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The Open Door

The Newspaper of Quinsigamond Community College

Quinsigamond Community College

March 2011

Issue #6

President's Place



Dr. Gail Carberry

As I write this letter for the March issue of the Open Door, we are entering the fourth week of the Spring semester – and preparing for yet another snow storm. This has been the most difficult and trying Spring semester of cancelled classes, challenging commutes to and from campus and more snow than we've seen in years...it's just everywhere. Several local businesses and residences have suffered damage under the weight of the snow. You may have heard that we evacuated the HLC in early February when roofers, hired to clear the snow, noticed some irregularities. We notified the City and State building inspectors and called in structural engineers from DCAM to assess the situation. Thankfully, the damage was cosmetic and the roof and building are structurally sound.

For some, the snow is welcomed. We have seen many children and adults alike enjoying the hill in front of the campus. I hear some staff members are storing snow tubes in their offices (for use after work, of course). If you're a skier this season is a dream come true. If you don't enjoy winter sports, QCC and the Student Life office offer indoor activities to enjoy. Check out the events listing on The Q.

In February, Punxsutawny Phil predicted an early spring. Hopefully, by the time this edition hits the stands the snow will be melting and the temperature climbing. You're looking forward to Spring Break, a time to relax and recharge. When you return the rest of the semester will fly by and before you know it this winter will be just a memory.

However, if the beginning of the semester left you feeling a little discombobulated, there are many campus services to help you get back on track. Don't be afraid to ask for help if you need it.

Clearing the Smoke

By Kelly Lamond
Open Door Staff

As most students, staff, and faculty well know by now there has been a lot of talk on campus about a potential smoking ban, and as of now it looks like the ban is definitely coming to QCC. December's *Open Door* article, "Putting the Butts Out on Campus", mentioned how the ban was proposed, what caused its' conception, and that President Carberry was looking over the proposal. The article left off asking students to vote on one of three days in December*. While time restrictions forced the voting to be held during finals week, a decent number of students voted and voiced their opinion, the results of which were rather interesting (see below).

Because Student Senate's job is to represent the student population, they organized the voting sessions in an attempt to have some real numbers to report on. After the February meeting of the Enrollment and Student Services Governance Committee, noting that the majority of students asked are in fact in favor of a ban, discussion of alterations to the proposal were brought up. Because a lot of smokers responded that if given the opportunity they'd very much like to quit, the committee felt that assistance for those trying to quit should be included in the policy. Perhaps something along the lines of help groups, information on how to quit, nicotine patches etc. would create a supportive environment for those on campus interested in quitting.

Sanctions for all

President Carberry had sent the initial proposal back to the All College Council to revise certain areas of the document. She felt that the sanctions section, or area of ramifications if one doesn't follow the rules, needed to include faculty and staff as well as students. As such, Senate and the Enrollment and Student Services Governance Committee are currently organizing a proposal of what they deem reasonable sanctions for students and the Administrative Governance Committee will handle sanctions for faculty and staff. From there, the revisions will once again hit Dr. Carberry's desk for her to look over. If they're to her liking, the policy will then pass through to the Board of Trustees who has the final say.

The proposal as of now is very clear cut. It states that, "Smoking [will be] prohibited within the confines of the college grounds, any college building, or college vehicle (smoking [will] only permitted in private vehicles parked on campus)." The proposed plan also includes that Campus Police will enforce the policy and Marketing will create and post signs so that everyone will be aware of the changes. Although

these arrangements are included in the policy as of now, they are subject to change before actual implementation.

For now, it looks like the ban is certainly inevitable; it's just a matter of working out the details and deciding when it will go into effect. Most likely smoking on Quinsigamond Community College grounds will be banned as of the fall 2011 semester.

Tally for Smoking Poll

(Some students opted not to answer every question)

Were you aware that a smoking ban is in progress?

Yes: 274

No: 2

Do you smoke?

Yes: 96

No: 381

Would you support a smoking ban?

Yes: 303

No: 173

There were three questions on the ballots and of these questions, 54% of students were aware that there is a proposed smoking ban in progress, 80% of the voters were non smokers, and 64% of those voting were in favor of a smoking ban.

There was also room for anonymous comments, questions, and concerns from students. In total there were over 40 comments of which, 70% were against the ban and 30% were in support of the ban. A range of opinions were received including everything from, "This is so wrong. Granted I quit smoking, but those of us that use the designated areas should not be punished for others," to, "I strongly dislike having to breathe in second hand smoke when I'm walking on campus or coming into the door. I can't even breathe! I hate it! So I hope that smoking is banned." Among the comments there were more than a few who agreed with being "... in favor of restricting smoking near buildings. But it should not be eliminated completely. This is a violation of people's civil rights." Although the opinions varied, each student that participated had a definite stance on the matter and seemed eager to have their point of view heard.

*The article can be found in the December issue on The Open Door page of The Q.

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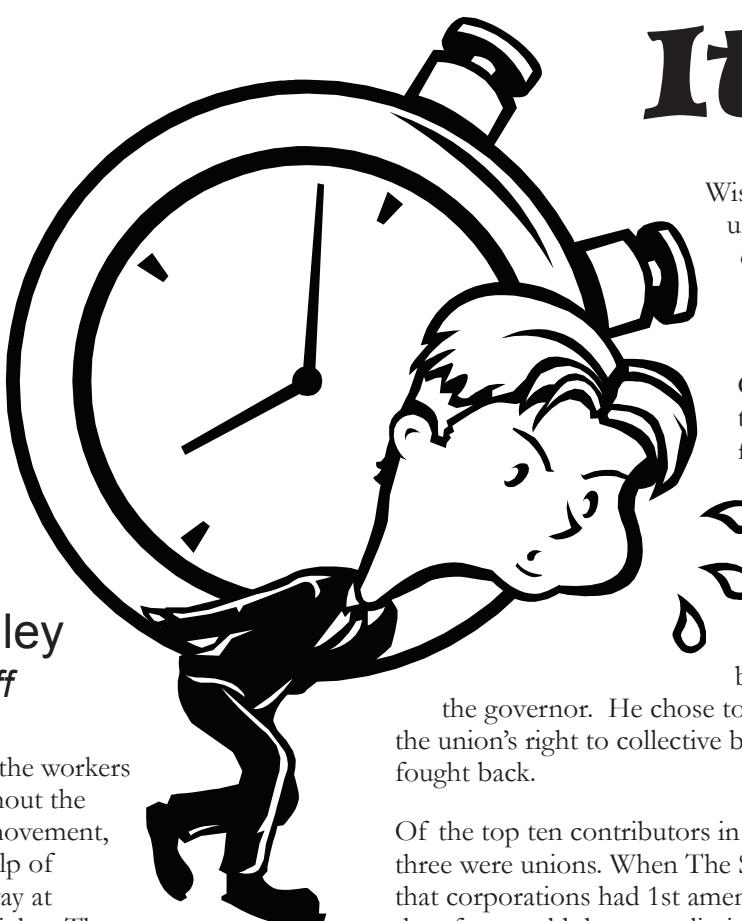


In My Opinion

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.

COMMENTARY

It's time



By Mary Bailey
Open Door Staff

It's time to stand with the workers in Wisconsin. Throughout the history of the union movement, employers, with the help of legislation, whittled away at workers' hard fought rights. The proposed Wisconsin legislation, which denies union workers the right to arbitrate for salary increases and upgraded benefit packages, is the most ruthless assault against workers' rights in recent history. If union workers in Wisconsin lose their rights, there will be a ripple effect that will be felt by working Americans all over the country.

Like many Americans, I've been glued to my television set to watch first-hand the unfolding of

Wisconsin's state workers' union members' demonstrations against Governor Scott Walker's union busting efforts. While Governor Walker said the state had serious fiscal problems, and the cuts were necessary to balance the state budget, union concessions about salary and benefits did not satisfy

the governor. He chose to attempt to destroy the union's right to collective bargaining. The unions fought back.

Of the top ten contributors in the last election, only three were unions. When The Supreme Court ruled that corporations had 1st amendment rights and therefore could donate unlimited amounts of money to campaigns without revealing who they gave the money to or for how much, it took away the voters right from knowing if a politician's policy decision or issues that they were running on resulted from the donations.

According to Huffington Post, despite unrestricted corporate donations, only 11 Republican Governors were elected in 2010. The union's ability to organize and raise money was the counter force which helped

to elect Democrats to office. Only 7% of private sector workers belong to unions while over 30% of public sector workers belong to unions. If Governor Walker can break the unions, there will be no counter force to elect Democrats. At this writing, the 14 democratic state senators left the state to allow time for the unions and Governor Walker to re-negotiate the issues. The governor is unable to push through his agenda because without at least one Democrat's vote there isn't the Senate quorum required for a vote. There are not enough Republican votes. If only one Democratic senator gives in, it will be over, not just for the unions but for the American Middle Class.

Americans are working longer hours, sometimes two jobs, and earning less money. With many manufacturing and white collar jobs shipped overseas, new job development in this country has been slow, causing high unemployment and keeping many workers underemployed. With excesses in corporate welfare, bank deregulation causing a collapse of the financial sector, privatized profits and socialized losses, the American middle class is disappearing while the American oligarchy is increasing in power. It's time to organize.

Last Saturday, "Save the American Dream" organizers demonstrated at state capitols across the country. The gutsy decision by union workers and their supporters in Milwaukee caused a spark that created a flame and a new labor movement was born. It's time for American workers, conservative, liberal, or somewhere in between, to take a stand.

UPCOMING IN THE APRIL ISSUE

QCC students that have an interest in community activism, are members of Student Senate and the Black Student Union (BSU), will be spending the week of March 9-13 making a difference in the lives of one family in New Orleans. They will be working with Habitat for Humanity and Hands on New Orleans to build a house for a family that lost their home to Hurricane Katrina. The trip is being sponsored by the BSU.

