CUNY Gets $142 Million from City and State

By Michael Rodriguez

On October 12, 2012, New York City granted the City University of New York an additional $71 million dollars, distributed over the next four years, to be used for ongoing capital projects, repairs, and needed repairs. This is in addition to another $71 million in matching funds from the state for a total of $142 million.

City Council Speaker Christine Quinn announced the release of the funds at a press conference at LaGuardia Community College where she talked about the importance of the money and how it would especially help CUNY community colleges. "We now have $142 million distributed mostly to the community colleges to do things like fix roofs, put in heating systems, fire alarms, and fix crumbling facades. What this means is that more of the buildings will be usable and safer for students who go to community colleges," Quinn said. These added funds will be distributed among the several colleges in the CUNY system and the money will be used mostly for ongoing capital projects, repairs, and needed improvements to buildings and facilities.

According to Arthur Perkins, Assistant Dean for Facilities, Planning, Design, and Construction, Queensborough is scheduled to receive an additional estimated $2.16 million of the $71 million given to the university by the city. This money is planned to be used for ongoing repairs to campus buildings and roofs.

Perkins told the Communique that some of these funds will be used to repair roofs in the Administrative, Science, and Medical Arts buildings. Additionally, the funds will be used to renovate

QCC English Department Recalls Chair
President Accepts Deputy Chair David Humphries for Position after Much Debate

By Luke Tabet

On October 24 English Department Chairperson Linda Reesman was recalled by the members of the English faculty, who then elected Deputy Chairperson David Humphries to replace her. Soon after the vote, however, Interim President Diane B. Call announced that she would not accept the faculty’s election of Humphries and that former Chairperson Sheena Gillespie would be taking over as a temporary chair. This decision caused much tension within the already embattled department which has been negotiating with the administration since September over the implementation of a CUNY program that would, among other things, cut course hours for composition classes. After a week of heated discussion and public attention—including a petition signed by close to a thousand concerned faculty and students—it was announced that the president would accept the faculty’s vote and approve Humphries as chair of the department.

Two days after the recall vote, on October 26, Call sent a message to the English Department inviting all faculty members, including substitutes and adjuncts, to a meeting set for October 30. This meeting was postponed due to the extreme weather caused by Hurricane Sandy and was held on November 6. It was at this meeting that Call announced that she would not approve the faculty’s election of David Humphries as chair of the department. It was also stated that Gillespie would temporarily assume the duties of the position as acting chair, and that a “nation-wide” search would be conducted for an appropriate candidate.

Call went on to explain that Interim Vice President Karen Steele—who had previously sent an email threatening to dismantle the English Department and eliminate much of the English curriculum offered at QCC—would be in charge of presenting recommendations for appointment to the college wide Personnel and Budget Committee.

Call offered a series of vague reasons for her decisions, citing the need to “heal a department.” Many English faculty members feel that Call rejected the election of Humphries because of his stance against the controversial Pathways Initiative, which would cut class hours in several English courses.

In a statement made to the Communique, Humphries said that he was not entirely surprised that our department’s vote was rejected,” adding that “it was an insult to faculty governance.” It is within the right of the president to accept a department’s selection for chair or not and to appoint a different chair if desired, though she must provide reasoning for the decision.

One of the reasons offered for the move was to make the faculty members feel “safe,” according to Humphries, who says that the vote was rejected on “flimsy grounds.”

Professors at CUNY must serve seven years before they are considered for tenure and can feel more secure of their employment. Untenured members are more likely to fear reprisal in situations such as an open vote, when voting against the wishes of the administration. After the original vote against Pathways in September, an Email sent by Vice President Steele outlined a situation in which adjunct contracts would not be renewed for the Fall, 2013 semester and that “The reappointment of full time faculty in the English Department will be subject to ability to pay and Fall 13 enrollment in department courses.” This threat was rescinded after the Email was continued on page 4

Racist Twitter and Facebook Posts
Follow Obama’s Re-election.

By Marisol del Pozo

When Barack Obama won reelection last week, a vocal minority reacted with hate-filled rants on Twitter and Facebook. Just as they did during the 2008 presidential election, “racist trolls” took to the internet to vent their frustrations at having 4 more years of President Obama. “Well here we go, 4 more years of a Socialist N’gger in office. A big round of applause for the blacks who voted for him purely on race,” said Hunter Rogers at 11:16 pm, Nov 6th on Twitter.

This is just one example of the many racist reactions to the reelection of President Obama. On election night and the days that followed, several high school-aged individuals, for instance, Tweeted racial epithets, using threatening and profane language to express their hatred of America’s first black president. A recent article published by the online news site Jezebel described many of the tweets. According to the article, a Central York High School student with the Twitter handle, STaylorMade posted this tweet on election night, “About time we get this monkey out of office... #gobacktothehood.”

continued on page 4
Queensborough Communiqué, November 2012

News

CUNY News

By Sylvia Biedrzycki

New CUNY College

On September 20, 2012, CUNY opened another community college in Manhattan. The New Community College (NCC), as it’s called, is the first CUNY community college to open in almost forty years. The new community college is located on 40th street in midtown Manhattan, just one block from the central research branch of the New York Public Library, which is convenient for students. The New Community College currently enrolls only 300 students but it will eventually grow to enroll up to 5000 students when it moves to its permanent home on 59th street and 10th Avenue. The new community college will cost the same as any other CUNY community college.

Baruch Ranked on top Lists of Schools in US

Baruch College was recently ranked number 23 in regional universes in the north and it was ranked number 3 in public colleges in the United States by US News and World Report. It was also rated tied in the top 25 for entrepreneurship by Princeton Review. Baruch College is mostly known for their business majors like accounting and finance. This was the fifth time that Baruch has been on the Princeton Review list.

Undocumented immigrants find support from CUNY and City Council

“CUNY citizenship now!” is a new program that provides temporary legal status to some undocumented immigrants so they can go to school or go to work without fear of being deported out of the United States. To meet the requirements for the program students must be under the age of 30, have been in the United States before the age of 16, and have a high school diploma. This program was previously offered only to CUNY students but is now available to a wider public through a grant from the City Council. To meet the requirements for the CUNY program, students must apply by November 20th.

Anti-Bullying Policy Proposed at QCC

By Danielle Del Priore

Recently, the Communiqué ran an article about bullying. Now, it has come to our attention that Philip Pecorino, who is a professor in Philosophy and works in the Social Sciences Department at Queensborough Community College, has been trying to create a policy against bullying CUNY wide for years. The policy he has proposed, however, has been rejected by the administration many times. He claims, “The administrators speak of an atmosphere of mutual respect but they do not want an anti-bullying policy in support of that talk.” For its part, the administration states that they do not accept bullying, but that there is still no policy being made to prevent it. The proposed College Policy on Bullying states that it “seeks to educate the college community about bullying, to promote civility and respect among all its members, including the administration, faculty, staff, students, contractors, consultants and vendors.”

The policy defines bullying to include physical contact, verbal, non-verbal gestures, in writing, and cyber bullying. It prohibits bullying, and states that, “(a)ny case of bullying suspected to be of a criminal nature shall be referred to local law enforcement authorities.” If this policy is put into motion, criminal acts related to bullying will no longer stop at the Dean or the Judicial Board of the college. The policy also discusses the procedures that will follow when reporting a bullying incident that occurs on campus. In regards to students and staff it says, “complaints alleging students (or college employees) bullying other students, employees, contractors, consultants or vendors should be reported immediately to the Department of Public Safety.” As for disciplinary actions, it describes, “Violations of this policy shall be subject to disciplinary action, including, but not limited to, fines, suspension, or expulsion.”

Correction: “In our October issue, the article “Journalist Arun Gupta Speaks to QCC Students” was written by Michael Rodriguez. We mistakenly forgot to include a byline for that article. Many apologies Michael.”

About CUNY

http://www.cuny.edu/about/resources/citizenship.html

A recent report by The Community Service Society of New York (CSS) explains that the number of incoming black and Latino students at CUNY is falling. The report, titled “Unintended Impacts: Fewer Black and Latino Freshman at CUNY Senior Colleges After the Recession,” argues that the large number of new applicants to CUNY after the 2008 recession led to an increase in admission standards, especially SAT scores, that excluded many black and Latino students form the most selective CUNY schools. As a result the number of students attending CUNY senior colleges has dropped precipitously. “Youth of color in New York City are being told to prepare for college and making great efforts and strides in doing so, yet the opportunities for them to enroll in a four-year college are diminishing,” said David R. Jones, President and CEO of the Community Service Society. “Blacks and Latinos make up 72 percent of the public high school system, but only 48 percent of CUNY senior college freshmen in 2010 – and just 29 percent at the top five campuses.”

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Join a Club and Get Involved.

By Melpomeni Amorgianos

Clubs, groups, and organizations are a major part of a student’s college experience. However, many QCC students are unaware of the clubs on their campus or how to get involved. You may be surprised to learn that there are over 40 different student clubs, groups and organizations that students can easily join. With so many to choose from students at QCC can surely find a club that suits their interests.

According to Raymond Volel, Student Life Specialist at QCC, students benefit greatly by joining the clubs offered on campus. “By joining a club a student gets to meet new people who share a common interest as them, a student gets the opportunity to make new friends and socialize, a student gets to learns new things, and a club helps a student have an edge that stands out when transferring to other colleges and universities” says Volel.

