



QCC TO BECOME SMOKE-FREE

MARCH 2013



By Amy Pierce

I spoke with QCC President Dr. Gail Carberry recently about the college's no smoking policy to take effect at the start of the Fall semester 2013. Soon to become a distant memory in September will be students smoking near entrances (right under the "NO SMOKING" signs), the nasty messes from those who do not know how to dispose of cigarette butts properly, and the frustration of non-smokers and responsible smokers alike. The QCC Board of Trustees passed this new policy January 30, 2013

The push to create a smoke-free campus began over three years ago after a proposal was forwarded to the All College Council who proceeded to review the smoking policy in Spring semester 2010. As a result, a new policy was proposed and presented to the All College Forum the following November, with a wonderful presentation by a QCC respiratory therapist student. Opinions, committee discussions, recommendations and proposed versions followed to determine whether there should be an all-out smoking ban or a modification to the policy currently in place. In a poll conducted 2 years ago, and published in the March 2011 Open Door, student respondents were in favor of a smoking ban by nearly two-to-one.

Dr. Carberry told me that the decision to implement a smoking ban wasn't taken lightly. Indeed, committee records show that the policy process and time that's been spent in the various committees on this one issue has been considerable and much greater than a normal policy process usually takes.

In January 2012, the Policy Committee of the Board of Trustees had initially rejected the Smoke-free Campus Policy in its proposed form. Acknowledging that the current policy was insufficient, the committee recommended that the College Administration revise the proposed policy, with suggestions ranging on the length of advanced notice and designating areas where smoking would be permitted.

Student Trustee Joshua Biernacki feels that a smoking policy has been something the college has needed for a while, and recently requested that the Board reconsider its January 2012 discussion. "It is a very exciting for me, time to see the college take this leap of faith," he said. On January 30, 2013 the Board of Trustees reviewed the committee's recommendation to implement a Smoke-free Campus Policy, and by a vote of 7-2 approved the new policy as submitted.

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PRESIDENT'S PLACE



Dr. Gail Carberry

This is an exciting time for Quinsigamond Community College. When this edition of the *Open Door* hits the stands you will no doubt have heard that the College has signed a 10-year lease on the former Telegram & Gazette property downtown. This new location will support more than 2,000 students and administrators. QCC's focus is to expand our health sciences related programs to include radiation therapy and oncology-related support programs. In addition, we will provide opportunities for "fast-track" programming in a range of non-credit offerings.

In 2009 we opened a campus in Southbridge in response to surging enrollment and a need in the South County area. Two years ago we began offering evening classes in Marlborough. As our enrollment has continued to grow so has the demand for health science programs. Last year we began to search for a location to best meet the needs of our community. Under the direction of the State's Division of Capital Asset Management (DCAM) we were finally able to locate a space downtown that would fit the need. This location will, once renovations are complete, offer over 70,000 sq. ft. of classroom and office space and an adjacent parking lot. Additionally, it is central to WRTA bus routes.

Renovations to create a state-of-the-art campus will begin soon. Our goal is to offer some programming downtown in Spring 2014 and to be fully operational by Fall 2014.

Quinsigamond Community College is, and always has been, a student centered institution striving to provide accessible, affordable, and high quality educational and training programs and services that are relevant and responsive to diverse regional and student needs. We continually look for ways to improve or enhance the delivery of our services to you so that you may have the tools you need to improve your future.

QUESTION OF THE MONTH:

"A smoking ban on campus is slated to begin in September. Do you support a smoking ban on campus or not, and why?"



Christina Lashley

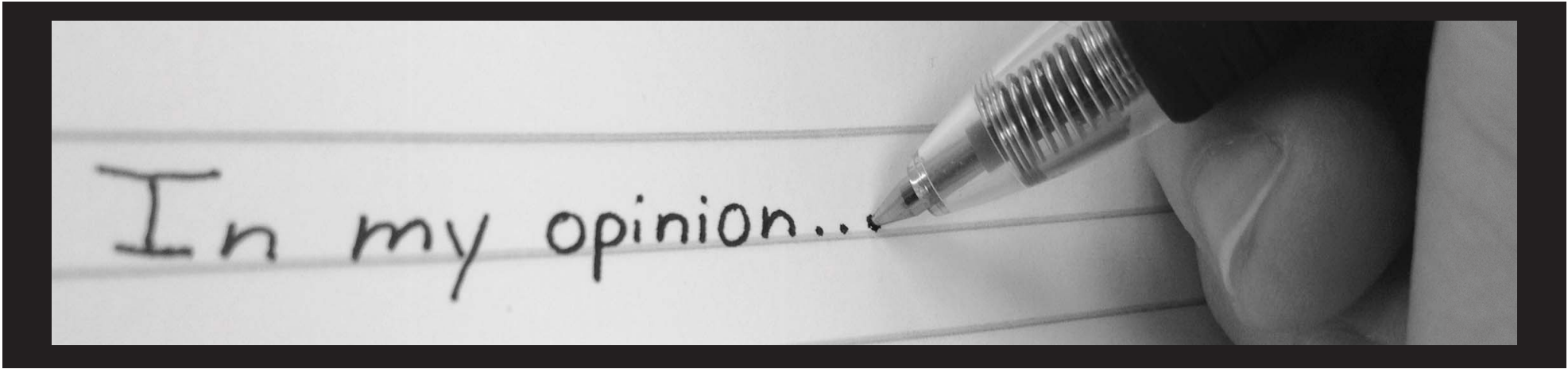
"I think it's fine if students smoke as long as they have sections away from buildings and doors where other students, faculty or people with asthma who don't want to go near that. They [smokers] should be more toward the parking lot so they have more areas to smoke. I've never noticed that many students smoking. When they do, they're in the area where they should be smoking. I've never had a problem with inhaling the smoke at all. I'm a former smoker. I stopped when I learned I had asthma."

Kayla Lloyd

"Both of my parents smoke and they are attempting to quit. I spend a lot of time in my room to avoid the smoke. I do not mind the smoking at school as long as the smokers are not near me, though I would not mind a ban."



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Pope Benedict XVI Resigns

A non-Catholic Perspective

By Joe Mogel

For the first time since 1415, a Pope has decided to resign. Though he cited failing health, one can't help but wonder how much the ongoing sex abuse scandal factored into his decision. At the moment the Church is determining how to care for the future ex-Pope, who will live in Vatican City after he resigns, along with starting the process of finding a new Pope.

As a person who isn't Catholic, I've often found Church politics entertaining, more-or-less. This shouldn't suggest that I lack respect for the religion. I simply don't have any vested interest in most of the issues the Church faces in the modern world.

But this is different. Given the international political climate, particularly considering Church relations with Jews and Muslims having been strained over the last several years, the election of a new Pope could have widely rippling effects.

If the new Pope is favored by one of the sides in the political tug-of-war over Israel's borders, an international backlash could occur. A more liberal or more conservative Pope may alienate many with alterations of policies set by either John Paul II or Benedict XVI, even more so if the changes are hot button issues such as abortion, birth control, or gay marriage. Even how the next Pope will interact with Benedict will be a sensitive issue.



As a non-Catholic, I see the Pope as a political leader who will be dealing with issues that will heavily influence the lives of his 1.2 billion followers. How those Catholic faithful will react, and how those reactions will alter choices at the voting booth, remains to be seen. It also remains to be seen just how this will alter international relations, especially between countries affected by the priest sex abuse scandal.

However I may (and please pardon the pun) pontificate about the obstacles facing the Church, I'm still, in a small way, at mercy of their decisions, as are all who may be affected by the Cardinal's choice. Very few can claim to lead 1.2 billion people and 1.2 billion people can very quickly change global society. I only hope that they make a decision with the world in mind because the world's mind will be focused on them. Even the minds of the 4.8 billion non-Catholics, like me.

The Open Door is the student newspaper of Quinsigamond Community College and is distributed once a month. Students are encouraged to participate in its publication through the submission of articles, article ideas and actual production work. If you are interested in working on The Open Door, please see Pat Bisha-Valencia, coordinator. The office is located in the Fuller Student Center in Room 2F. Come visit us, or email opendoor@qcc.mass.edu or phone 508-854-4285.

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OPEN DOOR

Schedule for Fall 2012 / Spring 2013

Issue	On the Stands	Deadline
#7 April	April 4	March 11
#8 May	May 2	April 10

Next Issue : April 4, 2013



By Joe Mogel

Police officer stops highway in Texas for lost dog

When Officer Kyle Jones of La Porte, Texas saw a Chihuahua along the side of highway, he decided to do whatever it took to help the little dog, especially since it had started raining. Officer Jones put on his lights, stopped traffic and scooped the dog into the back seat of his squad car. The dog, named Cujo, belonged to Jeremy Zapalac, who was informed by Animal control that his pet had been found and was safe. In a letter to the police Zapalac and his wife said, “Words cannot describe how grateful we are for this wonderful, caring officer and his kind deed!! It is a wonderful feeling to know we have people like him looking out for us.”

Goat-cheese fire in Norway closes down road for six days

In late January, 27 metric tons of Brunost, a Norwegian goat cheese caught fire on a truck in a tunnel. The flaming dairy forced officials to shut down nearly two miles of roadway. The cheese has very high sugar and fat contents, making it “like petrol if it gets hot enough,” according to Viggo Berg, a local policeman. The cheese was abandoned in the tunnel after the driver noticed the cheese had caught fire. The road had to remain closed for six days.

Olympic blade-runner charged with murder

South African Olympic star, Oscar Pistorius, has been charged in the death of his girlfriend, Reeva Steenkamp. Pistorius was known to keep a collection of weapons in his gated home for personal defense, due to his country’s soaring crime rate. According to Pistorius, he mistook Steenkamp for an intruder and fired four rounds, killing her. Pistorius, who is currently awaiting a bail hearing, may face charges of murder, pending an investigation.

Egypt floods Gaza smuggling tunnels

In an attempt to shut down smuggling operations along the border with Gaza, Egyptian officials have flooded numerous tunnels. The actions were partially prompted by the killing of 16 Egyptian soldiers by Palestinian militants last August. Cairo had released a statement last Autumn that the tunnels were used by the Palestinian gunmen who shot the soldiers. The recent move to flood the tunnels has come under fire by Hamas leaders. According to one tunnel’s owner, between 150 and 200 tunnels have been shut down by flooding.

World’s oldest known bird hatches chick

‘Wisdom’, the world’s oldest known bird, has just hatched a chick, despite being 62 years old. The Laysan albatross was given her name by a US Geological Survey researcher in 1956, when she was tagged. It has been estimated that she has flown between 2 and 3 million miles over the last several decades. While many albatross are estimated to be over 50 years old, Wisdom is the only one known to have given birth at this advanced age.

Ancient pyramids found in Sudan

Over 35 pyramid tombs have been discovered in Sedeinga, Sudan. First unearthed in 2009, the pyramids range between 22 feet and 30 inches wide. The highest concentration of pyramids is in an area the size of a regulation basketball court, where 13 pyramids are pressed together. The pyramids were built by the Kush civilization, which adopted many elements from Egyptian culture. The pyramids, tombs for the social elite, were discovered by the French Archaeological Mission, under the direction of Vincent Francigny.