Six years after the worst natural disaster in US history, which occurred on August 29, 2005, many victims who lost their homes as well as loved ones to the disaster are still awaiting housing. A documented article from the student group will be featured in the April edition of the Open Door.

Schedule for Fall 2010/Spring 2011

Spring 2011

Issue	On Stands	Deadline
Issue #7 April	April 7, 2011	March 15, 2011
Issue #8 May	May 5, 2011	April 14, 2011

The Open Door is the student newspaper of Quinsigamond Community College. It is distributed once a month. Students are encouraged to participate in its publication through the submission of articles or article ideas, as well as the 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. You can visit us here in Room 2F, call us at (508) 854-4285, or E-mail: opendoor@qcc.mass.edu

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Next Issue: April 7, 2011

The Open Door is a member of:



Youth revolutions, the Middle East is democratizing

By Joe Mogel
Student Editor

It started in Tunisia, transported across North Africa to Egypt then splattered itself on CNN, MSNBC and Fox. The protests and public outcries began on December 17th after a desperate young man doused himself in paint thinner and set himself on fire. The young man had been beaten by government officials over a food cart. By January 14th the president, Zine El Abidine Ben Ali, had abdicated and fled to Saudi Arabia. The young man who started the revolt, Mohamed Bouazizi, died of his self inflicted wounds before his actions took full effect.

The events in Tunis, helped by the Internet group Anonymous, were spread through TV, the World Wide Web and newspapers. Egypt, in particular, was deeply affected. Public frustration over a widening gap between rich and poor fueled the first Egyptian protests on January 25th, just eleven days after Ben Ali was forced to flee from Tunis. Initially the Muslim Brotherhood was accused of organizing the protests, but they claimed no responsibility. Several known youth groups did take an active part from the beginning.

Using face book, twitter and cell phones, Egyptian youth organized, centering on Tahrir Square, Cairo. TV also played a part in the protests. Al-Jazeera news crews maintained round the clock coverage, despite attacks and arrests by Hosni Mubarak's police. Al-Jazeera is significant. As an independent news agency in a region where most news agencies are government-owned, Al-Jazeera provides a balance state to authorized news. This responsibility was increased as foreign news agencies called back crews and reporters from Egypt.

Meanwhile Mubarak supporters converged on Tahrir Square. Medieval style combat arose shortly thereafter. Protesters and supporters charged each other, throwing stones, carrying shields and attacking with horse and camel cavalry. Even without a central command system or the guns of their pro-regime opponents, the protesters stood firm. They organized themselves into a rock throwing army that successfully defended itself against the worst pro-government

forces could muster. The army stood by, not having received orders on what to do except guard government buildings.

The social break down also lead to wide spread looting and public damages. According to Supreme Antiquities Director, Zahi Hawass, 18 artifacts from Cairo's Egyptian Museum were stolen. Three of the artifacts have been recovered on Museum grounds and several other have been returned from around the city. Hawass, who can be frequently seen in Egyptology special and documentaries on American TV, was, himself, a subject of protest. Seen as a western collaborator and a pro-government individual, Hawass' home and office were the scenes of protests by numerous unemployed archaeology students.

Foreigners fled the country from the onset, but increased after Mubarak appointed a Vice-President, who whipped government supporters into violence by blaming outsiders for the protests. Aircraft were co-opted by many nations to secure safe passage for their citizens. The mad rush was inflamed by Mubarak's refusal to step down. Pressure increased and by February 11th forced Mubarak to resign and appoint a temporary military government. This came after weeks of fighting, shooting and death in Tahrir.

Public employees joined the protesters. Calls were made for Mubarak to step down. Cracks started to form in the administration in the form of, newly appointed, vice-president Suleiman's comments about a coup creating chaos. Other Arab leaders, nervous about the direction of public opinion, requested the US to go easy on the Egyptian leadership. Fears about regional destabilization were voiced. Claims were made that if Hosni were removed an Iranian style revolt would create a terrorist or extremist Islamist state.

Israel, a US ally, has had a three decade long peace agreement with Egypt. Israeli Prime Minister Binyamin Netanyahu has expressed his desire to keep a peace accord with Egypt, but only if it is governed by moderates. This opinion has been parroted by many internationally, most notably France, England, Spain and Germany.

Focus has been particularly paid to the Muslim Brotherhood, which, despite being initially accused,

was a late comer to the protests. Views on the organization range from a peaceful political faction suppressed by Mubarak to a pseudo-terrorist organization with ties to Hamas and an interest in an Islamic invasion of parts of Europe. Where their politics lie, along with any role they may play in the government, has yet to be seen.

Many questions have been asked but not yet answered. What is going to be done with the billions of dollars frozen in Mubarak accounts? What parts will be played by whom in the new government? How will former allies and friends react to the incoming government?

Already there is a sign of improvement, an official visit by British Prime Minister, David Cameron. His is the first visit by a foreign leader since the unraveling of Mubarak's rule. Cameron stated that he wanted to make certain that a real transition from authoritarian to democratic rule was happening. During his visit the British PM met with leaders from the youth groups that represented the majority of the protesters. He also met with Muslim Brotherhood leadership and military commanders from the interim government.

What happens next is up to the citizen of the region. Protests have flared up across the Middle East in Bahrain, Yemen, Pakistan, Iran and Libya. While the Iranian and Pakistani protesters have been violently put down others haven't. In Yemen president Ali Abdullah Saleh has stated he will not run for another term, yet protesters took to the streets none-the-less. Violent clashes with government security forces took place around the capitol city of Sanaa. Likewise in Bahrain anti-government groups fought with riot police in the streets of Manama, the capitol city. Libya has also begun to unravel, with president Muammar el-Qaddafi's troops being pushed out of several cities. At present Qaddafi's control is limited to the capitol city of Tripoli.

The protesters everywhere are making the same statements as in Egypt; we want the system to change, not who runs it. It is only a matter of time before the youth uprisings, recently dubbed the 'Jasmine revolution', sweeps the entire region.

Question of the month

Takenya Carpenter and James O'Connor asked "What impact do you think the youth revolts in the Middle East will have on the rest of the world and why?"

Melissa Couepel



"It's tough for everyone and you never know what's going to happen next. With the commotion already there, it's now spreading. We have to tighten up our borders to cover ourselves, because you never know what's going to happen next, and where will it happen. Things are getting worse. They are scared; the children, the families. The people over there have to live with it."



Jessica Giangrande

"There is a huge conflict; nobody knows how to control it or where to start. People are trying to protect their children. What's going to happen tomorrow; is tomorrow even going to exist? That's really the big thing, for the people who are dealing with the conflict, is tomorrow going to even come."

Dominique Dufresne

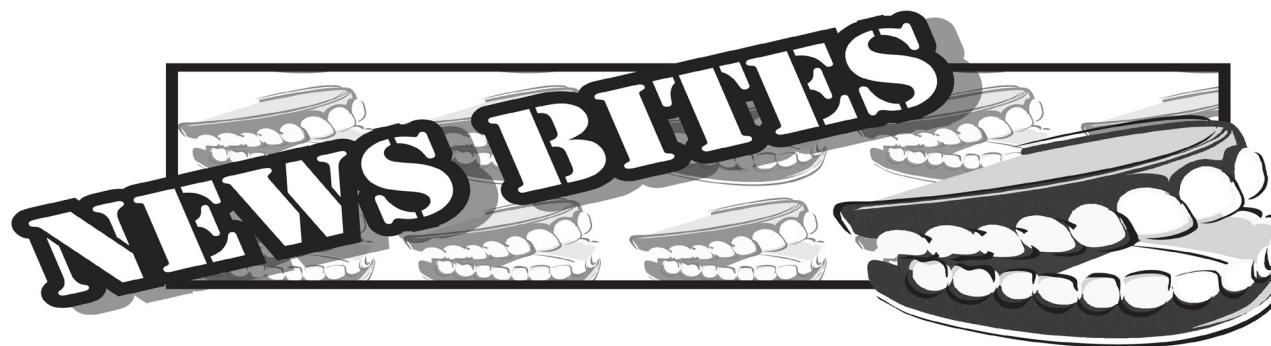


"Everything is so open ended. There really is no answer until we see who resumes the position of power; it can go either way. You can only hope for the best."

Jennifer Clouthier

"I think it affects the economy alone. Prices are going up on gas, oil, which affects us all. What's going on over there has a lot to do with what happens here. There are money issues, cost of living has just gone up, and everyday things that we take advantage of are just rising in price."

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Palin makes inappropriate joke at press conference

At a recent press conference, the former governor of Alaska joked about the First Lady's push for healthier diets for children. In a snide remark regarding Michelle Obama's efforts to make it easier to breastfeed in public, Palin said "It's no wonder Michelle Obama is telling everybody you better breastfeed your baby--yeah, you better--because the price of milk is so high right now!" Despite the ex-governor's request for the quote to not be the focus of her press release, it has.

French sailor attempts to break world record for sailing around the world

Thomas Coville is attempting to break the current record of 57 days, 13 hours, 34 minutes and 6 seconds that was set in 2008 by fellow Frenchman Francis Joyon. During the opening moments of the trip, Coville's trimaran, Sodebo, almost capsized as he embarked from Brest, France. Despite the possible damage to the ship and himself, Coville regained control, averting disaster and beginning his race to break the record.

American Jewish leader surreptitiously visited Syria

Malcolm Hoenlein, the Vice Chairman of the Conference of Presidents of Major American Jewish Organizations, secretly visited Syria in December. The Visit, according to Hoenlein, is a possible sign that Syrian President Bashar Assad wants to open a dialog with Western nations. Some have speculated that Hoenlein was acting as an envoy for Israel, yet the Vice Chairman has categorically stated that the mission was humanitarian, not political. He has also stated he believes that the Arab world is ready for Democracy.

