

THE OPEN DOOR

QCC's Student Newspaper

PRESIDENT'S MESSAGE



Dr. Luis G. Pedraja

April showers bring May flowers, or so the saying goes. The old adage moral is that many of the difficult things we face in life not only pass, but can also bring good things. When I think back, many of the hardships and heartbreaks I faced in life, no matter how difficult, shaped me into the person that I am now. The many obstacles and detours I encountered throughout my life's journey also led me to new adventures, people, and places that enriched my life. Many of my greatest joys in life came after some of my most difficult moments. Every moment and instant of your life has led you to today. All that is good in our life is integrally connected to all of our experience, whether good or bad.

In choosing to pursue your education, many of you have made many sacrifices. I am always amazed by the commitment of our students and how much many of you endure to attain your education. Many of our students face hunger and homelessness, while others struggle to juggle family responsibilities, work, and classes. Yet, you still come to school in pursuit of your dreams. That says a lot about you and your commitment to your future. As far as I am concerned, our students are the most dedicated and the hardest workers. You have what it takes to succeed not only at QCC, but also in life. So, while April may bring a downpour of assignments, deadlines, and tests, among the other struggles of life, soon the semester will come to an end and you will reap the results of your work!

And just as you should look forward to May flowers, this is the time to look ahead. If you are planning to continue your education, make plans to enroll for the next term or to transfer. Some of you might be graduating, which would mean that soon you will begin a new adventure, either at another school, in the workforce, or both. This is a time to look ahead, to explore new horizons and to dream anew. You have made it this far and now you are on the home stretch, so keep at it. Your future success awaits just ahead!

COVID-19: A VIRUS WEAPONIZED

By: Alexandra Kathleen Clauss

With cases of the corona virus still on the rise it's easily understandable how things may get worse before they get better. We're now left wondering what kind of domino effect this may have throughout our communities. One unfortunate consequence of the stay-at-home parameters put in place to protect people is working in the exact opposite manner. There could be victims who are now trapped at home with their abusers who not only have an additional tool to exude fear but, have unprecedented access to their victims – even more so than before. Fear of a rise in the number of domestic and family violence cases by perpetrators using the virus and quarantining as a form of intimidation means they can manipulate their victims by way of mental, emotional, and physical abuse.

Anxiety was already soaring to an all-time high when COVID-19 was first introduced and mass chaos started to spread as more developments of the virus came to light. People spiraled into a craze – buying things off the shelves at an alarming and ridiculous rate. The main products people were buying (and hoarding, let's be real here!) were toilet paper, hand sanitizer, Lysol wipes, rubbing alcohol, thermometers, and finally, aloe – an ingredient that combined with rubbing alcohol could be used in a DIY hand sanitizer. This is just one example of the chaos imparted by the lovely COVID-19. Healthy people flocked to the stores for items they probably don't even need; meanwhile, anxiety levels skyrocket for victims in fear because they're navigating the woods of this virus with a vicious wolf lurking right in the shadows.

April is Sexual Assault Awareness Month. However, this crisis needs awareness EVERY month and I want to bring to light the fear victims face daily because it's unparalleled. While our fear and anxiety rose because of the virus, it will also subside with the virus; whereas, victims of assault of any kind will continue to live in fear even after the virus has gone. While we were able to flock to the stores like a bunch of sheep, they were kept at home and threatened to have vital BASIC items withheld from them. Though we're anxious and fearful right now, we're able to turn on the news and find out more about the virus; in contrast, victims of assault who are living with their abusers are being withheld information or lied to about the truth in order to manipulate and coerce them with fear.

Victims face a fear many of us have the luxury to never experience – a fear that stems from every bone, every cell in their bodies. The manipulation of an abuser is paralyzing – much like that of a venomous snake. Venom works from the inside out, first attacking the very framework the prey is made of until it's broken down enough that the prey then becomes paralyzed – unable to flee, just frozen. I remember learning about predator-prey relationships in grade school and how animals have a fight or flight response. Sometimes it's not that easy though, it isn't just fight or flight because there was a third, more terrifying option – and that was known as the "freeze" response.

