



President's Place



Dr. Gail Carberry

I won't bore you with the details of the State budget woes and the trickle-down effect on the community colleges. Suffice it to say that we are always looking for practical ways to balance the QCC budget. One way we do this is to find grant funding that suits our needs. Our team of grant writers and faculty often collaborate on grant proposals, sometimes successful, sometimes not. In recent months QCC submitted a proposal and won a Vision Project Grant from the Department of Higher Education to improve students' math skills which in turn will prepare them for certificate and degree programs in Science, Technology, Engineering and Math (STEM) programs. The Health Foundation of Central MA, in response to our proposal, has given QCC an award to support the transition to Associate Degree programs from the Certified Nursing Assistant and Home Health Aid certificate programs in Southbridge. The Gateway to College award partners QCC with the Worcester Public Schools to begin working to re-engage disconnected youth with their education.

However, the biggest coup for all the Massachusetts Community Colleges is the recent award to QCC of a grant from the U.S. Department of Labor targeting job training and workforce development. You may have read about this in the newspaper in October. This grant supports partnerships between community colleges and employers to develop programs that provide pathways to good jobs. The proposal to the U.S. DOL, led by QCC, was a joint effort of the fifteen community colleges in Massachusetts, took months to complete and will be divided equally among the fifteen colleges. We owe thanks to the staff and faculty who continue to work hard to ensure that we can provide you with the best possible educational experience.

While we do all we can to provide you with the best possible programs, I encourage you, once again, to do your part in attaining your optimal education experience. Here are a few simple choices you can make to insure your success at QCC.

1. Choose to go to class – by doing so, you could place approximately in the top 50% of your class.
2. Choose to pay attention in class – this is crucial to completing steps 3 & 4.
3. Choose to be prepared for class – a real confidence builder.
4. Choose to participate in class – instructors love this.

I guarantee that these four simple steps will produce amazing results at exam time.

Speaking of exams, it's hard to believe the end of the Fall Semester and finals is little more than six weeks away. Soon we will celebrate Thanksgiving and look forward to the holiday season. I'm sure you all have been working very hard on your studies; some of you splitting your time between school, work and families. In a few weeks you will have respite from your studies at least, and will, hopefully, be able to relax and enjoy the semester break.

It's Time To Let Our Voices Be Heard

By Mary Bailey
Open Door Staff

The occupy movement has set up all over the world. Worcester is no exception. A visit to the Worcester group at Lake Quinsigamond belied some of the corporate media descriptions. It was fairly dark. A few tents were set up under the trees by the water. I was struck by how neat and clean the tent area was, nothing like the trash and litter strewn tent areas the media described as the reason to shut down these tent sites. There seemed to be a fair number of people there, mostly young. They were alternately walking the length of the park area. It reminded me of the

young Afghan veteran that I saw on television who advised "occupiers" things that he learned in the military, like walking to prevent hypothermia and frost bite. Only the "Occupy Worcester" sign and a few walkers were visible from Lake Ave. One young woman said they weren't happy about the present location because they were barely in Worcester. They hope to relocate to a more prominent location.

The group is active in other ways. They'll participate in the Move Your Money Project, the effort to move money to local banks and credit unions, and Marry A Corporation Day in protest to the Supreme Court Citizens United decision

Continued on page 4

The Open Door Question of the Month Asked by Laurinda Ralph

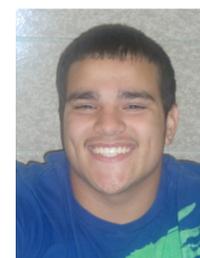
"What is your opinion of the Occupy Wall Street demonstrations and have they affected you?"



Christopher Colon

"I think it's great. I think it's good that the people are now voicing their opinions and not letting Wall Street or the government control America's economy. It affects me greatly because I live in an impoverished neighborhood that needs

money, but the government has divided money in ways that don't allow us to get what we need."



Adrian Rivera

"I'm not interested in the whole Wall Street thing...at least not yet. Once it affects me, then it will be a change in my life. Once it reaches that point, I will look into it."



Timisha Daniels

"I think it's good. I think it's about time younger people stood up to show that they have a voice."



J.R.

"They don't really affect me that much. I don't really pay attention to that stuff."

David Harrington

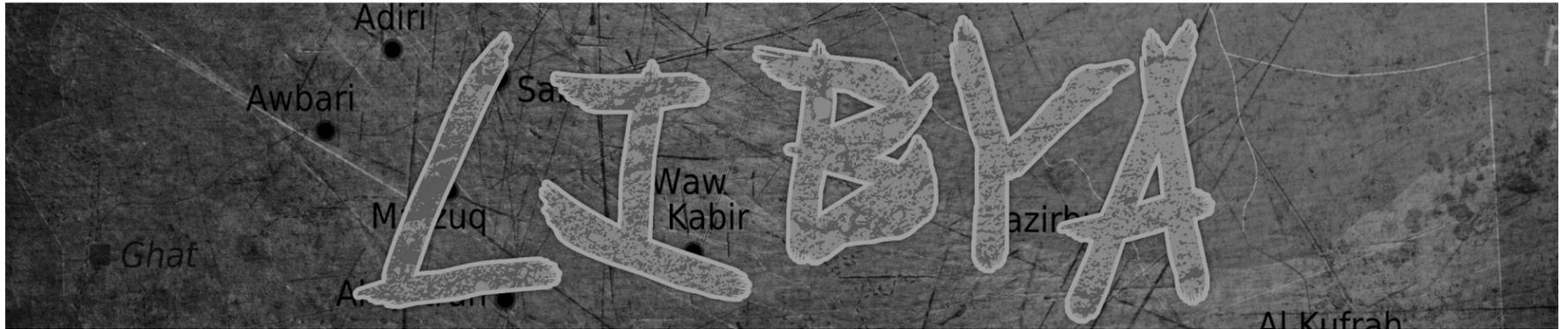
"The Occupy movement is a great representation for the common man or average citizens to use their rights under our current government, which is democracy. [They can] voice their complaints for now peacefully about how they feel the government is running this country into the ground economically. Until the individual groups unify, or get under one solid leadership and aren't just arguing individual points based on cities, they more than likely will not go anywhere."

Continued on page 4



in my opinion

We Want You! Your opinion that is. The Open Door welcomes comments and editorials from QCC students in the form of an article or as a Letter to the Editor. All submissions must be accompanied by the full name of the author along with an e-mail address and phone number. Please keep your submissions to no more than 400 words. Email your letter or article to opendoor@qcc.mass.edu and place "editorial" in the subject line.



The first test of Libya's freedom

By Joe Mogel

During the final push to oust Moammar Gadhafi, the Libyan rebels had help from an unusual person. David Gerbi, 56, is a Libyan Jew who fled with his family to Rome to escape Gadhafi's rule in 1967. A Jungian Psychoanalyst, Gerbi has assisted numerous rebel soldiers suffering with post traumatic stress disorder and was present when the rebels took Tripoli. With the dust of war settling in early October, Gerbi set about a job he had dreamed of; cleaning and rededicating Libyan Synagogues closed by Gadhafi.

Gerbi has said that Gaddafi tried to eliminate the memory of us, the amazing language, the religion of the Jewish people. Gerbi's goal is to bring our legacy back and give a chance to the Jewish of Libya to come back.

Given permission from Sheiks Jamal of Tripoli's Medina and two other local Sheiks, and with support from the Amazigh, a local ethnic minority, Gerbi began work on Tripoli's oldest standing Synagogue. He, and the four young men he hired to assist him, worked for one day only.

The police blocked the work on the grounds that the Synagogue was an archaeological site and could not be worked on without permission. The National Transitional Council (NTC), Libya's current ruling body, said the time was not right for any mention of any of the 200,000 Libyan Jews who were expelled by Gadhafi returning.

Undeterred, Gerbi remained in his hotel to wait. While there he met with members of both the NTC and the Italian consulate. By mid October Gerbi's

very presence was causing angst. Within days hundreds of protestors began surrounding his hotel with signs saying "There is no place for the Jews in Libya," and "We don't have a place for Zionism." At that point Gerbi made the decision to return to Rome.

"This incident has served to expose the dangerous reality simmering beneath the surface... I want to contribute to, not obstruct, the building of a new democratic and pluralistic Libya," Gerbi has been quoted in the *Jerusalem Post*. "It is sad and absurd that my mere presence in Libya should set off so much hostility and I regret this. However, what happened reveals the extent of Gadhafi's anti-Semitic conditioning of an entire generation, those in their forties and fifties. Forty two years of lies, of hate propaganda falsely accusing Jews of having been paid off to abandon the country in 1967, of having robbed Palestinians of their homes and of planning to colonize Libya. Fortunately, the older generation still recalls warm friendships with former Jewish neighbors, and I will continue to work to restore a 2,300 year old coexistence and advocate for roles in the NTC for Libyan Jews, for the Libyan Amazigh population, for women and all ethnic and religious minorities."

Right now Libya stands at a cross-road. The rebellion was built on freedom for citizens of Libya. The question now is 'what kind of freedom is being pursued?' A free and democratic society is open for all religions and ethnicities, not just some. The NTC has a choice; continue Gadhafi's anti-Jewish policies or to truly overturn what the deceased dictator did and allow all Libyans rights, regardless of their religion.

The Open Door Schedule for Fall 2011/Spring 2012

Issue	On Stands	Deadline
Fall 2011		
Issue #4 December/ January	December 1, 2011	November 8
Spring 2012		
Issue #5 February	February 2, 2012	January 10
Issue #6 March	March 1, 2012	February 14
Issue #7 April	April 5, 2012	March 13
Issue #8 May	May 3, 2012	April 10

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
Student Editor: Joe Mogel
Layout Designers: Amy Weiss & Kris Thimo
Staff Writers: Mary Bailey, Joshua Biernacki, Macaulay Dow, Caitlyn Lambert, Ross Morin, Beryl Pettiford, Laurinda Ralph, Elisander Rivera, Stephen Shuler

Next Issue: December 1, 2011

Disclaimer: The views expressed in The Open Door do not necessarily reflect the views of its staff, advertisers or Quinsigamond Community College. Editorials and articles deemed libelous to the QCC community by The Open Door Coordinator and Editor will not be published.



news bites

By Joe Mogel

New Marathon record set by the 'Turbaned Tornado'

Born in the Punjab and a member of the Sikh community, Fauja Singh lost both his wife and son in 2000. He was 89 at the time. Instead of falling apart, he began to run, ten Marathons, specifically. Now, at age 100, Singh has set the world record for the oldest person to ever finish a Marathon. Remarkably he has set eight other records, running the 100, 200, 400, 800, 1500, 3000 and 5000 meter events all in record time for a centurion. He also completed a mile run in under 12 minutes.

German satellite hurls to earth, crashes into Bay of Bengal

The German ROSAT satellite, which orbited Earth every 90 minutes for 21 years, broke-up on entry into Earth's atmosphere. It was estimated that it broke into 30 pieces, totaling 1.87 tons of debris. ROSAT, an X-ray analysis satellite launched in 1990, struck the Bay of Bengal, between India and Myanmar. Odds of being struck by a piece of debris were 1 in 14 trillion.

Local town has first teenage moderator at town meeting

West Brookfield set what may be a record in Massachusetts by having Trevor J. Brown, 18, as a moderator for a town meeting. The meeting turned out to be relatively easy, lasting only 15 minutes. "That was quick, we steamrolled right through it," Brown said after the meeting. "I thought it would go a little longer, but this is great." Politics have interested Brown for some time, though he is unsure about elected office. "I like its energy and enthusiasm," he said, "and the fact that it makes a difference in people's lives."

South Pole stroke victim in New Zealand

Seven weeks after Scientist Renee-Nicole Douceur, of Seabrook, N.H., had what appears to be a stroke, she

was airlifted from McMurdo station in Antarctica. The delayed flight from the Raytheon run site was due to poor weather conditions. Douceur was flown to Christchurch, New Zealand, where she will receive CAT scans and MRI, before she is sent to Johns-Hopkins. Doctors have said the blurred vision and slurred speech could also be caused by a tumor.

Cyclops Shark found off Gulf of California

When commercial fishermen in the Gulf of California caught a dusky shark, they didn't expect to find an albino fetal shark in its belly; an albino fetal shark with one eye in the middle of its nose. Though initially thought to be a hoax, scientists have verified the creature is in fact real. The single large eye contained functioning nerve tissue. Experts say the shark, which suffered from the condition 'cyclopia', wouldn't have survived on its own in the wild. A scientific paper is being written on the shark.

Kraken's lair proposed by Paleontologist

Paleontologist Mark McMenamin has proposed a massive squid or octopus like creature hunted ichthyosaurs. His evidence is in a 200-million year old collection of ichthyosaur bones in the Berlin-Ichthyosaur state park in Nevada. McMenamin claims the arrangement of the bones and marks on them suggests the existence of a 'kraken' like creature. Other paleontologists say McMenamin is seeing what he wants to see in the bones.