New evidence shows that Internet is hurting children's intelligence

The Education giant Pearson has released a statement that shows internet activity is a cause of decreased intelligence in children. In the study, funded by the Department of Education, children were asked to research the fictitious 'Endangered North West Pacific Tree Octopus'. The researchers had put up a website about the fake animal. According to the Pearson release, the majority of children believed the animal was real. Several hold outs argued with researchers when they were told the animal wasn't real. The study has thrown into question the level of critical thinking among American students.

Brain pacemakers might help psychiatric disease

Scientists from several universities have begun research on deep brain stimulation with implanted electrodes. The research is being done to determine what, if any, benefit these jolts have for patients suffering from depression, Tourette's syndrome and obsessive-compulsive disorder. While the most recent evidence from trial runs is optimistic, there is no data on long term use or a specific map of the brain for this type of procedure. Additionally there are technical hurdles to overcome, such as a short battery life for test models.

New Zealand earthquake rocks city of Christchurch

A magnitude 6.3 earthquake destroyed a large swath of the city of Christchurch, at 12:51 pm February 22. The earthquake, an aftershock from a 7.1 magnitude that rocked a mostly empty region to the north of the city, has left well over 100 people dead and hundreds more missing. Hundreds of rescue workers from around the world have joined in the local effort to pull trapped survivors from the rubble of downtown Christchurch. Despite a rising death toll, the city and its inhabitants are recovering.

Solar flares disrupt telecom systems world wide

Black outs occurred globally on February 13, 14 and 15 due to solar activity. NASA observatory reports showed a coronal mass ejection (CME) traveling towards earth at 560 MPH. The CME, a blast of highly charged particles from the southern portion of the sun surface, disrupted telecommunications across China and parts of Europe. Most solar storms last for 24 to 48 hours, but some have been known to last for days.

Armenian gangsters arrested in massive sting

More than 70 members of the gang known as Armenian Power have been arrested. The charges range from extortion to bank fraud and are showing a significant level of technical sophistication. One of the charges is that gangsters would put devices in public cash registers that would create false credit and debit accounts in the names of the customers. Although well organized, the Armenian gang does not have a central power, but operates in discrete cells, which has made disabling this mafia particularly difficult.

By Joe Mogel

American Shoots Two Men in Lahore, Pakistan

Raymond Davis, an ex-Special Force Operative, shot two Pakistani men in, what he claims as, self defense. The families of the two men, Mohammed Fahim and Faizan Haider, are calling for the death penalty for Davis, who is currently being held by Pakistani authorities. Sen. John Kerry acted as an envoy for the US Government, which claims that Davis was a member of a local Consulate and is protected by diplomatic immunity. Davis' case has added stress to an already stressed relationship, particularly as Islamist extremists have added their voice to the issue.

Chinese Unveil New Anti-Carrier Missile

The Dong Feng 21D missile was recently shown to the world by the Chinese Military. The missile, which was designed to target aircraft carriers, could alter the balance of power in the eastern Pacific. Vice Adm. Scott van Buskirk, commander of the U.S. 7th Fleet, had this to say: "It's not the Achilles heel of our aircraft carriers or our Navy — it is one weapons system, one technology that is out there[.]" Van Buskirk made this statement from the bridge of the USS George Washington, the only carrier based in the western Pacific.

South Carolina Wants its Own Currency

State Sen. Lee Bright has authored a bill that would allow South Carolina to mint its own currency. Citing concerns over a possible collapse of the dollar, Bright has added his state to the list now considering minting their own money, including Utah and Virginia. Despite issues over logistics and local inflation/deflation there are regions within the US that have developed their own money. The Berkshires have been using their own currency, known as Berkshares, for a while.

Malaysian Woman Saves Husband from Tiger Attack

In the northern, jungle region of Malaysia, a woman saved her husband from a tiger by clubbing the beast with a soup ladle. Tambun Gedi was out hunting squirrels near his home on a Jahai tribal territory in Perak state when a tiger pounced on him. His 55-year old wife, Han Besau, rushed out of their kitchen and struck the animal with the implement she had in her hand, a soup ladle. "I had to wrestle with it to keep its jaws away from me, and it would have clawed me to death if my wife had not arrived." Tambun said in a later statement.

Question of the month

**Mike Quin**

"The revolts over there I think will affect the younger generation here more so than the adults, because I am hearing a lot from the adults that it is all great but 'come on guys were tired of these revolutions, its unstable for our petroleum needs.' All I can think of is how hypocritical of us to celebrate our own revolutionary roots and then other people who are shedding all this blood, we look on them in disdain. I think for us it will emphasize how real revolution is, because we read about it in the history books and we cannot really fathom what it is like. But with the revolutions now, I think it brings it home more...makes it more real."

**Marcia Macri**

"Are you kidding me? I have no idea, let me Google it!"

Takenya Carpenter and James O'Connor asked "What impact do you think the youth revolts in the Middle East will have on the rest of the world and why?"

**Nyansaf Aye-Addo**

"So right now, I think what is going on is sweeping the whole of the countries in Africa, and what I think is going to happen is most of these dictators are going to have to step down. These revolutions are showing that people want change. They want democracy. I think next it's going to be Yemen, Libya, all those guys."

**Clint**

"I think it will have deep lasting impact, because obviously the youth of today are the leaders of tomorrow. The regimes that are in place are fairly entrenched, and they are trying to hold on to their regimes by violence at this point, which will simply cause back-lash against them. Potentially, this could get so bad as to get us into a world war, as people go to defend those downtrodden students and youth against a horrible regime that has been oppressing them for so many years. Or everyone could turn a blind-eye because we don't want to be at war."

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- Chemistry giving you a headache? Go online
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- get your problem solved and
- then... **Go Out!**





COUNSELING



Successful Strategies for Test Anxiety

We all experience some level of anxiety before a test. A little nervousness can actually help motivate us to perform our best. Too much anxiety can become a problem if it interferes with your performance on tests. Some strategies for dealing with test anxiety:

Before a test, take good care of yourself:

- ⌘ Be prepared
- ⌘ Get plenty of sleep
- ⌘ Avoid any use of drugs and alcohol
- ⌘ Exercise
- ⌘ Have a moderate breakfast
- ⌘ Allow yourself plenty of time
- ⌘ Do a reality check (In the grand scheme of things, how important is this exam? Put it in perspective)
- ⌘ Use positive affirmation (visualize yourself looking at the corrected exam with a B+) (say I know this and I can do it!)

During the test take a few minutes to:

- ⌘ Review the entire test.
- ⌘ Work on the easiest portions of the test first.
- ⌘ Pace yourself.
- ⌘ If you go blank, skip the question and go on.
- ⌘ Multiple choice questions, read all options first, eliminate the most obvious.
- ⌘ Essay questions: make a short outline.
- ⌘ Pause, say your affirmation.
- ⌘ Stay in the present moment
- ⌘ There is no reward for being the first to finish.

After the test, reward yourself:

- ⌘ Try not to dwell on your mistakes.
- ⌘ Indulge in something relaxing for awhile.

If test taking anxiety persists and becomes problematic, consider visiting Counseling Services in Room 162A to learn more.

Here's a Personal Question: Do You Worry too Much?

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

Only you can answer:
"What are you worried about?"

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

What are you doing to reduce your worrying right now?

First of all, you have to ask yourself: "What am I doing to stop worrying?" You may try to behave differently and it may seem to make your worries go away for a while. But ultimately this can be frustrating and unsuccessful. Instead of trying to eliminate worry or those automatic negative thoughts, maybe it is more effective to change your thinking.

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

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

Counseling Services will provide anxiety screenings the week of

March 1st

through

5th. Come

in, meet

confidentially

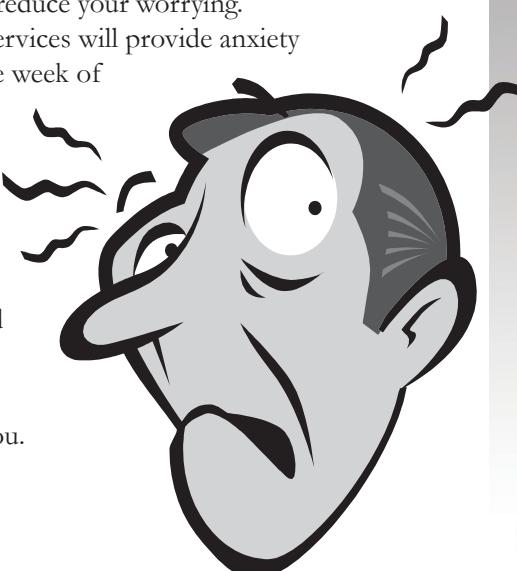
with the

counselor and

learn about

the resources

available to you.



IS COLLEGE LIFE STRESSING YOU OUT?

Perhaps we can help!

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

Are you at your breaking point?

- ⌘ sleep problems
- ⌘ difficulty taking tests
- ⌘ difficulty concentrating
- ⌘ unexplained heart racing
- ⌘ unexpected anxiety or panic attacks
- ⌘ persistent, senseless worrying
- ⌘ feeling keyed up or tense
- ⌘ feeling very uncomfortable in social situations

If you responded yes to any of the above, help is available. Confidential and anonymous screenings for anxiety problems will be held in Counseling Services, Room 162A,

Through March 4th from 8:00 AM to 3:00 PM.

For more information or to schedule an appointment, please call Karen Cox, LCSW, LMFT at 854-4479 or come to Counseling Services in Room 162A.