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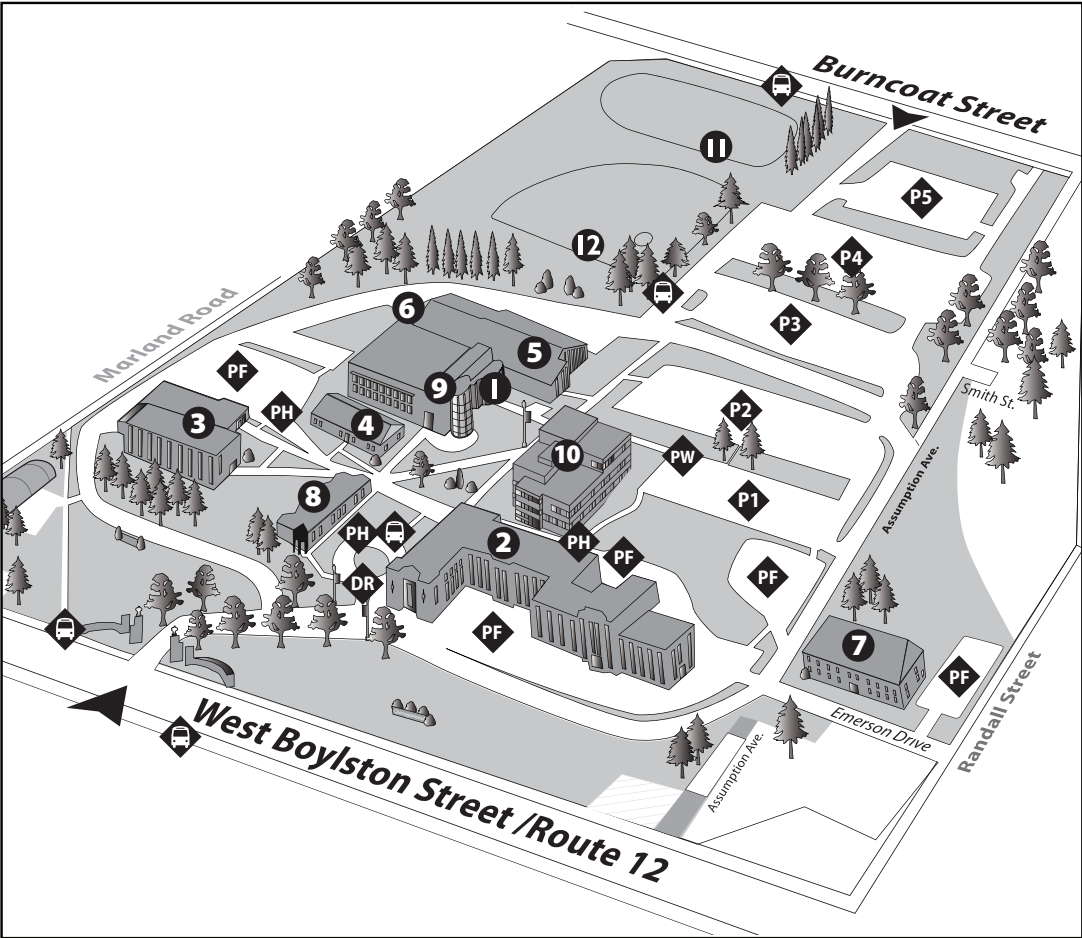
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Campus Map

All visitors and those seeking Admissions should start at the Welcome Center

1. Welcome Center	3. Surprenant Hall (S)
2. Administration Building (A)	Gateway to College 102S Hebert Auditorium
Lower Level	4. Ahlfors Hall (ALF)
Bookstore Lower Level - A	Office of Distance Learning & Professional Development
Business Office B07A	5. Athletic Center (AC)
Cafeteria Lower Level - A	Fitness Center
High School Equivalency Testing B58A	Gymnasium
I.T. Service Desk B67A	Campus Police 136AC
First Floor	6. Campus Police 136AC
Counseling 162A	7. Child Study Center (CSC)
Dental Hygiene Clinic 126A	8. Fuller Student Center
President's Office 132A	Student Life
Registrar 152A	Open Door Newspaper
TRiO Student Support Services 170A	Student Senate
VP of Academic Affairs 103A	9. Harrington Learning Center (HLC)
VP of Strategic Enrollment Management & Student Engagement 133A	Second Floor - Student Success Center
Second Floor	Academic Advising
Disability Services 246A	Admissions
Veteran Affairs Office 258A	Financial Aid
Human Resources 222A	General Academic Areas
Career Services & Credit for Prior Learning 272A	Tutoring Center
Third Floor	Math Center
Dean of Students 365A	Transfer Services
Placement Testing & CELSA 376A	Writing Center
Harrington Academic Computing Center 379A	Third Floor
Assistant Dean of Students 383A	Alden Library
	10. QuEST Center
	11. Athletic Field & Track
	12. Chupka Baseball Field