Navel combat drone being tested

The navy has begun testing its own combat drone, the Northrop-Grumman X-47B, for possible carrier duty. If selected, the stealthy machine, would be the first carrier based unmanned vehicle. Possible uses for the drone include an autonomous mid-air refueling platform. At this point no sensor or

weapons tests are scheduled for the X-47B, but the design could allow for weapons in the future.

Turkey launches offensive into Iraq, pursuing Kurdish rebels

Approximately 200 Kurdish rebels took part in a series of attacks in south-eastern Turkey in the towns of Cukurca and Yuksekova, resulting in the deaths of 24 Turkish soldiers and 18 civilians, including a 4-year-old girl. The attacks are the latest in the fighting, which has been ongoing since 1984. Turkey response to these recent attacks has been to launch an offensive 2.5 miles into Iraq. Iraqi government spokesmen have yet to make a statement.

British Taxi driver mummified

When Alan Billis, of Torquay, Devon, England, was diagnosed with terminal lung cancer none could have guessed he would be mummified. Billis stumbled upon a project to recreate ancient Egyptian mummification techniques and decided to donate his body to the endeavor. Billis's wife, Jan, had her own take on her husband's decision: "He just said, 'I've just phoned someone up about being mummified'. I said 'you've what?' 'Yes, I've phoned up someone about being mummified.' And I thought here we go again. What's going to go on now? It's just the sort of thing you would expect him to do."

85 year old Spanish Duchess marries

Maria del Rosario Cayetana Fitz-James-Stuart y Silva, 85, Duchess of Alba, has married for the third time to Alfonso Diez, 60. The unlikely pair experienced initial resistance from the Duchess's children, who feared their mother was being married for her fortune. The Duchess was worth more than 3 billion, before handing over control to her children prior to the wedding. The Duchess holds the most titles of any living Royal.

Police pepper spray dancer at football game

Roosevelt, Utah, population 8,000, hosted a season ending College game between Union and Uintah. After the game a group of Polynesian men, who had been rooting for Union, performed a traditional war dance called the Haka. During the impromptu exhibition several police officers ordered then men to disperse and began using pepper sprayed. A number of spectators were affected by the spray. Player, coaches and spectators present had told the officers the men weren't causing any problems and that they should be left alone. The police chief is looking into the incident.

Polish escapee from Auschwitz dies

Jerzy Bielecki, 89, had been sent to Auschwitz in 1940 on suspicion of being a resistance fighter. Three years later a young Jewish woman, Cyla Cubulska, and her family were sent to the same camp. After the deaths of Cybulska's family, she and Bielecki met and fell in love. Bielecki managed to obtain an SS uniform, with it and he and Cybulska walked out a side gate into the countryside. Splitting up for safety, the couple didn't meet again for 39 years. On the occasion Bielecki gave Cybulska 39 roses. Cybulska died in 2002. Bielecki is survived by his wife, two daughters, four grandchildren and a great-grandson.

The
December/January
Open Door will be
available December
1st, on stands and
The Q.

A perfect way to honor

By Macaulay Dow
Open Door Staff

There are millions of memories that have occurred over the twenty years of my life; however the most vivid memories are from spending time with my grandma. Since the moment I was born I knew we had a special bond as I was her only granddaughter. She bought me anything I wanted, within reason of course. I always thought my grandma would be the same and remember everything so she could tell me stories about growing up in the old days even if it was 20 years from now.

Unfortunately, in 2003 my grandma developed dementia and slowly lost her memory over a period of years. When she first got diagnosed I was upset to know that in a few years she would not recognize me or anyone else. Eventually I saw her go from living on her own until she was 92 years old to moving into Christopher Heights Assisted Living Community. She lived there until moving into Christopher House Nursing Home at age 94. Despite the fact she was in the nursing home in 2011, I visited her every chance I had knowing any day could be her last. One day before Mother's Day 2011 I visited her so I could spend some time with her and make her day. As I was leaving I gave her a kiss good bye and

headed home. Around 10 pm that night I received a phone call that changed my life in the worst way possible; I found out my grandma, whom I loved and cherished, passed away at the young age of 98. I never cried so much in my life on the night of her death.



Grandma Mary Bergantine.

Memory Walk

Ever since her death I knew I needed to keep her memory alive. I knew the one way to do this was to sign up for The Central Mass Memory Walk which took place on September 25. I was part of the Christopher House Crusaders as Christopher House made sure my grandma's final years were the best ever. On walk day I was very excited to see some people who either had family or worked there. Also there was free food and plenty of goodies and raffles to enter. The highlight of the walk was when I took a purple flower shaped pinwheel, (purple symbolizes the loss of someone to Alzheimer's) and wrote some inspirational words and put my grandma's name on it. Before the walk started I planted it temporarily in the ground so I could honor her memory.

All in all I knew this is one memory I will never let go of as my grandma was my life and this walk was the perfect way to honor her, and the kind compassionate nurses who took care of her.

"It's Time" continued

that declared corporations had the same rights as individuals and allows them to donate unlimited amounts of undisclosed donations to political campaigns. It's grass roots activism at its best.

The movement is big and growing. It gives hope to those people who have been left out of the prosperity that America enjoyed in recent years. In America, young people expected to get an education and the opportunity for upward mobility. Now, they face graduation with school debt and few job prospects in a job market where they compete with the unemployed and underemployed.

Although the Occupy Wall St. group was described as anarchists and hippies, a Huffington Post reporter said he found the group to be different. He saw mothers pushing baby carriages, older white haired people, and men in business suits. Hardly the radicals the corporate media described. On September 29, 2011, a list of grievances was accepted by the NYC General Assembly. "As we gather together in solidarity to express a feeling of mass injustice.....We have peaceably assembled here, as is our right, to let these facts be known". Among the grievances are illegal home foreclosures, the bailouts, executive bonuses, outsourced jobs and using it to cut workers' pay and healthcare, denying workers the right to negotiate for higher pay and safe working conditions, sold our privacy as a commodity, poisoned our food supply through negligence, and on and on.

"This movement has begun to change the conversation about what's wrong in this country."

The only way to change these grievances is through grass roots activism. Change comes from the bottom up. Together we can make a difference. It's time to let our voices be heard. This movement has begun to change the conversation about what's wrong in this country. It needs more involvement, in whatever manner people choose to act. Failure to participate will support the status quo.

Question of the Month Continued

Anonymous

"Unless united peacefully, these demonstrations will come to the same fate as Native American tribes against the English settlers. The Native Americans all fought separately and lost. The demonstrations, unless they unite, will fail likewise. I do not agree with all the opinions, but I appreciate that these people are voicing their opinions."



James Dalton

"More power to them, zero impact on my life."

Anonymous

"Basically, people are not sitting down and complaining any more. They're doing something and that's good."

Summer/Fall In-Class Notetakers Needed

Are Your
Notes Worth
\$75?

For more information on
becoming a notetaker contact
Disability Services



student gallery

Check out the Student Gallery on page 18. The Student Gallery is open to artworks of students in the form of poetry, photographs, graphics, drawings, flash fiction etc. Please email your work to opendoor@qcc.mass.edu

Hell Phones

By William Jellesma

So, you're the proud owner of a cell phone! Your mind is now racing with all of the unnecessary and extravagant features. Texting, gaming, three-way calling... oodles of possibilities! With so many things that one can do with a cellular phone, it's hard to know what one can't do. The answer is: there aren't many things that one can't do, but there are things that one shouldn't do.

Annoyances by a "hell phone" can be caused when someone talks on their cell phone in a loud voice while in a quiet building. We have all been there; we are sitting down at a restaurant with family, sharing a nice meal in a formal setting, an occasion where putting ones' elbows on the table is frowned upon. We are just sitting down to dinner when a man at the table next to you receives a call. This could be a business man getting the call from a potential client, and maybe this call is very important where you can't say "I'll call you back." From this point forward, this man has two choices: he can go somewhere else to talk in private, where he can talk as loudly as he wants (the good choice), or he can talk in the middle of the room (the bad choice). If this man's choice the latter, then he wrongfully assumes that his conversation is so interesting and important that everyone in the room has NOTHING BETTER TO DO THAN TO LISTEN TO THIS CONVERSATION!

The above annoyance is not as bad as the elevator ride you take later. Once you board the elevator, you find that you are taking the elevator voyage with a man who has a "hell phone" glued to his ear. This man is trying to get plans squared away with his friend for this party they are attending. From the context of this conversation, you gather that in order to get into this party, you must be near deaf and have total disregard for other people. An "elevator talker" has a severe effect that will cause blood to boil. By the time you get off, if the man is still on the elevator, the only courteous move you can do is swipe the elevator board, pressing every button before you get off!

Have you ever been in a room with two people and they are both on their "hell phones?" You think maybe one is calling the White House while the other is calling the NFL, as people with cell phones are so important. Soon, however, you begin to notice that their conversations are matching up when you hear one of them tell a joke and the person on the other side of the room begins to laugh. This is called "Disconnected?" because as soon as this happens, I will take out my cell phone signal blocker! WHY ON EARTH WOULD TWO PEOPLE TALK TO EACH OTHER OVER THE PHONE IN THE SAME ROOM!

Individualized Learning Center Tutor Schedule

Room 205 HLC // Fall 2011 Semester

Monday – Thursday 8 am 9 pm // Friday 8 am to 5 pm // Saturday 9 am-3 pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Accounting & Economics Paul Albright & Irina Atechian	12-2 pm 3-4 pm	9:30-10:30 am 2:30-7:30 pm	12-2 pm 3-4 pm	9:30-10:30 am 2:30-7:30 pm	12-2 pm 3-4 pm	
Anatomy & Physiology & MicroBiology Paul D'Ambr		11 am- 4 Pm	10 am – 3 pm			
Biology	TBA					
Chemistry Marie Poisson	11:30-12:30 1:30-3:30	2-5 pm	3-6 pm	2-5 pm	2-5 pm	
Computer Science (Advanced) Shirley Kube	10 am-4 pm					9 am-3 pm
General Science & Physics, also Basic Engineering Mark Bohanan		9am -12 1-6 pm	10 am-noon	9am-12 1-6 pm		
Spanish Jack Creamer		2:00-4 :00 pm	4:00-6 :00 pm			
Psychology & Sociology Ruth McLaughlin	9-11 am	11 am-2 pm	10-12	1-4 pm		
Microsoft Office & Intro Computers Dana Lauer & Al Tessier	4:00-9:00 pm	4:00-9:00 pm	4:00-9:00 pm	4:00-9:00 pm	ILC closes at 5:00 pm	9 am- 3 pm



Free Online Tutoring

Every QCC student has an account on SMARTHINKING a nationally recognized online service. Available 24/7

Log in from any computer, anywhere and begin to IM with a tutor.



Log in at <http://services.smarthinking.com>

Your username is QCC and your student ID

Your password is the last 4 digits of your social security number

Log in to your SMARTHINKING Account

Username	QCC987654
Password	4321
Log in	

Discounted Movie Tickets to Showcase Cinema Theaters

Tickets are available in
The Fuller Student Center
for \$7.75 each.



Phi Theta Kappa - Chapter Alpha Zeta Theta

Upcoming Events November 2011

Phi Theta Kappa has a busy month planned. For more information about these events, contact Jodi Christian: jchristian@qmail.qcc.edu or stop by Room 160A or call the Phi Theta Kappa office @508-854-4411.

11/1/11	Holiday Card Sales Begin- Please stop by room 160A to pick up cards. All proceeds go to 'Why Me Sherry's House' To help children with Cancer	9:00 am –Ongoing throughout entire Month of November into December
11/1/11	Do your holiday shopping this year on campus, with Ernie's Car Wash Cards available in room 160A. Super Cars Wash \$13.50 • Special Car Wash \$8.75	Ongoing until supplies run out
11/12/11	Phi Theta Kappa-General Meeting Worcester Campus, Room 107A	10:00 am
11/17/11	Phi Theta Kappa-General Meeting Southbridge Campus, Room 102	6:30 pm
11/22/11	New Honors Study Topic Discussion, with light refreshments to be served. This is a time to enjoy Scholarly Fellowship with chapter members.	11:00am-3:00pm
11/29/11	2nd Annual Faculty and Staff Appreciation Social Room 109A HLC Stop by for an enjoyable afternoon, filled with great conversations coffee and, with a few surprises!	2:00-5:00 pm

Attached are the upcoming events for our Chapter. I put things into a chart the way Ross had them for us. Would you please thank him again from us for helping us with organizing these events.



Get all of the campus news & more in
The Open Door.
 On stands and The Q
 the first Thursday of each month.