Carjacker steals car & baby in it

When Patrick Julbe, of New York, left his car running with girlfriend, Jennifer Rodriguez, and their 8-month-old daughter, Ayanna, he didn’t expect his car to be stolen. After waving for Rodriguez to come into the store, an unidentified man jumped into the car and drove off, with the couple’s baby still in the back. Approximately 40 minutes later an anonymous man called New York City Police reporting the location of the car and simply saying “There’s a baby in the back seat of the car.” Ayanna is safe and back with her parents.

Florida man charged with fraud in name change case

Lorenzo Sopena changed his last name for his wife, and is now facing fraud charges by the state of Florida. Sopena took his wife’s last name, Dinh, because her parents had no sons and wanted to carry on their family name. However, Florida does not have any laws that allow a man to change his name after marriage. As a result, a year after he had officially changed his name, he received a letter from the Florida DMV informing him that his driver’s license had been suspended, and that he would be facing fraud charges. Dinh and his wife are appealing the claims. The Florida DMV had no comment.

94 charged in coup attempt in Dubai

The United Arab Emirates has officially charged 94 people for allegedly trying to overthrow the state. This comes as the UAE cracks down on groups with ties to the Muslim Brotherhood. The state news agency did not list the names, but UAE Attorney General Salem Saeed Kubaish has said that the suspects had built a network for their coup and were receiving money and aid from the Muslim Brotherhood, among other groups.

Richard III’s remains found under a parking lot

After months of tests, it is official: Richard III, King of England, has been found buried under a parking lot in Leicester, England. The King, immortalized by Shakespeare, was identified by several methods, including skeletal analysis and DNA testing with living relatives. The results were announced by bioarchaeology lecturer Dr Jo Appleby, who headed the investigative team. Richard III died at the battle of Bosworth in 1485, and was the last English monarch to die in battle.

China to replace US activity in Afghanistan

As US and NATO troops are preparing to leave Afghanistan, Chinese interests are preparing to move in. In part to control unrest in their largely Muslim western province of Xinjiang, which has seen civil unrest and rebel groups supported by the Taliban, Chinese government groups and businesses are set to move in. China has shown an interest in investing in new construction, agriculture, police forces, and the more than \$1 billion in untapped mineral resources. Unlike other participants in Afghani politics, China is largely seen as neutral by the local peoples.

Homeless man returns engagement ring

When Billy Ray Harris, a homeless man living in Kansas City, Missouri, found a diamond ring in the cup he had been using while asking for change, he knew someone would come looking for it. Sarah Darling, who had recently become engaged, had emptied her change purse into Harris’ cup earlier that day. She had forgotten that she put the ring in the purse for safe keeping. The next day she went looking for the ring. Eventually, she found Harris. When she asked about the ring, he pulled the jewelry out from his coat. As a reward, Darling gave Harris all the cash she had on her at the time.

QUESTION OF THE MONTH

CONTINUED from PG 1



Kelvin Garcia

"I support the smoking ban. However, we could all benefit from the compromise of passing the smoking ban and enforcing that smoking be done in the smoker's den. Otherwise, trust me, there's going to be a lot of commotion."

Chrystal Bobe

"I do not mind if other people smoke but I think it is disgusting to have the person besides me with their clothing smelling like smoke. So a ban, yes it might be nice".



Sam Wahl

"I smoke, what do you think? I do feel like people can smoke in the designated areas."

Chrystina Starr

"A ban is like taking away freedom and rights. I'm not offended by other people smoking; smoking might be a coping mechanism. I reach for a can of soda and others may reach for a cigarette".



Thalita Ribeiro

"I personally don't smoke. I see a lot of people around that do, and I think it's a personal choice whether you can or can't. ... some people need it to concentrate in class. If you're nervous about a test it's a way for some people to cope. It's a good policy in a way because second hand smoke can go around and effect people like me. For people that do smoke, it's hard. I think the new policy is a good idea."



Nathan Yates

"I think that students should be able to smoke whenever they want. [Rules] should be stricter to [enforce] smoking in the designated smoking areas, but after two classes to get through without being fidgety, I need that cigarette. I even hold it in a higher priority than food most days. It's just something that I need to have."

SMOKING

CONTINUED from PG 1

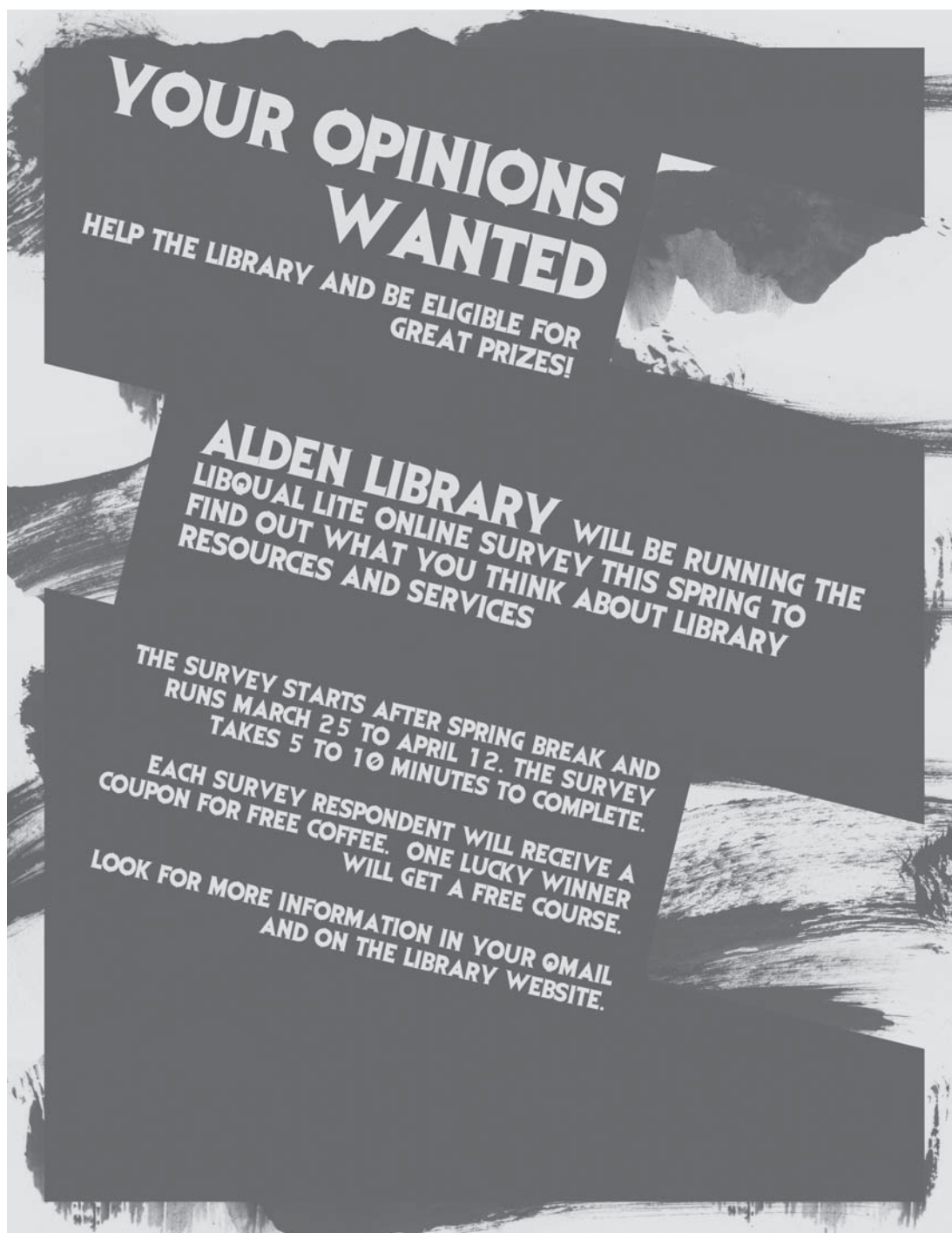
The Policy

The new Smoke-Free Campus Policy recommendation passed by the Board of Trustees is as follows: *"Smoking is prohibited within the confines of college grounds, any college building or college vehicle (smoking is only permitted in private vehicles on campus.) The sale of tobacco products on campus is prohibited."*

The discussions and planning are currently underway to communicate the news to the QCC community, along with tools to help those people who want to quit smoking.

"We want to ensure that students can be successful in every aspect of their lives," Dr Carberry explained. *"We recognize that for some people smoking is an important coping tool and we hope we can help them find ways to cope without having to smoke on campus."*

Under this new policy, QCC will be joining many other community college campuses as smoke free. So get ready, things will be cleaning up and clearing out on campus.





Career, Academic, & Personal Success
From the Office of Career and Academic Planning (Advising Offices)
General Advising & Health Career Advising: Room 61A
advising@qcc.mass.edu (508) 854-4308

CAREER LADDERS

Manufacturing Technology Certificate → Manufacturing Technology

What do you think of when you hear the word manufacturing? Do you think of dirty work environments, noisy machinery, assembly lines and low wages? Or maybe you think of outsourcing and a dying industry in Massachusetts. The fact is, manufacturing is alive and well in Massachusetts! Manufacturing employees work in a broad range of professional and technical positions. They may work as engineering technicians using computer programs to design parts, equipment, or machinery. Other employment options include process technicians who use electronically controlled equipment and software in the manufacture of specific products. As quality assurance technicians, they hold responsibility for product quality to monitor and control the

Manufacturing Technology (Associate in Science)

Median Wage

- Production Manager - \$88,190 annually
- Manufacturing Production Technicians - \$58,670 annually
- Mechanical Engineering Technicians - \$51,350 annually
- Industrial Engineering Technician - \$48,210 annually
- Quality Control analysts - \$43,120 annually
- Production, Planning and Expediting Clerks - \$43,100 annually
- Metal and Plastic Machine Workers - \$31,910 annually

Manufacturing Technology Certificate

The Manufacturing Technology certificate can be completed in one year, depending on the student’s background. This certificate utilizes that latest manufacturing software and equipment available in today’s rapidly changing world.

Did You Know...?

- All of the courses that are offered can be applied to the Associate in Science degree in Manufacturing Technology.
- Manufacturing in the United States remains vital and important to the US economy and is globally competitive.
- Massachusetts manufacturing is in high demand and requires high level skills.
- Manufacturing is a STEM (Science, Technology, Engineering and Math) career.
- After completing the Manufacturing associates degree students can transfer to Fitchburg State University for a bachelor’s degree in Industrial Engineering.

