

the OPEN door

QCC's student newspaper

2013 ANNUAL PHOTO CONTEST WINNERS

In this issue we are pleased to feature the winning photos of the third annual Open Door Photo Contest. Thank you to all who submitted and to this year's judges: Applied Arts Professor Mary Gallegar Newman, Open Door Staff Members Caitlyn Lambert and Mary Bailey, Applied Arts Staff member Debra Roberge, and Applied Arts student JoAnne Miller.

An additional thank you goes to Caitlyn for coordinating the contest!



1ST PLACE

SUDDENLY SPRING by Marjory Kozak

2ND PLACE

MILL WHEEL by Kasey Marks



3RD PLACE

SUNSET by Daniel Piccolo



HONORABLE MENTION PHOTOS ON PG 4

APRIL 2013

PRESIDENT'S PLACE



Dr. Gail Carberry

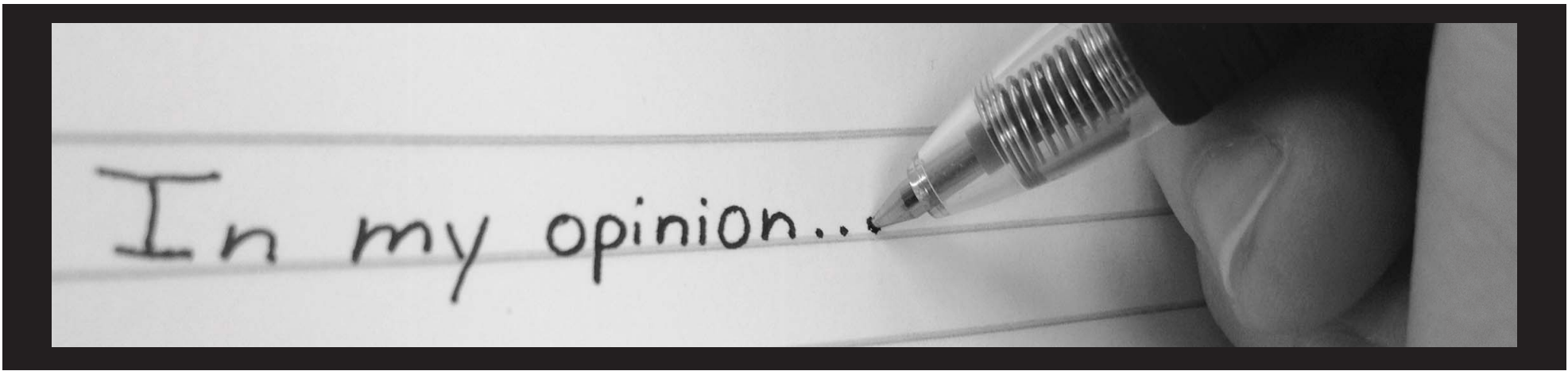
According to a September 2012 report by the Massachusetts Department of Higher Education, in 1973, 28% of jobs in the United States required some college education and that number is estimated to increase to 63% nationwide by 2018. That same report estimates that Massachusetts will lead the nation with 70% of jobs requiring some college education.

It is said that there are three kinds of people in the world: those who make things happen; those who watch things happen; and those who wonder what happened. Clearly you are one of those who make things happen by making the smart choice to enroll at QCC to advance your education. It's the smart choice because an associate degree can lead to a career paying upwards of \$70,000 after just two years of college. It's the smart choice because, here, you can earn an associate degree that is much more affordable than two years at a private school – and you can go on to earn a baccalaureate degree.

For many students, QCC is a transfer pathway to baccalaureate colleges. We have transfer agreements with Worcester State, Clark, Fitchburg and Framingham State Universities, Assumption College, Becker College and WPI to name a few. The transfer path is an affordable way to go and a comfortable way to go for many students. The resume of students who use QCC as a transfer pathway still shows the name of the baccalaureate college from which the graduate finally receives a degree.

There are many ways to complete a college education – the most important thing is that you complete it.

Whether you are a student or a QCC staff or faculty member, take pride in the fact that you are part of an exceptional college community, consistently working to maintain the highest possible standards, even in the face of significant economic challenges.



Man Kind? How the federal government and some states are waging a war on wildlife

By Joe Mogel

Wolves, Coyotes, Mountain lions. The very words conjure up images of savage wilderness and untamed nature. Sadly, to many those words equal a head mounted on a wall or a target to be killed and left to rot, despite these animals being endangered. States, such as Wyoming and South Dakota, have classified these animals as ‘predator status’, a status that allows these creatures to be killed by any means. These means include chasing them to exhaustion with snow-mobiles and then running them over, which is a technique often used in Wyoming. Other ‘techniques’ include gut-shooting or trapping. Gut-shooting kills the animal slowly, through blood loss, though most hunters prefer to track the bloody trail and club them to death. Trapping also often ends in the animal being clubbed to death. Poisoning is another favorite method of hunters.

With an extreme approach to wildlife ‘management’, one would think that people are being maimed and killed by wolves or mountain lions every day. You would be wrong. Only two people have been killed in wolf attacks in the last sixty years. In contrast, in the last ten years more than 2,500 people have been killed in domestic dog attacks and over 200 have been killed by running deer. If wolves are less dangerous to people than most would expect, why are they, and other predators, being killed? You could

ask the U.S. Department of Agriculture’s ‘Wildlife Service’ branch (funded by \$100 million of our tax dollars), which kills more than 5 million animals every year to protect ‘agricultural business interests’.

You may now be thinking that wolves and coyotes must pose a severe threat to live stock. Think again; predators such as wolves, mountain lions, coyotes, etc. account for less than .00003 % of live stock deaths. So why kill these creatures? The pelts are valuable on the fur market, and with fewer predators there are more deer, moose and elk. More herbivorous animals mean more hunters and hunting licenses, which is direct income for the Department of Natural Resources, a branch of the U.S. Department of Agriculture. Additionally, state level Departments of Natural Resources have much say over which animals are hunted, and also take in money from hunting licenses.

Here in New England, any animal cruelty is under a magnifying glass and the perpetrator appropriately punished. In other states things aren’t so. States like Wyoming are more open to more ‘flexible’ definitions of animal cruelty.

States like Wisconsin also seem to believe that limiting hunting

would count as ‘discrimination’. At a recent court hearing in that state to determine the legality of wolf hunts, the head of a bear hunting club, which claims to provide ‘family fun’, said that attempts to limit hunting top predators was ‘discrimination against hunters’. This was coming at a time when a bill that could allow the use of hunting dogs on wolves was coming before the Wisconsin legislature. This bill comes at a time when female wolves in the state are denning, preparing to give birth to pups. The dog hunting bill could lead to the 2013 generation of wolf pups to be wiped out in Wisconsin. Furthermore, the state of Wisconsin allocated \$214,794 to a wolf hunting lobbyist, who is pushing for lessening of restrictions on hunting regulations on wolves and other top predators.

A question that has arisen is what we, as average people, can do. We can write e-mails and sign petitions. It may not sound like much, but surges of e-mails to government officials and petitions prompted the nation of Slovenia to ban fur farms and fur trapping. So send those e-mails and sign those petitions. We can make a difference.

You

Tube

STUPIDITY

By Caitlyn Lambert

Now I know the Internet has its fair share of idiotic videos that people love to watch repeatedly, which range from cute kittens tumbling over one another to skater boys that end up with broken bones. Currently, there is one video that is going around that really irks me. No, it’s not the Harlem Shake. It’s the milk jug videos. Oh, you don’t know what this is. Let me say you are lucky not to know, but if you still want an explanation as to what it is let me tell you. This video consists of usually teenage kids who go into grocery or convenience stores, and decide to take milk jugs (or sometimes juice bottles) and proceed to then smash them on the floor. Then after they have made this giant puddle of milk on the floor, they pretend to slip and fall in it.

Now I have no idea why they pretend to slip in it. Is it so they can try and sue the company? Probably not since stores usually have cameras everywhere. Is it to get sympathy from people that might come to help them up? This could be it, but I think the most likely reason is that it’s just too

funny. Which it’s really not if you think about it or if you can imagine it at all. Just take one minute to think about all the people that you know, or at least have heard about, that are in dire need of food. Does that make you angry? No? Well then what about all the people you might know that are working, or have worked, for one of these stores that pay their employees minimum wage, no benefits, and have them working full time. Then think if you were in their shoes and some kid came in and started spilling milk everywhere. Now even if that kid gets arrested for destruction of property, guess who still has to clean that up. That’s right-you—the employee. And let me just tell you that no one in retail gets paid enough to deal with this “prank”.

If you still think this is funny, well I hope I’m there to see you do it. Trust me I won’t be laughing. However, I will be laughing when I call the police and make sure that you clean up that entire mess by yourself.

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.

Coordinator: Pat Bisha-Valencia
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OPEN DOOR		
Schedule for Fall 2012 / Spring 2013		
Issue	On the Stands	Deadline
#8 May	May 2	April 10

Next Issue : May 2, 2013



News Rites

BY JOE MOGEL

Snail's teeth inspire future battery technology

Scientists have begun researching the tooth structure, called rastula, of the Gumboot chitin snail. The snail's teeth contain bio mineral magnetite, an iron-oxide magnetic mineral, which the snail grows on organic fibers at room temperature. The scientists are researching the potential of growing battery materials using a similar process. Research is also being put into creating solar panels with this technology, when it is fully understood.

China replaces Britain as fifth largest arms dealing nation

According to the Stockholm International Peace Research Institute, a Swedish think tank, China's share of the global arms market rose from 2% to 5% over the proceeding four years, bumping out Britain in the top five arms dealing nations. America and Russia top the arms trading list with 30% and 26% respectively. When asked about his country's arms trading, Chinese Foreign Ministry spokesman Hong Lei said. "On arms exports, China sticks to three principles. First, that it is conducive to the recipient country's justifiable self-defense needs. Second, it does not damage regional and global peace, security and stability. Third, it does not interfere in other countries' internal affairs." The three countries that China ships the most weapons to are Pakistan, Myanmar and Bangladesh.

Meat industrialists push for bills banning animal abuse videos

In states ranging from California to Arkansas and Vermont, meat and poultry companies have been sponsoring bills that would limit or make illegal, photographing or video taping animal abuse at industrial farms. One bill, introduced by Jim Patterson, R-Fresno, would make

not turning over evidence of animal abuse within 24 - 48 hours a crime. Patterson's bill is sponsored by the California Cattlemen's Association. Groups such as the ASPCA and the Humane Society of the United States have said that these bills, if passed, would make exposing animal abuse violations nearly impossible.

First airplane-car entered into endurance race

Entered by Jeff Bloch, "The Spirit of LeMons", a half 1956 Cessna 310 half 1987 Toyota VanWagon, is the first of its kind entered into the 24 Hours of LeMons auto race. Bloch, known as Speedycop in the pits, has been known for building odd vehicles for the race, which puts a \$500 cap on auto spending. Bloch's "Spirit of LeMons" won the Index of Effluency award, which is the award for the least street legal vehicle.

New agricultural technique protects against pest insects

The company Bio Bee, based out of the Kibbutz Sde Eliyahu in Israel, has developed a technique for dealing with invasive insects. Utilizing other insects known as pirate bugs, which feed off smaller insects such as the pest species mites, scale or aphid, the technique has been tested by farmers in the Arava Valley in Israel for the last several years with great success and is now being offered to the public.