Attention Business Students

The QCC Business and Entrepreneurship Club meets Thursdays, at 1:00 PM in the Fuller Center Conference Room

Come share your ideas about the Club, meet fellow Business students, and enjoy **FREE PIZZA AND SODA!**

QCC Pride Alliance

Socialize! Educate! Advocate!



The QCC Pride Alliance is a group for Gay, Lesbian, Bisexual, Transgender, Intersex and Questioning students and their student Allies

**Meetings: Most Wednesdays from 1-1:45
 Fuller Center Conference Room
 Join on the Q to receive emails about activities**

**We look forward to welcoming you
 at our meetings and events!!**

For more information email Prof. Gaelan Lee Benway
gbenway@qcc.mass.edu

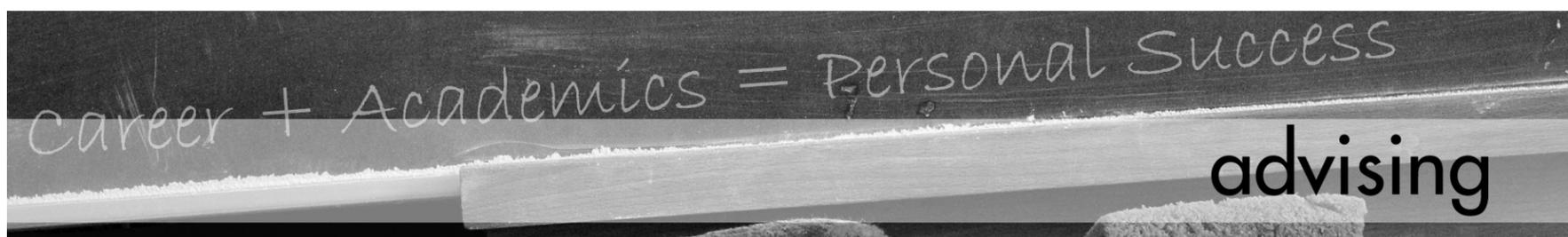
Ever wondered who Jesus Christ was?

Why did he die on a cross?
 What difference could this make to me?
 If you are interested in these and many more questions and ideas presented in the Bible, come join the discussion.

Bible study on Encountering Jesus Christ held on Mondays at 10.
Bible study on The Character of God held on Tuesdays at 10.
 Meet with Pastor Borden Wednesday mornings for open topic discussion.
 All meetings are in the Fuller Center Conference Room!

Campus ministry is here for you. Contact me (rdaniels@qcc.mass.edu) for more information or to set up personal meetings.

Hope to meet you soon!
 Rebecca



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

CAPS Staff (Advising & Testing)

Maria Addison, Director
Liza Smith, Coordinator
Diane Levinson, Coordinator
Henry Ritter, CAPS Advisor
Martin Muysenberg, CAPS Advisor
Tenisha Mincey, CAPS Advisor
Jennifer Guzman-Gayflor, CAPS Advisor
Ray Lawless, CAPS Advisor

Lamont Slater, Assessment Specialist
John Mitchell, Assessment Specialist
Ruth Cole, Front Desk Staff
Linda Brunell, Front Desk Staff

In addition to the full-time staff listed above, over 25 part-time advisors, testing proctors, and clerical staff also assist students with advising and testing needs.

Want to make your mark in an innovative career? Check out these exciting programs!

Basic Engineering – Biomedical Engineering Option

Do you enjoy and excel in math and science? Are you interested in medicine and engineering? Can you see yourself working in one of the fastest growing occupations through 2014 according to Massachusetts Labor and Workforce Development? If you answered 'yes' to any of these questions maybe a career in Biomedical Engineering is for you.

According to the Occupational Outlook Handbook 2010-2011 Edition, biomedical engineers develop devices and procedures that solve medical and health-related problems by combining their knowledge of biology and medicine with engineering principles and practices. They also design prosthetics and bio-absorbable materials. Some specialties within biomedical engineering are biomaterials, biomechanics, medical imaging, rehabilitation engineering, and orthopedic engineering.

Related Careers and Median Salaries

- Biomedical engineers - \$77,400

Did You Know...?

- Biomedical engineers are expected to have employment growth of 72% over the projected decade.
- The aging of the population and the growing focus on health issues will drive the demand for better medical devices and equipment designed by biomedical engineers.
- Along with the demand for more sophisticated medical equipment and procedures, and increased concern for cost-effectiveness will boost demand for biomedical engineers, particularly in pharmaceutical manufacturing and related industries.

Professional Organizations

- Biomedical Engineering Society, <http://www.bmes.org>
- IEEE Engineering in Medicine & Biology Society, <http://www.wembs.org>

Sources Used: U.S. Bureau of Labor Statistics, Occupational Outlook Handbook, 2010-11 Edition, <http://www.bls.gov/oco/ocos027.htm>; QCC Catalog 2011/2012

General Studies – Biotechnology Option

Do you enjoy studying the chemical composition and physical principles of living cells and organisms? Do you find conducting research experiments and lab tests interesting? If you have answered 'yes' to these questions, you may want to consider a career in Biotechnology.

Biotechnology is the science of using molecular biology to create new products. Biotechnology can include medical research and development, bioengineered pharmaceuticals, agricultural research and development, and production work.

Related Careers and Median Salaries

- Agricultural and food science technicians - \$33,550
- Environmental science and protection technicians - \$44,640
- Biological Technicians - \$45,680
- Chemical Technicians - \$48,910

Did You Know...?

- Whether you decide to pursue the Biotechnology Certificate or the Associates degree you will leave QCC with marketable employment skills in this thriving industry.
- Science technicians conduct tests and experiments to assist scientists.
- Biotechnological research and development should continue to drive much faster than average employment growth.

Professional Organizations

- Biotechnology Institute, <http://www.biotechinstitute.org>
- Biotechnology Industry Organization, <http://www.bio.org>

Sources Used: U.S. Bureau of Labor Statistics, Occupational Outlook Handbook, 2010-11 Edition, <http://www.bls.gov/oco/ocos047.htm>; Occupational Outlook Quarterly 2002, <http://www.bls.gov/opub/ooq/2002/fall/art03.pdf>; Mass Career Information System, <http://masscis.intocareers.org>

Important Information for Students

Priority Registration begins November 7th! Contact your assigned advisor **NOW** to register early.

Professor Bigonahy Attends BMES Mtg

Professor Dadbeh Bigonahy (Basic Engineering) attended the 2011 Annual Meeting of the Biomedical Engineering Society (BMES) recently. The theme this year was "Fostering Collaborative Academic, Clinical, and Industrial Research in Biomedical Engineering." The outstanding program of presentations, poster sessions, and professional discussions highlighted the latest advances in both basic and translational research. Plenary speakers included Professor Michael Schuler from Cornell University, and Roderic Pettigrew, Director of the National Institute of Biomedical Imaging and Bioengineering. Professor Cato T. Laurencin, M.D., Ph.D., from the University of Connecticut received this year's BMES Diversity Award, and Jordan Green, Assistant Professor at Johns Hopkins University, was selected for the BMES Rita Schaffer Memorial Award.

The student program included several career related activities including an alumni panel, a resume review and writing workshop, and career fair. There were undergraduate technical sessions and design project sessions and special sessions for BMES student chapters. A Professional Development workshop provided students and early career workers with insights on what skills made the speakers marketable in the workforce.

Of particular note, Professor Bigonahy was the ONLY community college faculty member in attendance. When he spoke of the quality and rigor of QCC's program, our WPI "friends" concurred wholeheartedly. As you can imagine, there was great interest from many prestigious four-year institutions to pursue transfer agreements in the near future. BMES has invited QCC to establish the FIRST community college member student chapter and to become the FIRST community college member!

Congratulations to the Basic Engineering program, to all of the faculty and students and especially to Professor Bigonahy for his leadership and tireless advocacy on behalf of his students!

Q.C.C. Police Informer

Why learn first aid? First to aid

By Lt. Reynaldo Rodriguez

When a medical emergency arises medical emergency professionals should be contacted immediately. However, you may find yourself in an isolated area and the time it takes for a response could require some immediate action. By using simple techniques and following regulated guidelines, a person's life can be saved. This is done by someone who knows first aid, can assess the emergency and give basic treatment while waiting for professional medical help.

You can save a life if you learn the basics for:

- Controlling bleeding.
- Broken or bruised bones/organs.
- Bites (bees, snakes etc.).
- Treating shock.
- Dealing with a seizure.
- Saving someone who is choking.
- Performing C.P.R. (cardiopulmonary resuscitation) or using an A.E.D. (automated external defibrillator).

Remember to practice because once you've become trained you need to keep up those skills to be effective. In an emergency there is no time to read instructions; you have to react quickly and efficiently. Don't forget to call for help and activate the emergency response system before doing anything because the time it takes for an emergency medical professional to arrive is critical.

If a medical emergency occurs on campus call the QCC Police at 508-854-4444 or 4444, or if near an emergency call box use it. If not alone, send someone else to go get help.

Training & Education Center



(508) 751-7900

cce@qcc.mass.edu

http://cce.qcc.mass.edu

The QCC Training & Education Center offers a variety of courses/classes that can provide you skills to advance your career, enter the health care profession, or enrich your life. Check out our website and find a course/class that is right for you!

- TEAS/HOBET Review Classes
- Basic Life Support for Healthcare Providers
- Stand-Up Comedy
- Medical Transcription (online)
- Medical Coding and Billing (online)
- Medical Administrative Assistant (online)
- Administrative Assistant (online)

We are scheduling spring courses now!

There will be many offerings including Phlebotomy/EKG Technician, Pharmacy Technician, Nurse Assistant/Home Health Aide Training, Personal Care Assistant, Veterinary Assistant, TEAS/HOBET Review Classes, Real Estate Salesperson/Broker Training, Reiki I & II, and many more!



Harrington Learning Center Hours - Fall 2011 and Spring 2012

Monday through Thursday	8:00 a.m. to 9:00 p.m.
Friday	8:00 a.m. to 5:00 p.m.
Saturday	9:00 a.m. to 3:00 p.m.
Sunday	Closed

Alden Library Celebrates Native American Heritage Month 2011

By Michael Stevenson, Collection Development Librarian

As part of QCC's celebration of Native American Heritage Month, Alden Library will highlight these important books in the Alumni Reading Room, third floor of HLC, during November. Students may check out any of the books with a QCC ID card having the Alden Library barcode.

To learn about our thousands of other books on the subject, as well as e-books, videos and online sources, ask at the Reference Desk on the third floor of HLC, call (508) 854-4366, e-mail reference@qcc.mass.edu, or chat live with a Librarian at <http://qcc.mass.libguides.com/resourcesAtoZ>.

Broken Landscape: Indians, Indian Tribes, and the Constitution, by Frank Pommersheim (2009). This legal study looks at Indian-white relations in the context of U.S. constitutional history. Call no. KF8205 .P63 2009.

Competing Voices from Native America, edited by Dewi Ioan Ball and Joy Porter (2009). This is a selection of short, primary-sourced accounts from a variety of sources, including newspapers, Congressional documents and Indian tribal materials. The book presents opposing views of Native and non-Native Americans. Call no. E77 .C743 2009.

Driven West: Andrew Jackson and the Trail of Tears to the Civil War, by A. J. Langguth (2010). This is a history of events leading up to and culminating in President Jackson's removal of Cherokee, Choctaw and Creek peoples from their native lands to the inhospitable West. Many from the tribes perished on what became known as the Trail of Tears. Call no. E338 .L36 2010.

Federal Fathers and Mothers: a Social History of the United States Indian Service, 1869-1933, by Cathleen D. Cahill (2011). This history of the office that became known as the Bureau of Indian Affairs looks at how the Indian Service functioned in the decades after its founding in the post-Civil War years. Call no. E93 .C27 2011.

A History of the Narragansett Tribe of Rhode Island: Keepers of the Bay, by Robert A. Geake (2011). Geake examines the Narragansetts' relations with government, as well as the tribe's social life and customs. Call no. E99 .N16 G43 2011.