**Counseling Services
will provide anxiety
screenings through
March 4th. Come in,
meet confidentially with
the counselor and learn
about the resources
available to you.**

Room: 162A



How to beat the winter blues: exercise

By Susan T. Johnson
MSN RN, C Associate
Professor of Nursing

After hearing that shoveling can burn almost 400 calories, I decided I was going to attempt to do a task that most New Englanders do. This may not surprise any of you, but I have to be honest and admit I never do what they call shoveling. I decided to look for my snow boots which took almost 20 minutes (that has to count for at least some calories don't you think?), bundle myself up with all the snow gear (more calories?), and be brave and shovel some of the one million inches of snow that we got this winter. Last, but not least of course, I put my lipstick on to make sure my lips were well protected (you never know

who is going to stop by- be prepared is my motto but apparently this is no one else's that I live with). Read on and you will understand why. Of course when I went to get one of the umpteen shovels that I know I have bought over the years, there was not one to be found. Why is it that no one but me can ever put things back where they found them? Not too much to ask, or could it be me? Any ways... after looking everywhere possible I finally found a shovel and was now ready to tackle this job! I was exhausted before I even put the shovel in my hand! By this time I have convinced myself that I have already exceeded the 400 calories that I was trying to burn. I began rationalizing to myself that I really did not have to do this after all because we do have a new snow blower that may I add- never seems to have gas in it or has a flat tire or something

is wrong with the thing. Not to mention that I don't even know how to start it. Plus we have two tractors- but gosh forbid I even try to learn how to run one of those things! I was ready to take everything back off and have myself (what everyone else seems to have) a cup of hot chocolate, but the guilt set in. I was determined to accomplish this task and so out I went into the beautiful sunny day and shoveled my heart away! Talk about extremes! I not only accomplished my goal, I felt renewed and refreshed, but SORE!!!

Anyway, the moral to this story- exercise is GOOD for you. It helps to heal your mind and your soul. So what are you waiting for? Get out there and MOVE!!! Spring is right around the corner!

Tips for shoveling the right way

1. Stretch and be sure your muscles are warm before you start shoveling. Cold, tight muscles are more likely to sprain or strain than warm, relaxed muscles.
2. Choose a snow shovel that is right for you. Be sure that your shovel has a curved handle, as this enables you to keep your back straighter when shoveling.
3. Obtain a shovel with an appropriate length handle. The length is correct when you can slightly bend your knees, flex your back 10 degrees or less, and hold the shovel comfortably in your hands at the start of the "shoveling stroke".
4. A plastic shovel blade will generally be lighter than a metal one, thus putting less strain on your spine.
5. Sometimes, a smaller blade is better than a larger blade. Although a small blade can't

shovel as much, it avoids the risk of trying to pick up a too heavy pile of snow with a larger blade.

6. Push the snow, do not lift it. Pushing puts far less strain on the spine than lifting.

7. When you grip the shovel, make sure your hands are at least 12 inches apart. By creating distance between your hands, you increase your leverage and reduce the strain on your body.

8. Your shoveling technique is very important. The American Academy of Orthopaedic Surgeons recommends: "If you must lift the snow, lift it properly. Squat with your legs apart, knees bent and back straight. Lift with your legs. Do not bend at the waist. Scoop small amounts of snow into the shovel and walk to where you want to dump it. Holding a shovel of snow with your arms outstretched puts too much weight on

your spine. Never remove deep snow all at once; do it piecemeal. Shovel and inch or two; then take another inch off. Rest and repeat if necessary." In addition to these comments, remember to move your feet rather than twisting.

9. Never throw snow over your shoulder.

10. Remember that wet snow can be very heavy. One full shovel load can weigh as much as 25 pounds.

11. Pace yourself by taking frequent breaks to gently stretch your back, arms and legs.

12. If you experience pain of any kind, stop immediately and seek assistance.

<http://www.newstribune.com/news/2011/feb/01/tips-shoveling-right-way/>

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PAYS **\$100**

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your schedule matches in Spring 2011

For more information on becoming an
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Students in the Business and Entrepreneurship Club learn by doing

Last fall members of the Business and Entrepreneurship Club opened the "Q Brew," a student run coffee bar in the Surprenant Lobby. Students who take Saturday morning classes were greeted by the enticing aroma of fresh coffee and were delighted to find a selection of fresh donuts, delicious muffins, and homemade tea breads waiting for them.

QCCBEC members learn about ordering, pricing, accounting, marketing, customer service and teamwork, all while having fun, meeting people and doing good. A portion of the Q Brew proceeds benefits the Worcester Animal Shelter.

The Q Brew will be open again this semester. If you would like to participate, come to a meeting of the QCCBEC, Wednesdays at 1 PM in the Fuller Center.



Picture: Kai Zhao, Levent Erhan, and Albert Hathaway

QCCBEC Members celebrate Global Entrepreneurship Week

On November 16, the QCC Business and Entrepreneur Club hosted a Small Business Speakers Forum in celebration of Global Entrepreneurship Week.

More than 175 students attended two panel discussions that featured nine business experts. The first panel (not pictured) included QCC adjunct faculty member Carrie Johnson, small

business advisor and author of *From the Pits to the Palace*; Ivette Olmeda, Program Manager for the Center for Women & Enterprise; QCC adjunct faculty member Jan Kania, entrepreneur and president of JP Mfg; Elizabeth Schwartz Esq. founder and partner, Malofsky & Schwartz LLP.

The second panel included Larry Sasso, QCC alumnus and owner, Lawrence Sasso Insurance and Financial Services; QCC adjunct faculty member Carol Sanchez, CPA, founder and partner, Sanchez and Santiago LLC; P. Edgardo Tarratts, Branch Manager of the Springfield SBA office; QCC adjunct faculty member Megan Nocivelli, owner of Nocivelli Business Development, and QCC faculty member

Dean Polnerow, founder and former CEO of CBS Switchboard Inc.

The audience was captivated by the extraordinary range of expertise displayed by the speakers and had so many questions that the time for Q and A had to be extended!

Congratulations to the QCCBEC for a great event and many thanks to the speakers!



Pictured: Business owner Larry Sasso, club member Albert Hathaway, SBA Branch manager P. Edgardo Tarratts, Professor Megan Nocivelli, QCCBEC President Levent Erhan, QCCBEC founder Kai Zhao, Faculty Advisor Jean McLean, and Professor Dean Polnerow

Are you **majoring in**
Basic Engineering or
Computer Systems
Engineering Technology?

Are you taking or have you completed
Math 124?

Earn \$25.00

by completing a short online survey.

See reverse for details.

Quinsigamond Community College is helping us research how community colleges support the education and career goals of science and technology students. Our research is being conducted for the National Science Foundation. Your feedback is valuable. To earn \$25 by taking our survey, go to:

www.surveymonkey.com/s/EDCEnginSurvey

Complete the 30-minute survey by the end of March
and receive a \$25 gift card to Amazon.com.

Questions?

contact: Kay Caruso at kcaruso@edc.org.
Education Development Center, Inc.



Thanks for taking our survey!

HSC Meeting
Spring meetings for ALL:
 every Monday at 3:30pm
 Fuller Student Center Conference Room

We have chosen our community service project: we will be collecting cash and donations for My Baby Bundles. A not-for-profit organization that helps homeless/in need new mothers and their babies with basic needed items.

We will be scheduling evening meetings.
 If you wish to participate in either a T-TR or evening meeting
 please let us know!!

QCC Pride Alliance

Socialize! Educate! Advocate!



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

Meetings: Most Wednesdays from 1-1:30

Fuller Center Conference Room

Spring 2011 dates:

January 26; February 2, 9, 23; March 2, 9, 23, 30; April 6, 20, 27; May 4
Join the QCC Pride Alliance!

- Log in to [The Q](#)
- Click on the "Campus Life" tab near the top of the screen
- Click on the "Clubs and Organizations" tab on the left side of the screen and select "Campus Groups"
- Under "Campus Groups" on the right side of the screen, select "Browse Groups"
- Choose "Pride Alliance" under "Clubs and Organizations"
- Click on "Join Group" and follow the instructions

You'll receive a confirmation email from Gaelan Benway, the group's faculty advisor

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

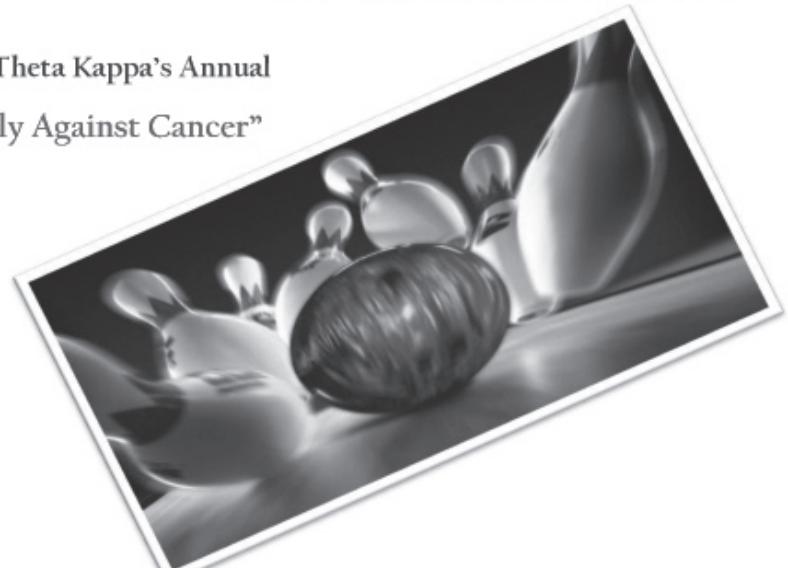
For more information email Prof. Gaelan Lee Benway
gbenway@qcc.mass.edu

Are you ready to



rmmBOWL?