Professional Organizations and Resources

- Manufacturing Skill Standards Council: <http://www.msscusa.org/>
- National Association of Manufacturers: <http://www.nam.org/>
- Mass-TEC blog, video segments, and resources links: <http://www.mass-tec.org>
- Society of Manufacturing Engineers: <http://www.sme.org/>

Sources: Sources: QCC Catalog 20013-2014, The O*Net Online, <http://online.onetcenter.org>; National Association of Manufacturers, <http://www.nam.org>

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Important Information for Students

Sun March 17- Sat March 23 SPRING RECESS - No classes
Mon March 25 - Fri April 5 - Priority registration for returning students

CONSIGNMENT SHOPS

FEED A NEED FOR SELF-EXPRESSION

By Christine Greige

We all strive to express ourselves on a daily basis from the clothes and jewelry we wear to the way we decorate our home. If you have a unique fashion sense, love vintage clothing or are on a budget, consignment shops should be on your list of places to frequent. Consignment shops have been sprouting up all over Worcester giving us so many more options than the typical mall dweller gets. Here is a sampling of the shops in Worcester that offer great service as well as a selection of unique items at affordable prices. Their merchandise is constantly changing which means there's more of a chance to find exactly what you're searching for.

Alexis Grace Consignment Boutique, 7 Harrison Street, Worcester, MA (508) 799-4700.
Hours: Wednesday, Thursday, Friday, Saturday 10 am-6 pm and Sunday 12-5 pm.

Alexis Grace Consignment Boutique has established itself as one of the pre-eminent consignment stores in the Worcester area. The wide selection sold at this store includes women's clothing, footwear and accessories as well as men's clothing. Also offered are household and personal products such as quilts, tablecloths, candles, soaps, and linens. Service at this consignment store is always very good and prices are great. Merchandise is discounted after a certain time limit. Alexis Grace is normally booked months in advance for consignments so there's always opportunity for new merchandise. Leah Long is the owner of the shop which opened in May 2009. Check the Website out at: alexisgraceconsignment.com



EARRINGS & RING at Alexis Grace Consignment Boutique

Grime Clothing, 100 Grove Street, Worcester, MA
Hours: Monday, Tuesday, Thursday, Friday-Saturday 11 am- 5 pm Closed Wednesday & Sunday

This shop features more than new and used merchandise. Women's and men's clothes fill the store from front to back. Along with shoes, boots and handbags, Grime Clothing also offers one-of-a-kind items like scarves made out of tee-shirts, vintage t-shirts and earrings made out of vintage fabric. In accompaniment of the selections are unique large pieces of artwork displayed high on the walls by local artists. The prices are reasonable. The store is closed on Wednesdays. Molly McGrath, is the owner. Check them out at grimeworcester.com

St. Anne's Church, 130 Boston Turnpike, Shrewsbury, MA (508)-799-4169
Hours: Wednesdays from 8:00 a.m. to 4:00 p.m., Thursdays from 8:00 am to 8:00 pm, Friday & Saturdays from 8:00 am to 1:00 pm

The Parishes' Thrift Shop often features items from the TJX companies as well as higher end clothing. They also have a great variety of home decorations. In addition to clothing, St. Anne's accepts new wrapped toys. Please call ahead if you have a furniture donation.

Trunk & Disorderly, 122 Main St, Worcester, MA (508) 459-1049
Hours: Tuesday, Wednesday, Thursday Noon-5 pm, Friday and Saturday Noon-6. Closed Sunday & Monday.

This shop (previously located on Pleasant St.) is now near the courthouse and the Palladium. Owner Ashley Troy says she chose to do this business after more than 4 years of working consignment businesses in Boston. "I went to college for three different majors and the only thing that stayed the same was my job, I loved it!" she says. "I realized my dream was to have my own store that focused on everything people would love, not just clothing: records, art, tapes, movies, handmade, vintage, etc."

For consignors, the policy is consigning by appointment through email, Facebook or calling the store directly. The pieces are priced about a quarter to a third of the retail price and about half of it is brand new with the tags on it. The merchandise is discounted over time, first by 20%, then 30%, then 50% off! The split is 50/50. Learn more about this shop on Facebook



Ashley Troy of *Trunk & Disorderly*

Blackstone Vignettes, 19 Harrison Street, Worcester, MA (508) 752-5310
Hours: Wednesday-Saturday 11 am- 6pm, Sunday Noon-5 pm. Closed Monday and Tuesday.

This collaborative shop opened its doors in August 2009 and offers items ranging from one-of-a-kind jewelry to fun furniture, vintage records, clothing, art and antiques. What you find depends on when you shop; the merchandise changes often to ensure a varied collection of merchandise. More info at www.blackstonevignettes.com

Now that you're armed with a few great shops in hand, don't keep them a secret. Also be on the lookout for others. Share your experiences with friends and family--you never know what you might find!



Student Life

MARCH 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Game Day 11AM	6 What's Poppin' 11AM	7	8	9
10	11	12	13 Boston Celtics Trip	14 Pie Day 11AM	15 Pre Spring Break Jam 11AM Rihanna Concert Trip 4PM	16 Baseball at Prince George CC 12PM
17 Baseball at Atlantic Cape CC 12PM	18	19 Baseball at Middlesex Co. College 3:30PM	20 Baseball at Ocean County College 3PM	21	22	23Baseball at Union County College 12PM
Spring Break						
24 Baseball at Delaware CC 12PM	25 Birthday Club 12PM Evening Student Mixer 5PM	26	27 QAC Presents: Cultural Food Fest 11AM	28 BINGO 12PM Baseball vs. Springfield College JV 3PM	29	30 Baseball at Mass Bay CC 12PM
31						

ROLL AGAIN - DRAW
PLAY
GAMES
WINNING TEAM
YOUR TURN - MY TURN
YOU
QUICK MOVE
PLAY TO WIN
AROUND THE BOARD
competitive
ROLLER

Board Game Day

When : March 5, 2013
Time : 11am-1pm

Come to the Fuller Student Center for a fun day of board games

LET'S
KILL
THE BOSS

Murder Mystery Dinner Theater

Date: March 23, 2013

Price: \$15 per ticket

4 tickets per student

Time: Bus leaves QCC at 6pm

CELEBRATE YOUR HEALTH!

WORLD HEALTH DAY

World Health Day is celebrated each day on April 7th to mark the anniversary of the founding of WHO-World Health Organization in 1948. Each year a theme is selected for World Health Day that highlights a priority area of public health concern in the world. The theme for 2013 is high blood pressure.

High blood pressure – also known as raised blood pressure or hypertension – increases the risk of heart attacks, strokes and kidney failure. If left uncontrolled, high blood pressure can also cause blindness, irregularities of the heartbeat and heart failure. The risk of developing these complications is higher in the presence of other cardiovascular risk factors such as diabetes.

About high blood pressure

About 1 in 3 adult in the United States have high blood pressure The condition itself usually has no signs or symptoms. You can have it for years without knowing it. During this time, though, high blood pressure can damage your heart, blood vessels, kidneys, and other parts of your body. The proportion increases with age, from 1 in 10 people in their 20s and 30s to 5 in 10 people in their 50s.

Blood pressure doesn't stay the same all the time. It lowers as you sleep and rises when you wake up. Blood pressure also rises when you're excited, nervous, or active.

High blood pressure is both preventable and treatable. In some developed countries, prevention and treatment of the condition, together with other cardiovascular risk factors, has brought about a reduction in deaths from heart disease. Blood pressure tends to rise with age. Following a healthy lifestyle helps some people delay or prevent this rise in blood pressure. The risk of developing high blood pressure can be reduced by:

- reducing salt intake;
- eating a balanced diet;
- avoiding harmful use of alcohol;
- taking regular physical activity;
- maintaining a healthy body weight
- avoiding tobacco use.

Source: <http://www.who.int/world-health-day/en/>

HIGH BLOOD PRESSURE

Blood pressure is the force of blood against the walls of arteries. High blood pressure (hypertension) increases your chance of heart disease, and is dangerous because it often has no symptoms. Prevent high blood pressure by reducing sodium (salt) intake, being active, and keeping a healthy weight.



NEARLY 1 IN 3
AMERICAN WOMEN HAS
HIGH BLOOD PRESSURE.

CATEGORY	BLOOD PRESSURE LEVEL (mmHg)	
	SYSTOLIC	DIASTOLIC
NORMAL	less than 120	and less than 80
PREHYPERTENSION	120-139	or 80-89
STAGE 1 HYPERTENSION	140-159	or 90-99
STAGE 2 HYPERTENSION	160 or higher	or 100 or higher



CONSUME LESS THAN 1 TEASPOON (2,300 MG)
OF SODIUM A DAY, INCLUDING
SODIUM FOUND IN PACKAGED OR
PREPARED FOODS.

Sources

- National Center for Health Statistics. (2007-2010). *National Health and Nutrition Examination Survey*.
- Centers for Disease Control and Prevention. (2011). *Vital signs: prevalence, treatment, and control of hypertension, 1999-2002 and 2005-2008. MMWR: Morbidity & Mortality Weekly Report, 60(4), 103-108.*
- National Heart, Lung, and Blood Institute, National High Blood Pressure Education Program. (2004). *The seventh report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure.*

<http://www.nhlbi.nih.gov/health/health>



Veteran Support

Enrollment & Student Services

Office Hours: 8:00am-4:00pm

Location: Room 127A

https://confucius.qcc.mass.edu/ICS/Student_Services/Veterans_Support.jnz

MISSION STATEMENT:

Our mission is to provide support to assist student Veterans and members of the Armed Forces in the adjustment to becoming successful in civilian and college life. We are committed to promoting college spirit as well as establishing and maintaining fellowship.



TEL: 508-854-2721
EMAIL: VETERANSUPPORT@QCC.MASS.EDU

RESPIRATORY THERAPY

A Career That Makes a Difference

By Karen Tadry
Respiratory Care, Class of 2013

There are many choices people can make when deciding what to choose for a career. Today, the largest growing and highest demand careers are offered in the allied health professions. Which kind of healthcare professional do you want to be? If you want to help a newborn take its first breath, provide chest physical therapy to a chronically ill child, or deliver ventilator support to an elderly patient, all in one day, then perhaps a career in Respiratory Therapy is for you!

Respiratory therapists are allied health professionals who have an overall knowledge of the human body, but focus extensively on the cardiopulmonary system. They are employed in hospitals, nursing facilities, and in the home health care industry. When a Respiratory Therapist obtains a job in a hospital, there are even more subdivisions that they can branch into. Some of these specialties include neonatal medicine, pediatrics, pulmonary function testing, and pulmonary rehabilitation. These specialists are responsible for providing all the needs a patient may have pertaining to breathing. Some of the job responsibilities include providing nebulizer treatments, drawing and analyzing arterial blood gases, providing chest physical therapy, administering medical gases, being part of a specialized NICU delivery team, and providing ventilator support with highly technical, sophisticated equipment.

As reported by the Bureau of Labor Statistics in 2010, the average pay for a Respiratory Therapist is \$54,280.1 It is also reported that between 2010-2020 the field will grow by 28%, which is faster than the average for all other professions!1 The reason that Respiratory Therapy is going to be in such high demand is because of the growth of the middle aged and elderly populations, advancements in the detection and prevention of disease, and from the increase of pollutants in the environment.

The Respiratory Care Program at Quinsigamond Community College is fully accredited by the Commission on Accreditation for Respiratory Care (CoARC) and offers an Associate Degree program that prepares graduates to take the Registered Respiratory Therapist (RRT) exam with the National Board for Respiratory Care. The program at QCC combines traditional classroom learning with a rigorous clinical experience. It is an intense two years, but the satisfaction that you get from helping a patient breathe makes it all worthwhile.