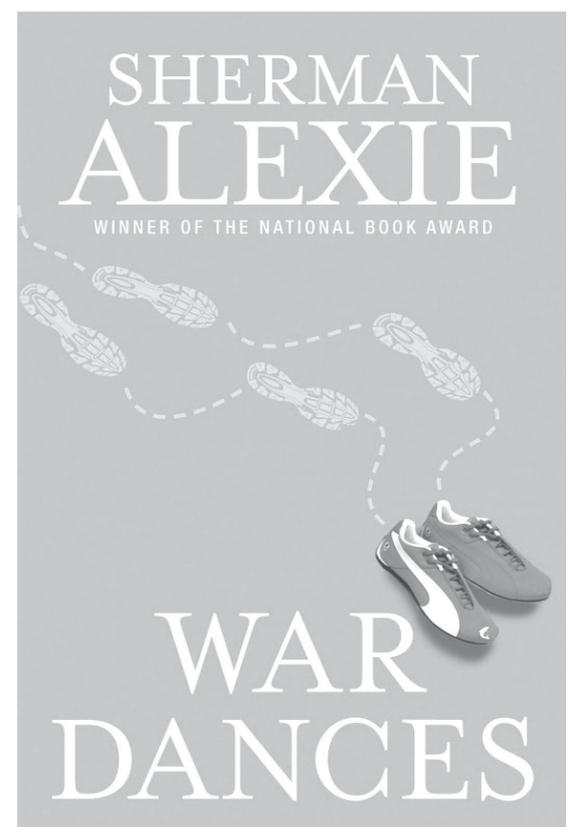
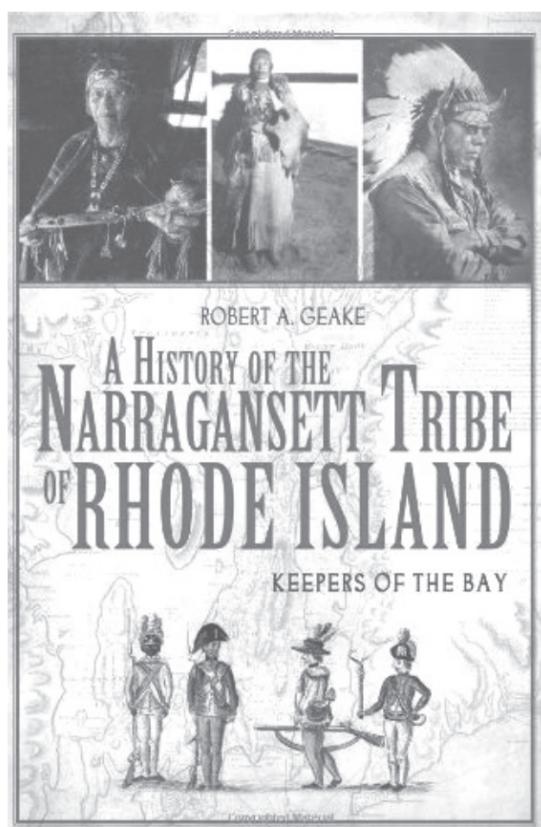
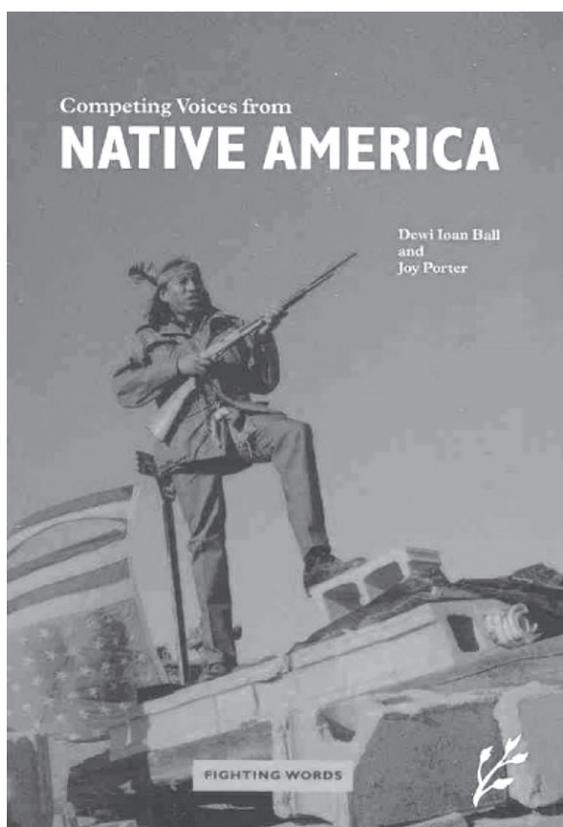
Legends of American Indian Resistance, by Edward J. Rielly (2011). The publisher states, "This book describes the plight of Native Americans from the 17th through the 20th century as they struggled to

maintain their land, culture, and lives, and the major Indian leaders who resisted the inevitable result." Leaders include King Philip, Tecumseh and Russell Means. Call no. E89 .R54 2011.

Making War and Minting Christians: Masculinity, Religion, and Colonialism in Early New England, by R. Todd Romero (2011). Call no. F7 .R68 2011. This study of Colonial New England looks at the Native religions and the impact of Christian missionaries.

The Wampanoag Tribe of Martha's Vineyard: Colonization to Recognition, by Thomas Dresser (2011). Call no. E99 .W2 D74 2011. This history of the Gay Head (Aquinnah) Wampanoag people looks at their ways of living through the centuries on the Vineyard.

War Dances, by Sherman Alexie (2009). Call no. PS3551 .L35774 W37 2009. The noted Native American author presents stories focusing on the Spokane Indians and Coeur d'Alene Indians of the American Pacific Northwest.





*Smoking?
No smoking?*

Live well

Tobacco free campus or not

By Susan T. Johnson MSN, RN C

The issue to make QCC a tobacco free campus has been a debate for some time. One thing is clear; this action to move toward a tobacco free campus is not about taking the rights away from those who DO smoke, it is about keeping the environment healthy for ALL.

Did you know that in 2009 there were 176 colleges that were completely smoke free? As of July 2011 there are now at least 530 100% smoke free campuses with no exemptions.

<http://www.no-smoke.org/pdf/smokefreecollegesuniversities.pdf>

The implications for this growing public health concern and moving toward a tobacco free campus is supported by the QCC mission statement. Supporting the equal rights of all people by advancing the understanding and appreciation of differences including age, race, gender, ability, religious convictions, socio-economic status, ethnic heritage, or sexual orientation as well as to contribute to a safe and secure environment by respecting all people and property coincide the ideals of the mission statement by ensuring a healthy environment.

Tobacco use among college students in the US poses a public concern, with prevalence rates of 18% much higher than nationally targeted goal of 10.5% identified in Healthy Campus. (Johnson et al., 2009;ACHA 2002).

The American Cancer Society is marking the 36th Great American Smokeout on November 17 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life; one that can lead to reducing cancer risk. Quitting smoking is not easy, but it can be done. To have the best chance of quitting successfully, you need to know what you're up against, what your options are, and where to go for help. <http://www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/index>

There are no right or wrong answers for each individual; only consequences to your health and the environment. Let's do our part for not only ourselves but for our community and promote a smoke free environment. Just like with school or a new job; the first day is always the hardest. You may be surprised how it may inspire you to change your life.

For more information log onto the American Cancer Society website at: <http://www.cancer.org>

A breath of fresh air

An introduction to the Field of Respiratory Care

By Meghan LaFlamme



Fresh-pressed scrubs, gleaming white shoes, and a sparkling clean stethoscope: all were worn with a nervous smile as I walked into the hospital on my first day of clinical. A few hours later, our little group of four was brought to observe a patient being transported from post-surgery to the Intensive Care Unit before waking up. My instructor glanced over at us and asked, "Okay, who wants to bag?" ... and before I knew what I was doing, I raised my hand. Remembering my CPR training, I "bagged" the patient, or provided him with breaths, as the medical team and I transported him to his prepared room in the ICU. A mixture of fear and exhilaration filled me as I realized that the

breaths I was providing were keeping the patient alive. After this first intense experience, I had a great feeling that I was going to love Respiratory Care.

That was one year ago. My name is Meghan, and I am a second year student in the Respiratory Care program. Six months before starting the program, I knew nothing about the field. Before researching it, I had no idea what kind of doctor a pulmonologist is. I certainly did not know that being a respiratory therapist is much more than a "button pusher"- these highly trained professionals are puzzle-solvers, team players, and quite literally, life-savers. Over the past year, I have learned a wide array of skills, from basic patient assessment

to troubleshooting a patient's mechanical ventilator. There is still a wealth of information to gain, however, and the next year will continue to prepare me to be the best therapist I can be.

The respiratory field is both professionally and personally rewarding. Respiratory therapists are vital members of a team of medical professionals that diagnose and treat patients with general breathing difficulties, cardiopulmonary (heart and lung) diseases, or lung injury. Some of these patients may include those with asthma, sleep disorders, premature infants, or individuals requiring a mechanical ventilator to breathe for them. As a respiratory therapist, job locations vary from hospitals

to medical equipment supply companies. There is great task variance within the job, as well. For example, while one therapist in the hospital may be obtaining a blood sample to analyze a patient's oxygen level, another may be assisting a physician as a patient has a breathing tube put in place. In addition to making a great salary, another benefit to becoming a respiratory therapist is the job outlook; it is very promising, especially with the increasing need for care in the infant and elderly populations.

Could this field be for you? To find out more, visit the American Association of Respiratory Care:

<http://www.aarc.org/career/>



Attention students

Scholarships are available!!

Do you know money is available to help with the cost of your education?

Each week the Financial Aid Office will be featuring a new scholarship. Be sure to check out our bulletin board located outside the Financial Aid Office, Room 165A

student life

November 2011



November is American Indian Heritage Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 JOIN US FOR THE DEAL IS RIGHT GAME SHOW ON NOVEMBER 7 @ NOON		1 PTK Holiday Card Sale Kickoff	2 QCC's Got Talent @ 5PM	3 Scrub Butts @ 11AM	4	5 Men's & Men's BB at Northern Essex CC @ 1PM & 3PM
6	7 The Deal is Right Game Show @ 12PM	8 Deadline for Open Door	9 American Indian Heritage Month Event @ 11AM You're A STAR	10 Men's & Men's BB at Northern Essex CC @ 5:30PM & 7:30PM	11 Veterans Day No Classes	12
13	14	15 Veterans BB at Massachusetts CC @ 5PM	16 How the Grinch Stole Christmas The Musical	17 Men's BB at Northern Essex CC @ 6PM	18	19 Men's & Men's BB at Northern Essex CC @ 12PM & 2PM
20	21 Thanksgiving Bingo @ 12PM Evening Student Mixer @ 5PM	22 Thanksgiving Bingo @ 12PM Men's & Men's BB at Northern Essex CC @ 5PM & 7PM	23	24 & 25 Thanksgiving Break		26
27	28	29 Leadership @ 12PM Men's & Men's BB vs. Northern Essex CC @ 5PM & 7PM	30 Be An Angel			

Wrentham Village Premium Outlets



Can't find anything for that special someone? Come to Wrentham! Your one stop shopping trip for anything you will need....

Date: Dec. 7, 2011

Time: 4pm-9pm

Tickets: \$5

For tickets and more information, please go to the Fuller Center



SHOPPING TRIP!!!

Discounted Movie Tickets to Showcase Cinema Theaters

Tickets are available in The Fuller Student Center for \$7.75 each.



Did you know? Free walk-in clinics.

By Elisander Rivera, Open Door Staff

There are close to twelve free walk-in clinics that serve Worcester and surrounding towns.

As college students we all need, at certain moments in our lives, to have access to medical services in the Worcester area. The full-time students have the advantage of insurance coverage, but still may face the financial hardship to pay for medical services. On the other hand, part-time students may be uninsured and have limited or no access to medical services. For that reason, I would like to facilitate information about free care or low income based clinics in our community offered through the Worcester Special Health Care Programs.

Free walk-in clinics services follow:

St. Anne's Free Medical Program

Description: This program provides medical services free of charge for children and adults with no insurance or very little insurance. It serves Shrewsbury and surrounding towns, including Worcester.

Services:

St. Anne's offers medical care for adults and children, including physicals, diagnostic testing, obstetrics and gynecology, immunizations, medical equipment, pharmacy assistance, and referrals for urgent care.

Clinic hours are Tuesdays from 6 PM to 8 PM. You do not need an appointment.

Contact Information:

St. Anne's Church
130 Boston Turnpike (Rte. 9)
Shrewsbury, MA 01545
Telephone: 508-754-7920

Worcester Evening Free Medical Service Program (WEFMSP)

Description:

The Worcester Evening Free Medical Service Program (WEFMSP) has two walk-in clinics for adults and children with little or no health insurance. The clinic at Epworth United Methodist Church offers free general medical care. The clinic at Wesley United Methodist Church offers free eye exams and hearing evaluations, and free or low-cost eyeglasses and hearing aids. Services are provided by volunteers from the Worcester area.

Services at Epworth United Methodist Church:

Services include physicals, lab tests, treatment of illnesses, medications, referrals to specialists, physical therapy, nutritional counseling, social services information, and other referrals

Hours are Mondays, 6 PM to 8 PM. This is a walk-in clinic. You do not need an appointment. The clinic is closed on major holidays.

Services at Wesley United Methodist Church:

Services include eye exams; free or low cost eyeglasses; glaucoma and diabetic retinopathy exams; hearing tests; and low cost hearing aids

Comprehensive eye exams are offered on the 2nd and 4th Mondays of each month from 6 PM to 8 PM. This is a walk-in clinic, first-come, first-served. You do not need an appointment.