For example, Queensborough’s Music Society helps bring together students with fine art and music talent. Its purpose is to further students’ learning and understanding of music. The Robotics Club members learn the hardware and software used in robotics, and eventually help design and build an actual robot. Another interesting club is the Anime Otaku Club. This club focuses on Japanese culture and meets to discuss, show, and promote anime. Members of this club attend local anime conventions, Asian cultural events, Asian cuisines, Comic-Con and martial arts events. The International Students Club encourages international students to create friendships, to unite, and create multicultural relationships. The club M.A.L.E.S., meaning Men Achieving and Leading in Excellence and Success, encourages students who come from different backgrounds, to succeed at QCC. Members of this club are advised to take advantage of advising and mentoring opportunities offered on campus. Lectures, social events and other relevant activities are a major part of this club; this way student’s build a sense of community and social connection. These clubs and many others are about having fun and experiencing and learning new things.

Students interested in joining a club at Queensborough Community College, are advised to visit the Student Activities office, located in the Student Union Building. Clubs on campus usually meet on Wednesdays from 1-3 pm. If a student is interested in creating a club that does not already exist, they should find ten students who are also interested, create a constitution, find a faculty member who is willing to be the clubs advisor and visit the Student Activities office to get started.

Partial List of Student Clubs and Organizations.

- Anime Otaku Club
- Architecture Club
- African Student Union
- Asian Society
- Badminton Club
- Bangladesh Student Association
- Business Society
- Chemistry Club
- Chi Alpha Christian Club
- Christians on Campus
- College Discovery Club
- CSTEP Club
- Diversity Dance Club
- Drama Society
- ECET Programming Club
- Foreign Language Society
- Future Teachers Society
- Gaming Club
- Haitian Club
- Hillel Club
- IEEE
- International Business Club
- International Student Club
- Korean Club
- M.A.L.E.S.
- Math Club
- Mock Trial Association
- MoneyLegal Eagle Club
- Motor Club
- Music Society
- Muslim Student Association
- Newman Club
- Photography Club
- Queensborough Student Veterans Association
- Robotics Club
- Science Research Alliance
- Socially Interactive Democratic Network
- S.O.U.L.
- STEM Research Club
- Student’s Health Club
- Trinbago Club
- Alpha Beta Gamma
- Phi Theta Kappa
- Student Nurses Association (SNA)
- NYPIRG
- Student Organization for Disability Awareness

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Racist Twitter and Facebook Posts Follow Obama’s Re-election.

So where do these racist tweets come from? Known as “Floating Sheep,” a group of technology and geography academics located in the US and UK went on a quest, collecting a set of racist, Obama-related tweets from each state during election week. They then compared those tweets to the total number of geo-coded tweets coming from each state. The results were mapped and then ranked by ratio based on the total number of Obama-related tweets during that same time frame.

Although Alabama and Mississippi were at the top of the list with several neighboring states a close second, the racism-laden tweets were not limited to the south; North Dakota, Utah, and Missouri also had a high ratio. New York didn’t even place on the list of 42 states where the researchers found geo-coded racist tweets.

While President Obama’s re-election served to remind us how much we’ve grown as a nation, the racist tweets were “a useful reminder that technology reflects the society in which it is based, both the good and the bad,” Dr. Matthew Zook wrote on the Floating Sheep blog. “Information space is not divorced from everyday life and racism extends into the geoweb and helps shapes its contours; and in turn, data from the geoweb can be used to reflect the geographies of racist practice back onto the places from which they emerged.”

English Department Recalls Chair

made public. The debate sparked by Pathways has put the whole department in what Humphries would call an "unfortunate position," particularly the Chair and any untenured Faculty members.

When asked if the Administration's search for a new Chair (under the guidance of Vice President Steele) would be considering candidates from within QC or CUNY, Humphries replied that "It is assumed that a 'national search' to find a new chair means the administration is looking for an outside candidate." He also explained that "Having VP Steele now represent our department in matters of tenure and promotion does not make us feel 'safe.'"

The Administration's decision to install Sheena Gillespie as temporary chair is a cause for more uncertainty. Gillespie was the department chair for "about 40 years" before Reesman, a source tells the Communiqué.

Regarding Gillespie's placement, Humphries stated that "people who know Sheena Gillespie have a great deal of respect for her, but there is a general sense that her appointment will stop the department from moving forward and put her in an unfortunate position as well."

Dr. Susan Jacobowitz, an Associate Professor of English at QC, told the Communiqué that "David has the trust, support and confidence of the faculty members of the department." She was in attendance at the meeting on October 24 and explained that after Reesman had been officially recalled "Several other people were nominated, including me, but we withdrew our names for various reasons" leaving Humphries to run unopposed.

The duties of the department chair include serving on the English Discipline Council, attending meetings on campus and across CUNY, as well as serving on the Personnel and Budget Committee that hires and promotes faculty members within the department. Gillespie, however, would not have served on the committee and all recommendations for promotion and tenure would have been delivered by Karen Steele to the college wide Curriculum Committee.

On November 13 President Call issued a brief statement to the English Department and the Communiqué, announcing that she would approve Humphries as the Chairperson of the English Department, the statement read in its entirety:

"Colleagues—"

"It is my decision to accept the recommendation forwarded by the English Department for Dr. David Humphries to serve as its Chairperson, effective November 14."

"In a lengthy meeting with Dr. Humphries yesterday, he expressed his willingness and ability to advance the important work of the English Department in curricular and personnel matters. I have confidence in and appreciate his sincerity to unite the department as a community, in the best interests of the College and our students."

"Thank you."

"dc"

CUNY Gets $142 Million from City and State

improve the theatre in the Humanities building. These renovations will, among other things, make the theater more accessible to those with disabilities, and make the building compliant with the requirements of the Americans with Disabilities Act.

Perkins says that he expects the college will request additional funds for the fiscal year 2014 budget for further continued projects and repairs.
Opinion

No to Police Brutality: Justice For Noel

By Alyssa Ruiz

A great deal of Society looks upon the police department as heroic individuals, whose main purpose is to help minimize crime and protect the community. For many officers, they live by protecting their community, however for other officers; the only way to get the job done is through violence and brutality. Officers are supposed to give us security and it’s a major concern when we’re unable to trust the ones we are supposed to trust. Not only do bad officers show a reflection of who they are, they provide an example that higher authority in the law enforcement are not taking the proper action in ensuring the full safety of the community. It’s a problem when the state of New York decides to protect their own instead of innocent individuals. When the police do not enforce the law equally on all, we no longer have a justice system. We are instead protected by hooligans with badges.

Like most jobs, those who work in law enforcement follow certain guidelines and rules. One unwritten guideline that many police officers follow is known as the Blue Code of Silence. The Blue Code of Silence; sometimes referred to the “blue wall” or the “blue curtain” is an unwritten guideline that officers in the US follow that prohibits and discourages them from reporting on misconduct by their colleagues. Good way to promote honesty, integrity and justice huh?

Case in point, an NYPD detective Hassan Hamdy, who fatally shot 22 year old Noel Polanco, an unarmed National Guardsman during a traffic stop on October 4, 2012. Noel was a beautiful soul, I would know because I knew him personally. He was loved by so many people.

On the morning of the shooting on the Grand Central Parkway in Queens, NY, Noel Polanco had left a local club called Ice Lounge at 5 a.m. accompanied by two women. One woman named Diane Deferrari is a bartender who works at Ice Lounge and the other is an off duty police officer named Vanessa Rodriguez. Hamdy and his partner “accused” Noel Polanco of driving erratically. The two police trucks forced Mr. Polanco to stop after one truck went in front of his vehicle, a Honda, while the second one maneuvered behind it. After Noel stopped the car, Hamdy and his partner approached the car, where the window was open.

Ms. Deferrari told the police that she had heard the officers order them to show their hands, but they had no time to comply. According to the police, Polanco reached under his seat, which led officer Hamdy to shoot. However, Ms. Deferrari said not only did Polanco never reach under the seat, but she believes the shooting was the result of a case of police road rage. The off duty officer claims she was sleeping. She also refuses to testify in court. This is a prime example of the Blue Code of Silence. It was also reported that one of the cops told the two witnesses in the vehicle “Your friend shot himself.” Words like this from an officer are completely outrageous especially when no weapons were recovered in the vehicle.

Hassan Hamdy left Noel Polanco’s family devastated and looking for answers. Polanco’s mother Cecilia wants justice and I don’t blame her. Hamdy should be punished and held accountable. First and foremost he should have taking more precautions and risks and possibly approached the vehicle before making accusations of a weapon, especially if the officers had not given enough time for Noel to show his hands.

Hamdy has been previously named in two brutality lawsuits that he faced in federal court. In 2001, before becoming a detective Hamdy got out of a lawsuit resulting in New York City taxpayers paying 291,000. Six years later in 2008, a brutality lawsuit surfaced by a Queens grandmother and her grandson who said they were terrorized by Hamdy and other police officers after being subjected to an illegal search of their home. The officers along with Hamdy kicked, punched, and allowed a dog from the canine unit to bite the suspect. The lawsuit was also settled in court by the city of New York, paying the alleged suspect 210,000 and his grandmother 25,000.

Upon terms of the settlement, the officers admitted no fault or liability for the incident.