Respiratory Therapy is an allied health profession that allows you to work hard, and be part of an exciting, growing medical field. More importantly, it allows you to work in a profession that gives you fulfillment and a sense of purpose. Imagine providing the first breath, last breath, or possibly only breath to someone in your care. “Inspire” someone you know to become a respiratory therapist!

1) "Respiratory Therapists." U.S. Bureau of Labor Statistics. U.S. Bureau of Labor Statistics, 6 Apr. 2012. Web. 9 Feb. 2013.



DENTAL HYGIENE CLINIC

LOCATED @ QCC

Adult (ages 13 and older).....	\$25
Assessment, complete prophylaxis, toothbrush, education, fluoride treatment, BW x-rays or FMX as prescribed	
Children (ages 12 and under).....	\$20
Assessment, complete prophylaxis, toothbrush, education, BW x-rays, fluoride treatment	
Senior Citizens (ages 62 and older).....	\$20
Full-time college student with valid ID.....	\$20
Full- Mouth X-rays.....	\$20
Bite Wing X-rays.....	\$10
Panoral X-ray.....	\$20
Pit and Fissure Sealants (each).....	\$10
Athletic Mouth Guard.....	\$20
Fluoride Varnish Treatment.....	\$15
Chemotherapeutic Agents.....	\$15/area
Tooth Lightening.....	\$50
Supplemental Aids.....	\$2

DENTAL HYGIENE CLINIC

\$5 OFF

PROPHYLAXIS WITH THIS COUPON

QCC Police Informer: Road Respect

By Lt. Reynaldo Rodriguez

Most of us are familiar with what is known as “road rage.” This comes from another term which emerged in the 1990s known as “aggressive driving”. Aggressive driving is following too closely, driving at excessive speeds, weaving through traffic and even running stop lights and signs. Road rage is the anger and violent behavior that comes out of this practice of driving aggressively.

One of the ideas of why we have gotten this way has been explained through sciences that deal with human behavior. Sociologists argue that it is due to the breakdown in our society’s sense of community and disintegration of shared values. Instead of sharing and caring, we seem to be individualized in our cars as “everyone for themselves”. Psychologists point to the intoxicating combination of this power and anonymity.

Through the following tips we can practice road respect instead of road rage.

- Obey posted speed limits and traffic laws.
- Keep to the right if you are the slower driver.
- Don’t make eye contact with an irate driver.
- Be cautious of other drivers and expect the unexpected.
- If you do get cut off or upset, avoid hand gestures and that horn. Smile if you must do something.
- Above all do not confront the other driver.

For more information on practicing “road respect” please check the internet.

Bridging Cultures Bookshelf: Muslim Journeys

Alden Library will be hosting a luncheon event in April to launch an exciting collection.

The *Bridging Cultures Bookshelf: Muslim Journeys* is a collection of books, films, and other resources chosen with a view to familiarizing the American public with Islam and the cultural heritage of Islamic civilizations around the world. It is intended to address both the need and the desire of the American public for trustworthy and accessible resources about Muslim beliefs and practices and the cultural heritage associated with Islamic civilizations.

This is a project of the National Endowment for the Humanities, conducted in cooperation with the American Library Association. Major support for the Muslim Journeys Bookshelf was provided by a grant from Carnegie Corporation of New York. Additional support for the arts and media components was provided by the Doris Duke Foundation for Islamic Art.

Through this grant we will receive books, DVDs, and online resources. Watch for more information.

Smash of the Arts

QCC Fashion Club and Dance Crew



Models Casting Call

Tues. March 5, 2013 12pm-2p

Weds. March 6, 2013 2pm-4p

Thurs. March 7, 2013 2pm-3:30pm

Fri. March 8, 2013 12pm-1pm



FULLER STUDENT CENTER
CONFERENCE ROOM

Please Bring Your Heels

For More Information Please Call 508-854-7442

TRANSITION CENTER

Skills for College, Skills for Life

MAIN CAMPUS

Monday, Tuesday, Thursday & Friday: 8am - 4pm
Wednesday: 8am - 6pm
Saturday by appointment only: 10am - 1pm

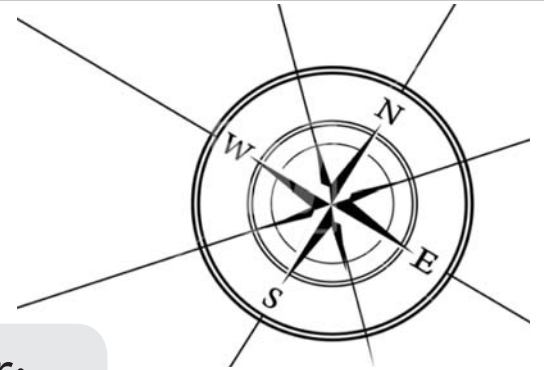
Room 222HLC

508-752-8552

Transitioncenter@qcc.mass.edu

SOUTHBRIDGE CAMPUS

Tuesday: 12pm - 3:30pm
Wednesday: 10am - 1:30pm
Thursday: 10am - 3:30pm



Upgrades in the Transition Center: GOT INSPIRATION?

College courses require significant amounts of reading, writing, research, gathering and organizing information, and expressing ideas clearly. One way the Transition Center helps with alleviating these demands is a tool called the software program "Inspiration". Many of you may be familiar with Inspiration, and now our center's computers have all been upgraded to version 9.

The best way to describe Inspiration?

A visual thinking and learning tool. The Transition Center tutors will be happy to show you how to visualize and develop your ideas, and use that information to help you study and remember important concepts. Using graphics, add symbols and images in multiple ways to show relationships between ideas. Want to learn more or watch a demonstration? Stop by the Transition Center to make an appointment in HLC 222.

TRANSITION CENTER OPENS ON SOUTHBRIDGE CAMPUS

The Transition is pleased to announce the spring semester hours for the Transition Center in Southbridge. Currently, two academic coaches share the hours over the course of three days a week. All sessions take place in Room 102. Please see the schedule below, and sign up to build up your academic skills and learn strategies to make your learning efficient and effective. All coaching is free to currently enrolled, QCC students.



STUDY TIP FOR MARCH

Remembering Important Material

"Spot in the textbook what is needed to be remembered verbatim. Use a special marking symbol in the text and notebook to indicate parts and passages, rules, data, and other elements which need to be memorized instead of just understood and remembered."

~ Kristie Proctor, Manager, Transition Center

HARRINGTON LEARNING CENTER



HLC HOURS

Fall 2012 and Spring 2013

Monday - Thursday	8am - 9pm
Friday	8am - 5pm
Saturday	9am - 3pm
Sunday	Closed



SPORTS

PROGRAM CLASSES *IN THE ATHLETIC CENTER*

P 90 X

Tuesday 2:15 - 3:15 pm
Wednesday 4:30 - 5:30 pm
INSTRUCTOR KAI ROSE

ZUMBA

Mondays & Wednesdays 6:45 - 7:45pm
INSTRUCTOR MELISSA COLWELL

INDOOR CYCLING

Monday 6:00 - 6:45pm
INSTRUCTOR CATHLEEN BEAUDET
Wednesdays 5:30 - 6:15pm
INSTRUCTOR STEPHANIE FLEMING
Tuesdays & Thursdays 12:15 - 1:00pm
INSTRUCTOR KIM MCMANUS

YOGA/PILATES

Tuesday & Thursday 12 - 1:00pm
INSTRUCTOR NANCY CIMATO
Tuesday & Thursday 5:15 - 6:15pm
INSTRUCTOR TAMARA CHIARIZIO

CIRCUIT TRAINING

Monday, Wednesday & Friday 12:30 - 1:15pm
Tuesday & Thursday 4:15 - 5:00pm
INSTRUCTOR PICKIE LANIGAN

KUNG FU

Monday & Wednesday 11:30 - 12:15pm
INSTRUCTOR JESSE GUZZETTI

GOLF LESSONS

Tuesdays 5:30 - 6:30pm
INSTRUCTOR JIM FENNER

FREE for QCC students & faculty

*WITH A VALID QCC ID, DROP IN ANY
TIME AND TRY ANY/ALL CLASSES OUT!*



ATHLETIC CENTER

Monday - Friday: 7:30am - 9:00pm
Saturday: 9:00am - 2:00pm
The Athletic Center is closed on Sunday

QCC SOFTBALL

SPRING 2013 SCHEDULE

APRIL:

TUESDAY April 2nd - 3pm - DBHD Dean College - AWAY
THURSDAY April 4th - 3:30pm - DBHD Massasoit C.C. - AWAY
TUESDAY April 16th - 3:30pm - DBHD Massasoit C.C. - HOME
THURSDAY April 25th - 3pm - DBHD Dean College - HOME

HEAD COACH: Lars Farnham
ASSISTANT COACH: Jason Ayik



WCAC's Donor of the Month Quinsigamond Community College

Each month Worcester Community Action Council, Inc. (WCAC) highlights significant "stars" who have provided extra special help with our customers and programs. Through the Donor of the Month section of our website, the agency thanks donors, volunteers, staff, and board members who contribute their time and attention to making WCAC its best.

This month, WCAC gives special recognition to the numerous individuals, departments, organizations, corporations, and institutions who contributed to the agency's 5th Annual "Clothe-A-Child" Coat Drive this winter. More than 300 new winter coats, hats, mittens, and scarves were distributed to children in WCAC's Head Start, Early Head Start, Healthy Families of Southern Worcester programs, as well as children of GED and JEC participants. Thank you for your wonderful support!

February 2013



WYVERNS BASEBALL

2013 SCHEDULE

MARCH

16	SATURDAY	12:00	DBHD	VS	PRINCE GEORGE CC	LARGO , MD			AWAY
17	SUNDAY	12:00	DBHD	VS	ATLANTIC CAPE CC	MARGATE, NJ			AWAY
19	TUESDAY	3:30		VS	MIDDLESEX COUNTY COLL	EDISON, NJ			AWAY
20	WEDNESDAY	3:00		VS	OCEAN COUNTY	THOMAS RIVER, NJ			AWAY
23	SATURDAY	12:00	DBHD	VS	UNION COUNTY COLLEGE	CRANFORN, NJ			AWAY
24	SUNDAY	12:00	DBHD	VS	DELEWARE CC	MEDIA, PA			AWAY
28	THURSDAY	3:00		VS	SPINGFIELD COLLEGE JV	QCC			HOME
30	SATURDAY	12:00		VS	MASS BAY CC	FRAMINGHAM, MA	9:30am	7:00pm	AWAY

APRIL

1	MONDAY	3:30		VS	WORCESTER STATE JV	QCC			HOME
4	THURSDAY	3:30		VS	MASSASOIT CC***	BROCKTON, MA			AWAY
6	SATURDAY	12:00	DBHD	VS	BUNKER HILL CC***	QCC			HOME
7	SUNDAY	12:00	DBHD	VS	NAVAL ACADEMY PREP	QCC			HOME
9	TUESDAY	3:30		VS	BUNKER HILL CC***	CHARLESTOWN, MA	1:00pm	7pm	AWAY
11	THURSDAY	3:30		VS	MASS BAY CC***	QCC			HOME
13	SATURDAY	12:00	DBHD	VS	NORTHERN ESSEX CC***	QCC			HOME
15	MONDAY	12:00	DBHD	VS	MASSASOIT CC***	QCC			HOME
17	WEDNESDAY	4:00		VS	TUFTS UNIVERSITY JV	DUDLEY, MA			AWAY
18	THURSDAY	3:30	DBHD	VS	SPRINGFIELD COLLEGE JV	SPRINGFIELD, MA			AWAY
20	SATURDAY	12:00	DBHD	VS	HOLYOKE CC***	HOLYOKE , MA	1:30PM	7:30PM	AWAY
23	TUESDAY	3:30		VS	UCONN AVERY POINT*	QCC			HOME
25	THURSDAY	3:30		VS	NORTHERN ESSEX CC***	HAVERHILL, MA			AWAY
27	SATURDAY	12:00	DBHD	VS	SOUTHERN N.H.U.				AWAY
30	TUESDAY	3:30		VS	HOLYOKE CC***	QCC			HOME

MAY

1	WEDNESDAY	3:30		VS	UCONN AVERY POINT*	GROTON, CT			AWAY
10, 11, 12	FRI, SAT, SUN				NEW ENGLAND REGIONAL TOURNAMENT				

* New England Region 21 - Division II opponents

*** New England Region 21 - Division III opponents and Mass Community College Athletic Conference opponent

Spring 2013
Workshop Series

Ready to
Register?