Breakthrough in Tasmanian Devil cancer research

Scientists studying facial cancer have found new data on the disease. The cancer, which is one of only a couple of contagious forms of cancer, has now been shown to have its roots in mutation which prevents their immune systems from identifying the tumor and fighting it.

This is now leading researchers in a new direction, one which may lead to a vaccine.

Slain Tunisian leader's party to request UN investigation

The Democratic Patriots Party has requested a United Nations investigation into the assassination of Chokri Belaid, the party's leader. Beliad's brother and political allies are claiming that members of the moderate Islamist Ennahda Party may have been involved. Many in Tunisia lack faith in the judiciary and want an investigation from the UN Human Rights Council. The DPP is Tunisia's secular party.

Church refuses to let NASCAR headstone in cemetery

Sharon Carr's late husband was a fan of NASCAR, Indianapolis Colts, and hunting. To honor his memory, she decided to commission a couch shaped headstone, which showed all his passions in life. The only problem was that her Church, St. Joseph Catholic Church, refused to let the headstone into their cemetery. Carr has decided to file suit against St. Joseph's, stating that the Church never gave her guidelines for headstones. The priest at St. Joseph's has said that the Church was very clear about not wanting the headstone.

Delegation of Imams from France meet with Israeli President

A delegation of 16 Imams from France met with Shimon Peres, President of Israel. They met on the anniversary of the Toulouse murder, when a terrorist killed three Jewish children, a Rabbi and three French paratroopers. The Imams, who represented African, Senegalese, Moroccan and Egyptian communities in France, brought a message of peace and opposition to terrorism. "We are here to say to our brothers,

the Jews and the French: We are all threatened by terror, hurt by terror and we all call with optimism for peace at the end of this terrible year. We teach the believers that human life is holier than the holy sites! Holier than Mecca, the Vatican or Jerusalem," said Imam Hassen Chalghoumi, who also commented on regional politics. "The Israeli-Palestinian conflict is not an excuse to hate the State of Israel - we are not interested in that hate and do not believe in it. We visited Israel and saw the country; we want to know Israel as it really is and to get to know people from different perspectives."

Beverly man, aged 106, receives his high school diploma

Fredrick Butler left school when he was in eighth grade to help support his family. After ninety years, a tour of duty during WWII, and raising a family, his high school in Beverly, MA has awarded him an honorary diploma. The award comes at a difficult time in Butler's life, his wife having passed away last September. His son, also named Fredrick, said that the ceremony meant a great deal to his father, who supported education among his children and grandchildren.

Scientists say they have found legendary sunstone

First mentioned in Icelandic sagas, the sunstone was a legendary piece of crystal that was believed to show the position of the sun regardless of cloud cover. Up until recently the sunstone was believed to be mythical. A find on board a ship sunken in 1592 has upended that belief. A piece of Icelandic Spar, approximately three feet long, found on the wreck of the Alderney may be a sunstone. Spar is known to possess the properties of refraction accredited to the sunstone.

PHOTO CONTEST WINNERS

HONORABLE MENTION



ROOT OF A MAN by Niki A. Clark




SOMBRASby Marjory Kozak



POLLEN ATTACK by Monika Korzep



A DAY IN THE SNOW by Yvonne Rice



Have you taken the survey of Alden Library yet?

Q. What is it?

Q. Who will take it?

Q. Why should I do it?

Q. When does it end?

Q. Where can I take it?

Q. How does it work?

A. Just a few questions used to rate us.

A. You—our students and users.

A. We want to know what you like and what we can do better. You'll get a free drink coupon and be entered in the drawing for a free course.

A. April 12

A. Online or at a station in the Library.

A. Three-part questions—you try it:

Here's an example of how it would look if we asked your preference for dining out:

When it comes to...	My Minimum Service Level Is	My Desired Service Level Is	Perceived Service Performance Is
Staff who are friendly and helpful	low 1 2 3 4 5 6 7 8 9 high	low 1 2 3 4 5 6 7 8 9 high	low 1 2 3 4 5 6 7 8 9 high
Your answer might be:	7	9	8

—meaning: friendly helpful service is what I expect. the better the service, the better the tip the service was very good, but not perfect

Your response tells us that you expect good service at a minimum, you would like superior service and this venue stacks up pretty well.

Spring 2013 Workshop Series

Countdown to Finals

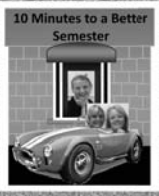
April 9 or April 11

Workshop Series Sponsored by the Department of Enrollment & Student Services

Learn study tips, end of the year calendar and your final exam schedule!

When?
11:30am to 12:30pm

Where?
HLC Curved Counter





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

Electronics Technology Certificate → Electromechanical Technology
— Robotics and Automation Option

Technology is central to the economy of the 21st century, and the demand for skilled technicians continues to increase steadily. Knowledge and skills in electronics are essential for those seeking careers in manufacturing, service, and technical sales and support.

Electromechanical Technology — Robotics and Automation Option

Electromechanical technicians install, maintain, troubleshoot, and repair a wide range of computer-driven manufacturing equipment, automated control equipment, and/or robotic systems. They must understand basic electronics and computers order to work with a variety of equipment, systems, and manufacturing processes. The employment outlook for electronic equipment technicians and robotics technicians suggests strong employment opportunities in this field.

Median Wage

- Engineering Technicians, Except Drafters – \$51,930 annually
- Electromechanical Technicians - \$49,550 annually
- Electrical and Electronics Installers and Repairers - \$49,170 annually
- Electrical and Electronic Equipment Mechanics, Installers, and Repairers - \$46,130 annually

Electronics Technology Certificate

The Electronics Technology Certificate provides students with a foundation of core Electronics skills and knowledge that has a broad application in the field of electronics. These skills are essential to anyone pursuing a career in high-tech manufacturing, equipment installation and support, telecommunications, photonics, or technical sales and support.

Professional Organizations and Resources

- American Society For Engineering Education: <http://www.asee.org>
- Institute of Electrical and Electronics Engineers: <http://www.ieee.org>

Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, 2012-13 Edition, Electro-mechanical Technicians, on the Internet at <http://www.bls.gov/ooh/architecture-and-engineering/electro-mechanical-technicians.htm> (visited March 07, 2013).

Important Information for Students

“The college uses Qmail as an official means of communication with students.
All students are expected to read their college email regularly and respond appropriately.”
Source: QCC 2012-2013 Catalog

Friday, April 12th – Last day to withdraw without QPA penalty.

Friday, April 12th – Last day to change a course to or from audit.

Friday, April 26th - Deadline for completion of “12 Week” Incomplete

CAPS Staff (Advising & Testing)

Maria Addison, Director
Laura Tino, Director of Testing
Diane Levinson, Coordinator

CAPS Advisors

Henry Ritter
Martin Muysenberg
Tenisha Mincey
Jennifer Guzman-Gayflor
Ray Lawless

Assessment Specialists










Lamont Slater
John Mitchell

Front Desk Staff
Ruth Cole



Student Life

APRIL 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Trivia Contest 12AM Baseball vs. Worcester State JV 3:30PM	2 Softball at Dean College 3PM	3	4 Evening Student Mixer 5PM Baseball & Softball at Massasoit CC 3:30PM	5	6 Baseball vs. Bunker Hill CC 12PM
7 Baseball vs. Naval Academy Prep 12PM	8	9 Baseball at Bunker Hill CC 3:30PM	10 QAC Presents: <i>Field Day</i> 11AM	11 Birthday Club 12PM Baseball vs. Mass Bay CC 3:30PM 	12 	13 Baseball vs. Northern Essex CC 12PM
14	15 Patriot's Day Baseball vs. Massasoit CC 12PM 	16 <i>Eat Healthy: Vegetarian Delight</i> 11AM Softball vs. Massasoit CC 3:30PM	17 QAC Presents: <i>Blast From the Past</i> 11AM Baseball at Tufts University JV 4PM	18 Baseball at Springfield College JV 3:30PM	19 	20 Sister Act: The Musical & Golden Corral Trip 12PM Baseball at Holyoke CC 12PM
21	22	23 Baseball vs. UCONN Avery Point 3:30PM	24 Spring Fling 11AM	25 Baseball at Northern Essex CC 3:30PM Softball vs. Dean College 3PM	26 	27 Baseball at Southern NHU 12PM
28	29 Clothesline Project 	30 Baseball vs. Holyoke CC 3:30PM				

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



PROPHYLAXIS *WITH THIS COUPON*

QCC Library Honored with Specialized Collection

by Dale LaBonte and Michael Stevenson

Calling all aficionados – of Muslim culture, Islamic art, Ottoman poetry and travelogs of medieval Arab explorers. Join QCC’s Alden Library in a celebration of literature, art and culture through the “Muslim Journeys Bookshelf.”

During the month of April, the library will display books and posters highlighting the influence of this diverse culture on American life. A special program will discuss our books, films and online resources on April 23 from 1:00 to 3:00 pm in 109B HLC. Refreshments will offer special flavors.

“Muslim Journeys” is a collection of biographies and memoirs, poems and academic research, films and websites made possible by the National Endowment for the Humanities and the American Library Association.

QCC joins 843 institutions in all 50 states displaying the collection of books, films, and other resources to broaden public awareness of the complex history and culture of Muslims in the United States and around the world. Carnegie Corporation of New York provided support for this program.

For more information, contact Michael Stevenson or Dale LaBonte at 508-854-4366.



Rejoice quilt by textile artist Christina L. Adams, shown at Roots of Racism: Ignorance and Fear, Art in Embassies Quilt Exhibition Islamabad, Pakistan, 2003

Illustration for the “American Stories” bookshelf.
<http://bridgingcultures.neh.gov/muslimjourneys/archive/fullsize/135f4cf6fb6cec578d844cb71b1a859e.jpg>

QCC Police Informer: “Preventing Workplace Violence”

By Lt. Reynaldo Rodriguez

When a person takes a position at a place like a college, that person has a personal expectation of safety. Safety cannot be guaranteed 100% but there are preventive measures in place to attempt it. In order to provide that safety, a lot of focus is placed on physical items like lighting, locks on doors and warning signs. That sense of safety also requires a focus on the non-physical items like the attitudes of bosses, subordinates, and co-workers. No one goes to work expecting to encounter violence. The best method to move towards avoiding the violence is to prevent it.

What can the workplace do on a college campus?

It can create a standalone written violence prevention program that addresses:

1. Promoting a culture that values respectful interactions
2. Pays attention to behavioral warning signs.
3. Assesses objects in the workplace that could be used as a weapon.
4. Practices and promotes a team approach. (Together Everyone Achieves More)
5. Ensures that an adequate number of trained and equipped campus police officers are available to render assistance in an instance of workplace violence.

One of the most important measures a college can do to create a sense of safety is to take it seriously. If an employee or a student on campus projects the potential to harm then it needs to be addressed without delay.

Violence can be prevented if the campus community has the proper tools and an atmosphere of respect is fostered between every member of the community: staff, faculty, students and guests.

Quinsigamond Community College members are encouraged to go online and read more about preventing workplace violence such as reducing stress in your workplace.