Ear exams are offered on the 4th Monday of each month. Hours are 6 PM to 8 PM, first-come, first-served.

Contact information:

Epworth United Methodist Church
64 Salisbury St.
Worcester, MA 01609
Telephone: 508-752-2376

Wesley United Methodist Church
114 Main St. (near Courthouse)
Worcester, MA 01608
Telephone: 508-799-4191

As you can see the services provided by these clinics are different at each location. In the area of health awareness services provided include breast exams, screening for high cholesterol, high blood pressure, anemia, blood tests for marriage license applicants, birth

control, pregnancy tests, testing and treatment, gynecological problems, screening and treatment for sexually transmitted infections, confidential HIV testing and referrals.

Health Care Programs in Worcester Massachusetts. Retrieved from <http://www.worcesterresources.org/index.cfm>
To learn more about these and other services visit www.worcesterresources.org. Click on Health Care Programs, scroll down and click on Free Walk-In Clinics for the full listing, hours and locations near you. Make good use of this information and share it with your family and friends.

Children's School

By Jill Arrell and Karyn Kachadoorian

We have had a terrific start to the year. The children are settled in, have been busy exploring their school, and getting to know each other and the student teachers. In Classroom 1 children are busy exploring the anatomy of the human skeleton and skeletal structures of different animals and dinosaurs. We have a display of bones on our science table as well as a light table with x-rays of bones. The children match the x-ray silhouettes to bones that look the same in our skeletal structure and feel where these bones are in their own bodies. They have been introduced to some of the names of these bones to learn new vocabulary.

The children have also been involved in Physics, designing pathways for rolling their small cars and small balls. They redesign these pathways using inclines of various heights to problem solve direction, speed, and distance. We need only to watch and listen to the children's ideas to see where these

interests will lead us as their teachers. It is always interesting and full of wonder.

In Classroom 2 we've gone on tours of the second floor of the Children's School to see the offices and the classroom. We played "What's Behind the Door?" on the main level and explored the basement. The children were very surprised by what they found in our school basement!

Recently the children have been showing an interest in beavers and how they make dams. They transferred our block area into "Quack Forest", where beavers gnaw down the trees. We have gone on a hike around campus collecting sticks, leaves, and other treasures. The children have been sawing branches and exploring mud through their senses. Over the next several weeks the children will have the opportunity to continue exploring beavers and other woodland animals.

For more information about the Children's School contact janel@qcc.mass.edu or call 508 854 4220. Some students may qualify for a scholarship and state vouchers are accepted.



Quinsigamond Children's School offers to young children (2 years, 9 months to 5 years of age) a program that fosters appreciation of self, others, and the world around them. It promotes self motivated learning through discovery and hands-on involvement with the environment. Emphasis is placed on meeting individual needs while encouraging respect for others.

Now open to 5 pm
FOR THE
FULL YEAR!



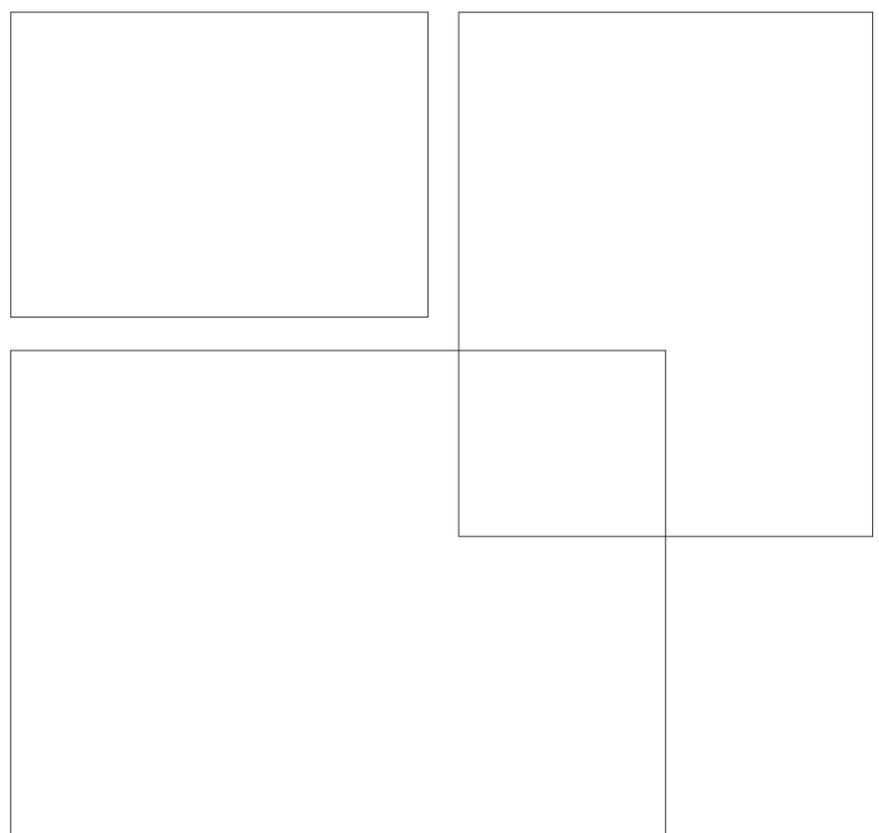
Hours

Classroom I:	Mon/Wed/Fri	7:15 am - 5:15 pm
	Tues/Thurs	8:30 am - 3:30 pm
Classroom II:	Mon-Fri	7:15 am - 5:15 pm
	Mon/Wed/Fri	7:15 am - 5:15 pm
	Tues/Thurs	7:15 am - 5:15 pm

For further information please contact:
janel@qcc.mass.edu or you
may call 508.854.4220

570 West Boylston Street, Worcester, MA 01606

Accredited by: NAEYC



GEARS OF WAR 3 REVIEW

Gears of War 3 A game at its best.

By Stephen Shuler



Get your chainsaw bayonet lancers revved up because *Gears of War 3* is out to kick some locust teeth in! First off is the campaign, and it is by far one of the best in the *Gears of War Series*. This campaign has the true “Brothers to the end” feel. Then multiplayer comes to play into the *Gears of War* series with pure insanity and nail biting moments. Lastly is the cooperative multiplayer that will bring you and your friends closer when tensions build in horde mode, and cause mayhem towards the COG when you take part of the Locust horde in Beast mode. *Gears of War 3* bring a handful of chaos, action, and drama to the finale in the series.

With humanity struggling to stay alive and the emotional feel of Marcus finding his father being alive. You are in one hell of a kick ass adventure. The campaign brings the feel from the past two games with the cover base system when you engage in combat. The game play feels more improved and polished from what *Gears of War 2* had two years ago. New characters are added to the mix such as: Jace, Sam, and Clayton Carmine who is the third brother of the carmine family. These characters do not get a lot of introduction time, but

instead they are instantly in the game fighting by your side.

Now when you are done with the campaign there is multiplayer! It is back and better than ever. There are improvements on one of the main issues before and that problem was host; the progress of the issue is that there are dedicated servers as a replacement, as an upgrade to the complications of host. There are stirring moments that have your heart racing, palms sweaty, and you yelling at the top of your lungs in victory or defeat. In other words the multiplayer is a hell of a ride.

Feeling cooperative? Well look no further because Horde mode is back with a twist. Horde mode is the standard survival mode, but now instead of just surviving wave after wave there is money involved. The earned money is used to build barriers, turrets, and decoys to give you an edge on surviving the horde. The currency is also used to buy weapons and ammo. Along side horde mode is beast mode. Beast mode is when you take charge of the locust army and wreak havoc onto the COG militia. There is currency in this mode so be careful on what you spend and how you spend your money.

Gears of War 3 is one of the best games to come out this year. With the emotional story that makes you want to know more as you play more, the deep and exciting multiplayer that will have the competition being tough and satisfying at the same time, and having the cooperative multiplayer that will bring you and your friends closer together with these teamwork based missions. In the end *Gears of War 3* is a game at its best and will leave a legacy for its final hurrah.

International Café Delicious food, excellent price

By the Dean of Cuisine



If you're looking for good local Middle Eastern food, International Café in Bahnan's International Marketplace and Bakery at 344 Pleasant Street, Worcester, has a highly affordable and delicious selection. Shawarma, a Middle Eastern barbeque, falafel, deep fried chick pea fritters, and an assortment of savory pies and salads make up most of the entree menu, along with kabobs. Appetizers include stuffed grape leaves, babaghanoush, creamy eggplant dip, hummus and taboulee, a couscous salad flavored with mint. Fries are also available, seasoned with a classic Middle Eastern spice blend called zatar.

The dining space is a small corner of Bahnan's, like a Middle Eastern cafe extending into the market, rather than onto the street. The Cafe, open from 11:00 a.m. to 6:30 p.m. Monday through Friday, 11:00 a.m. to 5:30 p.m. on Saturdays and closed Sundays, is usually run by one or two cooks. After placing your order directly with the cook, you grab a seat at one of the high cafe tables. Wait time is near non-existent and you can watch your food being prepared right behind the counter.

Our meal consisted of two falafels, spinach and cheese pie, and an order of fries. The falafel was ordered with the works, a full set of Mediterranean and Middle Eastern condiments and wrapped in warm pita

bread. Crunchy, warm and full of fusing flavors, even the most ardent carnivores would have a hard time resisting this treat. The spinach pie, a Middle Eastern version of the Greek Spanakopita, was flaky and moist. The fries, thick and fresh cut, were coated with plenty of zatar, so tasty and balanced with the potato flavor that ketchup wasn't even needed. Order to meal time was less than seven minutes. And the price is perfect for even the most cash strapped. It was a very hearty meal for two under twenty dollars.

You can't go wrong at International Cafe.



Up and coming in the community

By Caitlyn Lambert

stART at the Station

Can't figure out what to get people for the holidays? Don't worry. On Sunday, December 4th, from 11am - 5pm, to stART at the Station will be held at Union Station in Worcester, hosting more than one hundred artists and crafters offering unique items. Baked treats and other goods will be available to purchase as well.



A special preview of this event will be held from 10am to 11am, where people will be able to get coffee, baked goods, a shopping bag, and first pick at all the crafts. Admission for this is \$5.

From 11am to 5pm, there is **no admission charge**. Parking can be found in back of Union Station which is accessible by Franklin Street.

The Second Annual Open Door Photo Contest will be held during Spring Semester.

It's an opportunity to showcase your talent and enter to win prizes.

Look for details in the December/January Open Door

November Schedule for Cinema 320 at Clark

On November 10th and 12th at 7:30pm, and the 13th at 1 and 2:50pm, Cinema 320 will present *Street Days*. This film follows Checkie, played by Guga Kotashvili, a great family man, but who is jobless and has a heroin addiction. As if that isn't enough, Checkie is being blackmailed by a couple of corrupt cops who want him to frame his friend's son. This movie is directed by Levan Koguashvili, and the screenplay is written by Boris Fruman, Levan Koguashvili, and Nikoloz Marri. 86 minutes with subtitles. For more information on this film, go to www.globalfilm.org.

Heartbeats will be the feature film on November 17th and 19th at 7:30pm, and November 20th at 1 and 3pm. This romantic-comedy drama, directed by Xavier Dolan, shows a close friendship that is disrupted by a newcomer whose magnetic personality affects both friends. Made in Canada in 2010. This film is 95 minutes and has subtitles.

The last film for November, *Meek's Cutoff*, will be shown on the 26th at 7:30pm, and the 27th at 1 and 3:05pm. This western follows a little party of settlers who get lost in the prairie, and are starting to doubt their hired guide. While running low on provisions, they capture an Indian who may be able to save them and lead them to water. In this time of crisis who can they trust? The failed guide or the treacherous stranger? This was made in the USA in 2011 and is 104 minutes.

Tickets for Cinema 320 are \$6.00 for adults, and \$4.00 seniors and Clark students (with ID). More information can be found at: <http://www.cinema320.com/>

The Nutcracker

November 25, 2011 - November 27, 2011
7:00 PM-10:00 PM at the Hanover Theatre for the Performing Arts
2 Southbridge St. Worcester, MA

Jump start the Holiday Season with Worcester's Family Tradition of The Nutcracker presented by Ballet Arts Worcester November 25-27, 2011. This magical production is the collaborative artistic effort of the Youth Ballet Company of Ballet Arts Worcester joining with the live music of the Massachusetts Symphony Orchestra.

Cost: Full price tickets are \$24, \$30, \$36, depending on seating location. \$3 discount available for members, groups of 15 or more, corporate partners, AAA members, kids, and students.

Public Woo Card: 10% discount available. Swipe WOO card to earn points!
College Woo Card: 10% discount available. Swipe WOO card to earn points!