March 13th
or
March 14th

Workshop Series Sponsored by the Department of
Enrollment & Student Services

Learn the Portal:
Access Your Grades
& Get Ready for
Registration

When?
11:30am to
12:30pm

Where?
HLC Curved
Counter

10 Minutes to a Better
Semester



BOOK REVIEW

SECRET LIVES OF THE US PRESIDENTS: WHAT TEACHERS NEVER TOLD YOU ABOUT THE MEN OF THE WHITE HOUSE

By CORMAC O'BRIAN

Reviewed By Joe Mogel



Irreverent and educational go hand in hand. O'Brian's work in this book not only informs but also entertains, with funny anecdotes and a sarcastic writing style. Covering every president from Washington to Dubya Bush, this book is relatively complete. Despite the serious, heavy subject matter, each president's life and term is covered in a couple of pages, followed by several paragraphs on unusual or downright funny facts about them and their time in office.

While the writing is well done, rare grammar errors combined with occasional first person sarcastic lines drops it from five stars to four. Even though I'm not giving this book a five, it is very fun and light read, perfect for summer.

If you are politically inclined and looking for a fun, light read pick up *Secret Lives of the US Presidents*. You'll certainly enjoy it.



MOVIE REVIEW

THE HOBBIT: AN UNEXPECTED JOURNEY PART 1

Reviewed By Joe Mogel



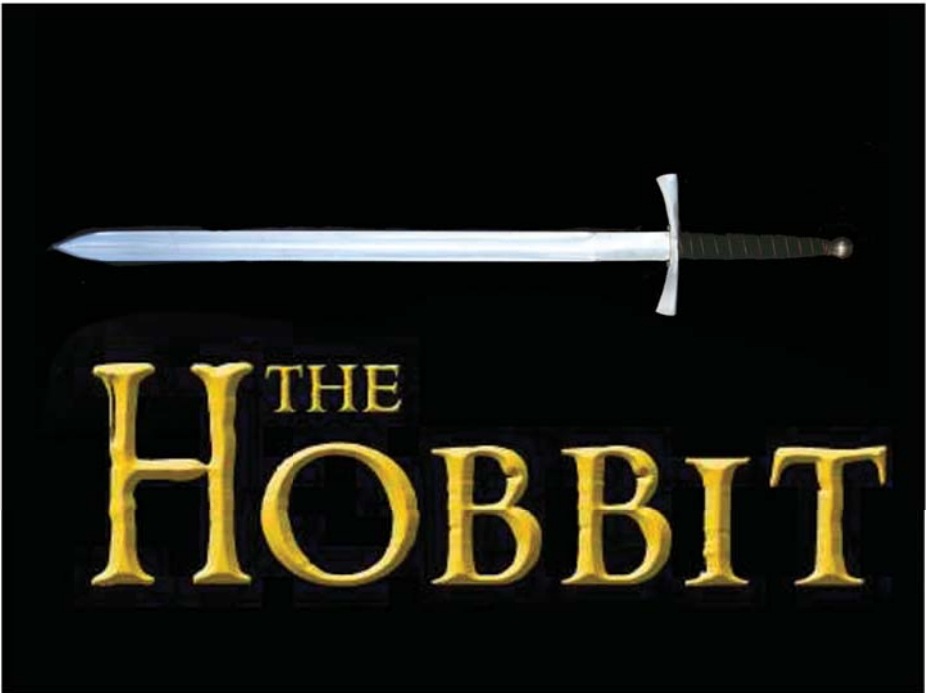
Once again Peter Jackson has demonstrated his remarkable ability to adapt Tolkien for the big screen in *The Hobbit: An Unexpected Journey Part 1*. Following the adventures of Frodo's uncle, Bilbo, the movie opens with a quick future reference to the birthday party at the beginning of the *Lord of the Rings*. The movie quickly precedes to the introduction of the major characters, including Thorin Oakenshield, the heir to the Dwarven throne, and his band of loyal followers. Unlike the novel, Jackson uses a visual aid in identifying the individual Dwarves. Each Dwarf has extremely distinctive hair and beard styles; as opposed to the book, which only differentiates between the Dwarves with cloak color.

Aside from the hair, the only real changes are the emphasis placed on tangential elements of the original story. The necromancer, barely mentioned in the book, has been expanded greatly. While this doesn't hurt the overall feel of the movie, it does veer slightly off what the book originally contained. For the average movie-goer this will only expand the Tolkien world Jackson has already delved into, while for old-school, die-hard fans it may be a bit much (but not too much.)

Naturally, the acting is excellent. Anchored by Sir Ian McKellen and Martin Freeman, the acting is marvelous and fits the dynamic described in Tolkien's

novel. The settings, still in New Zealand, are once more breathtaking and match the story perfectly.

For being a retelling that captures the spirit of the novel, *The Hobbit: An Unexpected Journey Part 1* gets 4.5 out of 5 stars.



OPEN YOUR WORLD WITH MUSEUMS

By JENNIFER NADEAU

Expanding our idea of culture may not be at the forefront of our minds these days; everything from the economy to the crisis in Syria and the Middle East has the average American brain hardwired for fast and present information. Our appetites for quickly accessible news, information, and entertainment are readily fed by our connection to the Internet. However, there are vast worlds available to help grow our minds and change the way we relate to the world- all within the city of Worcester. It only takes one step in a new direction to open us up to the world, and our local museums are the perfect pathway to follow. Whether you are a culture connoisseur or just a curious visitor, the benefits of exposing yourself to something new will be felt for days, weeks, or even years to come. Here are just a few suggestions to get you started. Remember to always be brave, be adventurous, and be hungry for more knowledge!

The Worcester Art Museum 55 Salisbury St Worcester, MA (508) 799-4406

The Worcester Art Museum, the city's easily accessible cultural hot spot, contains so many modern and classical exhibits that it is nearly impossible to see them all in one afternoon. While containing works of some of the world's most well-known modern artists such as Andy Warhol, Vincent Van Gogh, and Alice Neel, the Museum also houses priceless ancient and curious artifacts. The museum's current exhibits include Kennedy to Kent State, a photographic journey into the 1960's using images collected by Howard G. Davis. The photographs encapsulate an era for us to imagine and reflect on. These images, of both conflict and peace, are sure to fill your hearts and minds with an idea of the strife the country



was in during the 'swinging sixties'. For an eye-opening glimpse into the evolution of artistic expression, spending the day or simply an afternoon is certainly worth it. While you are there, make sure

to stop in at the Museum Café if you find yourself feeling hungry after all your admiring and learning.

Admission: \$14 Adults, \$12 College students with IDs, Free for kids

Hours: Wednesday through Friday, Sunday 11am to 5pm
Saturday: 10am to 5pm
3rd Thursday of each month: 11am to 8pm
FREE the first Saturday of each month 10am-Noon

The Worcester Historical Museum 30 Elm St Worcester, MA (508) 753-8278

Understanding and learning of our past here in the city of Worcester is an easy task thanks to the Worcester Historical Museum. Worcester has a vibrant history to be proud of. From our involvement in King Philip's War, the first public reading of the

Declaration of Independence, to the inventors and innovators that grew up and were educated here, we can consider our city to be a historical and cultural hub. The Worcester Historical museum has gathered some of the best photographs, artifacts, and personal histories of Worcester's citizens and landscapes all in one easy to access destination. One of the museum's current exhibits, Gliding on Ice, shows us the Victorian era pastime of ice skating in the city just as we have opened up our city common as a public ice skating rink here in 2012. Another exhibit, Game On, provides hands on history lesson about toys, games, and entertainment developed by companies in our area. Did you know that companies like Parker Brothers, Milton Bradley, and Hasbro have roots in New England? Enjoy this nostalgic trip back in time to your childhood, as well as the childhood of generations before you.



Admission: \$5 Adults, \$4 seniors and students with ID, Free Children under 18

Hours: Tuesday through Saturday: 10:00am to 4:00pm
4th Thursday of each month: 10:00am to 8:30pm

PROVIDENCE COLLEGE SCHOOL OF CONTINUING EDUCATION

THE RIGHT TIME
THE RIGHT PLACE
THE RIGHT PRICE

*Learn how **easy** — and **affordable** — it is to complete your bachelor's degree at PC.*

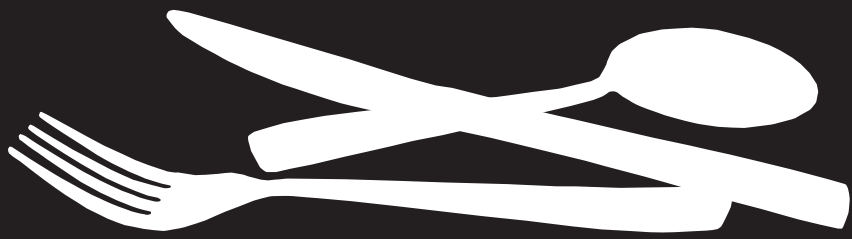
JOIN US FOR A TRANSFER INFORMATION SESSION:

5:45-7 p.m. Wednesday, April 24 • Harkins Hall, Lower Level 13

Come at 5 p.m. if you would like a campus tour.



CALL **401.865.2487** OR VISIT **www.providence.edu/SCE**



STUDENT MANAGERS IN HOSPITALITY & RECREATION MANAGEMENT TAKE THE LEAD AT BOBBY M'S DINER

Faculty and staff of the Hospitality & Recreation Management (HRM) pride themselves on offering another of Quinsigamond Community College's many successful and innovative programs. Yet visitors to the main campus on West Boylston Street will generally search in vain for the program's thriving diner and catering business or its student managers and classes since all of that is happening in real-time and on-site at the Worcester Senior Center through a unique collaboration between the city of Worcester and QCC.