QCC’s Automotive Program

Staying on Top of the Latest Technology

By Mary Bailey

As the owner of a Prius since 2003, I know first-hand about the fuel economy of driving a hybrid car. I recently had the opportunity to speak to Professor Donald Morin about QCC’s Automotive Technology Program that relocated from Blackstone Valley to Burncoat High School in Worcester. There’s an unmistakable QCC feel to the classroom/lab setting with its “Wyvern” blue walls and a large Wyvern adorning the rear wall of the mini-lab area.

“It’s not a hobby shop, we’re here to teach people how to make a living,” said Professor Morin. “With current professionals in the field retiring, or going on to do other things, within 5 years there’s going to be a shortage of auto mechanics; it’s a needed profession.”

While hybrid technology isn’t really new (it’s been round since the 1930s) it’s grown tremendously in the last decade. UPS now uses hybrid trucks, and the Worcester Regional Transit Authority has hybrid transit buses. Even the military uses hybrid vehicles. In the 1970s, a Ford engineer patented a hybrid engine. Toyota found that patent and worked out an agreement with Ford; as a result, Toyota developed the Prius and Ford developed the Escape.

Staying on top of the latest technology, QCC recently installed a charging station for electric cars on campus and is offering its students career opportunities in this developing field. The popularity of the new technologies correlates to the increase in the cost of gasoline. The Hummer, Profession Morin pointed out, was a popular vehicle when gasoline was \$2.00 a gallon. People today are more interested in fuel efficient automobiles. In fact, there’s a waiting list for QCC’s popular automotive program.

One thing the program teaches students is the importance of safety. “The Prius



has a 330 volt battery-- If you touch the wrong thing, you could kill yourself,” Professor Morin explained. “You can’t be afraid of it, you have to respect it.”

The school offers both a certificate program and a degree program. The first year provides the foundation courses. 1st Semester: Fundamentals of Automotive Service, Automotive Electrical Systems, Brake Systems, English Composition or Humanities. 2nd Semester: Basic Gasoline Engines, Engine Testing/Performance Analysis, English Composition and Literature 1, Social Science elective. The second year courses are more advanced technology instruction designed to build on first semester learning. 3rd Semester: Suspension, Steering & Alignment, Climate Control System, Field Experience & Cooperative Education in Automotive Technology or elective 4th Semester: Automotive Drive Train, Automotive Transmission & Transaxle, English Composition & Literature

II, Business Elective, 5th Semester: Basic Automotive Electronics, Electric Powertrain Control Systems or Math Elective, Science elective, Speech Communication.

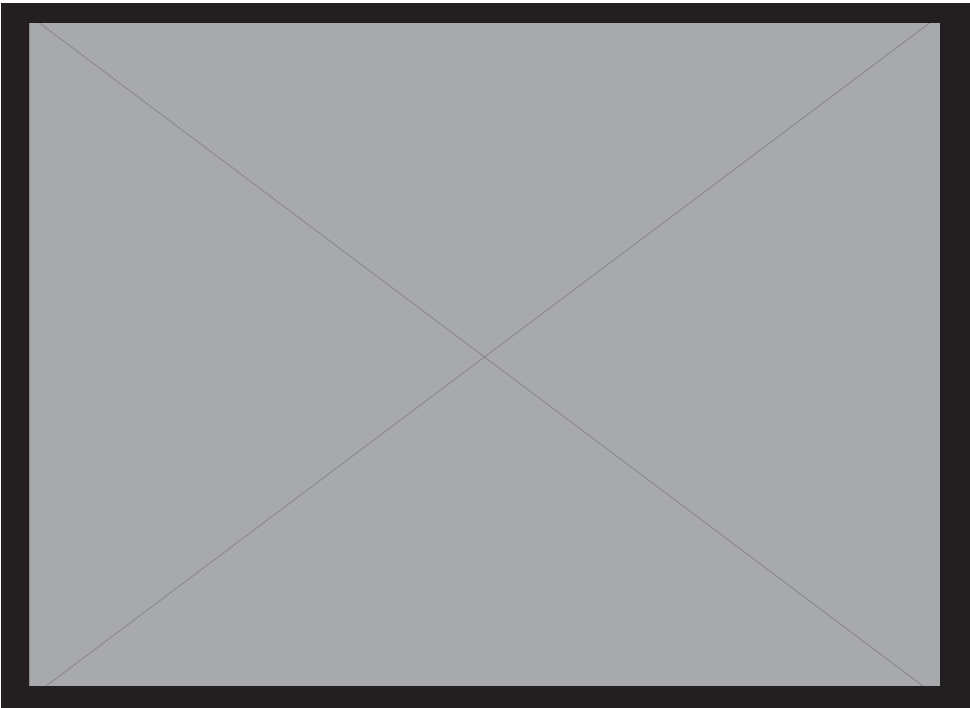
Students get a lot of hands on experience. They learn to take apart, put together and diagnose. In addition, they’re trained in lots of specialized equipment. There’s even a computerized battery tester that talks to you. While most graduates will work as technicians, there are management electives for the student that may want other opportunities. Some students work for automobile dealerships or independent repair shops like Meineke, Midas, or Goodyear. Others will become teachers, service managers, or parts managers. Some students will own their own businesses; while others will go on to get a more advanced degree.

One grad now works for Ford as a national trainer; another student

went on to work for Ford after getting a degree in engineering. Another student was offered a job in Hawaii. The company paid for his moving expenses, and he was the highest paid technician in Hawaii. A current student works part-time for an area auto dealer. He’ll work full time during the summer and is able to use what he learned in the classroom on his job. Students can explore their interests in this field which holds many opportunities.

Prof. Morin said that he joined the National Alternative Fuel Training Consortium (NAFTC) shortly after he took over as department chair. Every 2 years NAFTC runs an event to educate the public about alternative vehicles. Students are able to ask questions at this event as well.

Professor Morin is now putting together a course on diesel, and at some point in the future will develop a biodiesel course.



**Spring 2013
Workshop Series**

**What is Your
Stress Level?**

**April 24
or
April 25**

Workshop Series Sponsored by the Department of
Enrollment & Student Services

**Learn Ways to
Relieve Stress, Eat
Healthy & Sleep
Right!**

When?
11:30am to
12:30pm

Where?
HLC Curved
Counter

10 Minutes to a Better
Semester

INTERESTED IN GREEN JOBS?

Then This Course is for You!

By Amy Pierce

This semester I knew I needed a lab science to finish my degree, but I didn't want just any course; I wanted one that would interest me. I found it in Sustaining Earth's Environment (SCI110). During my first day of class, we were warned this was a favorite topic of our professor, Anita Soracco. Then, she said a few terms we hear often in the news and from Washington: "build the green economy" and "green jobs." What does this term green jobs actually mean? If you search O*net Online (<http://www.onetonline.org/>) you can find jobs that are listed as green economy but when I saw natural gas drillers on that list, I had to look further to find natural gas careers that were specific to environmental science.

What can you do in the Environmental Science field? I found a wide variety of careers in science, research and education, technology, and governmental policy and regulation. Employment opportunities exist with many private companies, nonprofit organizations, and government agencies. New and emerging "green" jobs relating to environmental protection, development of reliable electric automobiles, biofuel technology, and renewable energy sources like the sun and wind have already shown promise as sustainable career opportunities. Although a bachelor's degree affords the most opportunities in this field, you can still be successful with an associate degree to start.

Biofuel Industries

If you are interested in researching biofuel technologies, the Bureau of Labor Statistics projects that pollution control and clean energy technologies will likely increase the demand for chemists who can provide the research and development of this technology. The development of sustainable biofuels will need people with knowledge in applied science or chemical technology. Even with an associate degree you can obtain an entry-level position as a chemical technician assisting in research and development projects. Lab technicians find positions in environmental testing laboratories, assisting in the testing of organic and inorganic material including the analysis of water, soil and air samples. Depending on the specific industry, the median annual wage for a chemical technician is just

over \$42K per year, while positions in research and development of the life, physical, and engineering sciences enjoy a higher median wage of up to \$58,500 annually.

For those who are planning on transferring to a 4-year school and beyond, chemists and materials scientists are needed to work on technology to make electric vehicles more fuel efficient, safe and reliable, and reduce the impact on the environment.

Electric vehicles

Workers from a variety of educational backgrounds work in the electric vehicle industry as scientists, manufacturing workers, and technicians. Most of these occupations do require some specialized training or work experience. Scientists in this industry conduct research to improve electric vehicle technology to improve battery life and vehicle recharging time. Materials scientists also research and develop new materials to use in the manufacturing of electric vehicles. The link between scientific research and commercial applications for electric vehicle technology are the people who design and develop the technology – engineers, engineering technicians, drafters, software developers and industrial designers.

Engineers use principles of science and mathematics to develop economical solutions to technical problems. Engineering technicians and mechanical drafters assist engineers with design work and other tasks. Industrial designers are responsible for the overall design of the vehicle and major components. Software developers create software used to control the various systems, including the engine, electric motor, battery, and generator.

Forestry & Conservation

For anyone who truly enjoys the outdoors, you can combine your enjoyment of the wilderness with career goals. Forest and conservation technicians work to improve the quality of forests, rangeland, and other natural areas. The work environment typically includes working outdoors, sometimes in remote locations, no small cubicles. Forest and conservation technicians typically need an associate degree in a forest technology or related field. A forester explores all types

of terrain including farms, forests, waterways and mountains, and can be responsible for tree inventories, inspections and evaluations, as well as work planning and data management. Individuals with strong problem solving abilities, attention to detail, and great public relation skills do well with positions available in both the public and private sectors. Be aware that entry in this field can be very competitive, but if interested you may want to check out GeoCorps™ America program with the Geological Society of America for paid, short-term opportunities. Their project areas include geology, GIS and mapping, hydrology, education and much more. More information can be found at the GSA's website can be found at <http://www.geosociety.org>.

Air Quality

If the quality of air we breathe is a concern of yours, becoming an air quality specialist might be of interest. They are trained to test and investigate the quality of air in a particular environment and promote awareness and understanding of air quality issues necessary to our environment. Another part of this career is the installation and maintenance of equipment used to measure air quality, analyze the data collected, write evaluation reports and review permit applications and help to develop or modify existing regulations, and participate in ongoing monitoring of air quality. Although a bachelor's degree is not always required for this position, an associate degree in environmental studies, plus a background in environmental technology, would be a great start for this career path. In entry-level positions, travel is necessary, as many of the entry-level jobs involve air quality testing in several areas.

What if you don't have a background in environmental sciences? As with any organization, students with degrees in business, accounting, marketing or information technology will be needed to support companies and government agencies just as much as those who do research, monitor air and water quality, or design new products. Managing financial operations, payroll and administration services, analysis/reporting of production information, network support professionals, web developers and administrators are just a few career

opportunities where you do not need to have a scientific background to be a valuable member of any organization.

Intending to pursue an advanced degree? Many organizations such as the American Geosciences Institute hire attorneys and others familiar with public policy (especially at the Federal level) to represent their members as lobbyists in Washington. The AGI also has many internship opportunities available year round at <http://www.agiweb.org>.