Phi Theta Kappa's Annual
 "Rally Against Cancer"



All proceeds benefit:
 Rally Against Cancer
 Sponsored by Phi Theta Kappa
 April 3, 2011 2:00 pm – 7:00 pm
 AMF Auburn Lanes
 Auburn, MA 01501
 \$25.00 donation per person
Includes, three hours of bowling, shoes, pizza and soda!

Contact Bonnie at bonniec@qcc.mass.edu or call 508-854-7412 for more info!

STUDENT LIFE



Life



Visit us in the Fuller Student Center



MARCH 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 Lunchtime Leadership 12-1PM Women's History Month Poetry Reading HLC 7PM 	8 Make Your Own Music Video 11-1PM	9 Pre Spring Break Jam Digital Student Art Display	10	11	12
13 Men's BB @ Baltimore City CC 12PM 	14 Men's BB @ Prince George CC	15 Men's BB @ Finger Lakes CC Bel Air, MD	16 Boston Celtics Game 4:30PM Men's BB @ Harford CC Bel Air, MD	17 Evacuation Day Men's BB @ CCBC Essex 3:30PM	18 Men's BB @ Cumberland County 2PM	19 Men's BB @ Raritan Valley CC 1PM 
20	21 Women's History Month Event	22 Men's BB @ Manchester CC 3:30PM 	23	24	25 Men's BB v. Worcester State JV 3PM 	26 Men's BB v. Bridgton Academy 12PM 
27 PTK Bowl-a-thon AMF Bowling Lanes For details call 508-854-7412	28	29 Women Students of Distinction Men's BB @ Franklin Pierce JV 6PM 	30 Evening Student Get Together 5-7PM Men's BB v. Worcester State JV 3PM 	31		



EVENT HIGHLIGHTS:
FINE ARTS WEEK March 7th - 11th
Boston Celtics Game March 16th
Women's History Month Event March 29th



April 2011 is Poetry Month.

In April The Open Door will feature student poems.
Submit your poems to: opendoor@qcc.mass.edu
Put "poem submission" in the subject line.

Send us one of your finest
for consideration!



YOU NEED US!

Writing Tutors at the Communication Skills Center

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Walk-in writing tutoring available Mon-Thurs 8am-9pm, Fri 8am-5pm, and Sat 9am-3pm
HLC 208 (On the second floor of the big glass building) 508-854-7488 cscinfo@qcc.mass.edu

Main South CDC & QCC Volunteers

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FILE AND GET YOUR REFUND FAST**

By Appointment only

Monday

5:00-8:30PM

Wednesday

4:00-8:30PM

Saturday

8:30-3:00PM

Main South CDC 875 Main Street Worcester, MA 01602 (508) 752-6181

Please bring these items with you:

- * Proof of health insurance
- *Photo ID for you and your spouse
- *Social Security card or Tax Identification Number for you, your children, and your spouse
- *All W-2 Forms
- *All 1099 Forms which include 1099G & 1099R forms

- *All 1098T forms
- *Any IRS correspondence
- *Total childcare expenses in 2008
- *Total Student loan interest paid
- *Total rent paid in 2008 land lord/rental agent's name and address

- *Copy of prior year's tx return
- *Your Account and Routing Numbers if you want to use direct deposit
- *Pay stubs for health insurance enrollment
- *Economic Stimulus Payment (ESP) amount from last year



Career, Academic, & Personal Success

From the Office of Career and Academic Planning (Advising Offices)

General Advising: Room 61A advising@gcc.mass.edu (508) 854-4308

Health Career Advising: Room 61A healthcareers@gcc.mass.edu (508) 854-2718

CAPS Staff (Advising)

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 20 part-time advisors, testing proctors, and clerical staff also assist students with advising and testing needs.

Clerical Office and Medical Office Specialist Certificates

Do you enjoy assisting others in the completion of tasks? Do you have an eye for detail? Are you able to multitask, prioritize, follow up with people and follow through with assignments? If you answered yes to any of these questions maybe working in an office setting is for you.

Related Careers and Mean Salaries

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Medical Secretaries – 29,680

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Virtual Assistants – Set their own rate structure and billing terms.

Did you know...?

- Secretaries and administrative assistants are employed in organizations of every type. Around 90% are employed in service-providing industries, ranging from education and healthcare to government and retail trade. Others work for firms engaged in manufacturing or construction.
- Secretaries and administration assistants will have among the largest number of job openings due to growth and the need to replace workers who transfer to other occupations or leave their jobs.
- QCC offers other Business Administration-Career certificates such as: Accounting Assistant/Finance Assistant, Business Administration, Entrepreneurship and Insurance. Credits earned in certificate programs can be applied to associate degree programs.

Professional Organizations

- International Association of Administrative Professionals: <http://www.iaap-hq.org>
- Association of Executive and Administrative Professionals: <http://www.theaeap.com>
- National Association of Legal Secretaries, Inc.: <http://www.nals.org>
- International Virtual Assistants Association: <http://www.ivaa.org>

(Source: <http://www.bls.gov/oco/ocos151.htm>; QCC Catalog)

Important Information for Students

Attention CAPS Students!!

Get ready for summer and fall registration. If you haven't contacted your CAPS Advisor to set up your group CAPS session, **NOW** is the time to do it.

Dates to Remember:

Sat. Mar. 12 – Progress grades available for student view on the Q.

Sun. Mar. 13 to Sat. Mar. 19 – Spring Recess

Mon. Mar. 28 – Advising and Registration for Returning/Active Students

Remember to contact your assigned advisor should you have any academic issues.

Map Out Your Success!

Prepare for your academic advising appointment!

1. Know your assigned advisor.
2. Make an appointment at www.qcc.edu/advising.html if assigned to the Advising Center, otherwise, contact your assigned advisor and make an appointment.
3. Write down any questions you may have.
4. Review your degree audit and discuss the courses you need.

Contact us to:

- Create a career plan.
- Attend a career planning session (Mar. 3rd 1-3pm and Mar. 28th 9-11am); to sign up call 508-854-4308. <http://www.qcc.edu/images/capsession.pdf>
- Discuss your goals (educational and career) with an advisor.



Apartment Watch

By Lt. Reynaldo Rodriguez

Security is a concern in even the most desirable apartment buildings. Often crimes are committed in buildings by those who have access to them through other tenants, maintenance people, and friends of tenants. Criminals look for vulnerability like an open window or someone who leaves their door unlocked on a regular basis.

This check list can help you determine if you are doing all that you can to make your apartment safe and offer prevention measures that you may not have considered.

- Was your entry door lock rekeyed or deadbolt locks replaced when you moved in?

- Is just your first initial and last name on your apartment directory and mail boxes?
- Are there mirrors placed strategically in the hallways that allow you to see around the corners?
- Do you allow strangers access to your apartment building when you are coming in or out of the buildings door?
- Do you use timers to activate lighting, radios or television when you are not home?
- If you have an elevator, do you look inside before entering it?
- Do all windows and sliding doors have

anti-theft devises to prevent them from being lifted out?

- Do you have a policy of never buzzing a stranger into your apartment building no matter how good an excuse they have?

These are just a few of the questions you may want an answer to when trying to prevent a crime in your apartment. For more tips and ideas the following sites can be helpful and a good place to start your search:

- <http://blog.apartmentsearch.com/security/apartment-safety-tips/>
- <http://living.apartments.com/safety/apartment-safety-basics-dos-donts/>
- http://www.crime-victim-lawyers.com/apartment_safety.asp

Workshop Series:



“From Backpack to Briefcase”

Let us assist you with preparing for your Future Success!!!

⇒ Resume/Cover Letter Writing:

Wednesday, February 23, 2011
Tuesday, March 1, 2011
Wednesday, March 2, 2011
Thursday, April 7, 2011

10 a.m. - 11 a.m.
10 a.m. - 11 a.m. & 6 p.m. - 7 p.m.
1 p.m. - 2 p.m.
10 a.m. - 11 a.m.

⇒ Drop-In Resume/Interview Assistance:

Tuesday, March 22, 2011
Monday, March 28, 2011
Tuesday, May 3, 2011
Wednesday, May 4, 2011
Thursday, May 5, 2011

6 p.m. - 7 p.m.
10 a.m. - 11 a.m. & 1 p.m. - 2 p.m.
10 a.m. - 11 a.m. & 1 p.m. - 2 p.m.
10 a.m. - 11 a.m. & 2 p.m. - 3 p.m.
10 a.m. - 11 a.m. & 1 p.m. - 2 p.m.

⇒ How to Work a Job/Career Fair:

Wednesday, March 23, 2011
Thursday, March 24, 2011

10 a.m. - 11 a.m.
1 p.m. - 2 p.m.

⇒ Conducting an Effective Job Search:

Tuesday, April 26, 2011

10 a.m. - 11 a.m.

⇒ Business Etiquette:

Wednesday, April 13, 2011

10 a.m. - 11 a.m.

⇒ Link-in:

Wednesday, February 16, 2011
Monday, March 7, 2011
Tuesday, March 22, 2011
Tuesday, April 12, 2011
Wednesday, April 20, 2011

1 p.m. - 2 p.m.
10 a.m. - 11 a.m.
2 p.m. - 3 p.m.
1 p.m. - 2 p.m.
10 a.m. - 11 a.m.

⇒ Networking Your Way to Success:

Thursday, March 3, 2011
Thursday, March 10, 2011

10 a.m. - 11 a.m.
1 p.m. - 2 p.m.

⇒ Interviewing Techniques:

Tuesday, March 8, 2011
Wednesday, March 9, 2011
Thursday, April 21, 2011

10 a.m. - 11 a.m. & 6 p.m. - 7 p.m.
1 p.m. - 2 p.m.
1 p.m. - 2 p.m.