This move from West Boylston Street coincided with the grand opening of the Worcester Senior Center in 2000. A generous benefactor advocated for the founding of the Worcester Senior Center; in addition to its many services for elders and their families, he envisioned the establishment of a Worcester style diner on premise. The Senior Center leadership team approached QCC with "an idea" to allow the QCC HRM program full use of the state-of-the-art commercial kitchen and classrooms on-site in exchange for QCC's agreement to operate a full-service Worcester-style diner and catering business for the Center's patrons.

Bobby M's Diner has been an unprecedented success both as a thriving business and also as a unique instructional location. The seating area is full of patrons, mostly senior citizens; who chat, play cards and sew. They keep the students operating the restaurant on their toes. The Diner has proven to be so popular that the HRM student managers who staff the Diner rarely have a free moment between taking orders, maintaining accounts, working with clients in planning upcoming events, and preparing catering orders.

Bobby M's offers a wide range of menu items and catered events. On any given day, a visitor to the back-of-the-house will see students making muffins or soups from scratch, preparing elegant catered meals for groups of any size from 10 to 200, cooking burgers, icing cookies, and rolling wraps. Though the daily customers of Bobby M's Diner are primarily senior citizens, diners of any age are welcome to come in, pull up a seat, and order a sandwich and a seltzer. In addition, any organization, business, or individual may lease event space at the Center and then, work with Bobby M's to cater that special event. Over the years QCC student managers have catered large statewide meetings for state senators and representatives, smaller working meetings for community-based organizations in the region, weddings, baby showers, weddings, and other kinds of special celebrations.

Operating Bobby M's as a successful business comprises a large part of the Hospitality and Recreation Management curriculum; student managers are required to spend laboratory time in the Diner working with clients, costing out events, preparing special menu items, and running the day-to-day operation of the Diner itself. They also spend as

many hours in the classrooms on the Senior Center's third floor. While the curriculum includes many food-centric topics like nutrition, food sourcing, and allergy awareness, HRM Professor Patricia Hutchinson constantly reminds her classes that "this is a business class" and that "our first value is to make money." If her teaching succeeds, she insists, her students will know not just how to cook, serve, and sell food; they'll know how to make money doing it.

Professor Hutchinson works diligently to encourage her students to think hard about sustainability, healthy eating, and food's role in the broader American culture. On a Wednesday afternoon in October, Rodrigo Donascimento, a restaurant manager and HRM student who expects to finish the program in 2013, presented the class with a slideshow about his recent experiments with locally-grown, healthy, and organic food. He showed photos of Massachusetts farms; the produce, meat, and pasta that he purchased; and the elaborate meal that he cooked for his family.

In addition to introducing students to Massachusetts' farming culture and locally sourced foods, Professor Hutchinson encourages her students to experience restaurant culture. Some students already work in or manage kitchens, but HRM classes also require collaboration with many local eating establishments. Professor Hutchinson has recently instituted a partnership with WOOFood (www.woofood.org), a local nonprofit devoted to making healthy eating easy and simple in Worcester-area restaurants. Professor Hutchinson's students become official WOOFood Certifiers and work closely with area chefs who want to gain the WOOFood stamp of approval for their businesses.

As Professor Hutchinson explains, it's good for everyone involved: the restaurants gain prestige, the students gain knowledge and contacts, and diners have an easier time eating right. The National Restaurant Association estimates that forty percent of the meals in America are eaten away from home. Doctors report that such unhealthy and unsustainable habits are responsible for the epidemic of diabetes and other food related illnesses. Americans are not likely to stop eating out; therefore foodservice providers need to consider the nutrition and quality of meals they offer. Quinsigamond Community College seeks to create a community that will produce positive change in the way foodservice professionals do business and ultimately educate a healthier consumer. The first foodservice operation that the HRM students expect to WOOFood certify will be their own Bobby M's Diner and Catering.

Both the diner and catering operations are open to the public. Come sample the new WOOFood menu any Monday through Friday 9 am – 2 pm year round.

Stop by for lunch!

The HORROR

By Bill Jellesma

Now that we're all out of the nice, cheery holidays, we can talk about something that many of us face—things that go bump in the night. Even if the only thing that actually goes bump in the night is when you leave your phone on vibrate on your bureau and someone starts calling you in the middle of the night (I know that's a great idea for a prank), we make stuff up in our minds to scare us. And what better way is there to be scarred to lay utterly defenseless in your bed than to watch a horror movie.

Even though it can cause you to become scared of your own shadow, horror is obviously a very popular movie genre. To give you some statistics from IMDB, *A Nightmare on Elm Street* (the first movie of the franchise with the notorious Freddy Krueger) had a budget of \$1.8 million and it grossed over \$26 million. The genre of horror has also started to spill over into video games as well. *Dead Space* is a notable video game where horror lurks around every corner, classified as survival horror. This video game franchise is very popular with its 3 main installments, a few graphic novels, and an animated film.

Dead Space and *A Nightmare on Elm Street* are two of the most notable examples of quality horror. But how do you explain *Paranormal Activity*? Think about it, a movie where nothing happens and still people flock to the theaters to see it. Well, that's a bit of an exaggeration, things do happen during the movie... like pans falling and, um, a person gets out of bed and stares at

the other person, and sometimes a door slams shut completely on its own (just pretend that stagehand is part of the cast). Now when you think about that, isn't that kind of a slap in the face to you, the tenacious moviegoer?

"You need to pay \$10 for a ticket to see this movie that cost \$2 to produce"

I know the movie cost more than \$2 to produce; they needed to get permission to film in someone's house. But what do you think that conversation was like?

"I want to produce a movie here, I know this may be an imposition to you and you may become famous as a result, but we're prepared to offer you gobs of money to compensate for our intrusion."

It'd be one thing if this was just a fluke accident that the movie was a wild success, but the franchise has four installments with a fifth one coming out.

"I heard in the fifth one, the guys hat flies off and he chases around Chinatown for two hours and that's the movie. I'm going to see it like three times."

I love *Paranormal Activity* and will probably end up seeing *Paranormal Activity 5: Chinatown Chase*, but there's a point where you've got to look at your life and ask why you're paying money to see a tin can floating seamlessly in the wind.

Spring 2013 Workshop Series

S.O.S. Sink or Swim

March 26th
or
March 27th

Workshop Series Sponsored by the Department of
Enrollment & Student Services

It's Never Too
Late to Access
Campus
Resources

When?
11:30am to
12:30pm

Where?
HLC Curved
Counter

10 Minutes to a Better
Semester



Pie Day

Free Pie

March 14, 2013

from 11am-1pm

Fuller Student Center

QCCmath at YouTube!

www.youtube.com/QCCmath

Students
View homework help videos for the following QCC math courses:

Basic Math	Trigonometry
Beginning Algebra	Statistics
Intermediate Algebra	Probability and Statistics for Scientists and Engineers
College Algebra	Calculus I
Precalculus	

Instructors
Link your students to homework help videos and view training videos.

→ Get help when you're stuck with homework.
→ Prepare for finals.
→ Find your instructor's youtube channel in "Featured Channels"
→ More courses coming soon!

For more information contact:
Professor Denise Robichaud
QCCmath Channel Coordinator
drobichaud@qcc.mass.edu

QCC Dance Crew Classes

African Dance
Thursdays 10:00 AM — 11:30 PM Gym

Hip-Hop
Thursdays 10:00 AM — 11:30 AM Gym

Latin Dance
Mondays 2:00 PM — 4:00 PM 135AC Gym

Contemporary/Liturgical
Fridays 2:00 PM — 4:00 PM 135AC Gym

Quinsigamond Activities Committee Presents

The Masquerade Charity Ball

Saturday, April 13, 2013
8pm to 12am

Harrington Learning Center
Room 109 A & B

Price: \$5 in Advance/ \$10 Door
Semiformal Attire Requested

Tickets available in the Fuller Student Center

*All Proceeds Will Be Donated to the Debra Foundation
for Epidermolysis Bullosa EB Research*

Come Dance the Night Away for a Good Cause

BECOME A NOTETAKER



Disability Services

PAYS **\$75**

for the notes in every
course your schedule
matches in
Spring 2013



For more information on becoming an "In-Class" Notetaker contact:

Disability Services

508-854-4471 Room 246A

disabilityservices@qcc.mass.edu

THE NEXT OPEN DOOR ISSUE...



ON STANDS **APRIL 4TH**

Transfer



News



Can't get to your dream campus this month?

Colleges visit QCC often. A college Admission Counselor will be at the following

ON-CAMPUS TRANSFER VISITS:

Monday, March 4th

Assumption College-CCE

10:00 am - 1:00 pm/HLC Counter

Bay Path College

9:00 am - 1:00 pm/HLC Counter

Clark University

10:00 am - 1:00 pm/HLC Counter

Curry University

10:00 am - 1:00 pm/HLC Counter

Worcester State University

10:00 am - 12:00 pm/HLC Rm. 109A

Wednesday, March 6th

Bay State College

9:00 am - 1:00 pm/HLC Counter

Tuesday, March 12th

Boston University-Met College

1:00 pm – 4:00 pm/HLC Counter

Monday, March 13th

Nichols College-GPS

9:00 am - 12:30 pm/HLC Counter

Worcester State University

12:00 pm - 2:00 pm/HLC Rm. 109A

Tuesday, March 14th

UMASS-Lowell

10:00 am - 1:00 pm/HLC Counter

Monday, March 25th

Bay Path College

9:00 am - 1:00 pm/HLC Counter

Tuesday, March 26th

Worcester State University

10:00 am - 12:00 pm/HLC Rm. 109A

Wednesday, March 27th

Westfield State University

10:00 am - 1:00 pm /HLC Counter

Important Notice!

TRANSFER SERVICES has MOVED!!!

We are now located in 272A in the
Career Placement Services suite

<http://www.qcc.mass.edu/transfer>
508-854-4404 or transfer@qcc.mass.edu

DID YOU KNOW....

A lot of QCC students are planning to transfer? One of the most common questions is “How do I make sure that.....?” The answer is always the same: “The best way to have accurate and up-to-date information about transferring to a particular school is to talk with their admissions staff. Make an appointment to meet with a transfer admissions rep at that school.”

DID YOU KNOW....

That you don't have to wait until you apply to a four-year college before you can talk with someone in their in the admissions office? The transfer admissions counselors want to talk with QCC students as early as possible.

GREATNEWS from UMass-Amherst:

GUARANTEED HOUSING FOR ALL TRANSFERS!

Great news! Now that the Commonwealth Honors College housing complex is opening this Fall, UMass Amherst is now able to guarantee housing for all transfer students! We will also be setting aside even more spaces in our residential communities for community college graduates, which have been very well-received the past two years. Additional transfer support and programming will also be offered in transfer residence halls. More info will be included in the student accept packages

DID YOU KNOW....

Transfer admissions counselors from approximately 30 colleges and universities will be here for the Spring Transfer Fair on Wednesday, April 3rd? It’s a perfect time to talk directly to an admissions counselor.

DO YOU KNOW....