Other internships are readily available with government agencies such as the Department of Environmental Protection and the EPA Environmental Protection Agency. You can find available internships on the federal government's website for specific openings and criteria for applying. USAJOBS can be found at <https://www.usajobs.gov/>. Many private environmental firms also have internships available (some of which are paid), and students can gain firsthand experience while pursuing their degree.

Public and government awareness of environmental issues, the impact on the Earth and our everyday lives has expanded the opportunities for environmental related careers. Professor Soracco points out that even with a "...cookie cutter BS in Environmental Science, you can get jobs with EPA, DEP, MDOT, DOE, or a position in an environmental engineering firm. Responsibilities include field work, permitting, conservation hearings, review, site visits, monitoring, data collection and report writing."

Simply put, with a "green job" you will be fighting the effects of global warming and building a green economy, with many jobs that pay at least a living wage and provide opportunities for advancement it is a great way to help the environment. The prospects for environmental science careers are expected to be good over the next decade, so it will be worth a look if you are undecided what YOU want to be when you grow up...

As you are looking to register for classes for fall 2013, I would highly recommend Sustaining Earth's Environment (SCI 110).

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

The Transition Center is now at QCC Southbridge

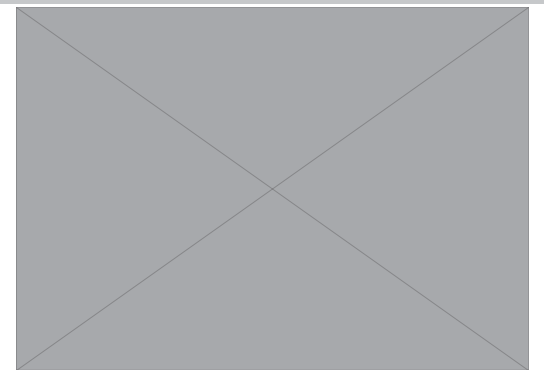
Monday 12:30 - 3:30

Tuesday 12 - 3:30

Wednesday 12:30 - 3:30

Thursday 9 - 3:15

Room 102 - transitioncenter@qcc.mass.edu



The Countdown to Final Exams Begins!

Where did March go? And if we are going to ask that question, what happened to January and February as well? Think of the semester as a pice of playground equipment: the slide. Up until spring break you struggle and climb to make your way to the top of the slide, and then it is all “downhill” from there. The last month of classes goes by in a flash, just as quick as it takes you to slide down the slide. And then...it's FINALS WEEK!

For many of you this is your first experience taking final exams in college. Here are several ideas to prepare for a successful finals week:

1. Start now. Make a plan to study. Are your exam dates on your calendar or in your planner?
2. Study now. If you studied well for exams throughout the past semester you will already have a leg up (remember this for next spring to those of you who didn't). Commit yourself to studying 1-2 hours each night starting now. If you have particular classes you know will be more difficult, start with those first. Get yourself organized now on when your tests are and plan out chunks of time you can devote to studying. It is never too early.
3. Stay calm. Finals are not here to terrify you. It is understandable to accumulate slight anxiety over them, but do not let your fear of them affect your performance. Preparing for finals is like preparing for a big game. If you think too hard on it or psych yourself out before you even take the court, you probably won't have the best game of your life. The same goes with the exam. Stay calm, breathe, and give it your best shot.
4. Relax. De-stress. Take a break: visit the athletic center, take a walk around the track, or visit the reading room in the library. Taking a break helps you study more efficiently!

For more tips on how to improve your test performance, beat test anxiety, or plan your study time, stop in the Transition Center in HLC 222 to meet with a tutor and improve your skills. The Transition Center helps with: Note Taking, Reading, Assistive Technology, Test taking, Writing, Organization, Time Management, Self-Advocacy & Math Skills



Study Tip for April

“Use your notes to study. Read over your notes on the same day you took them – if you come across information that doesn’t make sense or is missing, contact the instructor or a fellow student to get the missing information. Once a week, read over your complete set of notes from the first day of class to the present day, so that you will not forget important concepts learned earlier in the course.”

~ Kristie Proctor, Transition Center

HARRINGTON LEARNING CENTER



HLC HOURS

Fall 2012 and Spring 2013

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



CELEBRATING NATIONAL POETRY MONTH 2013

AND OF THE PAST AGAIN

By DANIELLE ANN DELANNOY

Trusting your steady hand,
I watched as you left void
the comforting flesh that once held my
heart captive..

Admiring your calculated work
a sick smirk spread across your face
your nails break through the thin matter
& for a second you are what
holds life within me

You dangled your power in front of me
...tugged and teased the arteries
my blood expelled rhythmically
Your new found joy in my agony.

A LIFE OF

By CHRISTINE

Unexpected dreams or so it seems from what I've
taken from you.

Struggles pressure & angst is what you were given
yet all the while you remain driven.

A man has his aspirations yet there remained many
limitations.

It is through admiration I speak of him for I know the
footprints of the road he's taken.

A man has his pride yet with a heart so big words
couldn't even surmise. Plenty can be spoken about
the uprise of a soul whose spirit couldn't be broken.

With one encounter inspiring you to be a better
version of yourself. His presence is a gift I would
proudly hang on my shelf.

Forgive me please for basking in your glow for
perfection such as this everyone should know.

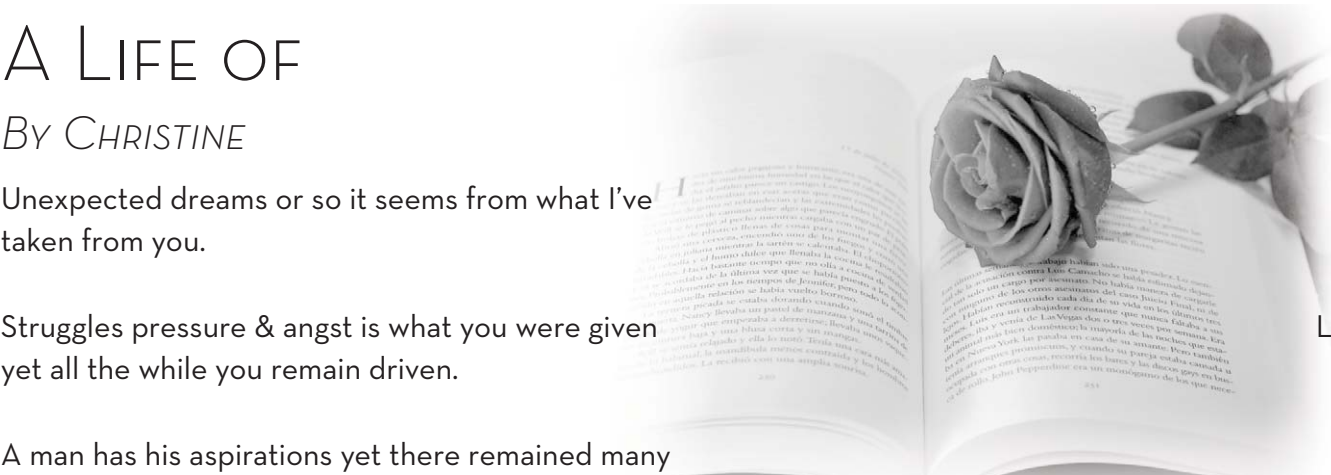
It is after all the path of the unexpected that keeps
us dreaming.

QCC's NOT JUST A COMMUNITY COLLEGE; IT'S A PLACE I CALL HOME

By REGINALD WILLIAMS

What makes QCC the place to be? Is it the history, the people you meet or the accomplishments
you always dreamed of but never made them a reality? To me QCC everything from the first
semester to now I can't stop thinking 'Wow it has to be too good to be true where everyone can be
friendly and not be rude to you.' When I'm at QCC I'm at peace, whenever I see opportunities here
I will use the best of my abilities to make it out there and no matter what happens; one day I will
graduate, look back and say 'I gave QCC the best that I can do and for that I thank you!'

Whenever I immediately think of QCC I think about the goals and opportunities that I share with
the QCC community and honestly QCC and I share a bond that will never die, therefore I end
this poem with this statement; 'What do I think of QCC when I'm alone?' For me QCC's not just a
community college; it's a place I call home.



MY FLOWER

By DANIELLE ANN DELANNOY

Petals pure like blood,
made from broken hearts...
thrown upon my casket,
barely torn apart.

These leaves begin to dry,
as I gather up the tears I've cried
and shove them back inside.

The beauty of the flower fades..
a flood of dirt now fills my grave.

THE HONEY BEAR

By STEPHEN CHARLES PLANTE

Impregnate the sky, Scatter the lilies
Scourge the horizon with doom with duress
My tortured will, lay scorned and abased
Like wildfire dancing toward winters deep longing
Our caustic prowess left only to chance
Take into my flock
Don't weep for your children
Prey tell the ramble of fleeting array
Dandelion root, lay scorched in the hew
Oh departed we wash, in the depth of your bosom
Drinking wine with the living
And salt with the dead
Invite us now in, oh bewildering serpent
We toil just to bare the weight of your fury
Destitute we mourn, Stricken, Castrated
Pinned to the floor, we lay purged by the fire
Heavens above, and angels in fury
How we long to be free from the wrath that's in store
From the pestilence that lies, from dawn until daybreak
Oh save us dear God, for our bones, they do tremble
They break busied and afflicted, by autumn's dark claw
All peppered in honey, and stricken with sequence
Of oil and of water, of soap and maché
So maligned, the honey bear
Waits for his prey



SWEETS AND FOOD

By JENNIFER NADEAU

With finals coming up, we are all going to have our share of struggles and victories as we push forward and reach for our goals. One of the best things you can do for yourself during this stressful time is to make sure you are treating yourself well. Get plenty of rest, water, and good food. Treating yourself to a new experience or new foods is a great way to help you reset and relax after a strenuous bout of studying. To make it easier for you to get out there and enjoy the city this month, here are a couple of suggestions that are certain to keep you entertained and satisfied.

Moscow Nights

808 Pleasant St, Worcester Ma 01602
Phone: 508-799-0751

Stop into this little shop in Newton Square to experience an amazing brush with Russia. The shop, owned by a Russian couple, is chock full of exotic pastries, breads, drinks, candies, and assorted packaged foods. Head on up to the deli counter and ask for recommendations to make your own authentic Russian lunches. The Russian sandwich recipe, directly from the owner, consists of White Russian bread, Russian cheese called *Rossiysky*, Sliced tomato, and butter. This sandwich, for all of its simplicity is a complicated mixture of several strong, delicious flavors. To finish off your freshly devoured lunch, take a look in the freezer case by the front door. There are a variety of frozen treats that are sure to provide the perfect finish to your meal. If cold treats are not your thing, there is a massive display of chocolates and candies that occupies almost half of the store. Either way, you are sure to feel good after meeting the owners or other patrons in the shop and learning a little bit about Russian culture.

Moscow Nights is open Tuesday through Saturday from 10AM -7PM and Sunday from 10AM-2PM.