The NYPD along with the city need to create solutions and prevent situations like this. Possible solutions include revisiting their policies on when to use deadly force and reassess officers every so many years, no matter how elite they are. I also believe that the city should create a civilian oversight committee. The term “oversight” refers to the ongoing monitoring of police activities with a view toward holding each police service accountable for the services it provides, the policies it operates under, and the conduct of its members. Finally I think that the NYPD needs to eliminate the blue code of silence.

Police brutality is a sad and staggering thing. Dirty cops look to hide behind the protection of their shield. Keeping the peace is one thing, but taking a young innocent life such as Noel’s or beating a human being senseless is unjust and by all means far from what a police officer stands for. Some bloodthirsty cops seem to relish eliminating every opportunity to use violence. To say such officers may have been afraid does not explain the use of firearms in such a situation.

Noel lived as a National Guard and died a sergeant. The Media & Cops Can Say WHATEVER they want, they Can NEVER tarnish his name. He was a great and humble man. Justice for Noel!

Life at QCC?

By John Duran

Imagine a campus where students lounge on the grass together to study or where students and teachers sit somewhere and have regular conversations. A campus full of movement, excitement, and a buzzing social life. Well that was once what the Queensborough Community College campus looked like. In going through the yearbooks and hearing different stories from professors, it seems that there is a lot less campus life at this school than there was in the past.

Every time I hear people talking it’s about how much they dislike this class or that teacher, or how much they just want to leave the school, and a large amount of students do. Classmates have admitted to coming straight to school and going straight home afterwards. And it’s not just the students because teachers are guilty of this as well. I have had or heard of very few teachers that actually wait for you after class to explain something or offer their office hours. A classmate told me about how his professor was the first one out of the classroom. What kind of message does that present? How about club activities? Not many clubs announce themselves publicly and there are even classes and department meetings scheduled during club hours? What kind of message does that send? A good school is supposed to promote the educational welfare of its students and provide means of a social life where the students and faculty can become acquainted both for making an easier environment and to create bonds that may be useful in the future.

When looking through the old yearbooks I noticed there were cook-outs and pool parties and planned trips to the bowling alley. However, in the modern books there are less activities and the pages are filled with many pictures of the same 4 events. This is my second semester at the school and the only time I have ever heard about any school related trip was from listening to a girl on the phone talking about the school’s trip to Europe. Many people may argue that there is not enough money or that lots of students work, but it doesn’t cost much to at least have one day every other month where some student-faculty activity is planned.

The thing is that a college should do more than merely offer classes. If the clubs that already exist did better to make themselves known, (for example something other than putting small paper flyers on one floor of a building), that would be a great first step because I am sure there are students who don’t know about clubs. Or if people were more open to finding a common interest (other than smoking) and making clubs out of that. One thing we could do is have some sort of committee that plans either monthly/bimonthly events for staff members and students, like the cookouts the school used to have. Or perhaps use the school’s website or the newspaper’s website to take polls on events/students/staff are interested in or have them send in suggestions and then the student government and the administration can see which activities are economical and fun for the school. I feel as if somewhere along the line less and less activities blossomed taking out the drive for campus life from students and now there’s this paradox where there’s not much of a social life on campus because there are not many venues for it and there are not many venues for it because the lack of a social life keeps people disinterested. It would be great to walk onto a campus where people feel comfortable and at home. 


I really enjoyed your class. What are you teaching next year?

Why not? Your class is great! Well, I'm an adjunct.

What's an adjunct?

Adjuncts are "contingent" faculty. What does that mean?

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Why not? Your class is great! Well, I'm an adjunct.

What's an adjunct?

Adjuncts are "contingent" faculty. What does that mean?

Oh, I'm not sure. I'll be here next year.

Basically, I have no job security, few benefits, and get paid less than full-time faculty.

And I'm not alone. Adjuncts now teach the majority of classes on this campus.

What? Why?

Budget cuts! Budget cuts!

That sucks.

The truth is, most states have been cutting funding for public universities for years.
Opinion

So let me get this straight: schools are spending less on teachers. This is what austerity looks like.

But my tuition keeps going up?

But how can they raise tuition when they know it means students will have to take out more loans and go deeper in debt?

I’m the first one in my family to go to college, but at this rate, I may be the last.

They say budget cuts are necessary. But who pays the price? Right now, you and me.

Equity for adjuncts. Equity for no more tuition hikes. Students unite! We are the 99%. We fund public higher education. Organize! Organize!
How to Save a Life

By Darren Donnelly

Dear Mayor Bloomberg,

You know that crazy, fearless kid that rides his bicycle through the city traffic going about a hundred miles per hour? Well, that used to be me. Growing up I was never afraid of anything. I was fearless. If you dared me to do something I’d do it. I enjoyed the thrill of doing crazy things, the adrenalin, and the sudden rush of my heart racing as I took one of those hair raising turns. I never thought twice about it. My name is Darren Donnelly and I am here to tell you a story of how I changed my lifestyle.

Four years later I had to be rushed to the hospital again, however, this time, my injuries were much more serious. My friend Aidan and I were walking one day, and as we approached the biggest hill in our neighborhood, I rashly snatched a skateboard from Aidan’s hand and charged down the hill. That decision completely changed my life. I never made it to the bottom. As I was half way down the skateboard picked up speed and started to shake side to side. I was so scared I thought my heart was going to jump out of my body. My legs started to shake and sweat started to drip down my face. My legs gave in and I fell off the board and tumbled all the way down the hill for twenty feet. I had cuts and bruises all over my body, a broken arm, and serious head injuries. Again I woke up in the hospital and had no clue what had happened.

After eight hours of surgery I was taken out of the operating room. I was informed that I had two plates and seventeen screws holding my skull together and that I should be thankful every day that I am still alive. I had two epidural hematomas (two blood clots in my brain). Twenty percent of epidural hematomas are fatal even when treated the same way down the hill for twenty feet. I had cuts and bruises all over my body, a broken arm, and serious head injuries. Again I woke up in the hospital and had no clue what had happened.

Another day I was walking up one of the staircases in the Humanities building and noticed two hazards on my way up the steps. The first one: a paper towel; the second was a Snickers bar wrapper. Passing by these two objects on the ground, you would not think twice. However, you would think about it plenty if you were unlucky enough to slip on the paper towel or Snickers wrapper. Once you slip on one of these objects, you are at risk for serious injuries. Your next step would be at the bottom of the staircase.

In another case, I walked into a bathroom, also in the Humanities building. Now, I’m not completely sure what was in the sink, but the best way that I can describe what I saw was ‘dried vomit’. It smelled very bad, but of course it’s a bathroom, so there are many smells going on in there. The part that struck me was how the ‘vomit’ in the sink looked very dry...just as the coffee spill I previously spoke about had been left there to dry. The absolute only way that any of these liquids are drying is if they are not taken care of within at least 2 1/2 hours.

In a similar case, in almost 3 hours, there were no cleaners checking their respective duties...if not longer than that. What I saw around our campus was outrageous and I’m almost certain that there are worse things being left around that will eventually harm somebody. As a cleaner myself, I know for a fact that my building manager would not have had patience for any of these things mentioned. Cleaners get paid to do exactly what their job title is, to clean. There is no excuse why there are harmful and unsanitary problems happening this often. We pay a good amount of money every week to have our education held in a clean and safe environment. I can not exactly know every member of the cleaning crew here, but one thing is for sure; some of these people have to clean up their own act and do a better job.

My life completely changed after this. I realized how quickly your life can end just from the blunder of not wearing a helmet. Now, every time I go snowboarding or ride my bike I never leave without my helmet.

Nobody should have to go through the pain and suffering that I did. Every year, so many people are injured on bicycles in NYC. And many others die. These deaths and injuries could be easily reduced if people just wore their helmets. Since I went through being in and out of the hospital when I was younger I strongly believe that by law helmets should be worn by people of all ages, especially in one of the biggest cites in the world, NYC. Mayor Bloomberg, you should forget about trying to get rid of the sale of large sodas and start focusing on making sure all citizens are safe in your city. The NYS law states: bicycle helmets must be worn from the ages of one through thirteen. That is fine, but what about the hundreds of teenagers and adults that are riding their bikes through Manhattan every day. Although it is entirely up to the bike rider and very foolish of them to decide not to wear a helmet, they should not even have that choice. The law should enforce that all citizens of all ages wear helmets at all times while on a bicycle. From my knowledge and past experience there are no exceptions for anyone not to wear a helmet. It is one of the most important things cyclists can do to protect themselves. It is up to you to make the decision to save many lives and prevent injuries in the future.

QCC: Not as Clean as it Could be

By Al Negron

Have you ever walked around the QCC campus and noticed that there is a lot of garbage in places that it should not be in? Well, sadly you are not alone. If you don’t pay much attention to our campus, you’ll quickly notice a bunch of unsanitary situations sitting in your face once you are done reading this piece; all it’s gonna take is your sight and your attention.

Sitting back and reading this, one can think to themselves “Wow, does this guy think he is commenting on the job that our custodians do?” Well, I guess you can say that I’m trained for this sort of thing, considering that I am a cleaner for a school (not QCC). The average student can obviously walk through a hallway and see that something needs to be swept up whether it’s a gum wrapper or something much larger. But I pay attention to the small details that involve us (the students) and our health.