Career Placement Services ■ Room 272A
508-854-4439 ■ careerservices@qcc.mass.edu



**Career Placement Services
in collaboration with the
Colleges of Worcester Consortium**

Presents



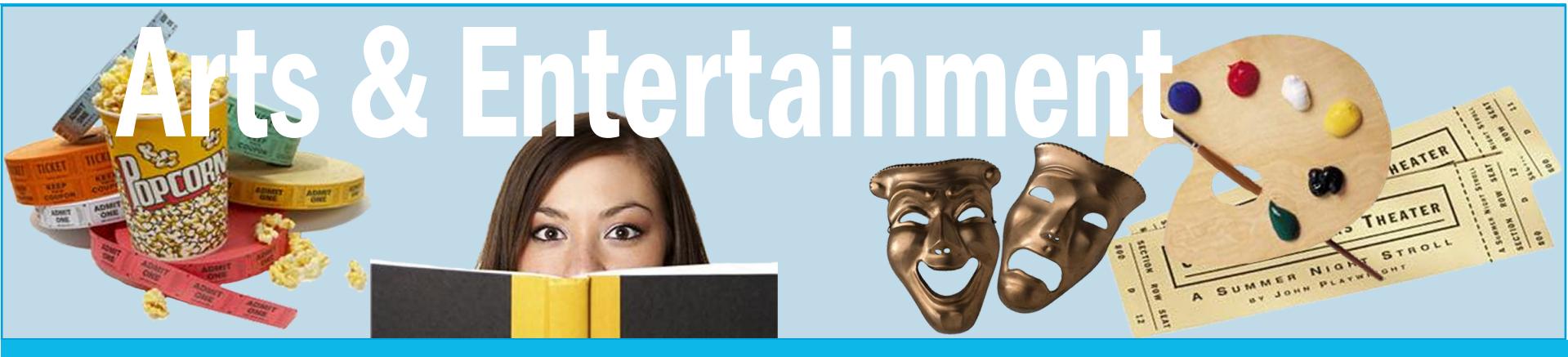
**March 29, 2011
1 p.m. - 4:30 p.m.**

**DCU Center Ballroom
50 Foster Street
Worcester, MA 01608**

Career Placement Services ■ Room 272A
508-854-4439 ■ careerservices@qcc.mass.edu

Individuals interested in attending and require accommodations should contact our office at least two weeks before the event.

Arts & Entertainment



Book Review: *Leonardo the Terrible Monster* by Mo Willems

Reviewed by Nicole Cormier



Selecting a children's book for review proved to be a much harder task than it sounds. With so many different works out there, I decided to dive deeper into the field and select a less known piece. For my selection I chose *Leonardo the Terrible Monster* by Mo Willems, who has earned six Emmy Awards for his work as a writer for "Sesame Street." This story is about a (cute) little monster, Leonardo, who tries very hard to be a terrible, scary monster. The problem is that he is an adorable, sweet little guy who is trying to be something that he is not. All three of my sons love this story, and it is a great conversation piece in our home. The deeper you read into this tale the better, as it is not about the "terribly cute" Leonardo, but rather what he symbolizes.

Many children, particularly little boys, struggle with identity. It's a normal part of childhood, figuring out who you are and what you're about. In Leonardo's case, he tries to be what he thinks he should be, but really he stumbles upon his true identity. In the story he can't scare anyone no matter how hard he tries, so he decides to research and find a victim. He finds Sam, a seemingly sweet, quiet little boy (sound a bit like bullying yet?). Leonardo tries to scare Sam, and when he succeeds at making him cry he celebrates his victory. That is until Sam decides to lay into "the terrible monster" about what actually made him cry. The litany of complaints that Sam rattles off to Leonardo is poignant and hilarious (you MUST read it in a constant, whiny voice for the full effect!).

Leonardo is left to ponder what he has learned about Sam, and he reevaluates himself. When he decides to change his ways and focus on who he really is, a kind, funny, cute little monster, he not only feels good about himself but he makes a best friend out of Sam. The recommended age group is 4-7, but to me the story and the morals in it are ageless.



Decision Points: Memoirs of George Bush

Reviewed by Joe Mogel



The first page of the introduction had grammatical errors. Not the most auspicious beginning to the memoirs of a former president.

The book, organized according to the decisions Bush made during his life, is a disconnected series of stories and vignettes. Each chapter is a collection of episodes with a common decision in it. The first chapter was titled 'Quitting' and each story had to do with a decision to quit or not quit something. Every chapter followed the same bullet-point format. While a somewhat natural style, the lack of chronology allows for gaps in information or inaccurate history. An example of this can be found in the statements made by former Chancellor of Germany, Gerhard Schroeder regarding the book. Bush claimed that Schroeder promised unwavering support for an invasion of Iraq by the US, then backpedaled and refused to send support. Schroeder stated that the agreement made with Bush hinged on proof of WMDs in Iraq. This type of 'gap' in the yarn being spun is facilitated by the structure of the book.

Besides being a disorganized shotgun blast of stories, the reader is subjected to a collection

of insipid attempts at self-deprecating humor. Every point where others joked at his expense was a nexus of corny, overdone one-liners. The only element these added to the book was the sense that we are supposed to feel sympathy and kinship for him. If that was the intention, it failed miserably.

One area where a true feeling of sincerity came shining through was his family. Although he is a little Freudian when talking about his parents, a genuine feeling of love and tenderness leaps out of the pages dealing with his wife and children. In particular when writing about the birth of his daughters you could feel the same care that a new father feels when holding his child for the first time.

In general this is not a book I would recommend unless you are an avid reader of political books or are strongly dedicated to keeping up with every element of current politics. You will most likely find the style messy and hard to follow. *Decision Points* gets one out of five for being a discombobulated mess written by a doting father.



Books and movies reviewed in this section are rated from 1-5 stars.

5 is the best rating.



Gnomeo and Juliet Movie Review

By Ross A. Morin
Rated G

This newest retelling of Shakespeare's classic tale of star crossed lovers has a lot of originality and a whole lot of Elton John, but not much else. The story picks up just like the play, in Verona. Only this time it is not the classic Verona Italy, but Verona Street somewhere in England (or so the many accents led me to believe). Once again the Montague's and Capulet's are at war, only this time it's Garden gnomes, really I swear, doing the fighting. With the battle ground quickly set, and the super cute gnomes seen in action, the movie quickly moves along the more obvious bullet points of the classic story.

Romeo (James McAvoy) meets Juliet (Emily Blunt) in a neutral garden and after an epic five minute super slapstick fight quickly fall in love before discovering that they are on opposing sides in the garden war. Love is always more important than war, so the star crossed porcelain gnomes continue their courtship in secret, which of course only escalates matters once their secret inevitably slips out.

The path the movie takes us down has been tread many times before. This is even addressed in the film where Romeo meets a statue of William Shakespeare (alive of course) who explains the

story he wrote centuries before to Romeo. Romeo of course calls the ending complete crap and attempts to change his fate.

Music sets the tone from the start. Elton John, who was an Executive Producer of the film, shared his music throughout. The movie calls upon John's entire career catalogue and has three new songs as well. Even someone as uneducated in his music as I am easily placed his classics Benny & the Jets, Saturday Night is Fine for Fighting, and Rocket Man. Music was everywhere, and the vast majority of the music was Elton John's.

The animation of the movie was fluid, and the action was quite well done. The lawnmower races and fight scenes were perfect for the age they were intended for. The issue I had with it was the pacing. In a children's movie intended for those in the preteen range (3-9) a 2 hour movie was just too long. If the groans, constant moving, running around and other disruptions from the other parents and children in the theater was any indication (and I most certainly think it was) than I would have to say that the movie hit its peak at the hour and a half mark, and just dragged it's proverbial ass the rest of the way home.



The movie was a cute simplification based upon a classic, but fundamentally different in style and outcome. It was enjoyable for what it was (more so if you are an actual Elton John fan) and accessible to all ages. True rated G films are extremely rare these days, and this movie did provide mostly wholesome entertainment which I had no problems letting my daughter see. If it had been a little shorter it would have been better for everybody, but maybe they will keep that in mind for the inevitable sequel.

True Grit Movie Review

By Maggie Nicholson
Rated PG-13



The story of a young, strong-willed girl warming the heart of a rough and rugged cowboy is not a new one. However, through the eyes of the Coen Brothers, True Grit is not a stale story, although it stylistically stays true to the Western genre that has been such a cultural emblem of American cinema. The movie is about fourteen-year old Mattie Ross who employs U.S. Marshall Rooster Cogburn to avenge the murder of her father. Jeff



Bridges plays Cogburn, and Matt Damon plays the Texas Ranger LaBoeuf, whose path crosses the odd pair's. Both men play their hardened, tough characters wonderfully, as expected, but newcomer Hailee Steinfeld is phenomenal in her role as Mattie. She simultaneously breaks your heart and fills it with hope as a young, hurt girl whose determination does not falter in an unforgiving (geographically and emotionally) terrain.

While Bridges and Damon play nicely off each other and seem to enjoy their roles, I cannot imagine this movie would hold the weight it does without Steinfeld at the center of it. Having not seen the original True Grit, I cannot speak on the similarities or discrepancies, but I can say it had been a while since I had seen a real Western, and I was left feeling a little nostalgic and very American. Knowing the Coen Brothers, it is not surprising that this film is meticulously crafted with powerful framework, dialogue, and performances, but it is not revolutionary. It is noticeably absent of the Brothers' characteristic cynicism and biting humor (not to say that it doesn't have funny moments; it certainly does). I think that any movie fan would find something to enjoy here, as the Coen Brothers seem to have had a much wider audience in mind here than usual, which is not a bad thing. True Grit is a classic Western and a classic story, and it is absolutely worth seeing.