- What questions to ask the admissions counselor?
- Here’s a top ten list:**
1. What is the transfer application deadline?
 2. What application forms do I need to fill out, and when should I start to fill them out?
 3. Is there a minimum number of college credits and minimum GPA required in order to be accepted? Do “C” and “D” grades transfer?
 4. How many QCC credits will transfer towards my bachelor’s degree?
 5. How many more credits will I need to finish my bachelor’s degree?
 6. How do transfer students get housing?
 7. Do you offer scholarships for community college transfer students?
 8. What financial aid forms do I need to fill out; when should I fill them out?
 9. What kinds of co-ops or internships are available?
 10. What kind of help with job placement can I get at your school?

SAVE THE DATE

QCC Spring Transfer Fair
Wednesday April 3, 2013, 10 am to 1 pm
Conference Room 109
Harrington Learning Center

UPCOMING OFF-CAMPUS TRANSFER EVENTS:

Community College Day

Thursday, March 28, 2013
9:30AM - 2:30PM
UMASS Amherst

The College of Engineering and the School of Computer Science/ CAITE at the University of Massachusetts Amherst invite Community College students and faculty to attend this program for a fantastic opportunity to discover the new opportunities and initiatives that the college will offer in the coming years.

Please RSVP by Wednesday, March 13th to Beth Fullerton in the QCC Transfer Office: bfullerton@qcc.mass.edu

Walk-In Transfer Sessions

THINKING ABOUT TRANSFERRING TO WORCESTER STATE?



You are in luck!
WSU transfer admissions representatives will be at QCC multiple times throughout the spring 2013 semester. They will available to meet with students—no appointment needed—at ALL of the March Walk-In Transfer Sessions (WITS) listed below. Don’t miss this chance to get your transfer plans in order. Be sure to bring a copy of QCC grades/transcript to get detailed guidance on how courses will transfer.

- All visits in HLC Room 109A—see you there!
- These are “drop in” sessions....which means that you can stop by to ask a quick question, or stay as long as you’d like. This is the recommended starting point to learn about transfer programs, transfer steps, and transfer resources. Bring your questions, paper and a pen to take notes.
- Get quick answers to questions like: *“How do I transfer?” “Where can I go?” “What classes should I take, and how will they be accepted?”*
 - No appointment is needed.
 - Stay for 5 minutes or 50.

Come to more than one session if you like:
Monday, March 4th/10am-12pm
Wednesday, March 13th/12pm-2pm
Tuesday, March 26th/10am-12pm

Colleges attending the April 3 Transfer Fair:	
American International College	Health Sci
Anna Maria College	Nichols College-DGPS
Assumption College	Northeastern University
Becker College	Quinnipiac University
Becker College-Accel Studies	Regis College
Champlain College	Salem State University
Clark University	St. Joseph’s College – CT
College of St. Rose	UHartford
Fashion Inst of Design/ Merchandising	UMassachusetts- Amherst
Fitchburg State University	UMassachusetts- Dartmouth
Framingham State University	UMassachusetts-Lowell
Mass College of Liberal Arts	Worcester Polytechnic Institute
Mass College of Pharm/	Worcester State University



Counseling

IS COLLEGE LIFE STRESSING YOU OUT?



For more information or to schedule an appointment, Please contact Karen Cox, LCSW, LMFT (508) 854-4479 or karenc@qcc.mass.edu or come to Counseling Services in Room 162A .

...Perhaps we can help!

Like everyone else, you and your friends probably feel nervous from time to time ... before exams, at the start of a relationship, as you prepare for a game or a speech. Like sleeping and eating, nervousness and worry are a natural part of life. But simple worries become a problem when it starts to interfere with everyday life. Some people are literally immobilized by their worrying.

Are you at your breaking point?
Sleep problems?
Difficulty taking tests?
Difficulty concentrating?
Unexplained heart racing?
Unexpected anxiety or panic attacks?
Persistent, senseless worrying?
Feeling keyed up or tense?
Feeling very uncomfortable in social situations?

If you responded yes to any of the above, help is available. Confidential and anonymous screenings for anxiety problems will be held in Counseling Services, Room 162A, Friday, March 1 to Friday, March 8th from 8:00 AM to 3:00 PM.

HERE'S A PERSONAL QUESTION: DO YOU WORRY TOO MUCH?

Karen M. Cox, LCSW, LMFT - 508-854-4479 - karenc@qcc.mass.edu

If you answer “YES” to the question, then you realize that your life can be better. And you’ve got lots of company. Doctors estimate that at least one in four Americans will suffer from an anxiety disorder at some time in their lives. Everyone can relate to worry, anxiety and depression.

Only you can answer: “*WHAT ARE YOU WORRIED ABOUT?*”

For many people worry is all encompassing. There are just so many things to worry about - from vague worries about whether your professor likes you to what can be done about that weight problem or even when you will get sick or die. How is it that some people just seem to rise above it all and manage to be happy? Just maybe they have mastered their worry habits. You can do the same and discover how you can enjoy life to the fullest.

“*WHAT ARE YOU DOING TO REDUCE YOUR WORRYING RIGHT NOW?*”

First of all, you have to ask yourself: “What am I doing to stop worrying?” You may try to behave differently and it may seem to make your worries go away for a while. But ultimately this can be frustrating and unsuccessful. Instead of trying to eliminate worry or

those automatic negative thoughts, maybe it is more effective to change your thinking.

Counseling Services offers a short term program to help you master those stressful and emotional thoughts and reduce further worrying. One of the most effective ways of reducing worries is to focus on specific negative thoughts and challenge your thinking. You can learn to be more flexible in your thinking and reduce unnecessary negative thinking. You can learn to stop, reflect and evaluate situations more accurately.

The goal is to understand why you worry and how you can reduce your worrying.

Counseling Services will provide anxiety screenings March 1-8th.

Come in, meet confidentially with the counselor and learn about the resources available to you.

If you are looking for full time, part time, or summer employment or seeking a coop or internship, please be sure to attend the COWC Career Fair sponsored by QCC and other local colleges.

Career Placement Services is also offering a series of workshops to help you prepare for future employment. Be sure to take advantage of these free workshops, especially if you are graduating this spring. You can also view the list of workshops and resources on our website at <http://goo.gl/scDTH>

Career Fair 2013

Wednesday, March 13

12:00 p.m. - 3:30 p.m. ■ Beechwood Hotel
363 Plantation Street, Worcester, MA

Why go to the Consortium Career Fair?
Jobs, co-ops and internships are offered, contacts are made, and your questions are answered.

Free parking and easy to find. The Beechwood is off Route 9 near UMass Medical School.

Plan for your future now!
BE PREPARED: dress for success and bring plenty of resumes.

70 employers and graduate schools attended Career Fair 2013 including: Department of Environmental Protection ■ EMC Corporation ■ Liberty Mutual ■ Harvard Graduate School of Design ■ Quinnipiac University ■ Hanover Insurance ■ YWCA

For a complete employer listing, visit our website:
www.cowc.org

Sponsored by:

GENERAL DYNAMICS
Electric Boat

match EDUCATION | **Match Corps**

Students who attend Career Fair 2013 are eligible to **win prizes!**

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Psi Beta National Honor Society in Psychology for Community Colleges

Psi Beta is the national honor society in psychology for community colleges. Our mission is professional development of psychology students through promotion and recognition of excellence in scholarship, leadership, research, and community service.



You can be considered for induction if you:

- Have a strong interest in psychology (you do not need to be a psychology major)
- Have taken at least one psychology course (such as Psych 101)
- Have an overall "B" average in your psychology courses;
 - *An overall 3.25 GPA*
 - *And have completed at least 12 credits*

The QCC chapter meets Every Other Wednesday, 12:00 pm to 1:00 pm at the Fuller Center Student Center Conference Room with the QCC Psychology Club.

1/30; 2/13; 2/27; 3/13; 3/27; 4/10; 4/24; 5/1/13

Any questions, feel free to contact Valarie Clemente, Ed.D. Psi Beta Advisor, vclemente@qcc.mass.edu. Join our general mailing list: QCCPSYCHOLOGYCLUB@gmail.com AND Join the Psychology Club on the Q

QCC Psychology Club & Psi Beta Honor Society

Every Other Wednesday,
Jan. 30th to May 1st
12:00 Pm to 1:00 PM

Fuller Student Center



Do you like Psychology?

Are you interested in how the mind works? Do you desire to learn more about Personality, Memory, Emotions, Development & Behavior? Would you like to join a National Psychology Honor Society? Would you enjoy the opportunity to be a Mentor?

All are welcome - Please join us!

Questions? Contact Valarie Clemente, Ed.D., Advisor, vclemente@QCC.MASS.EDU
Keep up to Date with ALL OUR ACTIVITIES - JOIN OUR EMAIL LIST: QCCPSYCHOLOGYCLUB@gmail.com AND Join the PSYCHOLOGY CLUB On the Q PORTAL!

Phi Theta Kappa, Alpha Zeta Theta Chapter

March Events and Happenings Throughout The NE Region

Tuesday March 12th

General Meeting followed up by a Collgefish.org, ‘Fishpalooza’ Social, and ‘Live’ Webinar, with PIZZA, Soda, Giveaways for everyone in attendance, plus, we will be recorded by Phi Theta Kappa Headquarters, come be a part of the fun.

All those who are not members of Phi Theta Kappa, please come by and join in, that day only you can receive your own personal; login information and be able to take full advantage of all the benefits, Collegefish.org has for you. It’s not just about the money. They will help prepare your transfer to your four year school, keep you on track with their calendar features, help match you to scholarships based on schools, fields of study, and third parties, upload your unofficial transcript to help ensure the courses you take now will transfer then!

General Meeting Starts at 5:00pm room 107A Worcester “Fishpalooza” Collegefish.org party, 6:00pm-7:00pm room 107A Worcester

New England Region Phi Theta Kappa Annual Convention and Awards Gala

Friday March 15th-Sunday March 17th Gateway C.C. in New Haven CT
Please Email ALL Inquiries to phithetakappa@gmail.qcc.edu
Final Request and Reservations Deadline Wednesday March 13th 3:00pm
Interested in being a Regional Officer, email phithetakappa@gmail.qcc.edu for more information, and begin your campaign today!

Worcester **Earned Income Tax Credit** Coalition

Free tax preparation and education for qualified individuals and families

You deserve your tax refund.

Claim it!

✓ **FREE** Income Tax Preparation

by IRS Certified Preparers


✓ **FREE** E-File

✓ **FAST** Refund

if you opt to direct deposit into your bank account

Maximize your refund by getting all the tax credits you are eligible for

Free tax preparation for qualifying households with income less than \$50,000



Volunteer Income Tax Assistance “VITA” sites open in January, 2012.