Throughout many days of observing our campus, its classrooms, and hallways, I found quite a number of hazards that we, the students, should not have to worry about. I will start off with one incident which proves to me that cleanliness is not a top priority here at Queensborough. I was walking into my Astronomy class one day in the Science building, and I happened to notice that there was a newly spilled coffee stain. I noticed the reflection of light off of the coffee on the ground, proving that it had not been there too long. I didn’t think much of it because I was sure that a member of the cleaning crew would mop that spill up. After all, if a student or instructor slips on that spill, that could mean bad news for the worker in charge of that area. My Astronomy class had finished, and the spill was still there. Still, I did not make much of it. The very next day, I repeated my schedule of walking to the same room, for the same Astronomy class. Sure enough, that coffee spill was NOT cleaned up. Luckily, no student or member of the staff was hurt because I did not see any footprints, or change in the spill. It was completely untouched.

Another day, I was walking up one of the staircases in the Humanities building and noticed two hazards on my way up the steps. The first one: a paper towel; the second was a Snickers bar wrapper. Passing by these two objects on the ground, you would not think twice. However, you would think about it plenty if you would be unlucky enough to slip on the paper towel or Snickers wrapper. Once you slip on one of these objects, you are at risk for serious injuries. Your next step would be at the bottom of the staircase.

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This means that in almost 3 hours, there were no cleaners checking their respective duties...if not longer than that. What I saw around our campus was outrageous and I’m almost certain that there are worse things being left around that will eventually harm somebody. As a cleaner myself, I know for a fact that my building manager would not have had patience for any of these things mentioned. Cleaners get paid to do exactly what their job title is, to clean. There is no excuse why there are harmful and unsanitary problems happening this often. We pay a good amount of money every week to have our education held in a clean and safe environment. I can not exactly know every member of the cleaning crew here, but one thing is for sure; some of these people have to clean up their own act and do a better job.
Halloween with Hurricane Sandy: NYC in the Dark

By Luke Tabet

Off the Grid

It is dark. A harsh wind sends a chill straight though me. All around is chaos, flashing lights and ominous trees, their crooked branches silhouetted overhead as masked figures and painted ghouls hurry over the Borough. Stopping to take pictures of downed trees and damaged buildings as we wind through the cracked and upturned sidewalks and huddles of excited Trick Or Treaters, the scene is bizarre. We hop on an overloaded Q12 and are on our way. The MTA is providing free bus service for New Yorkers today which is nice for us, though it marks that we may be on several busses probably the ten thousandth person to ask him this question today. His responses are brief but helpful, and the effort he makes to be pleasant is not wasted on us, the man is obviously dedicated to seeing the multitude of travelers to their destinations as easily and efficiently as he can. It seems like he's doing a good job, under the circumstances.

"Take the Q66 to the Queensboro Bridge, the Q32 or 60 will take you over, you can catch 'em there."

Concerned that we may be left behind and stuck for a night in the city I make sure to ask how long the service will be running so I can come back.

"All night," the man replies as he turns away to oversee the next round of passengers as they board what for most is their second or third bus of the day "runnin' allll night."

Arriving at our destination we walk off the bus. A sea of masked figures and costumed-folk is nothing unusual here. The place is crowded by human bodies still squirming through. The noise and cold trap us in an apex of discomfort. Steam and smoke seem to seep upwards out of cracks in the street while lights of every color flash and whir from all directions. There are so many people that it's almost impossible to stand still without being carried along with the current of bodies, though once we orient ourselves we notice that many are in fact standing quite still. The line of New Yorkers waiting to take pictures, we stand to the side and motioning for us to keep moving. And she's right, we have a mission to complete.

All Aboard

The two of us decide we are hungry and push our way through the crowds to our favorite Chinese restaurant to fuel up for the adventure ahead, and we agree over our meal that the night is shaping up to be an adventure indeed. After eating we make our way laboriously back down Main Street and wait for the Q66 to arrive, along with around 50 other passengers. We are lucky enough to get seats and settle in for the 30 minute ride to Long Island City.

Arriving at our destination we walk off the bus into a scene that is entirely different from that experienced in Flushing. The families and children and costumed-folk are missing, and have been replaced with an angry mob. Even as patrons pour out the doors of the bus, the next wave of travelers try to push and shove their way through, shouting angrily and using perhaps more force than is necessary to resist the impulse to take pictures, we stand to the side and watch as the scene unfolds.

Because the bus is not charging for access, the driver opens both front and back doors to allow passengers to board. This causes an eruption of protest from those who had been waiting longest towards the front of the line as they are left outside while people behind them scramble on. As the tension grows more animated the bus begins to rock lightly but visibly side to side, and we begin to back away. The bus driver has had enough- he tries several times to close the door and is more than once obstructed by human bodies still squirming through. He turns the lights off and cuts the engine. Now people inside the bus are confused and irate while those outside grow louder and more intent on boarding. I'd like to stay and watch but my girlfriend tugs at my sleeve, motioning for us to keep moving. And she's right, we have a mission to complete.
and heavy with that greasy french-fry smell and we are thankful for the quick reprieve from the harsh winds outside.

Heaps of garbage bags ten feet high line the street corners. Fleets of taxis rove around carrying and endless supply of customers to and from destinations, and police vehicles of every size zoom up and down—or stay parked—blasting their lights all the while. We keep heading south, passing several Subway stations that have been boarded up and blocked off. I have a spooky feeling, and not because it’s Halloween. I’ve never seen the city in this state before. Something is wrong. I am worried for my fellow New Yorkers, hoping that they are somewhere safe and warm, because there is hardly anyone on the streets and all the buildings seem to be empty.

Exit Light: the Dark City

About 20 blocks south of where we started, there is no electricity. We are immediately startled by the emptiness. The feeling is absolutely surreal. Where we once felt that uniquely eclectic energy that only Manhattan can offer now imagine ourselves walking into a deep, unexplored cave. A few blocks further and there are two NYPD officers directing traffic. The traffic lights have gone out with everything else, and they are there to make sure drivers cross the intersection safely. They’ve set up flares at the street corners and are alternating ushering cars and pedestrians across the intersection, for New York there is an alarmingly small number of both. I ask the officer how long he’s going to be out here.

“Till twelve, then the next shift takes over. We been out here all day and we’ll be here all night.” His demeanor and speech are both friendly and energetic. I watch him as picks up a fresh flare from a stack of about seven or eight and lights it, watching us as we step to take several pictures of the reddish-orange flame emanating from it. “Tonight they are the brightest things in the street. When I ask the officer how about the flares he tells me they last about an hour.

“Depends really,” he explains further, seemingly excited to have someone to talk to, “if you got a good one maybe an hour and a half, but if you get a crappy one it might only last like 30 minutes.”

We thank him and he tells us to have a safe night and we continue on our journey. Looking up into the windows of apartment buildings, there is no movement, no sign of life. Most of the people we run into are heading uptown at a brisk pace. There is a sense of purpose in the air.

Camouflage

A road-block near 30th Street has us walk over to Lexington Avenue. In the distance, towering over the dark buildings near us we spy the luminous peak of the Chrysler Building and the festively orange glow of the Empire State. Making a left onto Lexington we are southbound once again. At 27th Street traffic is again being detoured, but we cross on foot and walk into the most blinding darkness we’ve encountered all night. After allowing a minute for our eyes to adjust to the dark we both let out a large gasp, we are in the middle of a large convoy of military vehicles. Green, brown, and black jeeps, trucks, trailers, and Humvees are parked in precise military fashion in four rows, taking up the entirety of the road.

“I can’t believe this is Lexington Avenue!” My girlfriend says to me as I toy with the camera, focusing blindly in the dark trying to capture an image that might do justice to the shock we are experiencing.

“I know,” I reply, “this feels like a scene from a movie.”

Around us there is no movement, no cars or people and it is almost totally silent. The sensation is very eerie. Standing on the sidewalk looking at one of the jeeps I see a pair of combat boots walking on the other side of the vehicle and the idea that maybe we aren’t supposed to be here pops into my head.

As we get to the corner of 26th Street and Lexington I see a huddle of NYPD officers and ask them what the military presence is all about. They give me a kind of blank stare before one of them answers.

“Well, there’s a blackout. They’re here because of the storm.” I explain that I know there is a blackout and that there has been a storm, and tell them I’m curious about what function the military is serving.

“Oh, I have no idea, why don’t you ask one of the military guys?” So I do, I see one of the army personnel setting up a light and then sit down on a small folding stool. I ask him what the military is here for and he tells me the same thing.

“We’re because of the events of the past few days, and to help with the blackout.”

I wonder if I look so clueless that now two people feel they have to explain to me that there is a blackout. I make sure that I keep my composure and not to come off as accusatory.

“I understand all that,” I tell him “I’m just curious though, what specific tasks are you performing, what are you guys actively involved in doing?”

“Oh, well we’ve been really helping to move the mentally handicapped in this area, clearing roads, helping direct traffic, assisting the NYPD anyway we can and assisting the electrical companies, working to get the power back on.”

He tells us that he is with the National Guard and they are stationed in New York. I thank him for the information and ask if it’s okay for us to take pictures. He says that this is fine but warns us not to get to close or touch any of the equipment. We walk halfway down the block towards 25th Street and see that the 69th Regiment Armory Building is brimming with activity. The old, grand building is being used as some sort of headquarters. The whole scene is totally strange, it seems as if we are not in New York City at all but in a war zone. The only lights are the candle-like flicker of flares, scattered across the road and the bright strobe of department vehicles as they roll past.