Athletic Center

All offerings are free for QCC students. Fall and spring hours are:

Monday – Friday: 7:30am – 9:00pm

Saturday: 9:00am – 2:00pm

The Athletic Center is closed on Sunday

AC equipment/facility offerings:

- Two Exercise Areas, including cardio, free weights, strength machines, cycling bikes, and much more
- Basketball Court
- Locker Rooms – restrooms, showers, sauna, lockers
- Ping Pong Table
- Program Room

Programs:

- Circuit Training: M, W, F - 12:30pm – 1:15pm
Tu & Th - 4:15pm – 5pm
- Kung Fu: M & W - 11:30am – 12:15pm
- Indoor Cycling: M & W - 5:30pm - 6:15pm
Tu & Th - 12:15pm-1pm
- Yoga - Tu & Th - 12pm - 1pm & 5:15pm - 6:15pm
W - 1:30pm – 2:30pm, F - 11:30am – 12:30am
- Zumba - W - 6:15pm – 7:15pm

All programs are FREE for QCC students, staff, & faculty! Check The Q and posted signs for fall schedule.

Intramural Sports

- Indoor Soccer
- Basketball
- Volleyball
- Flag Football
- Frisbee Golf

Check The Q and posted signs for fall schedule.

Intercollegiate Sports

- Men's Basketball - Coach Hadley Camilus 508-854-4211
- Women's Basketball - Coach Lars Farnham 508-854-4492
- Baseball - Coach - Mike Fusaro 508-854-4316
- Softball - Coach - Cherie Comeau 508-854-4317

Basketball Tryouts will be held on October 1, 2011. Fall baseball and softball will be starting the first day of classes. If you are interested in playing an intercollegiate sport at QCC, please contact or stop by the Athletic Center.

We want your suggestions!

If you have any suggestions about program classes or intramural sports that you would like offered, please stop by or contact the Athletic Center. We love to hear the opinions of our students, staff, and faculty. We want the Athletic Center to be a great place to spend some of your free time! Call us at 508-854-4317.



Photos provided by QCC Institutional Communications



2011-2012 QCC Women's Basketball Schedule

Day	Date	Time	Team	Field
November				
Saturday	5	1pm	Bristol CC	AWAY
Thursday	10	5:30pm	Holyoke CC	AWAY
Friday	11	6pm	NHTI Tourney vs. Nashua CC	AWAY
Saturday	12	12pm	NHTI Consolidation Game	AWAY
Sunday	13	2pm	NHTI Championship Game	AWAY
Tuesday	15	5pm	Massasoit CC	AWAY
Thursday	17	6pm	UCONN Avery Point	AWAY
Saturday	19	12pm	Lincoln College	AWAY
Tuesday	22	5pm	Springfield Tech CC	AWAY
Tuesday	29	7pm	Northern Essex CC	HOME



Day	Date	Time	Team	Field
December				
Thursday	1	6pm	Manchester CC	AWAY
Tuesday	13	5pm	Mass Bay CC	HOME
Saturday	17	12pm	Gateway CC	HOME
January				
Tuesday	3	6pm	Manchester CC	HOME
Saturday	7	12pm	Roxbury CC	AWAY
Saturday	14	1pm	Gateway CC	AWAY
Tuesday	17	6pm	UCONN Avery Point	HOME
Thursday	19	5pm	Mass Bay CC	AWAY
Saturday	21	12pm	Lincoln College	HOME
Thursday	26	6pm	Dean College	HOME
Saturday	28	12pm	Holyoke CC	HOME
February				
Thursday	2	5pm	Massasoit CC	HOME
Saturday	4	12pm	Bristol CC	HOME
Wednesday	8	5pm	Springfield Tech CC	HOME
Saturday	11	1pm	Northern Essex CC	AWAY
MCCAC State Basketball Tournament				
Saturday	25	12/2pm	@ Holyoke CC	AWAY
Sunday	26			
March				
REGION 21 Tournament				
Saturday	3	TBA	@ Quinsigamond CC	HOME
Sunday	4			

2011-2012 QCC Men's Basketball Schedule

Day	Date	Time	Team	Field
November				
Tuesday	1	7pm	Nashua CC	AWAY
Wednesday	2	7pm	New Hampshire Tech	AWAY
Tuesday	8	7pm	Roxbury CC	AWAY
Thursday	10	7:30pm	Holyoke CC	AWAY
Saturday	19	2pm	Lincoln College of N.E.	AWAY
Tuesday	22	7pm	Springfield Tech. CC	AWAY
Tuesday	29	5pm	Northern Essex CC	HOME



Day	Date	Time	Team	Field
December				
Thursday	1	7pm	Mass Bay CC	HOME
Thursday	8	7pm	UCONN Avery Point	HOME
Thursday	15	7pm	Bristol CC	HOME
Saturday	17	2pm	Gateway CC	HOME
January				
Thursday	12	7pm	UCONN Avery Point	AWAY
Saturday	14	3pm	Gateway CC	AWAY
Thursday	19	7pm	Mass Bay CC	AWAY
Saturday	21	2pm	Lincoln College of N.E.	HOME
Thursday	26	8pm	Dean College	HOME
Saturday	28	2pm	Holyoke CC	HOME
February				
Thursday	2	7pm	Massasoit CC	HOME
Saturday	4	2pm	Bristol CC	AWAY
Wednesday	8	7pm	Springfield Tech. CC	HOME
Saturday	11	3pm	Northern Essex CC	AWAY
Thursday	16	7pm	Nashua CC	HOME
MCCAC Basketball Tournament				
Saturday	25	4/6pm	@ Holyoke	AWAY
Sunday	26			
March				
Region 21 Tournament				
Saturday	3	TBA	TBA	AWAY
Sunday	4			





student gallery

Sitting Alone

By Beryl Pettiford

Looking at the foot gear
steps being taken moving fast in 1 direction
almost earth shaking
I am watching, sitting alone, not even being noticed
as others walk by

Conversations blaring, headphones on high
I-Pods in their palms as they go by
I am watching and listening, not being noticed
as others go by

Lighting up, smoking, exhaling, choking
cloud puffs fills the walkways
to me I just sit alone watching
to them it's just another day

Whites, Blacks, lights, darks
medium, large, or small
in and out the doors, and rushing through the halls
walking right among them ,yet walking alone

Long hair ,short styles, colors and tats
representing the insides and outs
Winter boots, scarves, and shorts.. what's that all about?
We are all here, learning, moving on, to our
future goals
some tripping on the Pleasure Principle,
With big ego's
Guilty, I saw her sitting alone watching
others go by
I didn't even ask her name, I didn't
even try....

THE NEXT TIME YOU SEE SOMEONE
JUST SITTING ALONE, WAVE, NOD, SMILE..LET
THEM KNOW WE AT QCC ARE NOT ALONE, NOT AT ALL.

I Lay Still

By Jennifer Barry

I lay still, just woken by the early summer light. I felt the wound with nimble fingers. It ached tenderly. My breathing quickened when I again realized where I was. I was not alone. She sat in a chair by the corner, foreign. Luring in the distance. I looked to window. We both watched the sun fading beyond the sea, first rosy and then dusty gray, finally to darkness.



Newport, Rhode Island
Photo By Kris Thimo

Endless Night

By Laurinda Ralph

She got home from work and let her children wake to the aroma of pancakes. She cared for three children alone. She had always been alone. No man stayed more than a night. Not even the father she never knew. The apartment was too small. The food was not enough. She sold her body for bread and milk, but she couldn't last a man longer.

The children walked sleepily to the kitchen and she wiped the tears from her eyes, and the piles of bills from the table. Then, she declared the day a holiday. The children ate quickly, barely breathing between bites. They left the dish less table sticky with maple syrup and remnants of pancakes and canned fruit. Then, they played games. They took out Clue, Trouble and Life. They guessed, and popped the die and moved their cars down the road of life. They all played and the children laughed until they cried. But she just cried.

The youngest, who was three, took his blanket and wiped her tears. The seven and nine year old looked at each other. They knew she was getting sicker. They knew things were worse. They quickly tried to continue the game. They played each game they had found in random trash cans and sidewalks. Then they told stories. The cabinets were unlocked... and so was the little cooler. They were allowed to eat freely and they ate as if they were starving - and many might argue that they were.

As the sun set, they kissed her good night and went to bed. She sung them to sleep and went to the closet to get her work clothes. She sat in the closet crying; then she did what she knew she had to do. She grabbed the pistol and walked to the frameless mattress where all three lay. She couldn't see through her tears but she felt the warm bodies and she remembered the bills, and the threats, and the empty cabinets. She knew she had to give them a better life.

The Student Gallery is open to artworks of students in the form of poetry, photographs, graphics, drawings, flash fiction etc. Please email your work to opendoor@qcc.mass.edu

Transfer MORE credits

from your QCC program into a Bachelor's through Continuing & Career Education at Assumption

See the QCC Transfer Office for details about the generous transfer credit policy at Assumption College. We apply up to 75 credits to your Bachelor's degree – 15 credits more than most other colleges!

QCC Associates' Programs transfer into

- Human Services ----->
- Applied Arts (AS) ----->
- Automotive Technology (AAS) ----->
- Basic Engineering (AS) ----->
- Computer Information Systems (AS) ----->
- Computer Science-Transfer (AS) ----->
- Computer Systems Engineering Technology (AS) ----->
- Electromechanical Technology (AS) ----->
- Electronics Technology (AS) ----->
- Manufacturing Technology (AS) ----->
- Telecommunications Technology (AAS) ----->
- Telecommunications Technology-Corporate (AAS; Verizon) ----->
- Business Administration-Transfer (AS) ----->
- Business Administration-Career (AS) ----->
- Hotel & Restaurant Management (AS) ----->
- Business Administration-Transfer (AS) ----->
- Business Administration-Career (AS) ----->
- Computer Information Systems: Database Option ----->
- Computer Information Systems: Web Development Option ----->
- Hotel and Restaurant Management (Foodservice Mgmt. Option) ----->
- Hotel and Restaurant Management (Hospitality Mgmt. Option) ----->

Assumption College Bachelors' Programs

Bachelor of Arts in Human Services and Rehabilitation Studies

Bachelor of Science in Social Science OR Bachelor of Arts in Humanities

Social Science concentrations

- Anthropology
- Criminal Justice
- Human Services & Rehabilitation Studies
- Political Science
- Psychology
- Social Science
- Sociology
- Designer

Humanities concentrations

- English
- History
- Humanities (Art, Music, Foreign Language)
- Literature
- Philosophy
- Theology
- Designer

Bachelor of Business Administration

Bachelor of Business Administration

Bachelor of Business Administration-Designer Concentration

Learn why former QCC students say
"Assumption was the best transfer school for me!"
 See back cover of this publication.

- **Transfer up to 75 credits – saves money and quickens your graduation**
(See ad in Transfer Section of this publication for details)
- **Small class size, individual attention!**
- **Personal academic advising!**
- **Personal career advising!**
- **Private college education and service!**

Incomparable value - lower cost to attend than a state college!

3-CREDIT COURSE	Local State College	Assumption College
Tuition	\$121.26	\$885.00
Administrative Fees	\$736.74	\$20.00
Capital Improvement Fee	\$49.50	None
Health, Activity, & Tech Fees	\$49.11	None
Parking Fee	\$72.00	FREE Parking
	Total: \$1028.61	Total: \$905.00

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

Go Places.
www.assumption.edu/cce





November Off-Campus Events

Boston University/Metropolitan College, Boston, MA, Open House, Saturday, November 5, 2011, 10:00 a.m. Reserve a seat by emailing met@bu.edu, or call 617-353-6000. Free parking included! For schedules and maps, visit bu.edu/met/info.

College of Saint Rose, Albany, NY, Fall 2011 Open House, Saturday, November 5 and Saturday, November 12, 2011. For information or to register, call 1-518-454-5150, email admit@strose.edu, or go to www.strose.edu/visits.

Lasell College, Auburndale, MA, Fall Open House, Sunday, November 6, 2011. RSVP by calling 617-243-2225 or by emailing rsvp@lasell.edu.

Mass College of Liberal Arts, No. Adams, MA, Fall Open Houses, November 11 (also Athletic Recruitment Day), and November 19, 2011. Students interested in attending can register online at www.mcla.edu/visiting, or call 800-969-MCLA or 413-662-5410, email admissions@mcla.edu for more information.

Quinnipiac University, Hamden, CT, Fall Open House, Saturday, November 12, 2011. To register or make an appointment, go to www.quinnipiac.edu/visit. Group information sessions, on-campus interviews, and student-led campus tours are available year round. For more information, call 1-800-462-1944, or email admissions@quinnipiac.edu.

Suffolk University, Boston, MA, Open House, Sunday, November 6, 2011. For more information, contact Undergraduate Admissions at 617-573-8460, or go to www.suffolk.edu/visit.