TRAINING & EDUCATION CENTER

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Phone: 508.751.7900

Email: cce@qcc.mass.edu

Website: <http://cce@qcc.mass.edu>

Contact us for more information
and/or to register!

TEAS Review Classes

Math – Saturday, March 26.....9am-3pm

Science – Saturday, April 2.....9am-3pm

English – Saturday, April 9.....9am-3pm

Reading – Saturday, April 16.....9am-3pm

Community and Medical Interpreting

Use your skills to earn some extra cash!!!

March 1 – April 28...

Tuesdays/Thursdays.....6-9pm

March 19 – May 14.....

Saturdays.....9am-4pm

Reiki I & II

Becoming a Reiki practitioner is great for health care workers and anyone interested in natural healing methods.

Reiki I

Saturday, March 19.....

9:30am-5pm.....\$119

Reiki II

Sunday, March 20.....

9am-5:30pm.....\$199

Stand-Up Comedy

April 5 – April 26.....

Tuesdays.....6-8pm.....\$69

General and Self-Hypnosis

March 7 – 9.....

Monday/Wednesday.....6-9pm

April 11 – 13.....

Monday/Wednesday.....6-9pm

Personal Fitness Trainer Certification

Come join this fun field and be a part of what ABC NEWS.com states as the 4th hottest job in the US at a national average of \$25 an hour. Whether a career move or for your own personal knowledge get all the information you need to become a CERTIFIED PERSONAL TRAINER.

This challenging course is taught over a 5-week period for better retention

and skill competency. The National Exam is held on the 6th week. This course is formatted as a 60-hour program and is comprised of 15 hours of lecture, 15 hours of practical training and a 30-hour internship. It covers topics including biomechanics, exercise physiology, fitness testing, equipment usage and health assessment.

March 12 – April 16.....Saturdays.....9am-4pm

April 26 – June 2.....Tuesdays/Thursdays.....5:30-8:30pm



FREE Information Session for Personal Fitness Training Profession

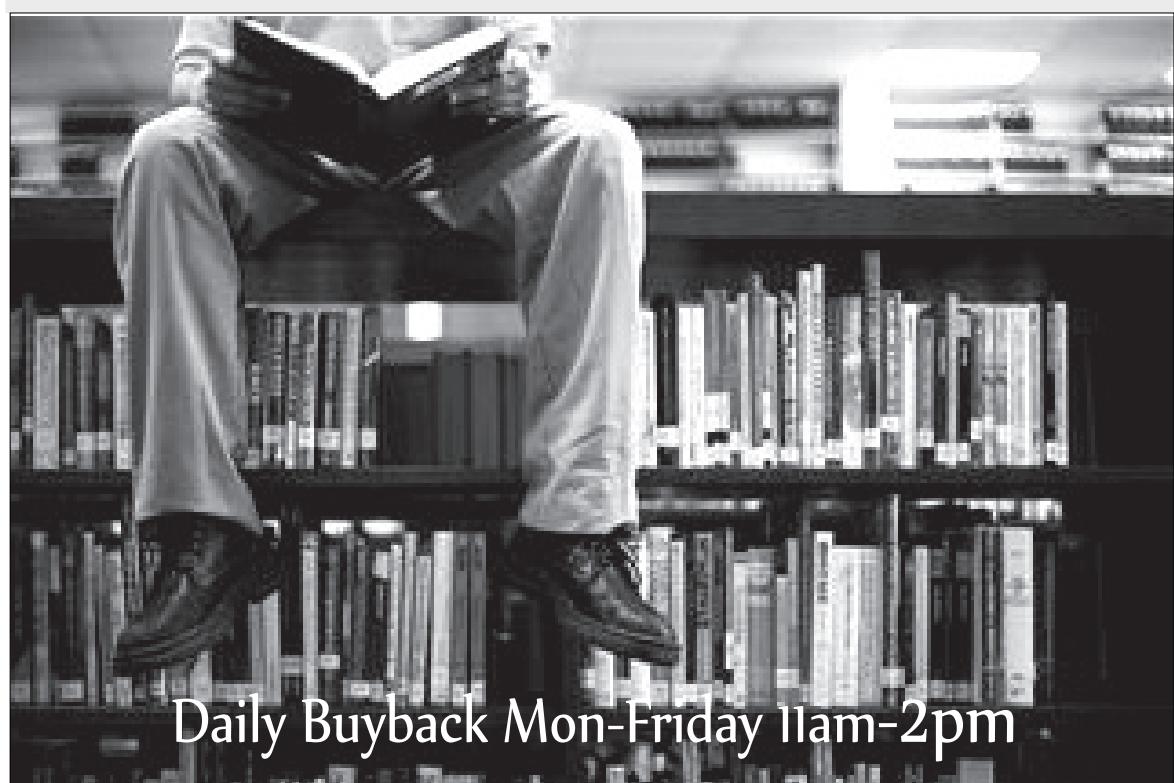
Tuesday, April 12.....6-7pm.....QCC Athletic Center

Pick up a flyer in the QCC Athletic Center!
Enrollment limited, so register early.

QCC Bookstore Hours:

Mon-Thursday 8am-4pm

Friday's 8am-3pm



13TH Annual Spelling Bee



Thursday, April 7th at 7:00pm

Hebert Auditorium

The Snow date will be Thursday, April 14th. Free admission and free refreshments. All staff, faculty, students and friends are invited to come and view the event.

If you would like to organize a team please call Nancy Chosta @ 508-854-4385 or e-mail nancyc@qcc.mass.edu.

This event is sponsored by the Alumni Association and proceeds will support student scholarships.



Northeastern University
College of Professional Studies

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NORTHEASTERN'S 40+ UNDERGRADUATE CERTIFICATES AND DEGREES OFFER YOU A DIRECT AND CONVENIENT WAY TO LET YOUR ASPIRATIONS TAKE FLIGHT.

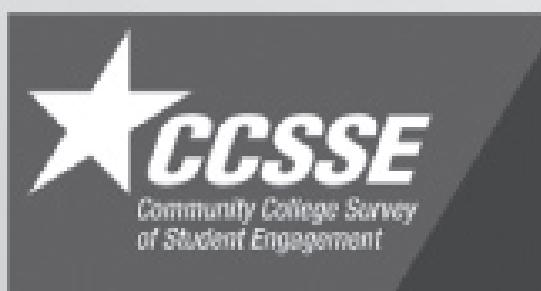
Undergraduate Programs in Management, Finance & Accounting, Leadership, Graphic Design, and more.

Apply today. Next classes begin 4/11 & 5/23.



www.northeastern.edu/cps/ugstudent

CCSSE is Coming to QCC!



Community College Survey of
Student Engagement
BEGINS in MARCH!

Here's Your Chance!

We need feedback on areas that affect YOU - our students.

Help us provide the BEST QCC experience possible!

QCC staff will administer the survey at random classes beginning in March.

THANK YOU for your participation!

ReStoring Communities

By Joshua R. Biernacki
Open Door Staff

It is something wonderful that people cherish. It is something that is respected and that everyone believes should be done. It is a community service called Habitat for Humanity.

Habitat for Humanity is a charity that was started in 1976 by Millard and Linda Fuller. The nonprofit organization uses the help of volunteers all around the US to build houses and help the less fortunate in communities.

Building homes is what Habitat for Humanity is most recognized for, using volunteers or groups as the crew while the organization provides the building supplies. Although one of its most prominent projects has been rebuilding homes in New Orleans following Hurricane Katrina, Habitat for Humanity helps out all over the country. QCC students will be volunteering their

time March 9-13 to help Habitat for Humanity rebuild a home for a family in New Orleans. In addition, QCC students will also be able to volunteer to work with this organization to build a home in Worcester. More information on this project will be forthcoming in the next Open Door.

I would like to introduce a second, lesser known aspect of Habitat Humanity that is very important. It is called the ReStore, of which there are several throughout Massachusetts as well as the country. These stores sell donated items to benefit those in need. Who do you think buys the things? I bet it is not who you think. The truth is 90% of the business comes from college students like you and me, buying things for their dorms and personal use.

Working at the ReStore

I volunteer 4 hours of my time a week at the ReStore in Leominster. On my first day I walked

in and met the very small crew. First there was Kevin who runs this ReStore five days a week. He is all personality and has lots of life in him. He cares for what he does with his whole heart. Then there was Beth. I only got to say "Hi" to her on day one as she was busy running the register and keeping inventory. Bob was next; he is the guy I work with the most. Bob was laid off a few months ago from a construction company, and has been volunteering his time every day since. He is so much fun to work with. When I'm there Bob and I do the prep work for the move to a new location in Leominster.

This is something I enjoy and have fun doing. Why not volunteer a few hours a week or a month to do something wonderful that helps others? There is a ReStore in Worcester as well at 7 Gold St.

For more information about the ReStores and Habitat for Humanity go to: www.habitat.org

life without a home computer

By Liz Barkus
Open Door Staff

Life without a home computer has been a challenge, but not impossible. I had one for four years and I must say it was fun. I loved the games, Face Book and Yearbook too. However, now that the computer is gone I don't miss it. I spent most of my life without a computer anyway.

In 2007 I got my first and only computer and it died on me twice. That's electronics for you, no

guaranteeing reliability! Now that it's completely gone, I decided to move on to other things like reading a book for fun—the kind made from paper not the trendy, hand held electronic one. Oh yes, I'm spending time outside the house; I actually picked up a shovel and moved some snow, walked around the yard knocking icicles off the roof, and played in the snow getting waist deep just for the fun of it. It made me feel like a kid again.