Khatta Mitha

291 Turnpike Road (Route 9 West), Westborough, Ma 01581
Phone: 508-366-0060

Khatta Mitha on route 9 in Westborough is a very unique experience here in Massachusetts. While most Indian restaurants in the area are happy to serve authentic cuisine, Khatta Mitha is the only restaurant that serves authentic Indian sweets, or *mithai*. It took several tries to find authentic Indian *mithai* that could live up to the standards of folks who have actually purchased *mithai* on the streets of Delhi or Mumbai. You will often hear advice telling you to ‘avoid this’ or ‘avoid that’ when looking at frozen sweets at local Indian markets simply because they will not taste like the real thing. Khatta Mitha, on the other hand, specializes in authentic. When you walk into the restaurant, you will notice that they serve Indian snacks, *Chaat*, and Indo-Chinese food (which is very popular on the Indian continent). The most prominent thing that you will notice upon entering, however, is the *mithai* case. Two full, large counters packed to the brim with all varieties of Indian sweets. Everything is there from *gulab jamun*—A popular sweet consisting of a ball of cooked, condensed milk that has been soaked in a syrup of Sugar, rose, saffron and water, to *petha*—small, bite sized pieces of winter melon (squash) that has been soaked in sugar until the texture of the squash becomes heavenly. The biggest draw, however, are the *jalebi*, flavored pastry dough that is piped directly into a hot fryer before being removed and dipped in syrup. It is only ever advisable to enjoy *jalebi* straight from the sweet makers or *halwai*, in the shops in India; however, it is easy to see that Khatta Mitha know what they were doing when they set up shop. Make sure to order when they are making the *jalebi* fresh, and you are guaranteed to be taken on a delicious journey.

Kattha Mitha is open Tuesday through Sunday from 11am- 3pm and from 5pm-10pm.

Tacos Acapulco

344 Boston Turnpike, Shrewsbury MA 01545
Phone: 508-425-3593

Tucked into a small plaza on route 9 is one of the best spots to go with your college friends. Tacos Acapulco is an authentic Mexican restaurant serving up traditional recipes and lots of fun. The restaurant’s proprietor, Ramon, creates fresh handmade juices every morning before the restaurant opens. This is normally not a unique thing for a restaurant to do but take into account the fact that the juices are very exotic and you have something truly special. Order a fresh pineapple, cantaloupe, or tamarind juice with your meal and you will see exactly why Ramon has a loyal customer base. The food at Tacos Acapulco is about as close to Mexican street food as you can get here. The restaurant serves traditional meats such as *Al Pastor*, tongue, and Mexican sausage that you can put on almost any food on the menu. The enchiladas, tacos, tortas, and flautas are excellent, but the tamales are the hottest item around. Be sure to head in with a group of friends to play “Hot Sauce Roulette”, where one taco out of many will have just a few drops of the hottest hot sauce available. You don’t have to sign a waiver for this, but it would probably be a good idea! If you survive the game, be sure to order the fried plantains with cream as a reward for being so brave.

Taco’s Acapulco is open daily from 11AM- 10PM.

Belmont Vegetarian

157 Belmont St, Worcester MA, 01608
Phone: 508-798-8898

Another hidden gem in the city of Worcester is Belmont Vegetarian Restaurant, simply called Belmont Veg by admirers across the country. This small, one man operation is sure to satisfy even the most carnivorous members of your family. This meat-free, vegan, ‘soul food’ restaurant is so diverse and yet so simple with its food offerings that you are bound to find something to love. On a daily basis, the owner- Steve, lovingly creates delicious vegetarian dishes to serve to his many fans and devout customers. Working completely on his own he creates wonderfully delicious Jamaican and American foods that feature wholesome grains, rice, and mock meats. If that all sounds too healthy for you, don’t worry, it certainly doesn’t taste like it is good for you. These foods are so complex and delicious that you will swear you are eating a batch of real pepper steak or sweet and sour chicken by the Jamaican roadside. The portion sizes here are huge and the prices are small. The menu changes daily up on the old chalk board sign on the wall; call ahead if you want something specific. While you are there, take a moment to meet Steve in person when he isn’t busy cooking up a storm, he is always willing to talk and has plenty of things to share and say.

Belmont Vegetarian Restaurant is open Tuesday to Saturday from 11AM to 10PM



MOVIE REVIEW

WARM BODIES

BY CAITLYN LAMBERT

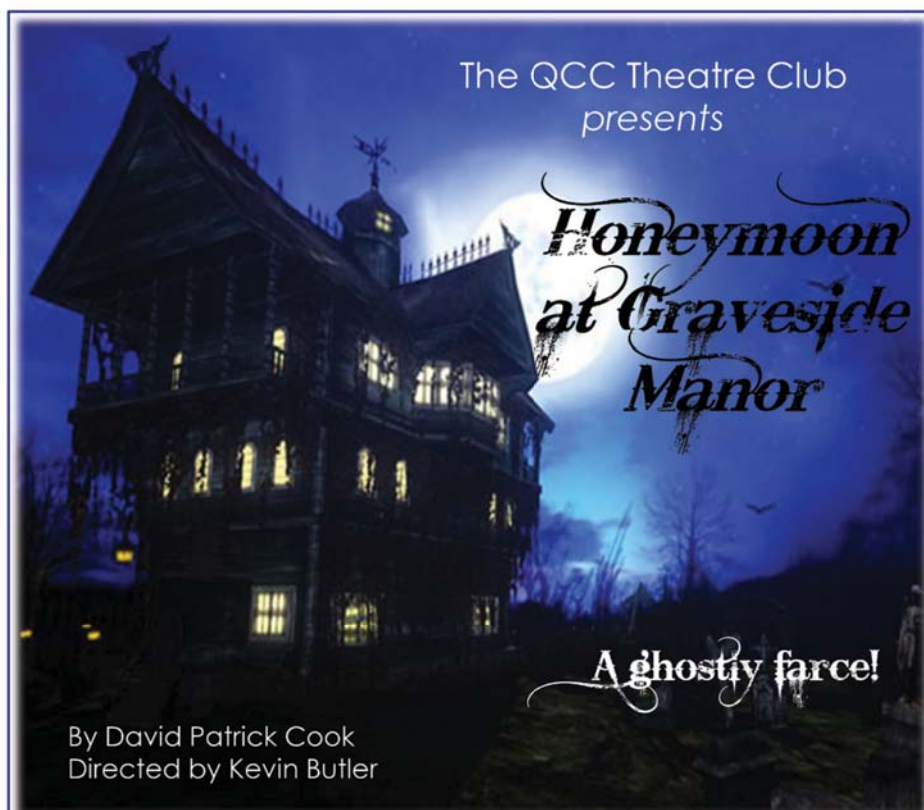
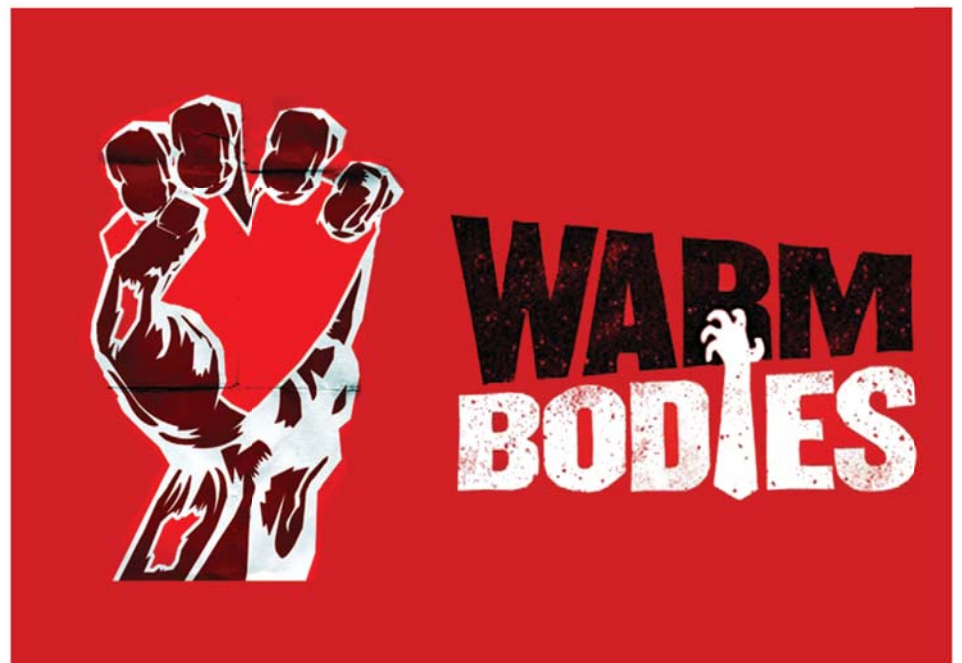


While *Warm Bodies* probably won't be winning any awards for its unique storyline, it is able to provide the main purpose of a movie-to entertain. The movie is set in a post-apocalyptic zombie infested Earth, and the main character, R, is one of those zombies. Throughout the beginning of the movie, you see what an average day is like for R, and how he's different then most of the zombies that are usually portrayed on the big screen. R is shown to collect objects, have friends, and even some humor about things in his so called "life". But there is still one thing that he needs, that every zombie needs, brains. On one of R's meal hunts, he meets the lovely Julie, who is the daughter of the main man leading the zombie resistance. Due to circumstances, R ends up bringing Julie back to his "home" and they start to fall for one another.

Now, the overall story is pretty much Romeo and Juliet with zombies, but this movie does make it up in other ways. One thing that was really refreshing is to see a movie do inner dialogue in a way that didn't distract you from the movie. Since zombie's aren't very well known for talking, most of R's thoughts were voiced over, and this actually felt natural in this film. Another thing that was interesting was that when zombies eat someone's brain,

they retain memories from that person's life. This was one of the key items that helped the movie along, and was intriguing to watch play out. The movie was also able to overcome the boring, overdone love story. It had action that pulled you in, but even the romantic parts were interesting to watch.

There are a couple other things that I wish the movie had offered; a little more dialogue between R and Julie, and more of an explanation for some of the back story. However, I will give it credit for actually making a better monster love story than what has been coming out lately. Overall I would give this movie a four out of five stars.



Tuesday, April 23 at 7:00 p.m.
Wednesday, April 24 at 7:00 p.m.
Friday, April 26 at 7:00 p.m.

\$5 General Admission
at
Hebert Auditorium
QCC Main Campus
670 West Boylston Street
Worcester

Marian Thorncraft is looking forward to her honeymoon with new hubby, Tyler. She pictures someplace romantic, secluded and cozy. No sooner have her feet touched the ground after being carried over the threshold than she discovers her love nest is really a one-time mortuary!

A daffy maid, a ghost with a hatchet, an escaped lunatic and three teenagers playing a Halloween prank make this show a MUST SEE!

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**



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



**Graduating?
Seeking summer
employment, job or
a Co-op?**

Career Placement Services

Whether you're looking for a summer job, a co-op/internship or a full-time job after college, the process of looking for the position (and employer!) that's right for you involves developing a strategy.

Let Career Placement Services help you to achieve your goals!

- Do you have a resume?
- What about a cover letter?
- Are you ready for an interview?

We offer workshops on a wide variety of topics. To find out more information, visit us on the Q.