Parking		Class Locations - Main Campus	
DR	Drop Off/Pickup	A	Administration Building
PW	Welcome Center Parking	ALF	Ahlfors Hall
P1-5	Student & Visitor Parking	AC	Athletic Center
PF	Faculty & Staff Parking	CSC	Child Study Center
PH	Handicapped Parking	HLC	Harrington Learning Center
		Q	QuEST Center
		S	Surprenant Hall
Off-Campus Class Locations			
ASSA	QCC at Assabet Valley	D	Healthcare and Workforce Development Center
BURN	QCC at Burncoat	QSB	QCC Southbridge
BVC	QCC at the Blackstone Valley Education Hub	SRCT	QCC at the Worcester Senior Center
CWDCE	Center for Workforce Development and Continuing Education		

COVID-19: A VIRUS WEAPONIZED CONTINUED

Do you know what it's like to lie frozen in place and unable to fight back? Your insides – every ounce of blood and every cell in your body – screams for mercy, screams for it to just be over. But the paralyzing effect of assault goes far beyond the assault itself – whether reoccurring or not. Victims and survivors alike, no matter how far out from the incident they are, can continue feeling paralyzed as the freeze response becomes ingrained, lying dormant for future use. Enter COVID-19 and being quarantined as some of us re-entered a state of freeze unknowingly, and in turn face feelings of enhanced depression. Both feelings make it hard to be productive and some days even get out of bed; aspects that present themselves as laziness are just our “freeze” response – deceiving the human eye, much like the chaos surrounding this virus.

In an article by Amanda Jackson of CNN, she writes “A crisis mental-health hotline has seen an 891% spike in calls”. The Disaster Distress Hotline launched in 2012 and has staff available 24 hours a day, 7 days a week – anyone in need of a trained counselor can call 1-800-985-5990. Most importantly for those living with an abuser, you can text ‘TalkWithUs’ to 66746 for these same services and anyone calling or texting in may remain anonymous. Additionally, if you or someone you know is in danger of domestic violence, you can always call the National Domestic Violence hotline at 1-800-799-7233 or Safe Horizon at 1-800-621-HOPE.

In the era of stay at home orders and social distancing, please know that campus and community resources remain available to you. Take a walk and make a call to have an appointment. We are here to help!

Local Resources

Elizabeth Woods

Dean of Compliance
Quinsigamond Community College
Phone: 508-854-2791
Fax: 508-854-4357

Tina Wells

Director of Counseling and Wellness
Quinsigamond Community College
Phone: 508-854-4479

Pathways Worcester Office

588 Main St.
Worcester, MA 01608
24-Hour Tax-Free Hotline
Phone: 600-870-5905

YWCA Central MASS

Phone: 508-767-2505

QCC Office of Institutional Research and Planning

- *Percentage of QCC students who received Pell Grant Awards in Fall 2019: 42%
- *Average class size: 15.7
- *Top 3 institutions where 2019 QCC graduates continued their education: Worcester State, UMass-Amherst and Fitchburg State

Non-Credit Offerings

Career Preparation & Continuing Education
Test Prep
TEAS & HOBET Tests
GED & ESL Programs
On-line Offerings
Corporate Partnerships

Room 101A

The QCC Office of Institutional Research and Planning supports data driven decision making, institutional effectiveness, and student success by working collaboratively to provide accessible, objective, accurate, and timely information. Our office is committed to quality, integrity, and the student centered mission of Quinsigamond Community College.