Union Scare

We continue our walkabout all the way down to 14th Street. The usually bustling Union Square Park is completely deserted. Plywood walls, plastic barricades, abandoned carts and boxes litter the place. A hundred plastic bags caught in the trees flap and flurry as if they were flags, filling the air with their incessant crinkling noise. The round, royal-looking Subway entrances are boarded off. The Metronome is not displaying its dizzying alignment of red, digitalized numbers and it’s hard to believe this is the same spot we often come to check out the Farmer’s Market, see movies, and shop. It’s as if we’re in a zombie movie and this is the scene right before the horde of undead rounds the corner and eats our pretty little faces off, rolling credits.

We fear that heading any further downtown will lead us right into all the flooding and mayhem caused by Sandy. Much of Lower Manhattan is underwater and there is little we can do to help, we are left feeling despondent.

Hey! Hal! Let’s Go!

The wind is picking up and we’re both underdressed so we decide to start making our way back uptown. It takes about 45 minutes before we’re able to hop on a bus and get back to 59th St. where we wait another 45 minutes for a Q32 to take us back across the bridge to Queens. Gypsy-Cabs and Livery Cars roll up every couple minutes offering to take people over the bridge. Two busses pass without picking up any passengers and a third one stops and has room for about 8 people to board out of the continually growing line. We decide to accept a ride in a jitney van full of weary straphangers and pay ten dollars for a ride to 74th St and Broadway in Queens (Jackson Heights) where we easily catch a bus back to Flushing. After waiting in the bitter cold for a while longer we are finally on our last bus ride home.

Though tired and cold, we are elated with what we’ve just seen and experienced. Tonight has truly been a once-in-a-lifetime experience and we worry for those New Yorkers less fortunate than us. For those in Brooklyn who are underwater. For those in Breezy Point who are on fire. For those in Staten Island who are abandoned. And for people everywhere, who are still in the Dark.
Must Have Apps for the Busy QCC Student

By Sabrina Aumuller

Perhaps one of the most ingenious ideas since the smartphone itself, phone applications are making our lives easier and more interesting in ways we never could have imagined. Apps, as they are called, have become the next big thing, and if there is a need, you can bet there is an app for it. There are apps that tell you about traffic jams, apps that tell you train and bus delays, apps that can keep you up to date with your online purchases, and much, much more. Below we list some of the best and most useful apps we've discovered for the busy QCC student.

There are many CUNY schools that have their own app; unfortunately, Queensborough is not one of them. CUNY, however, does have an app. With the "CUNY" app you can watch videos and view pictures of different events at CUNY. The app also has CUNY sports news, and can tell you about upcoming games as well as the scores from previous games. This app also keeps track of your school applications, and can keep you up to date with CUNY news and upcoming events.

As students of QCC you know that taking the Long Island Expressway to school is terrible. There is so much traffic, it's almost impossible to get to class on time. "Waze" and "Beat the Traffic" are both great apps for people who take their cars to school. These two apps tell you all about delays on the road. They can tell you about traffic jams with real time traffic cameras that allow you to see the flow of traffic. They can also inform you when there is a delay and offer alternative routes. With "Beat the Traffic" you can also report an accident to inform other drivers of the traffic delay. But, phones and cars don't mix, so be sure you pull over to the side of the road before using your phone to report an accident or traffic.

The "MTA" also has an app for those students who use public transportation. The app can tell you the status of the train you need to take to school, and if there are any delays. Blinking dots at certain stations inform you of any planned subway work. Another great transit app is "Rodify." This app is also great for students that take public transportation. "Roadify" shows you transit schedules with real-time arrivals. This app will also alert you when there are service delays and schedule changes. In addition to the app's alerts you can also get updates on traffic jams and delays.

College students have such busy schedules, so they need an app that will help organize all their assignments and due dates. With the "in class" app you can keep track of your due dates, and you can even record your professors' lectures and the recordings will be saved as audio notes that you can play back and listen to at any time. It also allows you take pictures and post them in your notes tab. You can add specific information about the picture you need for class and share notes with fellow classmates.

There are times you will get stuck with lectures that seem as if they never end. Writing notes in those classes seems almost impossible. With this great app called "Dragon Dictation" you can record any lecture and it will automatically turn it into text. These voice-to-text notes can be sent as an SMS or Email. With "Dragon Dictation" you can also dictate a Facebook status or a tweet and it will be directly sent to those sites.

As college students we are always finding ways to save money. With the "RedLaser" app you just scan a retail barcode and it will tell you where you can get that item at its lowest price. You can even use this app to check out books at your local library. You can also buy items through this app and have your purchases sent to your house or pick it up in-store from select local retailers. You will find great deals and coupons from many different stores. This great money saving app also allows you to view top deals of the day. You can create shopping lists, wish lists, and gift lists and share them with friends and family.

Another amazing app that will help you save a bunch of money is "Coupon Sherpa." This app gives you both exclusive online and in-store coupons. You don't even have to print out the coupons. All you have to do is show the coupon on your phone at check out and you will receive the discount. You can also email coupons to friends so you can both reap the benefits.

Between studying, homework, classes, and work it's hard to keep a healthy lifestyle. Sometimes it's difficult to sit down and have a healthy meal. We are so quick to go to the nearest fast food place to pick up something. With the "Loseit" app you can keep track of your calorie intake. This app will also create a weight loss plan just for you that will tell you how many calories you should be eating daily. It also gives you a wide range of different food and their nutrition facts. You can also scan the barcode of the item if you are unable to find the item in the great list of food. If you do any exercising during the day you list that and it will deduct the amount of calories you burned from doing that activity.
Priority Alert for an Early Meal

By Walter Urquia

Almost every QCC student has heard the saying: “breakfast is the most important meal of the day.” Unfortunately, not many of them take it seriously and make breakfast a part of their daily routine. Skipping breakfast has become a familiar habit among college students. Many students refuse to eat breakfast before going to school because they don’t have time or they are not feeling hungry. However, most students don’t realize that not eating breakfast actually affects their health and can cause various problems. To avoid such problems, it is necessary that students develop the habit of eating breakfast daily.

By the time we wake up in the morning, most of our energy has vanished. We need new energy to go through our 24 hour day. Students who skip breakfast on a regular basis are at a high risk of developing gastroenteritis which is the inflammation of your stomach and small intestine and several other health problems. Students have to face a lot of challenges in school and an empty stomach may come in the way of their progress. It has been observed that students who do not have breakfast before going to school have problems like, headaches, sleepiness, stomach pain, muscle fatigue, Indecisiveness, anger, anxiety, irritability, unhappiness, nervousness, and hostility . Such physical and psychological problems have the ability to harm the learning process of students.

According to a recent study by dietitian Sheah Rarback who’s on the faculty of the University of Miami Leonard M. School of medicine, breakfast tops most nutrition tips. He conducted an experiment where 21 volunteer college students had a 750 calorie breakfast or no breakfast at all. Immediately after breakfast an MRI scan was conducted. Lunch was served afterwards. Sheah discovered that when breakfast was skipped there was variation of the pattern in continued on page 14

Photo by Natalie Maynor

The Student Holiday Survival Guide

By Alison Lo

So the Thanksgiving season is finally upon us, and between your dysfunctional family and the annual empty carb-loaded feast, the last thing you’re feeling right now is festive. Well, rest assured your relatives are probably not too keen on seeing your face either. So how do you survive this relative-infested holiday? First, have a game plan; you’re not going to get through this one easily but I can assure you that you’ll make it out alive. Next, arm yourself with this helpful survival guide. And lastly, gather up every ounce of patience and strength you can muster, because you’re going to need it.

Everything in Moderation

All summer long you slaved away at the gym, hoping to shed a few pounds and finally fit into your favorite skinny jeans; and at long last, you’ve finally done it! But Thanksgiving season beckons and so does your mom’s famously fattening pumpkin pie. Before you end up ruining your diet and, let’s be honest, your self-esteem, let me impart a piece of advice: cheat a little. That’s right, have a little gravy, try some sweet potatoes, indulge in one of those tempting sweets. But remember, everything in moderation. Let’s face it, it’s Thanksgiving, you’re certainly not going to lose any weight, but you can maintain it. That means minimizing your portions; you don’t need a plate full of turkey or 3 slices of pie to enjoy the holiday. Try a small portion of everything, that way you’ll get a sample of all the best things a traditional Thanksgiving dinner has to offer without the consequences. Plus, you’ll score brownie points with the chefs for tastin all their creations.

Have A Sober Feast

Thanksgiving is our chance to catch up on all the best family gossip and brag to your relatives about your exciting new enterprises. But nothing ruins a family celebration faster than a match-off between two jealous cousins with a long standing feud. There’s no need to add fuel to the fire, avoid a melodramatic episode at the table this year, and skip the alcohol. Alert family members of an alcohol-free feast, and let them decide whether or not they’re up for it. Nobody likes to be caught off guard and stranded without a drink. In place of alcohol, serve an interesting holiday inspired beverage like a pumpkin spice drink or hot apple cider. Use this as a chance to be creative and really wow your family! This way, you’ll keep Turkey day drama-free and avoid a public brawl with problem drinkers in the family.