Visit us on the Q (Student Services → Career Placement Services)
or stop by our office in Room 272A

Phone: (508) 854-4439

Email: careerservices@qcc.mass.edu

WYVERNS BASEBALL

2013 SCHEDULE

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

QUINSIGAMOND COMMUNITY COLLEGE								
WYVERNS BASEBALL 2013								
#	PLAYER	YEAR	HT	WT	B / T	POS	HOMETOWN	HIGH SCHOOL
1	Antonio Chionchio	FR	6' 0"	160	R/R	C / OF	WORCESTER	ST PETER MARIAN
2	Rafael Reyes	SO	5' 6"	150	L/R	2B	WORCESTER	DOHERTY
3	Matt Lavin	FR	5' 7"	140	R/R	OF	WORCESTER	BURNCOAT
4	Ryan McNight	FR	5' 7"	135	L/R	INF	MARLBORO	ASSABET VALLEY TECH
5	Anthony Wightman	FR	5' 10"	155	R/R	INF / P	WORCESTER	WORCESTER TECH
6	John Boyd	FR	5' 10"	180	R/R	INF / P	WORCESTER	WORCESTER TECH
7	Kevin Espanet	FR	6' 2"	170	L/R	SS / 2B	HOPEDALE	HOPEDALE HIGH SCHOOL
8	John Jakaitis	FR	5' 8"	140	R/R	INF	WORCESTER	WORCESTER TECH
9	Patrick Daoust	FR	6' 1"	141	R/R	INF / OF	AUBURN	MARIANAPOLIS PREP
10	Joe Lundberg	FR	5' 9"	170	R/R	INF / P	WORCESTER	WORCESTER TECH
11	Matt Carroll	SO	5'11"	165	R/R	OF	DOUGLAS	DOUGLAS
12	Anthony Casella	FR	5' 8"	185	L/L	OF	CHARLTON	BAY BATH TECH
13	Mike Mastrototaro	SO	6' 3"	235	R/R	1B	WORCESTER	WORCESTER TECH
14	Nick Riseman	FR	5' 11"	170	R/R	INF / OF	BOLTON	NASHOBA REGIONAL HS
15	Tom O'Rourke	FR	5' 7"	160	R/R	INF	MILFORD	MILFORD HIGH SCHOOL
18	Jake O'Donnell	FR	5' 11"	200	R/R	C / 3B	WORCESTER	HOLY NAME
19	Tim Padeni	FR	5' 9"	190	R/R	P / OF	LEICESTER	LEICESTER HIGH SCHOOL
20	Josthim Gonzalez	SO	6' 2"	195	R/R	P	WORCESTER	LYNN TECH
21	Justin Manzello	FR	5' 11"	195	L/R	OF	OXFORD	OXFORD HIGH SCHOOL
22	Dylan Pond	SO	6' 2"	215	R/L	P / 1B	HUBBARDSTON	QUABBIN
23	Sean McGrail	FR	6' 1"	193	R/R	P / OF	WORCESTER	BURNCOAT
24	Mark Chapalonis	FR	5' 8"	185	R/R	INF / OF	ATHOL	ATHOL HIGH SCHOOL
25	Mike Ryan	SO	5' 11"	215	R/R	C /DH/1B	HUDSON	HUDSON
26	Brandon Napolitano	FR	5' 11"	170	R/R	P / INF	MAYNARD	CONCORD-CARLISLE
Head Coach: Mike Fusaro				TEAM MANAGERS:				
Assistant Coach: Tony Scola								
Assistant Coach: Rene Van Beekom								
Assistant Coach: Spencer Donovan								



SUBMITTED BY SUSAN JOHNSON MSN RN,C

HEALTH & WELLNESS

A young woman went to her grandmother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved a new one arose. Her grandmother took her to the kitchen. She filled three pots with water. In the first, she placed carrots, in the second she placed eggs and the last she placed ground coffee beans. She let them sit and boil without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl. Turning to her granddaughter, she asked, “Tell me what do you see?”

“Carrots, eggs, and coffee,” she replied.

She brought her closer and asked her to feel the carrots. She did and noted that they got soft. She then asked her to take an egg and break it.

After pulling off the shell, she observed the hard-boiled egg.

Finally, she asked her to sip the coffee. The granddaughter smiled, as she tasted its rich aroma. The granddaughter then asked. “What’s the point, grandmother?”

Her grandmother explained that each of these objects had faced the same adversity-boiling water-but each reacted differently.

The carrot went in strong, hard and unrelenting. However after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior. But, after sitting through the boiling water, its inside became hardened.

The ground coffee beans were unique, however. After they were in the boiling water they had changed the water.

“Which are you?” she asked her granddaughter.

“When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?”

Think of this: Which am I?

Am I the carrot that seems strong, but with pain and adversity, do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff?

Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and a hardened heart?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor. If you are like the bean, when things are at their worst, you get better and change the situation around you.

When the hours are the darkest and trials are their greatest do you elevate to another level?

—AUTHOR UNKNOWN

The happiest of people don't necessarily have the best of everything; they just make the best of everything that comes their way. Who will you be?

RADON: WHAT LURKS BENEATH YOUR HOME!

By KAREN TADRY

RESPIRATORY CARE, CLASS OF 2013

Today, the number one killer in the United States is heart disease and cancer is the second leading cause of death in the United States¹ Of all the different types of cancers, most individuals in the United States die of lung cancer.² With these frightening statistics, it is important for us to know what environmental factors contribute to this equation.

Most people are aware that the leading cause of lung cancer is associated with smoking. However, most are not aware that there may be another, silent cause of this deadly disease lurking in their homes. Radon is a colorless, odorless, tasteless, radioactive gas that comes from the breakdown of uranium, rock, and water in soil.⁴ This gas is then released into the air that we breathe through cracks in walls, floors, and foundations and may seep into water supplies.⁴ It is estimated that 20,000 people die each year from exposure to Radon.³


The good news is that you can protect yourself from exposure to this dangerous carcinogen. Testing kits are available for purchase. These test kits are easy to use and identify the presence of Radon in picocuries per liter of air. Kits are also available for testing your water supply. The Environmental Protection Agency suggests that people start with a short-term testing kit. The short-term testing kit remains in the home anywhere from 2-90 days.⁴ Based on the results of the short-term testing, a long-term testing kit, which remains in the home for more than 90 days, is recommended.⁴ It is recommended that everyone get professional assistance for testing and removal of Radon.⁴

If your home tests positive for Radon, corrective measures must be taken to help reduce your risk of getting lung cancer. There are many techniques that can be used to eliminate your exposure. One of the more common corrective actions is a piping system that vents the hazardous gas from beneath your home.⁴

There are numerous resources that can help identify and rectify problems associated with Radon. The Massachusetts Department of Public Health has a toll-free line to assist people with questions regarding Radon. Their number is 1-800-RADON⁹⁵. The environmental protection agency also has available resources. These resources are available by phone at 1-800-SOS-RADON. In addition, the American Lung Association, known for their advocacy with the Clean Air Act, publishes resources and information can be found in their web site: www.lung.org.

We are already exposed to a variety of hazardous substances in the home, workplace, and in the environment. Radon is just another culprit. However, exposure to Radon is preventable and steps must be taken to prevent diseases caused by this invisible, deadly gas.

1. “FASTSTATS.” Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, 11 Jan. 2013. Web. 02 Mar. 2013.
2. “Lung Cancer Statistics.” Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, 20 Dec. 2012. Web. 02 Mar. 2013.
3. “Radon-Stopping the Silent Killer.” American Lung Association. American Lung Association, 21 Feb. 2013. Web. 3 Mar. 2013.
4. “A Citizen’s Guide to Radon.” Environmental Protection Agency. Environmental Protection Agency, May 2012. Web. 03 Mar. 2013.



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





Can I Haz Cheezburgerz?

By Bill Jellesma

We’ve all been in this situation: we’re on YouTube to watch a helpful tutorial on how to hack into the computers at the Chuck. E Cheeses (well, maybe that’s just me) and when we reach the end of a video, rather than do the responsible thing and get off YouTube, we see a related video that looks interesting, such as how to hack into the computers at Disneyland. From these hacking videos, we just keep clicking on the related videos until we reach a video that is so off topic that you can’t even remember how you got there. From the hacking videos you go to a computer programming video, to a video on a government program, to a political video, to a political spoof video, to a sitcom bloopers video, to an episode of Garfield, to a video of a cat. It always ends with a video of a cat asking to haz cheezburgerz.

It seems like a terrible decision to go from video to video until you reach the inevitable cat video, and it would be a terrible decision if these were 40 minute videos. The problem is that these videos are not 40 minutes, but the average length of a video is about four minutes, which is a number we can rationalize a lot better in our cat-riddled heads. So, instead of jumping over to Netflix to watch a quality hour long episode, we instead choose to

watch 10 low-quality videos of amateurs trying to do the Harlem Shake.

It would all be worth it if we were watching tutorials the entire time and actually learning something while we’re wasting so much time, but we often watch a video with no value like a guy eating an orange (that is, unless you don’t know how to eat an orange). For example, I used to play a lot of video games as a kid and rather than replaying these video games which I still have lying around, I find myself watching videos of other people playing video games that I’ve beaten about 20 times. I guess I enjoy yelling at my computer screen to try to tell the person in the video to go left.

Don’t get me wrong, I would say that there is a lot of very useful content out there on YouTube. I believe that YouTube is a great aid to a student’s learning and even gradually replacing TV, but YouTube can be a huge distraction (I actually have a separate browser tab for YouTube open right now) and needs to be viewed in moderation, lest we want to end up like the stereotypical pale guy that hasn’t seen the light of day in a month sitting in a computer chair.

Future Focus Program

By AUGUSTINE KANJIA

Kirsten Daigneault, the Future Focus Program Coordinator at Quinsigamond Community College, understands that entering college for the first time can be a challenging task, particularly if you do not know what to expect.

“Often the gap between achieving the high schoolequivalencydiplomaandenteringcollege can seem enormous,” she said during a recent interview. “The Future Focus Program has been designed especially for those who are interested in exploring opportunities in higher education, but may be unsure about what the college experience entails.” The program is designed to ease this transition and help students explore both career and personal interests as they complete their certificate or degree, she added.

Program participants may enroll in day or evening programs, and they must successfully complete at least three courses for a total of 9 to 12 credits. Those courses include, ORT 110 Strategies for College and Career (which includes an online component), an English course – as determined by the Accuplacer (English 091/096, or 101), a math course – also determined by the Accuplacer (Mat 095, or 099

or 100), and a computer course (CIS 111.).

Once students have been accepted, the program pays for the cost of the tuition, fees, and books pertaining to the Future Focus classes. The program may also pay for City of Worcester MBTA bus passes if needed by a student.

Future Focus students first participate in a program orientation, attend an ongoing orientation seminar, and regularly meet with other peer mentors and the Program Coordinator. “Future Focus students take courses together as a group,” Ms Daigneault explained. “There are three hour and three credit transferrable classes that must be taken at the Worcester Campus.”

The program must serve adults who were enrolled previously in Department-funded Community Adult Learning Centers and who meet the following criteria: Have received a General Educational Development Test credential, an adult diploma, or a United States High school credential and have placed into Intermediate Writing Skills (English 096) and Basic Algebra (MAT 095) per the Accuplacer and have a 400 on the MAPT Math and a 500 on the MAPT Reading.

Funding is provided for thirty students per

year at fifteen students each semester. Of those students twenty four must come from Massachusetts Department of Elementary and Secondary Education funded programs and have a SMART ID. The other six students may come from any program in Massachusetts as long as they meet the entrance criteria. It is funded through a grant from the Massachusetts Department of Elementary and Secondary Education.