University of Maine, Orono, ME, Open House, Monday, November 14, 2011. Saturday Information Session, November 19, 2011. For more information call 1-877-486-2364, email um-admit@maine.edu, or visit www.go.umaine.edu/visit.

Wheelock College, Boston, MA, Fall Open House & Transfer Reception, Saturday, November 12, 2011. For more information, and to register, call 617-879-2206, or go to www.wheelock.edu/visit.

Worcester State University, Worcester, MA, Fall Open House, Saturday, November 19, 2011. Check-in and registration takes place between 8:30-9:00 a.m. For more information, call 508-929-8040, or email admissions@worcester.edu.

Look for updated events in the next issue of The Open Door and on the Transfer Office Bulletin Board, 1st floor corridor of the Admin Bldg, across from Financial Aid.

Planning to transfer but don't know how to start? Use Your "WITS"—Walk In Transfer Sessions!

These are "drop in" sessions....meaning--stop by to ask a quick question, or stay as long as you'd like. And repeat visits are always welcome!

- Get quick answers to questions like: "How do I transfer?" "Where can I go?" "What classes should I take, and how will they be accepted?"
- No appointment is needed, stay for 5 minutes or 50, and attend as many times as you want. See you there!

All sessions in the Harrington Learning Center
Conference Room 109A:

Wed.	Nov. 2, 2011	12pm-2pm	with WORCESTER STATE U
Thurs.	Nov. 10, 2011	10am-12pm	with WORCESTER STATE U
Wed.	Nov. 16, 2011	10am-12pm	with WORCESTER STATE U
Tues.	Nov. 22, 2011	10am-12pm	with WORCESTER STATE U
Thurs.	Dec. 1, 2011	12pm-2pm	with WORCESTER STATE U
Tues.	Dec. 6, 2011	12pm-2pm	with WORCESTER STATE U



Dan de la Torre

Kim Coggans

QCC Transfer Resources

- QCC Transfer Office Website, <http://www.qcc.mass.edu/transfer/>
- Transfer Resource Library, Room 58 in the Administration Building
- Transfer information and appointments: call 508-854-4404, or email transfer@qcc.mass.edu

Transferring now for January enrollment?

Depending on the school you are looking to transfer to, there still may be time. But you've got to move fast! Follow these steps:

1. Go to the website(s) of college(s) you're interested in.
2. Look for transfer application deadline to confirm that there's still time
3. Read all the transfer admissions information at that site and follow all of the directions...immediately!
4. This usually means: fill out and send in completed application, send QCC transcripts (and high school transcripts if required). If essay, and/or letters of recommendation are required, take care of these right away.
5. IF THERE'S TIME: call the admissions office at the school, identify yourself as a transfer applicant and ask to make an appointment with transfer admissions counselor. Be sure to take your QCC grades with you when you do.
6. Be sure to send final official QCC transcripts at the end of the semester. You request these at the Student Payment Center, Room 65A, lower level of the Administration building.

Good luck!

Get the latest Transfer
News every month
in *The Open Door* or
online on *The Q* under
"Campus Life."

November 2011 Transfer Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Worcester State University 12:00 pm - 2:00 pm HLC Rm.109A	3	4	5
6	7 Nichols College 9:00 am - 12:00 pm HLC Counter	8 Anna Maria College 10:00 am - 1:00 pm HLC Counter	9	10 Worcester State University 12:00 pm - 2:00 pm HLC Rm.109A	11	12
13	14 Nichols College 9:00 am - 12:00 pm HLC Counter Assumption College CCE 10:00 am - 1:00 pm HLC Counter	15 Bay Path College 10:00 am - 1:00 pm HLC Counter	16 UMASS - Lowell 10:00 am - 1:00 pm HLC Counter Worcester State University 12:00 pm - 2:00 pm HLC Rm.109A	17	18	19
20	21 American International College 8:30 am - 1:00 pm HLC Counter	22	23	24	25	26
27	28 Nichols College 9:00 am - 12:00 pm HLC Counter	29	30			

Fall 2011 Transfer Fair

By Laurinda Ralph,
Open Door Staff

Many QCC students got to talk about transfer options with representatives from more than 20 colleges and universities at the October 25 Transfer Fair held in the HLC. The following are comments from several students that attended.

“I’m going to be transferring to Worcester State; just coming to get info. I want to major in Elementary Education. The fair gave me a better understanding of what I need to know and how I need to prepare myself to transfer.”

Cesar Stockwell

“My friend and I want to transfer so we got information from the schools we want to go to...I want to go into business so I looked into Amherst, UMASS Boston, and Worcester State.”

Jen Dang

“I want to do Radiology. I’m looking for colleges with those classes. So far, I’ve talked to MCPHS, they have a great [radiology] program there.”

Vanessa Harp

“I was just walking by and I came in. I talked to the guys from WPI, Clark, and Assumption. So far, WPI seems the best place for me to go ‘cuz I’m doing Engineering. The fair was very helpful.”

Raghid Bahnam

“I’m thinking of transferring to WPI. I would like to transfer into Aerospace Engineering. And, heck, I’m gonna double major with Music on the side, too. The fair was very helpful.”

T. Campbell



records & registration



Dan Daly

Regitra's Office Room: 152A
Phone: 508-854-4277

Finishing your degree or certificate in December?

If so, you should file your Intent to Graduate form (available in the Registrar's Office). We don't know if you plan to graduate unless you tell us. Once you do file, we perform a final audit of your records to make sure all your degree requirements are met and notify you if any remain. We also can order your diploma making sure your name will read exactly the way you want. If your middle name is say, Percival, and you'd rather have your middle initial printed, this is how we know your preference. If you wait too long we won't have time to clear you for graduation and order your diploma. You worked hard to earn your degree or certificate, don't let red tape trip you up now. NOTE: there is no graduation fee and filing costs nothing.

Watch out for Incompletes.

In some rare cases, a student is unable to complete all course assignments by the last day of class and the instructor offers to assign the grade of I for Incomplete. The good news is that then you have extra time to finish whatever is still hanging. The bad news is that an incomplete is not successful completion. So unless the instructor specifies on the incomplete form that you may move on to the next sequential course, we will cancel your registration for any course that requires the incomplete one as a prerequisite. Further, if you are graduating at the end of the Fall Term, an incomplete will stop you and your degree will not be posted until May.

FINAL EXAM PERIOD FOR DAY CLASSES DEC 14th- 20th

Date of exam	Exam time	Classes that meet on
Wed. 12/14	09:00 – 11:00	MWF 09:00
Wed. 12/14	11:30 – 01:30	MWF 11:00
Wed. 12/14	02:00 – 04:00	MWF 01:00
Thurs. 12/15	09:00 – 11:00	TR 09:30
Thurs. 12/15	11:30 – 01:30	TR 12:30
Thurs. 12/15	02:00 – 04:00	MWF 12:00
Fri. 12/16	09:00 – 11:00	TR 08:00
Fri. 12/16	11:30 – 01:30	MWF 10:00
Fri. 12/16	02:00 – 04:00	MWF 02:00
Mon. 12/19	09:00 – 11:00	MWF 08:00
Mon. 12/19	11:30 – 01:30	TR 11:00
Mon. 12/19	02:00 – 04:00	MWF 03:00
Tues. 12/20	11:30 – 01:30	TR 02:00
Tues. 12/20	02:00 – 04:00	TR 03:30

Key Dates and Deadlines For Fall Semester

November

- On November 3, mid-term progress grades should be available for viewing on The Q.
- November 7 through November 21 is Priority Registration for returning students. You now have seniority over all new students - use it! The best schedules and access to the most popular courses go to those who register first.
- November 18 is the last day to change to or from an audit as well as withdraw without academic penalty.
- November 30 is the last day to complete "12 Week" incomplete grades. If your work is not turned in to your instructor by this day, your incomplete grade will change to an F.

December

- From December 14 to December 20, there is a modified class Final Evaluation schedule for classes that meet from 8 AM to 4 PM. Check the Fall Schedule Book or with your instructor for details.

Records & Registration question of the month:

QUESTION I'm a Liberal Arts student. Now, finally, I'm ready to graduate, but my degree audit on the Q is wrong. It says I still need to take the LIB 250 Capstone Course. They don't offer this anymore and my advisor told me to take another 200 level course to substitute. How do I get my PSY 242 to count for LIB 250? And don't dare tell me there is a fee.

ANSWER No fee, just red tape. A couple of years ago the faculty eliminated the LIB 250 Capstone requirement and replaced it with a 200 level liberal art elective. Normally, curriculum changes take effect for future catalog years. Curricula often changes, but it would be unfair to change the rules in the middle of a game, so students are held to the requirements in effect when they enter a major. However, in this case the faculty stopped offering the LIB 250 course immediately. This stuck current students in a Catch 22. The requirement still existed for the catalog year you were admitted to the program, but the course is not available. You would think we could just make the substitution without any "red tape." But colleges have the legal authority to only award degrees for "which If you don't make your car payment, the finance company repossesses the car and sells it. An education can't be repossessed. So we have to act quickly in the semester to cancel registrations when payment is not made. It's a regrettable fact of life – when you incur a bill, you must pay it when due.



veteran's corner

Who has to certify attendance?

There is continuing confusion regarding who has to certify (under penalty of perjury) that they are attending classes and who doesn't.

If you are a veteran or reservist being paid under the old Montgomery GI Bill (Chapters 30, 1606, and 1607) you must certify that you are attending at the end of each month classes are in session. You do this on line (preferred method) at <https://www.gibill.va.gov/wave/default.cfm> or by phone 1-877-823-2378 on the last day of each month. No attendance certification, no payment.

If you are being paid under the new Post 9/11 GI Bill (Chapter 33), you do not verify attendance. This is due to system limitations and may change in the future.

So does this mean Chapter 33 vets don't have to go to class? NO, it doesn't mean that! You are receiving benefits so you can go to school. If you are not going, you are not entitled to the benefits. If you take Uncle Sam's money and are not attending, you are committing fraud. So if you drop classes or walk away, make

sure you tell us so we can update your enrollment info with the VA.

Did you get a confusing email from the VA that your enrollment certification had been amended? For Chapter 33 (Post 9/11 GI Bill) veterans we certified enrollment as quickly as possible so you could get your book allowance before classes began and your BAH on time. This cert was sent before tuition and fees were finalized. Then after Add/drop, we resubmitted with the tuition and fee amounts. This doubled the workload on Holly, but increased the speed of your payment. QCC can wait a bit to be paid, you can't. The VA routinely sends automated emails when there is a change in your account activity, but of course no details that would explain what happened.

So if you got your book allowance before you needed to buy books and your BAH arrived as expected in early October, you might want to drop by and say, "Thank you, Miss Holly."

Question of the month

QUESTION

I got short changed on my September money. What's up with that?

ANSWER

Two things are up.

1. The BAH changes every year. Usually, it goes up -- inflation. But recently, in many areas the price of housing has declined. The 01606 zip code is one of those locations. Last year the BAH for an E5 with dependents (the amount the VA payment is pegged at) was \$1554 per month. For 2011 it is \$1458.00. Hey, don't blame me, I don't set the rates.
2. The payment is prorated for partial months. Your October check was for September. The semester began on September 6. So you got paid for 24/30ths of a full month. My calculator tells me that would be \$1166. You math majors should check the arithmetic.

If you still believe you got less than owed, contact the VA at 1-888-442-4551.

Are you a Veteran, Reservist or National Guard member and want to know about benefits? Contact Holly 508.854.4270 or Dan 508.854.4277. Or drop by Room 152A.

Need help on math?

Visit the QCC Math Center at
206 Harrington Learning Center

For more info call 508-854-7487 or visit
www.qcc.mass.edu/mathsupport/

Monday – Thursday	Friday	Saturday
8 am – 9 pm	8 am – 4 pm	9 am – 3 pm

counseling

Counseling Services

Frequently Asked Questions

- 1. Who is eligible to receive services?**
Services are available to all QCC students.
- 2. When is counseling provided?**
Office hours are Monday thru Friday from 8am to 4pm.
- 3. Where is counseling provided?**
Counseling Services are located in Room 162A.
- 4. Do you have to make an appointment?**
First contacts can be by appointment, walk-in or telephone. On-going counseling is made by appointment, only.
- 5. Are Counseling and Advising services the same?**
No, although both are professional services offered by the college, counseling is strictly in reference to personal problems, whereas advising is relative to academic issues.
- 6. What is counseling at Quinsigamond Community College?**
Counseling is the opportunity to talk about your problem, choose your options and solutions and find support to help you reach your goals.
- 7. Why do people go to Counseling Services?**
Students may be experiencing anxiety, relationship problems, financial crisis, loss, abuse or depression.
- 8. Who will know that I have gone to counseling?**
Counseling Services are confidential, unless you give written permission to release your information that is to be shared with a specific professional. Should you indicate that you are suicidal or will do harm to others, you relinquish your right to confidentiality and the counselor will notify the appropriate authorities.
- 9. Can anyone provide counseling?**
Many professionals can provide you with excellent advice; however a counselor is a licensed mental health professional whose training and licensure prepares them to address your mental health and wellness needs.
- 10. What other resources can I find in Counseling Services?**
Screenings for stress, depression, eating disorders and anxiety are available as well as related books, videos, pamphlets and workbooks. The counselor also provides a variety of classroom presentations and assists students with special projects to promote a better understanding of mental health.