Invite Buffers to Lighten the Tension

We all have relatives that can’t be within 50 feet of each other without spewing obscene insults. Whether it’s an estranged uncle or a nit-picky mother-in-law, these always some sort of unwanted tension around the dinner table. Don’t let a potential blow up between family members ruin the special day for everyone. Avoid awkward silences and tense dinner conversations by inviting human “buffers.” Invite a close friend or neighbor, someone who’s never had a real Thanksgiving meal. They will help lighten the mood and prevent mini-dramas from taking place. Everyone will be on their best behavior in front of company, ensuring a drama-free Thanksgiving.

Enjoy the Community

So it’s Thanksgiving day and your mom has invited every relative you’ve ever heard of (and a few you haven’t), and your professor has been more than generous with piling on the holiday assignments. And now you’re faced with a choice: Do you flake on your family or skip the holiday workload? Don’t choose between family and school, instead suggest a fun activity that will get the family out of the house for a few hours. Propose a special holiday visit to the zoo or volunteering as a family at the soup kitchen. Those who aren’t up for the excitement can stay at home and watch the game and you’ll have a few hours to spend on that important paper.

Avoid the Masses and Surf the Web

The day after Thanksgiving marks the start of the holiday shopping season, and stores everywhere will be offering their merchandise at sinfully low prices. But, face it, the last thing you want to do after a feast is spend the day in your tightest skinny jeans that offer absolutely no give around the waist. Beat the lines and do your shopping online. That’s the beauty of the internet, it doesn’t care if you’re still in your robe or that you’ve been lounging in your -La-Z-Boy since dessert. Have your credit card on hand and get ready to do some serious damage. After you’ve knocked every item off your holiday shopping list, sit back and relax a little, have some pie.

Why not? You deserve it.

Spending time with your kin doesn’t have to be like pulling teeth (though it can be), there is a way to make it through the holiday alive and stress-free. Follow these tips and, who knows, maybe next year you might even miss them a little.
“Three Generations,” the latest show at The QCC art Gallery showcases the works of three generations of extraordinary Spanish painters: Rachael Aguilera, Florencio Aguilera, and Chencho Aguilera. The show opened on Friday October 12, 2012 and continues through January 5 2013. The paintings are very beautiful and they show just how talented these Artists are. Although it was the very first art event I have ever attended, I was captivated by the paintings and the stories they told. It is amazing how pictures and paintings can tell a story as well as capturing an event that make you feel like you are a part of it.

As I walked through the Art gallery it was clear to me that each artist has their own unique style of painting. For instance, Rafael Aquilera's paintings frequently depict the history of Spain. His paintings tell about the lifestyle of the people that were painted. In the picture El Calvario, you can see people celebrating in the street and the different costumes they wear. Men and women are paired together dancing while others are riding horses and the children were having a blast. This painting hit home for me because when I was child, I had attended festive celebrations that are similar to the one depicted in El Calvario and I had a lot of fun. This painting gives us an idea of what the painter’s culture is like and each character in the painting takes on a life of their own.

Those who appreciate nature and landscape will like Florencio Aguilera's paintings because most of his paintings are of landscapes. His paintings capture the beauty of the earth and nature, and he uses soft colors. 

continued on page 14
Three Generations

Continued from page 13

the orbitofrontal cortex. This part of the brain affects our decision on foods. He found that those who skipped breakfast regularly have worse concentration during lessons than those who do not. In addition, the problem solving ability was better in the test results for students who ate breakfast. They got higher grades. Breakfast is also beneficial for the memory of students it increases your problem solving ability and better concentration during lessons. Breakfast keeps your brain active.

A healthy breakfast offers ¼ of the nutrition that the body requires. Carbohydrates provide energy to the body and are very important for breakfast but it’s necessary to make sure that breakfast is not just carbs. A complete breakfast should include all the necessary nutrients including fresh fruits, like oranges, grapes, mangoes, berries, apples, and kiwis. Fruits can be served with a cup of yogurt too. While choosing cereals it’s best to choose ones that contain high fiber. Making a breakfast shake is also a nutritious idea for breakfast. Overall breakfast is the key to a successful day.

Following the viewing of the paintings, the artists were grateful for everyone’s support. Both current and past students were at this gathering to hear the artists speak about their work. All the guests were anxious to hear what the artists had to say. One by one the artists thanked everyone for coming out to view their work. “I hope the exhibition will be very successful as we all want it to be” said Florencio. He was very pleased with the warm welcome they got from everyone. The guests smiled as they listened to the artists speak. It was obvious that the guest that evening shared the love and appreciation for art as much as the artists did. Although the artists are from a Spanish speaking country, their paintings can be interpreted in any language. Some people may say that pictures are worth a thousand words; well, these paintings say much more because you don’t have to speak the same language to understand what is happening when you take a look at these paintings. I find it interesting to learn about another culture besides my own. I am really impressed by the remarkable works of these men.

The students were happy that these men decided to share a part of their culture with them through their paintings and that they chose to do it at QCC. The event was indeed a success and I thank Raphael, Florencio, and Chencho Aguileras for sharing their work with us. More pictures of the paintings can be seen on the QCC Art Gallery website: http://www.qcc.cuny.edu/artgallery. For inquiries, please call (718) 631-6396 or visit the Art Gallery on Thursday 10am to 5pm, Wednesday and Thursday 10am to 7pm or Saturday and Sunday at 12pm to 5pm.

Chencho Aguiler - Pensando en que Hacer contigo

Priority Alert for an Early Meal

Continued from page 12

the orbitofrontal cortex. This part of the brain affects our decision on foods. He found that those who skipped breakfast regularly have worse concentration during lessons than those who do not. In addition, the problem solving ability was better in the test results for students who ate breakfast. They got higher grades. Breakfast is also beneficial for the memory of students it increases your problem solving ability and better concentration during lessons. Breakfast keeps your brain active.

A healthy breakfast offers ¼ of the nutrition that the body requires. Carbohydrates provide energy to the body and are very important for breakfast but it’s necessary to make sure that breakfast is not just carbs. A complete breakfast should include all the necessary nutrients including fresh fruits, like oranges, grapes, mangoes, berries, apples, and kiwis. Fruits can be served with a cup of yogurt too. While choosing cereals it’s best to choose ones that contain high fiber. Making a breakfast shake is also a nutritious idea for breakfast. Overall breakfast is the key to a successful day.
Sinister

By Katherine Gutierrez

Released October 12, Sinister is a new motion picture directed by Scott Derrickson, writer/director of the film Exorcism of Emily Rose. Ethan Hawke stars as Ellison Oswalt, a crime writer who moves his family to a small town to write a best-selling book about a horrific family murder. While investigating the murders, Oswalt finds a hidden box in the attic with several 8 mm reels of graphic home-made films and a projector. The films contain silent home movies of different families playing, swimming, enjoying a barbeque, sleeping etc. Each film varies and has a bloody gruesome way of how each family murder occurred leaving the viewer in suspense. Viewing the tape over a course of several nights Ellison discovers that these murders are part of a much bigger and stranger story.

Much of the movie's suspense revolves around not knowing who the killer is, or whether or not he will get to Ellison and his family before the mystery is solved. The movie can sometimes feel predictable, but there were moments when I found myself looking away or closing my eyes in fear. Overall the movie is engaging and frightening filled with scary scenes that will make you jump and isn't packed with over dramatic exposition. I personally enjoyed Ethan Hawke in Sinister.

Taken II

By Azzouzi Nsouli

The original Taken movie was about a man whose daughter goes away to vacation in France. When the daughter gets abducted and is destined for the life of a sex slave, her father (Liam Neeson) goes on a determined campaign to find her. Now I'm not going to spoil the movie for anyone, but let's just say that the plot in the second movie is not identical, but it is similar. In Taken 2, Neeson's ex-CIA operative is abducted by a sort of Albanian mafia that also wants his ex-wife dead. Now on to the good stuff, what's my opinion of the newly released sequel? You know that old saying: "the sequel is never as good as the original." That holds to be true in this case. Not only does the story line in Taken 2 fall a bit short of expectation, but even the actors seem like they're over it already. It is also not a great movie watching experience. I got into the theatre, sat down with my bucket of popcorn and was ready to be blown away. I wasn't blown away. The experience I got out of Taken 2 was about as exciting as sitting in my living room with the lights off watching Netflix. I loved the original Taken because of the thrill it induced when watching it; as a matter of fact I watched it twice. This second Taken? Absolutely no thrill. The action scenes sucked, it could not have been any more poorly rehearsed. Unless you find a way to watch Taken 2 without paying for it, don't waste your money, it isn't worth the 12 bucks you'd fork over to watch it in the city.