Since the Future Focus Program started in 1999, it has provided intensive assistance. Ms. Daigneault said she graduated from QCC 21 years ago, and it has been fantastic working with the college. “I have received so much, so I love to give back,” she said. “I currently have 44 students this semester. I am proud of every student.”

The Future Focus Program is supported by QCC, and that is why it is so successful. “We are about students, we are about the mission of QCC, we are about student’s progress,” Ms. Daigneault said. “It works; we do foster students’ progress.” There’s a lot of joy for showing the way to a golden ticket: getting a certificate or degree. “Sometimes there are barriers such as transportation and kids, which all may be surmountable, but endurance is the word,” she concludes. “When it gets harder, then you get tough. It took me 17 years to get my Masters, no one will take it from me... it’s mine.”

Her last bit of advice: don’t give up!

Kirsten Daigneault could be contacted at Tel: 508-854-4353 or (kdaigneault@qcc.mass.edu)



Transfer



News



ON-CAMPUS TRANSFER VISITS:

Monday, April 1st

Nichols College

9:00 am - 12:30 pm HLC Counter

Tuesday April 9th

Worcester State University

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

Tuesday, April 16th

Bay Path College

10:00 am - 1:00 pm HLC Counter

Nichols College

9:00 am - 12:30 pm HLC Counter

Worcester State University

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

Monday, April 22nd

Bay State College

10:00 am - 1:00 pm HLC Counter

Worcester State University

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

Tuesday, April 25th

Springfield College

10:00 am - 1:00 pm HLC Counter

Wednesday, May 1st

Nichols College

9:00 am - 12:30 pm HLC Counter

Worcester State University

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

Thursday, May 2

UMASS-Lowell

10:00 am - 1:00 pm HLC Counter

Paul Smith's College

9:30 am - 12:30 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

Introducing a NEW program offered through QCC Transfer Services:

Small workshops about transfer topics
important to QCC students

272A Conference Room

Monday, April 8th 10-11 a.m.

Transferring with an Associate Degree vs. Transferring Without
an Associate Degree: What are your Options?

Thursday, April 18th 3-4 p.m.

Transfer Agreements: What are Mass Transfer & Articulation
Agreements?

Wednesday, April 24th 11 a.m.-12 p.m.

Searching for Colleges: Important Details to Consider when
Transferring

Wednesday, May 1st 2-3 p.m.

Transferring with an Associate Degree vs. Transferring Without
an Associate Degree: What are your Options?

Friday, May 10th 10-11 a.m.

Transfer Agreements: What are Mass Transfer & Articulation
Agreements?

Monday, May 13th 1-2 p.m.

Searching for Colleges: Important Details to Consider when
Transferring

Tuesday, May 21st 9-10 a.m.

Transferring with an Associate Degree vs. Transferring Without
an Associate Degree: What are your Options?

Wednesday, May 29th 12-1 p.m.

Transfer Agreements: *What are Mass Transfer & Articulation
Agreements?*

It's Time to VISIT!

PROVIDENCE COLLEGE:

TRANSFER INFORMATION SESSION

If you would like to learn more about the transfer process at Providence College, please join us for a Transfer Information Session.

Date: WEDNESDAY, APRIL 24

Time: 5:45 p.m. (An optional tour will be offered at 5:00 p.m.)

Location: HARKINS HALL ROTUNDA

You will have an opportunity to hear from a current student who will share his recent transfer experience and acclimation to Providence College. Our transfer counselor will speak about the application and review process and be available for questions.

PLEASE REGISTER AT: <http://www.providence.edu/sce/Pages/transfer-student-info-form.aspx>
or call: 401.865.2487

Representatives from both the Undergraduate Day School and the School of Continuing Education will be available to discuss transfer options. If you have questions please call Sandra Miller, Coordinator of Transfer Admission, at 401.865.1285. We look forward to meeting you.

STONEHILL COLLEGE:

TRANSFER FRIDAY OPEN HOUSE

If you would like to learn more about the transfer process at Stonehill College, please join us for a Transfer Information Session.

Date: APRIL 12 & May 3

Time: 1:00 p.m.

Location: IRISH STUDIES LIBRARY, DONAHUE HALL

PLEASE REGISTER AT: <http://stonehillcollegeadmissions.org/visit/>

Stonehill College now awards \$10,000 in Transfer Merit Scholarships to students who have completed at least one year of study and have received at least a 3.5 GPA.

THE UNIVERSITY OF MAINE:

OPEN HOUSE

Date: MONDAY, APRIL 15

PLEASE REGISTER AT: <http://umaine.edu/> or call 207.581.1555
508-854-4404 -Email: transfer@qcc.mass.edu - Website: <http://www.qcc.mass.edu/transfer/>

Walk-In Transfer Sessions

PLANNING TO TRANSFER?

USE YOUR WITS! – Walk-In Transfer Sessions

“How do I transfer?”

“Where can I go?”

“What classes can I take, and how will they be accepted?”

These are just a few of the questions students ask when they begin thinking about transferring to a four-year college.

Get answers to these questions, and develop your transfer plan, by walking in to any WITS meetings this semester. These are drop-in sessions—no appointment needed, stay 5 minutes or 50, and attend as many times as you'd like.

TRANSFERRING TO WORCESTER STATE UNIVERSITY?



They're down to the LAST few transfer visits this semester!!!

These casual one-on-one meetings are PERFECT opportunities to ask questions about transferring to WSU, get a quick evaluation of transfer credits and plan your move to Worcester State for the fall semester. Be sure to bring a copy of your QCC transcripts—print these at the portal or get an unofficial copy at Registrar's Office, Room 152A.

Worcester State University will be in attendance at all Walk-In Transfer Sessions EXCEPT 4/4:

Thursday, April 4th, 12-2 p.m.

Tuesday, April 9th, 12-2 p.m.

Tuesday, April 16th, 10a.m.-12p.m.

Monday, April 22nd, 10a.m.-12p.m.

Wednesday, May 1st, 10a.m.-12p.m.



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!

PTK BOWL-A-THON raises \$8,000



On Sunday, March 3rd, 2013, Phi Theta Kappa held its 5th annual Bowl-A-Thon at AMF Auburn Lanes. We had over 70 excellent raffle prizes, ranging from tickets to athletic events, to gift certificates to various area businesses, to (2) \$500 tuition waivers to QCC. Though we are awaiting the business office's final determination, the net amount of money raised is in the \$8,000 range. This year, we have arranged to donate all proceeds to the ALS Champion Fund at UMass Medical Center, to support the research of world-renowned neurologist Dr. Robert Brown.

ALS is a motor neuron disease, which causes progressive muscle weakness--ultimately leading to paralysis and death. Little is currently known about this class of diseases, and in the case of ALS, treatments are capable of extending life by only a few months. Notable sufferers include theoretical physicist Stephen Hawking, former New York Yankees player Lou Gehrig, and former Massachusetts Governor Paul Celluci.

As the chairperson of this event, I would like to thank all who volunteered to help, as well as everyone who donated money or raffle items, and say that we succeeded in raising a substantial sum of money for a truly great and under-recognized cause.



ENG 102, Section 10
English Composition and Literature II
for **Criminal Justice Majors**
Monday, Wednesday, Friday
11-11:50 a.m.

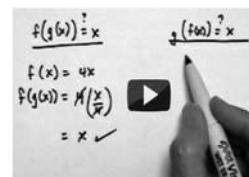
Dear Criminal Justice Students:

If you need to take ENG 102, I hope that you will join me during fall 2013 in **ENG 102, section 10, a composition course which is specifically for CJ majors.** Students in this class will receive 3 credits, and read and write about literature—the same as they would for a regular section of ENG 102. The difference is that all of the course readings and assignments will be related to the theme of criminal justice. This is a closed course, so you need a faculty advisor or advisor in the Advising Center to register you. If you have any questions about the course, you're welcome to contact me.

Sincerely,
Amy Beaudry Professor of English
abeaudry@qcc.mass.edu
508-854-7493



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
College Algebra	for Scientists and Engineers
Precalculus	Calculus I

Instructors

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

For more information contact:

Professor Denise Robichaud
QCCmath Channel Coordinator
drobichaud@qcc.mass.edu

What’s too tight and how low is low?

By Bev Pettiford

Comfortable, professional and appropriate; which one of these words describes your college wardrobe? The Open Door Question of the Month, “should there be a dress code on campus”, is being asked because although most students seem to be able to create their ensemble with taste and style, others perhaps are not paying attention to the boundaries. How tight is too tight for leggings and how low should “swag jeans” go? When is there too much mid-section showing, and how do we determine when the scoop or V neck is too revealing?

As students we have a few things in common, learning, studying, getting a degree and being rewarded for our efforts with a nice paying career. But are we preparing ourselves for the REAL world. What does your choice of outfits say about who you are? Did you know that your clothing, or lack of, can also affect the way you work? Relaxed dress codes can sometimes lead to people not knowing their boundaries. Pushing the boundaries may cause distractions and uneasy feelings that are not usually tolerated in the work place.

Perhaps in high school Uggs, sweats, and North Face were acceptable. However, in today’s work place these items are no longer considered presentable. So whether you are at your desk, going to college, or maintaining an internship you must look presentable.

So what kind of attire are employers looking for in a potential employee? I think it’s safe to venture that leggings, short tops, shorts that do not measure more than four inches down the thigh, a low cut tank top, jeans around the mid- thigh hanging with just the belt holding them in place and showing your designer boxers are not the outfits that employers are looking for. Rather a nice pair of pants, dress or skirts with some length, shoes or boots, button down shirt with a jacket, blouses with a scarf, or vest can be very relaxed as well as stylish. Slacks with a sweater or suit coat jacket can enter you in the dress to impress contest at your local college.

Some may beg to differ that on a student budget buying professional clothing can be too costly. However, you may find shopping at thrift shops or consignment shops will get you and entire outfit, or perhaps the items that pull the look together at an affordable price. What is appropriate? Do you ask yourself if showing an excess amount of skin is appropriate for the college campus? If your shorts say “beach bum” does it indicate that maybe that is the place to wear them? Do you consider what fellow students and professors think when seeing you’re boxers, you’re mid- section, or the shape of your bodies, being etched by skin tight leggings? Are you preparing for a professional career once you have your degree? Dressing to impress can take you a long way... Now and after graduation.

Open Door Question of the Month:

Do you think there should be a dress code on campus?



Melvin Smith
“This is not high school. We should be able to do as we do, just get your work done that’s all that matters. Leggings are played out now, time for the girls to wear some spring colors”

Philomina Kusi
“Students need to respect one another and realize that professors are only human. Some of the male professors are married, but when the females dress with too much flesh showing, they are tempted to look.”



Mike Mongeau
“I like Naked Green Machine drink as long as people are not naked-- it’s fine with me. I would not be happy with a dress code; if I can’t wear jeans and a T shirt then I’m out!



Marcy
“How you dress for school is the perception of who you are going to be in the work force; a reflection of who you are. The swag look is not one that cannot be taken seriously and students should be a little more serious about how they look. I feel that even tank tops can be worn in an appealing way, maybe with a scarf or added top to show good taste.”