To make an appointment, call one of these sites after January 1, 2012:

Main South CDC

875 Main St.

Worcester, MA

(508) 752-6181

Spanish and Vietnamese translation available

Worcester Community Action Council

484 Main St, 2nd floor

Worcester, MA

(508) 754-1176 ext. 234

Spanish translation available

Plumley Village

Resident Services Office

16 Laurel St.

Worcester, MA

(508) 770-0508

Spanish translation available

Worcester State University

Center for Service Learning

Sullivan Building

486 Chandler St.

2nd floor, room 220

Worcester, MA

(508) 929-8424

Albanian and Two (Ghana) translation available

✓ Requirements to claim your Earned Income Tax Credit (EITC)

Must have earned income (wages from employment or self employment) or taxable pension or disability retirement payments

Must have valid Social Security number

If married, must file jointly

Must be U.S. citizen or resident alien all year or a nonresident alien married to a U.S. citizen or resident alien filing a joint return

Must be 25-64 years of age (if single with no children) at the end of the year, live in the United States for more than half the year, and not qualify as a dependent of another person

You cannot be the qualifying child of another person

Investment income limited to \$3,100

✓ What to bring to your appointment:

Photo ID & Social Security card or ITIN # for you, your spouse (if married), your children

All W-2 Forms (earning statements) for every employer during 2011

All 1099 forms (including 1099G for any government payments, such as unemployment payments and 1099R for any pension payments received)

Child care expenses-total of payments made, the name, address, Employer Identification Number (EIN) or Social Security number of provider

Form 1098 (tuition payment statement) for each household member who attended college in 2011 and the total amount of student loan interest paid

Total rent paid in 2011, landlord or rental agent’s name and address


Your checkbook or bank statement if you want to direct deposit your refund

Copy of last year’s income tax return

Proof of medical insurance (for Massachusetts state return):1099HC for private insurance, or health card for government sponsored plans

The printing of this promotional material is generously underwritten by Bank of America.

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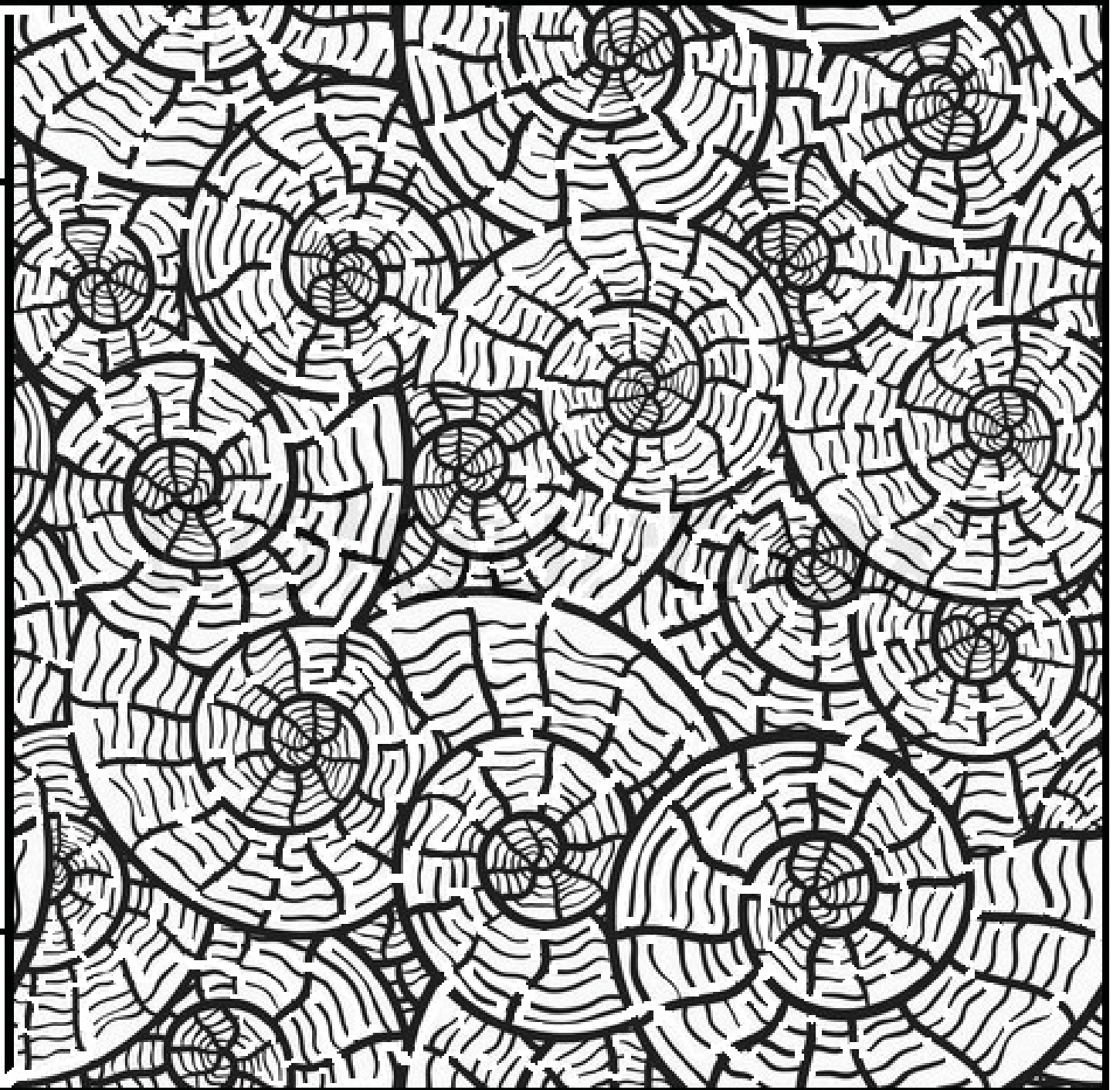
Puzzles

By JOE MOGEL

Start

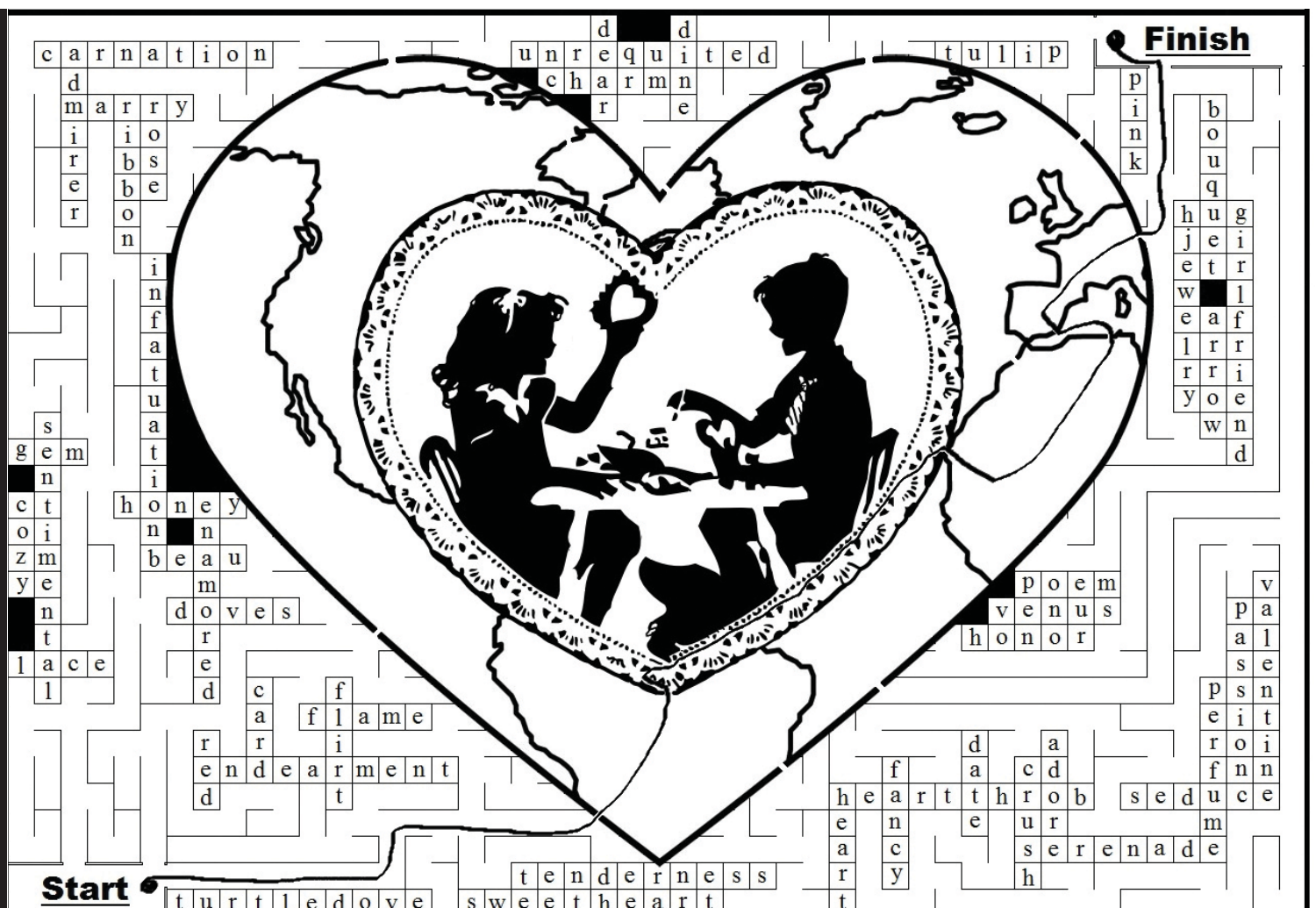
Find your way from Start to Finish. But be careful, there are many dead ends in the whorls.

Finish



SOLUTIONS

FEBRUARY PUZZLE





**APRIL 2013
IS POETRY
MONTH.**

In our April Edition,
The Open Door will feature
student poems to celebrate
national poetry month. Submit
your poems to OPENDOOR@QCC.MASS.EDU.

Submission Deadline: March 15

Please include the following:

Subject line: "Poem Submission"
Full Name and Student ID# should
be included in the email.

***SEND US ONE OF YOUR FINEST FOR
CONSIDERATION!****

**CELEBRATE
POETRY
MONTH**

* Limit 2 poems submission per person

NEXT OPEN 

will be on stands APRIL 4th

Transfer up to 75 credits into a bachelor degree program

CONTINUING & CAREER EDUCATION AT ASSUMPTION COLLEGE



A Clear Path to Success from QCC to CCE at Assumption College

Curriculum articulation agreements between QCC and CCE at Assumption College map a direct route to your bachelor degree, making transfer from popular QCC programs easy and seamless!

An Assumption College Degree for a Public University Price (see chart)

Tuition at CCE at Assumption College is nearly as low as state universities' combination of tuition and high fees. Graduate with the quality and career impact of an Assumption degree without investing much more than you would at a public institution.

3-CREDIT COURSE	Local State University	Assumption College CCE
Tuition	\$354.00	\$921.00
Administrative Fees	\$427.50	\$20.00
Capital Improvement Fee	\$40.50	None
Health, Activity, and Tech Fees	\$15.00	None
Parking Fee	\$50.00	Free Parking
	Total \$887.00	Total: \$941.00

www.assumption.edu/cce

Call today to schedule
an appointment with an
academic counselor
and/or career advisor:
508-767-7364.

Go Places.



Assumption College, 500 Salisbury Street, Worcester, MA 01609 Email: goplaces@assumption.edu Phone: 508-767-7364 / 888-882-7786