Center for Workforce Development & Continuing Education
Location
25 Federal Street, Worcester
508.751.7900

SUPER BOWL 54: QUARANTINE EDITION

Sports Editor – Bryan Faubert

It was February 2nd, 2020 and the conclusion of the NFL's 100th season was coming to an end. A season of football cannot conclude without its biggest game, and in 2020 that was the 54th annual Super Bowl. Filmed live at Hard Rock Stadium in Miami, FL. I present to you my Super Bowl 54 Post game review between your AFC Champions, the Kansas City Chiefs and your NFC Champions the San Francisco 49ers.

After the Chiefs went 3 and out on the opening drive of the game the 49ers, despite starting inside their own 15 yard line after a muff by WR Richie James Jr, they were able to get the first points of the game via a 38-yard Field Goal from the 37 year old and 15-year veteran kicker Robbie Gould. The key top that drive was with the running game with WR Deebo Samuel with 2 rushes for 38 yards. It wasn't till late in the 1st where the first Touchdown was scored on a 1-yard QB option Boot by QB Patrick Mahomes, who completed 5 of 7 passes for 40 yards and 11 rushing yards on a 15-play 7:40 minute long drive. The 1st Quarter would end with the Chiefs leading 7-3.

In the 2nd quarter 49ers QB Jimmy Garoppolo was intercepted by CB Breshaud Breeland. Which would lead to an eventual 31-yard Field Goal from the young Harrison Butker. The very next drive, the 49ers would establish the run game once again with another 10+ yard run from WR Deebo Samuel, an 11-yard run from HB Raheem Mostert, and a 17-yard run from HB Tevin Coleman all in a row. After a 10-yard reception from Deebo Samuel. Jimmy Garoppolo would find FB Kyle Juszczyk on an angle route for a 15-yard Touchdown that would tie the game at 10. At halftime the score would remain the same at 10 apiece.

The 3rd quarter became the 49ers show as their first drive would result in a 42-yard Field Goal from Robbie Gould to cap off a 5:31 long drive to start the 2nd half. The next drive for the Chiefs would not go far as Patrick Mahomes was picked off by MLB Fred Warner and the 49ers would get the ball at their own 45-yard line. Ensuing possession for the 49ers, Jimmy Garoppolo would find Deebo Samuel for a 17-yard reception down at the 38-yard line. 2 plays later Garoppolo would find WR Kendrick Bourne for a 26-

yard reception which would lead to a 1-yard rushing Touchdown from Raheem Mostert, and the 49ers would take a 20-10 lead at the end of the Third Quarter.

The 4th quarter would show the greatness of Patrick Mahomes and how quickly he can turn the tide of any game he plays when he's down and his back is against the wall. During the first drive of the 4th quarter. Patrick Mahomes was picked off by FS Tarvarious Moore and at this point it looked like the 49ers were in complete control of this game. The Chiefs defense would force the 49ers to punt and there was still hope for the Chiefs to comeback after a Defensive pass interference call on FS Tarvarious Moore and the Chiefs would find the endzone with Mahomes connecting with TE Travis Kelce. That touchdown would be the turning point in the game. The Chiefs defense would again force the 49ers to punt and the chiefs would only take 2:30 for Mahomes to find HB Damien Williams for the go-ahead Touchdown. The 49ers were forced to go for it on 4th down and DE Frank Clark would sack Garoppolo, and the Chiefs would take over at the 49ers 42-yard line. One play later, Mahomes would hand it off too HB Damien Williams and would run 38 yards down the left sideline for a Kansas City Touchdown and it would put the nail in the coffin and the Kansas City Chiefs would win Super Bowl 54, 31-20 and would hold up the Vince Lombardi Trophy for the first time in 50 years.

The MVP of Super Bowl 54 was Patrick Mahomes who went 26/41, 286 yards, 2 TDs, and 2 INTs. Many would argue including myself that Damien Williams should have won the MVP award due to how crucial he was in the comeback for KC. For the Kansas City Chiefs, it was history made. It was exactly 50 years when they last won the Super Bowl. Its only fitting for the chiefs to win the super bowl for the 100th season. The Late-Great Lamar Hunt who founded the Chiefs as the Dallas Texans, and his name bestows the Trophy of the AFC Champions. Was one of the owners who wanted to compete with the NFL when he created the AFL, and for head coach Andy Reid. It was a long time coming. As he had been known for choking in the playoffs when it mattered the most. Finally, he got his hands on the Lombardi. Now, he can be considered one of the greatest coaches of all time.