Paranormal Activity 4

By Melpomeni Amorgianos

The horror series Paranormal Activity continues with a fresh, average family, living in a high end suburban home, that has no clue what is in store for them when the creepy little boy next door, Robbie, starts to question the mysterious events occurring in their home ever since Robbie's arrival, her and her sexually frustrated boyfriend decide to set up some laptop and iPhone cameras all around the home to capture footage of these unsettling events. Darkness, supernatural occurrences, possessed children, a levitating body, creepy neighbors and a virgin follow. It is time to be more original! Paranormal Activity 4 is a combination of all the events and scares of all the previous films of this series. It seems as though there was a lack of creativity this time around. Compared to the chills the first movie of this series brought the audience, Paranormal Activity 4 is a mixture of fake jump scares and overplayed thrills. Even though I expected more, the Paranormal Activity series continues to deliver nightmare inducing suspense. A perfect film for a small, heart pounding scare.
Silent Hill: Revelation

Silent Hill Revelation in 3D is one hell of a ride. The English director Michael J. Bassett provides us with great shots, scenery, screen play and mystery by bringing the horror to life in 3D. The Actors Adelaine Clemens who plays both the role of Heather and Alessa along with Kit Harington. The film is an irregular and unpredictable story about a young eighteen year old woman named Heather who begins to discover her true identity through visions and apparitions on her 18th birthday. She begins to lose her grip on reality. Furthermore, she is targeted by silent hill residents because she is the key to their freedom. Heather is the one thing standing in their way to get rid of Alessa who is the dark half of Allessa Gillespie’s soul. The townspeople of silent hill are hunting down Heather who is the good side of Alessa. They want to get the two sides together to gain freedom. Silent Hill is a demonic place filled with malevolent forces where people can stay trapped forever. To get to her they kidnap and capture her father. Along the extraordinary adventure to set her father free she is accompanied by Vincent who is a friend she recently met. What she doesn’t realize is that she is in for the scare of her life. Silent Hill revelation will blow your mind away while providing great lighting in the moody scenery. The music along with the scenes is very well toned by mystery tunes and complete silence in some scenes. It makes us the viewers expect the unexpected. Once you start watching Silent Hill you will be stuck like a statue frozen with fear staring at the theater screen. It makes you think you’re in the movie itself. Without a doubt you will lose track of time not because it’s filled with time killing pointlessness but because it has an extraordinary hook for your attention. When you finish seeing Silent Hill it will be too late to realize that you took the bait.

Alex Cross

The action-pack movie Alex Cross will keep you on the edge of your seats. Tyler Perry stars in this film as detective/psychiatrist Alex Cross, who is trying desperately to catch a professional killer/assassin called Picasso (Matthew Fox) who enjoys torturing and dismembering his victims. The chase turns personal for Detective Cross when he is targeted by Picasso who kills Cross’s wife Maria (Carmen Ejogo) who is pregnant with their third child. Cross is now forced to protect his family from Picasso with the help of his partner Tommy Kane (Edward Burns). Kane was also dating a Colleague Monica Ashe who was also tortured and killed by Picasso; so, both Cross and Kane go rouge in order to catch this very disturbed killer.

This intense game of cat and mouse continues until Cross finally catches up to Picasso in an abandoned theatre. Tyler Perry gives an outstanding performance as Cross and the film is both exciting and suspenseful, and will leave you wanting more. It is a must see!
QCC Runners Take CUNY CC Championships Again

By Danielle Del Priore

The QCC Tigers’ Cross Country Men’s and Women’s teams have both brought home yet another championship title from the CUNY Conference Championships. The CUNY Championships were held in Van Cortlandt Park in the Bronx, on October 28, 2012. This is the fifth Championship win in a row for the Men’s team and the seventh win for the women’s team since 2002. On the men’s side, Zachary Merced came in third place overall, with a furious finish of 28:47 for the men’s 8K. Not far behind was Nathan Cyrille, who placed fifth at 29:06. In 18th place Joe Zempolteca came in with a time of 31:08. The men used their competitive edge in order to score the win for the team. QCC placed first at the CUNY Champs with 21 points over Kingsborough, who had 40 points.

The women’s strength was shown, as they used their abilities as a team to gain their first place win for the 6K. Amanda Murolo fiercely claimed 29th place, being the first lady Tiger to finish, at a time of 28:38. Soon after was Diana Chumbay, in 43rd place, who finished in 30:48. The third Lady Tiger of the team Jin-Kyung Lee came in 47th place, at a time of 31:30. The victory was made for the women as well, as they too received their trophy as first place winners for QCC. “This team will never be the same after this season,” said Head Coach Chris Omeltchenko.

Queensborough has finished strong in the past few years and showed again, in 2012 that they have the ability to come on top.
Discover Your Key to Success!

Attend Our Open House
Saturday, December 8 at 1 pm

• Learn about our Degree Programs
• Speak with Career Services about professional Internships
• Discuss Scholarship Opportunities with Financial Aid Representatives
• Presentations & Demonstrations in our Professional Studios
• Meet our Award-Winning Faculty

Five Towns College

• AUDIO RECORDING TECHNOLOGY • BROADCASTING • BUSINESS • FILM/VIDEO
• JOURNALISM • ELEMENTARY TEACHER EDUCATION • MUSIC TEACHER EDUCATION
• MUSIC BUSINESS • MUSIC PERFORMANCE • MASS COMMUNICATION • THEATRE ARTS

631.656.2110  305 N. Service Road  Dix Hills, New York 11746  www.ftc.edu
## Women's Basketball

**2012-2013 Season Schedule**

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Team</th>
<th>Place</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>11/7</td>
<td>Hunter College</td>
<td>QCC (Srimmage)</td>
<td>6:00 pm</td>
</tr>
<tr>
<td>Monday</td>
<td>11/12</td>
<td>Kings College</td>
<td>QCC (Srimmage)</td>
<td>7:00 pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>11/17</td>
<td>Old School Classic</td>
<td>QCC (Alumni vs. Alumn)</td>
<td>1:00 pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>11/17</td>
<td>Alumni Game</td>
<td>QCC (Alumni Game)</td>
<td>3:00 pm</td>
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<tr>
<td>Tuesday</td>
<td>11/27</td>
<td>Borough of Manhattan CC</td>
<td>BMCC</td>
<td>5:30 pm</td>
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<tr>
<td>Thursday</td>
<td>11/29</td>
<td>Rockland CC</td>
<td>QCC</td>
<td>6:00 pm</td>
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<tr>
<td>Saturday</td>
<td>12/1</td>
<td>Sullivan CC</td>
<td>QCC</td>
<td>1:00 pm</td>
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<tr>
<td>Tuesday</td>
<td>12/4</td>
<td>Westchester CC</td>
<td>QCC</td>
<td>6:00 pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>12/5</td>
<td>Bergen CC</td>
<td>Bergen CC</td>
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<tr>
<td>Saturday</td>
<td>12/8</td>
<td>Roxbury CC</td>
<td>QCC</td>
<td>3:00 pm</td>
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<tr>
<td>Tuesday</td>
<td>12/11</td>
<td>Hostos CC</td>
<td>Hostos CC</td>
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<tr>
<td>Saturday</td>
<td>1/5</td>
<td>Dutchess CC</td>
<td>Dutchess CC</td>
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<tr>
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<td>1/8</td>
<td>Suffolk CC</td>
<td>QCC</td>
<td>6:00 pm</td>
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<tr>
<td>Thursday</td>
<td>1/10</td>
<td>Bronx CC</td>
<td>Bronx CC</td>
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<tr>
<td>Saturday</td>
<td>1/12</td>
<td>Kingsborough CC</td>
<td>QCC</td>
<td>1:00 pm</td>
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<tr>
<td>Monday</td>
<td>1/14</td>
<td>Mohawk Valley CC</td>
<td>QCC</td>
<td>6:00 pm</td>
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<tr>
<td>Tuesday</td>
<td>1/15</td>
<td>Nassau CC</td>
<td>QCC</td>
<td>6:00 pm</td>
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<tr>
<td>Thursday</td>
<td>1/17</td>
<td>Westchester CC</td>
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<tr>
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<td>1/22</td>
<td>Bronx CC</td>
<td>QCC</td>
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<tr>
<td>Thursday</td>
<td>1/24</td>
<td>Kingsborough CC</td>
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<tr>
<td>Saturday</td>
<td>1/26</td>
<td>Orange CC (Di)</td>
<td>Orange CC</td>
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<tr>
<td>Tuesday</td>
<td>1/29</td>
<td>Dutchess CC</td>
<td>QCC (Family Day)</td>
<td>6:00 pm</td>
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<tr>
<td>Thursday</td>
<td>1/31</td>
<td>Rockland CC</td>
<td>Rockland CC</td>
<td>6:00 pm</td>
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<tr>
<td>Saturday</td>
<td>2/2</td>
<td>Hostos CC</td>
<td>QCC (Honoring Champions)</td>
<td>1:00 pm</td>
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<tr>
<td>Tuesday</td>
<td>2/5</td>
<td>Suffolk CC</td>
<td>Suffolk CC</td>
<td>6:00 pm</td>
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<tr>
<td>Thursday</td>
<td>2/7</td>
<td>Nassau CC</td>
<td>Nassau CC</td>
<td>6:00 pm</td>
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<tr>
<td>Monday</td>
<td>2/11</td>
<td>Borough of Manhattan CC</td>
<td>QCC (Senior Day)</td>
<td>5:30 pm</td>
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<tr>
<td>Sunday</td>
<td>2/17</td>
<td>Sullivan CC</td>
<td>Sullivan CC</td>
<td>1:00 pm</td>
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</tbody>
</table>

**Tues. & Fri.** 2/19 & 2/22: CUNY Tournament @ BMCC  
**Tuesday** 2/27: Region XV Playoff @ Higher Seed (TBD)  
**Sat & Sun.** 3/2-3/3: Region XV Tournament @ Monroe College  
**Fri.-Sun.** 3/15 - 3/17: NJCAA Championships @ Rochester, MN

*QCC DH - Indicates a QCC Women's & Men's Basketball Double Header  
**QPTV - Indicates that the Double Header will be broadcast by Queens Public Television*
Find out about the Ins and Outs of debit vs. credit cards and other related bank issues

SPEAKER: Robert Kim
Personal Financial Banker
Chase Bank

TOPICS TO BE DISCUSSED:
- How to build credit with your credit card
- How to get a debit card and to use it effectively
- Tips on how to avoid debit and credit card fraud
- Learn about overdraft protection
- Found out about hidden fees, difference between daily percentage rate vs. annual percentage rate and much more!!!