Kevin Butler, Assistant Dean of Students
“Students should dress professionally though I’m not sure about having a dress code on campus without a dialogue about professionalism [with students first].”

Tod Miller
“I take issue with its ability to be enforced. What, would we hire personnel to walk around on campus equipped with big gray smocks? I appreciate the sentiment of the proposal, but we should focus on academics and graduation/retention rates.”

Patrick Remy
“I am not impressed with the “Swag” look, it’s not professional. And I would rather not see women in tight leggings.”



Cathy
“I would not bring a swagger home to meet mom!”



Brianna Strong (left)
“As long as the outfit is appropriate then there is no need for a dress code. Swaggers need to pull their pants up and shorts need to be a certain length for school!”

Imani Yassin (right)
“Swagger’s should not show their underwear. It’s not cute.”





Puzzles

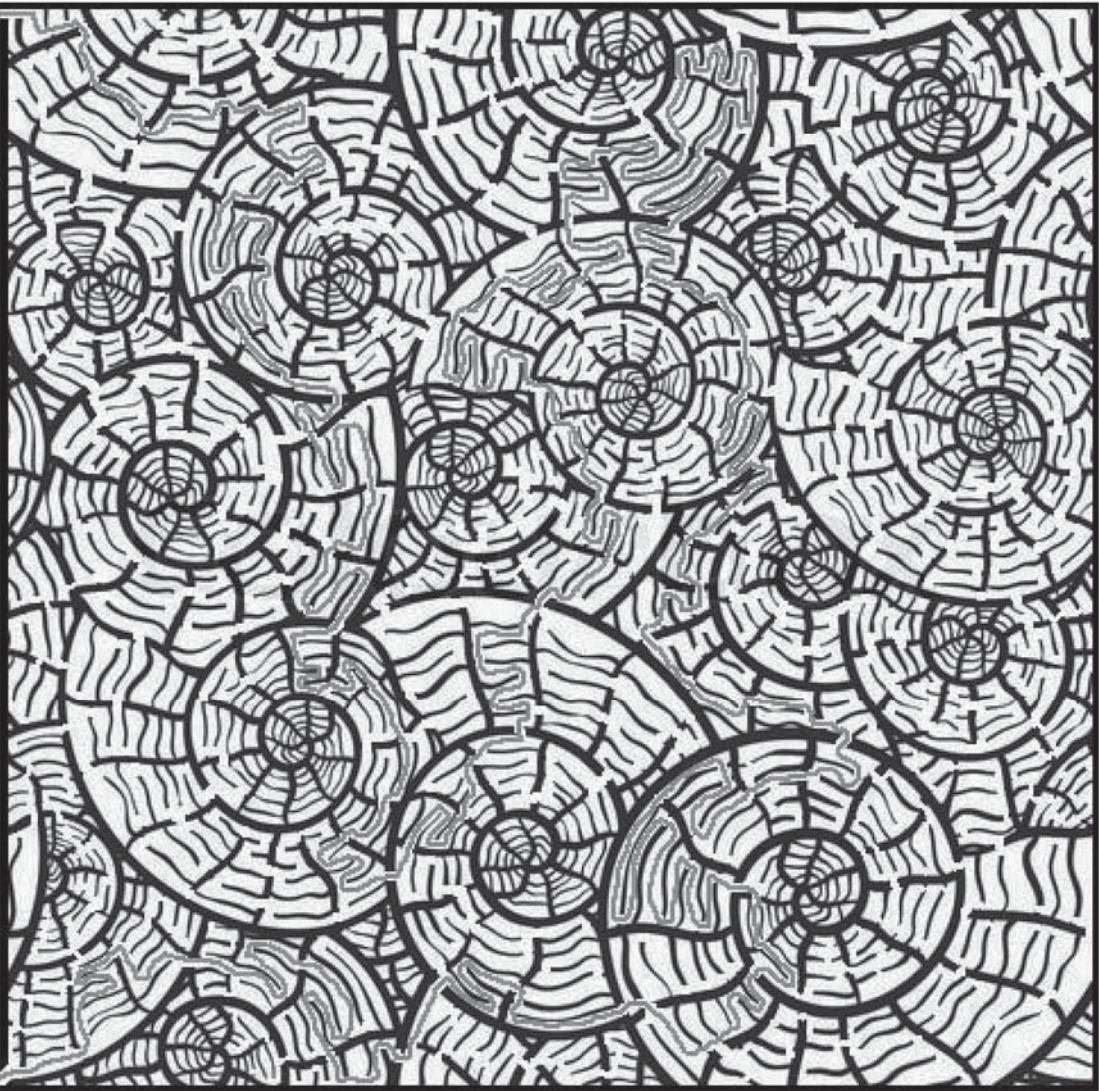
By JOE MOGEL

Solution for March Puzzle

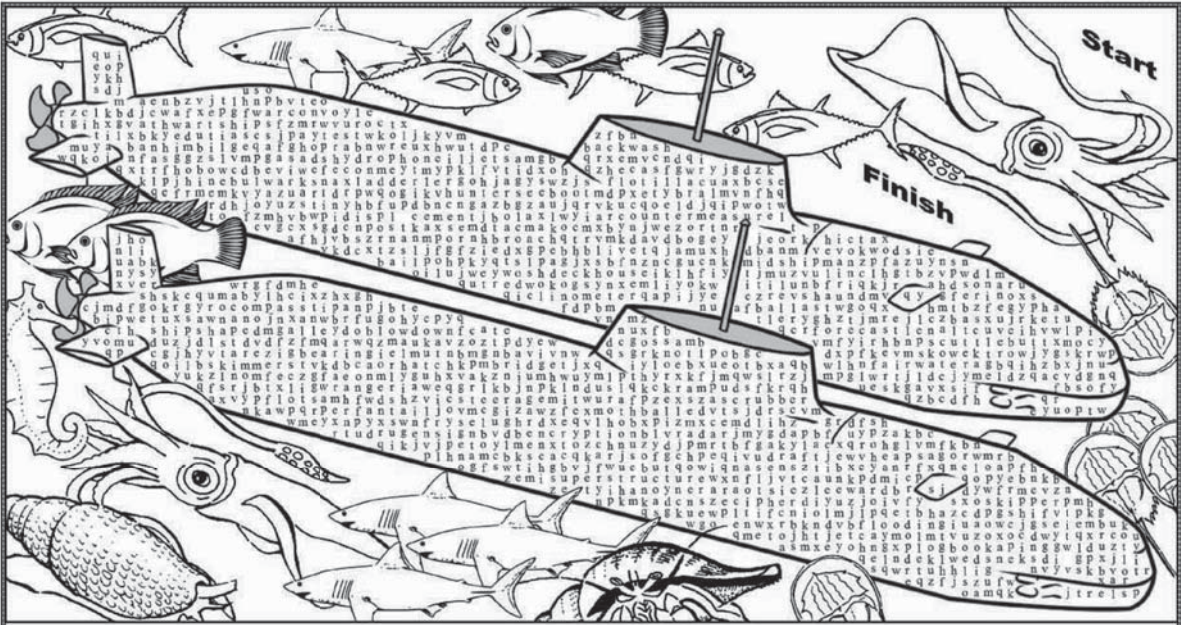
Start

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

Finish



April Puzzle



To solve the these two puzzles, you must first find all the hidden words in the submarines, then make your way through the maze of fish. Good luck!

Start

Finish

Abaft

Admiralty

Astern

Athwartships

Aweigh

Backwash

Ballast

Battalion

Battery

Beam

Bearing

Bilge

Binnacle

Blivet

Blowdown

Bogey

Boomer

Bow

Bridge

Brig

Brigade

Broach

Bulkhead

Bulwarks

Captain

Cipher

Clinometer

compartment

Condenser

Conning

Convoy

Countermeasure

Deckhouse

Displacement

Dolphins

Draft

Dungarees

Encryption

Ensign

Fairwater

Fantail

Fathom

Flooding

Flotilla

Flotsam

Forecastle

Galley

Gangway

Gunner

Gyrocompass

Hangfire

Hatch

Head

Hydrophone

Hydroplanes

Jetsam

Jettison

Keel

Knot

Ladder

Leeboard

Lifer

Logbook

Magazine

Maneuver

Midshipman

Mothballed

Muster

Overhead

Passageway

Periscope

Ping

Platoon

Port

Radar

Range

Scram

Scrubber

Scuttlebutt

Semaphore

Shears

Shipshape

Skimmers

Skipper

Snorkel

SONAR

Spooks

Starboard

Steerageway

Superstructure

Tomahawk

Torpedo

Trim

Unterseeboot

Wardroom

Watch

Yardarm

22 - April 2013

Radiology Students Volunteer at Worcester Arts Magnet School

On Wednesday February 27, 2013 a group of Radiologic Technology students volunteered to judge the 5th and 6th grade science fair and engineering expo at Worcester Arts Magnet School.

These Students gave up precious clinical time and some drove many miles out of their way to help the school with this large project. I have enclosed the e-mail sent to me from the Assistant Principal in charge of the whole program.

The following students volunteered:

Jennifer Bacigalupo, Melissa Castonguay, Megan Comee, Courtney Henrie, Caitlin Hill, Brian Greene, Micah Levine, Kate Riddle and Liz Vedduccio

Literacy and Science at the Quinsigamond Children’s School

Submitted by Karyn Kachadoorian and Christine Porth

The children in Classroom One at the Children’s School are very interested in storytelling and story writing. We noticed that quite a few children have been interested in having their ideas written down in story form. We have read the children’s stories at group time. We began discussing the parts of a book as well as writers as authors and illustrators who draw the pictures. We have also begun an author study. We selected an author for the week and read several books by this same author. We provided photos of the author along with a short biography so that the children might develop an awareness of authors as real people.

As we explored many authors throughout the following weeks, the children learned about individual styles of the authors in the choice of subject matter for their books as well as similarities in the techniques used to illustrate the books read. The children have begun to see themselves as authors and illustrators of their own stories. This interest in story telling has encompassed many more children in both groups. We have compiled their stories collectively in a classroom book. Each child’s story has a small picture of themselves as the author. This way, children can look through the book and identify which author’s story they would like to have read. The children are developing sound literacy concepts as they begin to understand about authors, illustrators, and the parts of a book. They also are learning about literacy concepts involving print and the written word as symbols that carry meaning and can be read back.

The children in Classroom Two have been very busy exploring and experimenting with outdoor thermometers and movement. The children discovered the red liquid in the thermometer goes up when in the warm water and down when added to the ice bucket. They also discovered that they can use their breath to

move materials such as feathers and bottle caps down the table, some where harder to move than others but they persevered.

We walked to the gym this month where the children were able to dispel some of their pent up energy with all this tumultuous weather. Children were able to do large muscle activities such as playing ball, hopping on balls, using hula hoops and tumbling on the mats. Hopefully spring will get here soon

With the Spring Semester upon us we are again fortunate to have students from the Early Childhood program in the classroom. The college students have taken on the lead teacher roll and are implementing their own curriculum as we slowly step back



and let them shine. This gives them an opportunity to put into practice all they have learned in the fall.

For additional information about the Children’s School contact janel@qcc.mass.edu or call 508 854 4221. We are currently enrolling for the fall and summer programs. Some scholarships are available for qualifying students.

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
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