Who to call

Karen M. Cox, LCSW, LMFT
508.854.4479 • e-mail: karenc@qcc.mass.edu • Room 162A
Individual Appointments, Coordinator of Counseling, Mental Health Screenings (Depression, Anxiety & Eating Disorders), Crisis Intervention, Classroom Presentations

Donna Harvey, Clerk IV
508.854.4233 • e-mail: dharvey@qcc.mass.edu • Room 149A
General Information, Office Support

**Hours: 8:00 am – 4:00 pm,
or by appointment.**

Be an angel

For more than 11 years, The “Be An Angel” program has been sponsored by QCC Counseling Services. It is a Holiday Open House where faculty, staff and students bring a new, unwrapped toy for a needy child. The event provides you a short break in your hectic pre-finals days and brings smiles and happiness to a child at the holidays.

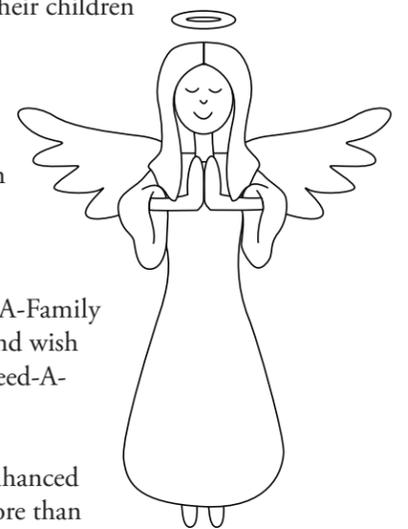
“Be An Angel” is a support program to the college wide Feed-A-Family Program, that provides holiday meals to needy families in the QCC family. Annually we try to meet the holiday requests for about 100+ families. The recipients receive a food gift certificate to purchase the holiday meal of their choice and toys for their children are provided by the “Be An Angel” program.

Please “Be An Angel” and come on Wednesday, November 30th from 8:30 am to 3:00 pm in Room 107A to enjoy homemade refreshments, a light lunch and good cheer. Your participation will enter you into our holiday “angel” prize raffle.

Employees will receive their donation letters for Feed-A-Family in their mailboxes. If you did not receive an envelope and wish to make a donation you can make your check out to: Feed-A-Family and put it in Box # 66.

Your support and gracious giving have sustained and enhanced this wonderful QCC tradition of Feed-A-Family for more than 30 years.

∞ Thank you ∞



Fast Fear Fighters

- **Acknowledge It:** When you start feeling anxious, say to yourself: “My heart’s just beating faster because I am nervous.” Recognizing your fear helps diminish it.
- **Breathe!** Sometimes we forget, especially when we’re stressed. Take long, slow breaths in and out. That tempers the fight-or flight response, and you’ll feel your body start to relax.
- **Get Moving:** Go for a brisk walk. Exercise replaces the “fear hormones” in your body with endorphins that give you strength and a feeling of power.
- **Practice, Practice, Practice:** If you have to give a speech, practice in front of friends until you feel comfortable.
- **Think Positive:** Remember your past achievements and successes. Remind yourself that you can succeed again. Repeat phrases such as, “I can handle this.” “It’s not that big of a deal.” Imagine yourself doing whatever seems frightening to you, make it happen with a good outcome and you will do it!

Summer/Fall In-Class Notetakers Needed

Are Your
Notes Worth
\$75?

For more information on
becoming a notetaker contact
Disability Services

What color would you choose?

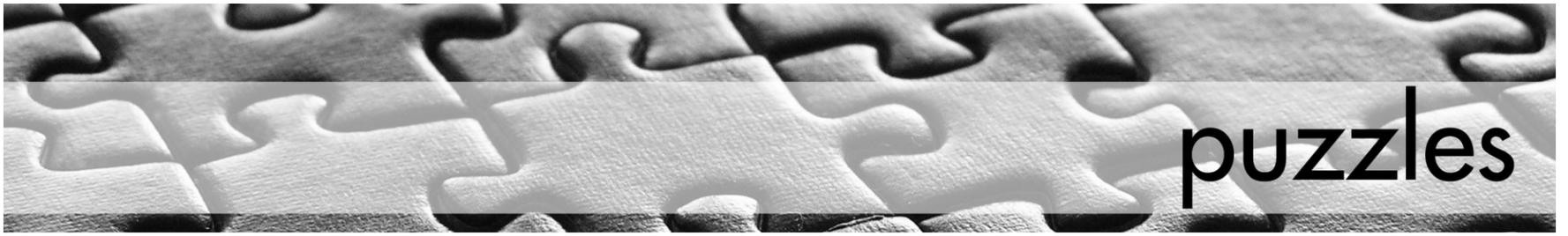
By Beryl Pettiford
Open Door Staff

On Saturday, October 15, I joined many students for a walk to prevent suicide. The walk took place at the Clark University campus. We mourned those who chose to take the permanent way out, and walked to prevent others from taking that route. There were opening ceremonies, poems and thoughts shared. A table with an array of beads to represent the loss of those we would walk for was placed in front of the university's statue of Sigmund Freud. As I walked, this poem came to my mind reflecting on "why?"

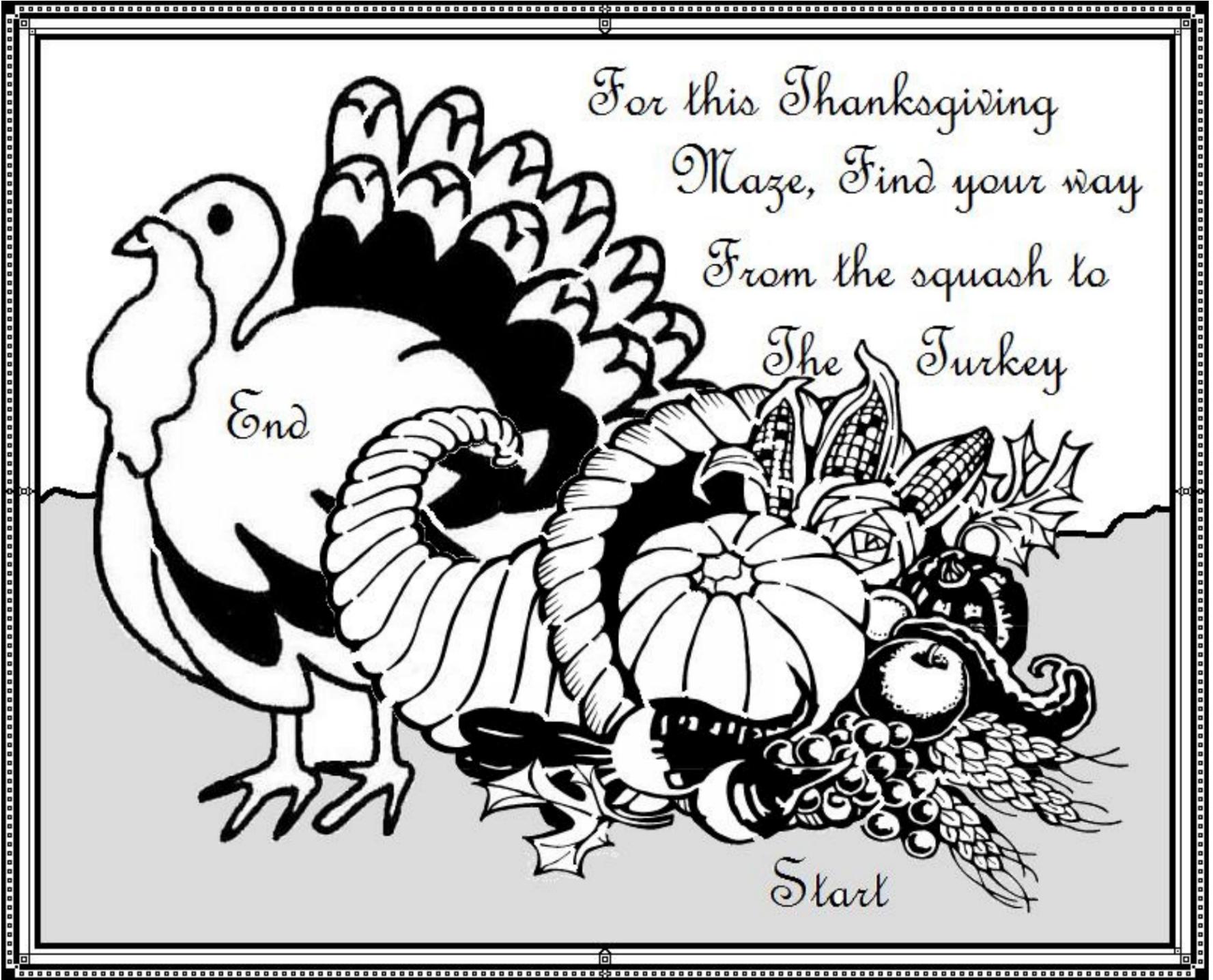


QCC students and faculty were among the many participants for the Out Of Darkness Walk held to prevent suicide.

White beads: the loss of a child
How could this happen, I asked what pressure could a child not bear
Where were the parents, where was someone who cared?
Children need to be protected, looked after and answered when they have doubt
Children need to know that suicide is not the only way out.
White beads, gave me a ghostly chill, the emptiness the white beads represented
Made me feel quite ill.
Orange beads: loss of a sibling
Orange beads meant a brother or a sister felt they had no choice
No one saw them slipping away, no one heard their voice
Not the brother of the sister, or the sister of the brother
Or the sister of the sister, or the brother of the brother
Orange beads—siblings maybe even dwelling under the same roof
It boggles my mind to tell you the truth
Red beads: loss of a partner
I lay here beside you each night and day
You look in my eyes and you appear to be okay
But something inside you is eating at your soul, and leaving the pain, and the hurt
Is your only goal.
Your confusion you did not express to me, your fears you did not share
Your emptiness you did not convey to me, that you were in despair
We miss you
Purple beads: loss of a relative or friend
We sat near you at school; we rode with you on the bus
We thought you were okay, like the rest of us
We worked right beside you at jobs, with our rolled up sleeves
One minute you were right here with us, the next minute you were grieved.
Friends need to talk about their feelings, and as friends or relatives, we need to hear
Not just an auditory flow in and out the ears
Listen to the words, the tones and expressions
Also hear with your eyes, the next time a purple friend or relative is reaching out with cries.
Gold beads: the loss of a parent
A loss of a mom or dad, was it the job, or the loss of one
Were the bills too high? Was it anxiety or depression that made you cry?
Did you feel because we are children you could not come to us
Did you feel that there were no other adults for you to trust?
We didn't see it coming; we would have gotten better grades, and argued a lot less
We could have obeyed you more and caused less stress.
Or was it nothing we did, you felt this was the only way to bend
You couldn't deal with life anymore, so you put it to an end?
We miss you
Green beads: someone living it now
My heart raced when I saw this young girl reach for the beads of green
I wanted to grab her and hug her, yet not make a scene
I wondered if she felt it right then, or how many days ago
Did she feel her future was worth letting go
I wondered how she would do it, pills cutting, which would she try
I wanted to ask her questions, was I allowed to pry.
I prayed a silent prayer for her that things would never get so bad
And then I saw her take beads of blue, supporting those who had
I took my beads of blue to support prevention of suicide and put this to an end



puzzles



Solution to last month's Ghastly Skeletal Maze.

Book Store

Check out the Harvest merchandise on Sale!

Hours:

Monday – Thursday 8 AM – 4 PM

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End of Semester Buyback will begin on Wednesday December 14th. Dates and times will be posted when the date approaches.

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QUINSIGAMOND COMMUNITY COLLEGE

670 WEST BOYLSTON STREET

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MONDAY	CLOSED	8:00 AM – 12:00 PM 1:00 PM – 5:00 PM
TUESDAY	8:30 AM – 12:00 PM 1:00 PM – 4:30 PM	8:30 AM – 12:00 PM 1:00 PM – 4:30 PM
WEDNESDAY	CLOSED	8:00 AM – 12:00 PM 1:00 PM – 5:00 PM
THURSDAY	8:30 AM – 12:00 PM 1:00 PM – 4:30 PM	8:30 AM – 12:00 PM 1:00 PM – 4:30 PM
FRIDAY	CLOSED	CLOSED

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-Georgina Njenga '10

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