DATE OF EVENT: Wednesday, November 28, 2012
TIME: 1:10 p.m. - 3:10 p.m.
LOCATION: Room M136 (Medical Arts Building)
RSVP: by November 27, 2012
VKasomenakis@qcc.cuny.edu or LMeltzer@qcc.cuny.edu
(718) 631-6245

Co-sponsored by: Accelerated Study in Associate Programs (ASAP), Business Society, Business Academy and Alpha Beta Gamma
REFRESHMENTS WILL BE AVAILABLE / CUNY ID REQUIRED
# Men’s Basketball
## 2012-2013 Season Schedule

<table>
<thead>
<tr>
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<th>Date</th>
<th>Team</th>
<th>Place</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>10/13</td>
<td>B.A. &amp; N.M. Classic</td>
<td>QCC (Alumni Game)</td>
<td>1:00 pm</td>
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<td>Saturday</td>
<td>10/13</td>
<td>Blue &amp; White Game</td>
<td>QCC (Intrasquad Game)</td>
<td>3:00 pm</td>
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<tr>
<td>Sunday</td>
<td>10/21</td>
<td>JUCO Jamboree</td>
<td>Neptune, NJ (Scrimmage)</td>
<td>TBA</td>
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<td>11/2</td>
<td>Mohawk Tournament</td>
<td>Mohawk Valley CC</td>
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<td>Saturday</td>
<td>11/3</td>
<td>Mohawk Tournament</td>
<td>Mohawk Valley CC</td>
<td>TBA</td>
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<tr>
<td>Wednesday</td>
<td>11/7</td>
<td>Monroe College JV</td>
<td>Monroe (Scrimmage)</td>
<td>6:00 pm</td>
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<tr>
<td>Saturday</td>
<td>11/10</td>
<td>Bronx CC</td>
<td>Bronx CC</td>
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<tr>
<td>Tuesday</td>
<td>11/13</td>
<td>Nassau CC</td>
<td>QCC</td>
<td>7:00 pm</td>
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<td>Thursday</td>
<td>11/15</td>
<td>Suffolk CC</td>
<td>QCC</td>
<td>7:00 pm</td>
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<td>Tuesday</td>
<td>11/20</td>
<td>Globe Institute</td>
<td>QCC</td>
<td>6:00 pm</td>
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<td>Sunday</td>
<td>11/25</td>
<td>Game Over Classic</td>
<td>Stuy Dome, Brooklyn</td>
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<td>11/27</td>
<td>Borough of Manhattan CC</td>
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<td>11/29</td>
<td>Rockland CC</td>
<td>QCC</td>
<td>8:00 pm * QCC DH</td>
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<td>12/4</td>
<td>Kingsborough CC</td>
<td>QCC</td>
<td>8:00 pm * QCC DH</td>
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<td>Wednesday</td>
<td>12/5</td>
<td>Bergen CC</td>
<td>Bergen CC</td>
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<tr>
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<td>12/6</td>
<td>Sullivan CC</td>
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<td>7:00 pm</td>
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<td>Saturday</td>
<td>12/8</td>
<td>Ulster CC</td>
<td>QCC (Pizzeria Uno Day)</td>
<td>1:00 pm * QCC DH</td>
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<td>12/11</td>
<td>Hostos CC</td>
<td>Hostos CC</td>
<td>8:00 pm * QCC DH</td>
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<tr>
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<td>12/13</td>
<td>Dutchess CC</td>
<td>QCC</td>
<td>7:00 pm</td>
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<tr>
<td>Friday</td>
<td>12/28</td>
<td>Monroe College JV</td>
<td>Monroe (Scrimmage)</td>
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<td>12/29</td>
<td>Union CC</td>
<td>Union CC</td>
<td>TBA</td>
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<td>Saturday</td>
<td>1/5</td>
<td>Dutchess CC</td>
<td>Dutchess CC</td>
<td>3:00 pm * QCC DH</td>
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<tr>
<td>Friday</td>
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<td>Bronx CC</td>
<td>QCC (MLK Celebration)</td>
<td>7:00 pm</td>
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<td>Mohawk Valley CC</td>
<td>QCC</td>
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<td>Thursday</td>
<td>1/17</td>
<td>Ulster CC</td>
<td>Ulster CC</td>
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<td>Saturday</td>
<td>1/24</td>
<td>Kingsborough CC</td>
<td>Kingsborough CC</td>
<td>8:00 pm * QCC DH</td>
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<tr>
<td>Saturday</td>
<td>1/26</td>
<td>Orange CC (DII)</td>
<td>Orange CC</td>
<td>3:00 pm * QCC DH</td>
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<td>Nassau CC</td>
<td>Nassau CC</td>
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<td>2/3</td>
<td>Rockland CC</td>
<td>Rockland CC</td>
<td>8:00 pm * QCC DH ** QPTV</td>
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<tr>
<td>Saturday</td>
<td>2/5</td>
<td>Suffolk CC</td>
<td>Suffolk CC</td>
<td>8:00 pm * QCC DH ** QPTV</td>
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<td>ASA JV</td>
<td>ASA (Scrimmage)</td>
<td>TBA</td>
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<td>Monday</td>
<td>2/11</td>
<td>Borough of Manhattan CC</td>
<td>QCC (Senior Day)</td>
<td>7:30 pm * QCC DH ** QPTV</td>
</tr>
<tr>
<td>Sunday</td>
<td>2/17</td>
<td>Sullivan CC</td>
<td>Sullivan CC</td>
<td>3:00 pm * QCC DH</td>
</tr>
</tbody>
</table>

**Notes:**
- CUNY DH - Indicates a CUNY Women’s & Men’s Basketball Double Header
- QPTV - Indicates that the Double Header will be broadcast by Queens Public Television

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**Head Coach:** Robert Holford Jr.

**Assistant Coaches:**
- Damian Broadwater
- David Vandelier
- Cadic Pitt
- Eric Brooks
- Derek Adams & Damon Jackson
- Gamal Steele
- Stephen Jones
- Herman Crump & Adrian Allman
- Alex Colon
- Kuwan Are
- Ronald Michel & Raul Mercades

**College President:**
- Dr. Diane Boia Call

**Department Chairperson:**
- Dr. Young Kim

**Athletic Director:**
- Pete Marchiato

**Website:**

**Department Phone Number:** 718-631-6322

**Department Fax Number:** 718-631-6333
Fitness Column: Are you Tough Enough?

By Azzouzi Nsouli

Are you physically fit? If your answer to this question is a confident “yes,” then put your money where your mouth is and be part of a fitness challenge. Fitness challenges are slowly becoming a very popular trend in the twenty-first century fitness world. So, what is a fitness challenge you ask? It is similar to a triathlon or biathlon, except that fitness challenges are a little bit more intense than that. Instead of just consisting of the regular, five mile run, ten mile bike ride and two mile swim, fitness challenges really get down and dirty. These challenges include obstacle courses, running through the mud, climbing over walls, all of that good stuff. The number of these challenges that are out and available for the public to become a part of is vast. On Fitbie.com, we’re informed of 9 of the most extreme fitness challenges to try in 2012, and they are reported to us by Mary Squillance. Just to give you a bit of an idea, the challenges vary in all different styles. There is a zombie themed fitness challenge, a relay that consists of two-hundred miles, and even navy seals based obstacle courses. The possibilities are endless when thinking up a fitness challenge, and they are by all means in every sense of the word a challenge. If you think that you have what it takes and are interested in becoming a part of a fitness challenge to show off your physical endurance, then finding one to join should not be too hard. Firstly, you can search online. As if we do not find everything online anyway, just type in “2012 fitness challenges in New York” and I am sure you will return numerous results. From the bit of research I did, I found listings for fitness challenges, including the time, date, and location of the challenge. Now keep in mind that you will have to pay a registration fee to enter into most of them, and depending on which challenge you take the prices can be steep. After working at a private based gym in the Upper West Side myself, we offered fitness challenges at our facilities and the prices ranged anywhere from a hundred bucks to around three-hundred. Do you want to spend that much on something that in the end will leave you absolutely and utterly physically drained? Well, that depends. If you are passionate about fitness, or maybe you just have a point to prove, then the answer is yes. But if you just really want to try it and see what all the hype is about, then there are definitely challenges you can find ranging at reasonable price ranges from around fifty to eighty dollars.
Queensborough Community College
Department of Engineering Technology

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What is a robot and how do you design one?

Who should come:
All QCC students interested in robotics.

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- Work with sensors and actuators such as:
  - Motors, Speakers/buzzers, and LEDs
  - Touch Sensor Switches
  - Infrared (IR) sensors
  - Sonar based Ultrasonic Sensors
- Build robots to navigate and avoid objects

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- Electronics
- Robotic Programming
- Physics
- Mathematics

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