that fit your career path, how & where to find these opportunities, summer opportunities and important dates.

**April 7th:** Engineering at QCC  
**Location:** LB-6  
If you are interested in learning about the Engineering Science Major, and/or the Computer/Electrical Engineering Technology major then this workshop is for you. Information on the degree programs which prepare you to get a job in the industry. Find out about what schools to transfer to, what is expected of you as a student in these majors, and what career opportunities would be available for you upon graduation.

**April 14th:** Fire Safety  
**Location:** LB-6  
Do you know what to do when a fire breaks out where you live? Come to this workshop to learn the basics of how to prevent fires at home and what to do in case there is a fire. The New York Fire Department’s Office of Fire Safety Education will give a presentation and distribute brochures to help student learn about what steps to take to ensure that everyone’s home is fire-safe.

**April 28th:** QCC Job Fair  
**Location:** SUL  
(Career Services event)  
The QCC Job Fair provides students with the opportunity to meet with over forty employers from business, the healthcare industry and government. Perspective employers come to Queensborough in search of candidates to fill full-time, part-time, summer and internship openings.

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For the

**Queensborough Spring Job Fair**

**Wednesday, April 28, 2010**

**12 3 pm, Student Union Lobby**

**Meet with 50+ Employers**

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Register for the Job Fair at [www.qcc.cuny.edu/careerservices](http://www.qcc.cuny.edu/careerservices). You may register in-person or make an appointment to get help with your resume at the Office of Career Services in the Library Building, Room 429 or call (718) 631-6297.

*This free event is open only to Queensborough Community College students and alumni*
Yankees Ready to Repeat in 2010

By SCOTT RAIMONDIWITZ

On February 17, 2010 the New York Yankee’s quest for a 28th World Series title officially began with no distracting controversy. As pitchers, catchers, and a few position players arrived at Steinbrenner Field in Tampa, Florida reporters and fans could not help but wonder if the Yankees could repeat as champions in 2010. Despite being amongst the favorites this year, there are several question marks that make their future uncertain.

All four of the Yankee players who have won five World Series rings, Derek Jeter, Jorge Posada, Mariano Rivera, and Andy Pettitte will be back for the 2010 campaign. The leadership of these veterans will give this team a tremendous advantage over their competitors. On the other hand, they are all a year older. By the time the 2010 Fall Classic draws near, Jeter will be 36 years old, Posada will have reached 39, Pettitte will have celebrated his 38th birthday, and Mariano Rivera will be approaching his 41st year. Can all four pillars of the champs remain healthy and play to their expectations?

Several off-season moves altered the Yankee roster. Fan favorites Johnny Damon and Hideki Matsui were not resigned, and Melky Cabrera left in the trade that brought pitcher Javier Vasquez to the World Champions. Free agent acquisition Curtis Granderson hit 30 home runs for the Detroit Tigers in 2009, despite playing in pitcher-friendly Comerica Park. He will take over in center field for Cabrera. Nick Johnson, formerly a Yankee from 2001 through 2003, was signed to replace Matsui as designated hitter. Johnson has a terrific on-base percentage, but he is a very slow runner. In addition, as found on Baseball-reference.com, he has only played 130 games once in his career due to eight trips to the disabled list. It remains to be seen if Granderson and Johnson can be productive enough to replace the 52 homers and 178 runs batted in supplied by Damon and Matsui in 2009. The signing of Chan Ho Park, an experienced and versatile pitcher, gives the effective Yankees bullpen even greater depth.

Last season’s top three starters, CC Sabathia, A. J. Burnett, and Andy Pettitte are expected to anchor the pitching staff this year. Javier Vasquez, who has proved to be a reliable starter capable of throwing 200 innings, has returned for his second stint with New York in 2010. In his previous shift as a Yankee in 2004, he was an All Star for the first half of the season, but faltered badly in the second half and in the playoffs. His performance drop was supposedly due to an injury, but he will need to return to the form that he showed in Atlanta last season, when he went 15 – 10 with a 2.87 ERA if he hopes to help carry the Yankees to the 2010 World Series.

This may prove to be difficult in a league featuring the designated hitter and potent lineups. Yankee fans can probably anticipate a good year from Vasquez, but those expecting an ERA below 3.00 and more than 200 strikeouts may be disappointed.

Bryan Hoch of the New York daily News reports that an intriguing pitching issue is deciding who will be the fifth starter this year. Yankee manager Joe Girardi has stated the main candidates for the job are Joba Chamberlain and Phil Hughes, but has added that Alfredo Aceves, Sergio Mitre, and Chad Gaudin are also in the mix. Chamberlain will have no inning restrictions this year, but has never shown the same fire as a starter that he has demonstrated as a reliever. Hughes sparkled as an eighth inner reliever last season, and even though he has the potential to be a fine starter, he would be a compelling bridge to Mariano Rivera. Girardi will carefully examine the performance of all of these pitchers in spring training before making his final decision.

The other major personnel quandary for 2010 is deciding who will be the left fielder. The departure of the popular and productive Johnny Damon, as well as budget constraints, leaves the Yankees without a comparable replacement. The speedy Brett Gardner has exhibited little power. New Yankee Randy Winn is capable of hitting for average, but has limited power as well. Additionally, in 2009 he hit an anemic .158 against left-handed pitching. The Yankees also signed Marcus Thames to a minor league contract, but he figures to be no more than a role player. Joe Girardi has spoken about the possibility of using Curtis Granderson in left field at times, but that would still leave center field in the hands of Gardner.

This is the final year in the contracts of Jeter, Rivera, and Girardi. The New York Daily News reports that in an attempt to avoid distractions, all three, as well as general manager Brian Cashman, have agreed not to discuss future plans until the 2010 season concludes. It remains to be seen whether these contracts, and the attention paid to them by the New York media, will cause problems as the season progresses.

In the world of Major League Baseball, repeating as World Series Champions is an extremely unlikely event. According to Baseball-almanac.com, in the last thirty it has only been accomplished twice. The Toronto Blue Jays won in 1992 and 1993, and the New York Yankees had their three-peat in 1998, 1999, and 2000. There is no place for complacency if you want to repeat. When you are a Yankee manager, you are expected to win every year, despite the odds. Manager Joe Girardi is very aware of this, and has traded in his old jersey, number 27, for number 28, signifying the team’s quest for their twenty-eighth world championship, the most in professional sports history. When all is said and done, it’s hard to bet against them.

Steroids and Blood “Spinning”, What’s Next?

(continued from page 12)

stop? Alex Rodriguez claimed the buck stopped in Texas where he led the league in home runs all three years he was there with 52, 57 and 47 home runs in 2001-03. He then came to New York and hit 54 homeruns in 2007 and won the American League MVP and a World Series in 2009 (The ESPN Baseball Encyclopedia, fourth edition). According to the Daily News the FBI is going to be knocking on his door to question him yet again about his association with Tony Galea and PED.

Despite the wrongdoings of Alex Rodriguez using steroids, he will still have many loyal followers. These average athletes turned super athletes due to PED are potentially having an influence on our student athletes. This would not do well for the athletic program of QCC if the hammer fell because someone didn’t care about the consequences in trying to get an edge. It’s questionable as to who makes the decision if there should be PED testing for QCC athletes, but ignorance is bliss and the student body can no longer have its eyes wide shut to this problem.

Photo Credit: Darren Carroll SI (Alex Rodriguez)
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