PALATE SURGERY: IT'S A DIFFICULT CHOICE

By TYLER PAUL WILLS



Deciding to have a palate surgery in 2010 when I was in the sixth grade was a difficult choice. Most people have these types of surgeries when they are children. Usually the surgeries start at the age of four or five years old. My mom noticed that I had a speech impairment from the time I started talking and after seeing numerous doctors, they identified I had a cleft palate. A cleft palate means there's an opening in the palate, in my case the opening was in the back of my mouth causing me to have nasally speech.

At the age of thirteen I had my first palate surgery on January 28th, 2011 at UMass hospital. After the surgery I caught the Norwalk virus from the hospital. Norwalk virus causes viral gastroenteritis, which is same as having food poisoning or a stomach flu, not a great thing to have after a surgery in the back of mouth. Also, from that surgery I was diagnosed with Occipital Neuropathy. Occipital Neuropathy is a pinched nerve in the back of your neck. My surgery was supposed too be less than an hour. As it turns out my surgery was over 2 hours and my neck was extended to long causing ongoing nerve pain.

Since then I have had four more additional palate surgeries with a new surgeon at Mass Eye & Ear Hospital. Due to those surgeries I now have sleep apnea, which means I must have a sleep study yearly. The sleep study is required to determine how bad my sleep apnea is and whether I need additional modification surgeries.

My family has been there for all my surgeries supporting me. For a couple of my surgeries my younger brother made me a giant homemade get-well card, which was cool and helped me forget about some my pain. Also, my family would have a pre-surgery celebration party and sometimes a post-surgery celebration party with my family and friends. I could have chosen not to have the surgery and would have had a nasally speech for the rest of my life. Instead, I made the difficult choice and had the surgery to improve my speech and ability to sing.

In addition, April is Autism Awareness Month. If you have a disability such as Autisms, you shouldn't be ashamed of yourself, you may learn things different from others. Be proud of the amazing person you are and love yourself for who you are. I also volunteer my free time at Seven Hills Foundation. I love giving back to my community they have helped me out so much. I feel I should give back to show my support to those who've helped me out in the past. I personally agree and think everyone, even if you are a person who is disabled, should be treated as an equal and not differently.



COMMENTARY: DO YOUR PART

By Johnathan Patricio
Open Door Staff

With all that is going on in our society, culture and environment if you will, it can be hard to keep focused on our goals. There is no doubt that we are living through some of the hardest times we have ever faced. The media is corrupt, our president is corrupt and it's near impossible to find out what is REALLY going on. I have no intent on making this article about our sitting POTUS however, with that being said, nor do I approve of the way he has handled things. Furthermore, I personally am neither left nor right. My paradigm is one of moderation; we should all be kind to one another and try our best to come together to come up with the right solution for a particular problem/problems. Unfortunately there is only money in solutions once the money is made on the problem. The same people who sell the panic sell the pill.

My belief is that this is biological warfare and this was no accident. Too many variables for me to believe this was simply an accident. Population control, money, and power are just some of the greedy traits that was won through this pandemic. There is a saying in politics, "never let a good crisis go to waste." Waste rolls down hill and it is us "the people" who catch the brunt.

This is an extremely weird time to live through and things as we have always known it will never be the same. I am not saying it will be ALL bad, rather things will certainly be different. This is an epic time to endure our human experience. History is unraveling on a daily basis. The fear of the unknown is understandable but we need to take care of each other and do our part daily.

Many people think that this is almost over. Well, the fact of the matter is this is only beginning. We can't control the people in power but we can most certainly control how we act.

I challenge you, to simply do one good deed a day. Spread love, compassion and show grace to others who may be in need. Check on your neighbor, ask if they need anything. Call a family member and as how they are holding up and if there is anything you could do to help. We are all in this together and the government isn't going to watch out for us. This is a time we need to pull together and spread kindness, grace and most importantly, love.

This is the final edition of the student newspaper for this semester and I'm glad I was able to be a part of the last three months. Thank you all for reading my articles.