Life today is too beautiful to spend in front of a computer; you need face to face meetings with friends and others. That is what life is all about—

verbal communication, a lost art these days. I spend time with a friend of mine at least two to three days a week. I feel connected to the person I want to be rather than the one I was, it opens up your eyes to the people and yourself. Go outside your comfort zone, and do something new. Go bowling with some friends, snowboarding, skiing, or any other outside interests you like. It is up to you, you are your destiny. Experience it.



April 2011 is Poetry Month.

In April The Open Door will feature student poems.

Submit your poems to: opendoor@qcc.mass.edu

Put "poem submission" in the subject line.

**Send us one of your finest
for consideration!**

Women's History Month Essay Contest

Topic:

Please tell us about the most influential woman in your life. Also, please include why she has been such a great influence to you.

Length:

Essays should be no more than 700 words

Deadline:

March 23, 2011

Grand Prize:

A \$200 prize will be given to the winner. The winner will be announced and notified on March 29, 2011.

Submissions:

Submit entries, including your name, student ID number, phone number, and email address, in an email with a Word document attachment to jmiller@qcc.mass.edu OR submit a hard copy to the Office of Student Life in the Fuller Student Center.



Sponsored by the Office of Student Life

Alden Library Celebrates Women's History Month with a Centennial Look Back

By Dale LaBonte
Alden Library

The 100th anniversary of International Women's Day is celebrated on March 8, 2011. Every year on March 8th the United Nations and many countries actively celebrate the special contributions women have made to workers' rights, to struggles for equality and peace, and to cultures worldwide. Introduced in Germany on March 19, 1911, International Women's Day was intended to honor the "bread and roses" walkout of women garment workers in New York City on March 8, 1908. (A National Women's Day was held on February 28, 1909 to mark the event of the previous year). Now celebrated on March 8th it was adopted by the United Nations in its International Women's Year in 1975. A women's history week was established

in Sonoma County, CA in 1979 and ultimately evolved into National Women's History Month.

The labor movement brought more than the weekend, as the bumper sticker proclaims. Outrage over the deaths by fire of workers in the Triangle Waist Company, the disaster on March 25, 1911 led to important developments in fire safety. The fast-moving fire, the exits locked to keep workers inside, the inadequate fire escapes and hoses too short to reach the higher floors combined to kill 146 people. The victims ranged from girls of 14 to women in their forties and included a handful of young men. Cornell University's online center devoted to the event states, "The fire at Triangle Waist Company on March 25, 1911 is widely considered a pivotal moment in history, leading to the transformation of the labor code of New York State and to the adoption of fire safety



measures that served as a model for the whole country."

The history, social science, and literature resources of the Alden Library will be highlighted in its salute to women who were born, who died and who struggled for rights in 1911.

We should also note that 1911 was the year in which Elizabeth Bishop, a Worcester native, was born. Although

Bishop left Worcester for college at Vassar and lived elsewhere most of her life, ties to Worcester remained. Bishop is known as a poet's poet, a master of observation, and won the Pulitzer Prize, the National Book award for poetry, and was Poet Laureate of the United States.

Look for a special salute to Elizabeth Bishop when Alden Library celebrates National Poetry Month in April!



**ILC Tutoring Center
Room 205 HLC
Mon-Thurs. 8am-9pm
Fri. 8am-5pm
Sat. 9am-3pm**

**Face to face or online
tutoring available FREE**

Update on strategic planning efforts

QCC's three Strategic Action Teams
– Entry, Persistence, and Program
– continue to move forward on various aspects of the 2010-2015 Strategic Plan.

A number of areas were deemed a "priority" by the Action Teams, on which they will focus through 2011. Priority themes include: students' first-year experience and student support services, such as advising, tutoring, and orientation; new ways of delivering course materials, such as through learning communities, accelerated courses, and service learning (e.g. internships and community volunteer work); admissions, marketing, and management of our enrollment once students have entered; assessing student learning at the College by reading random samples of student work; new academic program development and assessment – to name just a few.

A lot of effort is currently being put forth to address these areas by hard-working committees on campus. The Action Teams are currently reaching out to these groups to coordinate this work and have an interconnected effort toward numerous projects' completion.

Students can obtain a hard copy of the 2010-2015 Strategic Plan at the Institutional Research and Planning office, room 101A. QCC administration encourages you to take a look and get involved! Share your ideas, ask about possibly joining a committee as a student representative, or offer assistance in potential future focus groups and research. Your feedback and involvement is important!

Meredith Galena
Communications and Research Associate
Office of Institutional Research and Planning
mgalena@qcc.mass.edu

Quinsigamond Children's School

By Judith Ritacco

The children in Classroom 1 have been busy building with blocks and engaging in pretend play. Often times a collection of blocks becomes a UPS truck making deliveries, a rescue boat fighting fires or a police car driving around the neighborhood. The children have often used their mapping skills to help them navigate their direction. Many times these adventures turn into stories, which the children are quick to share with their teachers and peers.

Some of the other children in the class enjoy playing in the dramatic play area with the kitchen supplies cooking and serving food. Teachers are often served various meals throughout the day. No one ever goes hungry in our classroom with the many chefs practicing their skills. The babies are a huge draw as the children bathe them in the water table then dressing them in pajamas before rocking them to sleep with a bottle. The children are busy every day exploring the classroom and participating in pretend play as they learn more about themselves, each other and their world.



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Worcester Trial Court
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Worcester, MA 01608
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Fax: 508-757-0099



**Quinsigamond
Children's SCHOOL**

Quinsigamond Community College
A community of support. A world of possibilities.

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.

Hours:

Classroom I : Mon/Wed/Fri
Tues/Thurs

8:30am-3:30pm
8:30am-11:30am

Classroom II : Mon-Fri
Mon/Wed/Fri
Tues/Thurs

7:45am-5:00pm
7:45am-5:00pm
7:45am-5:00pm

**Now open to 5pm
FOR THE FULL YEAR**

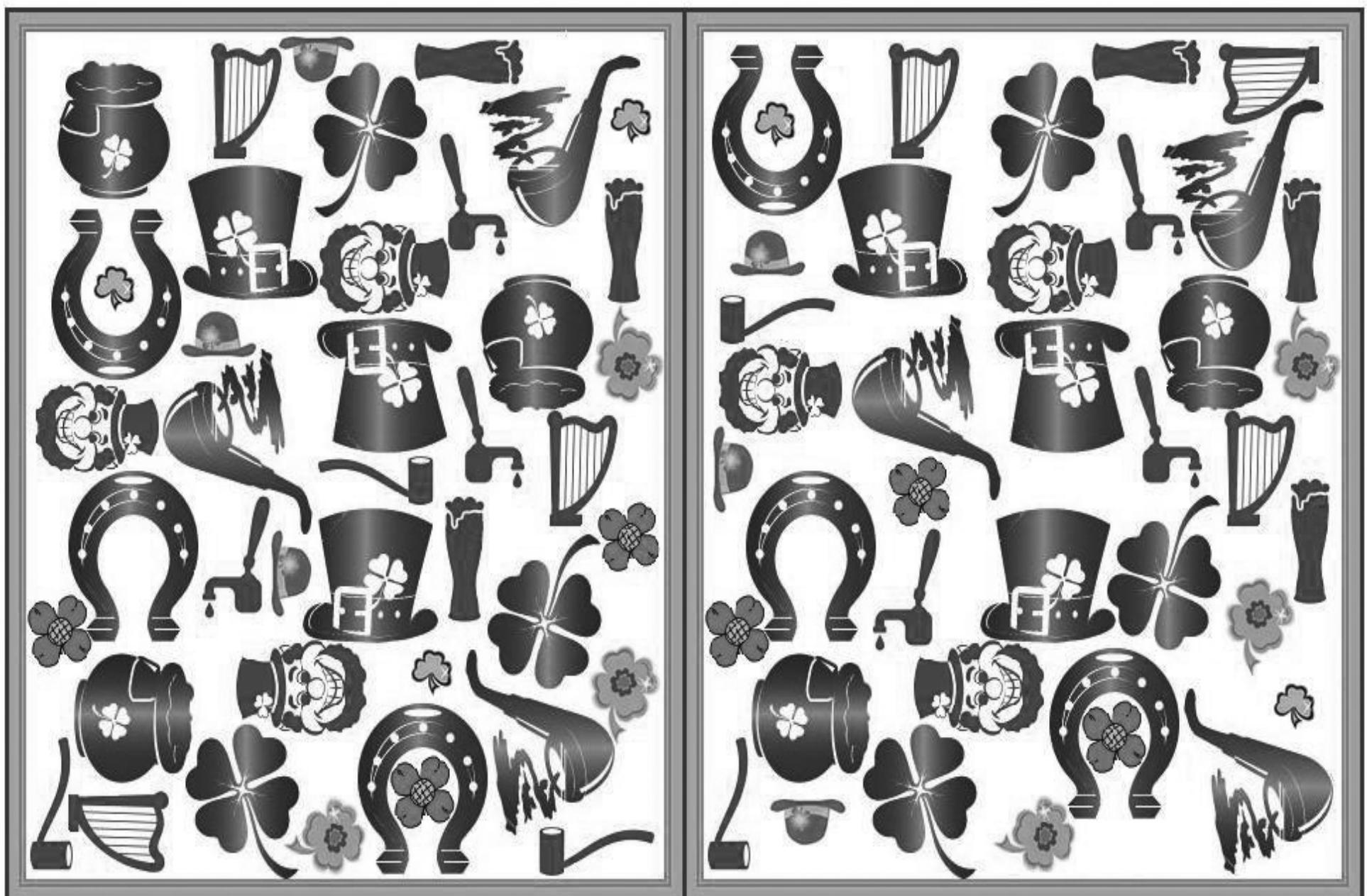
Contact info: For further information please contact janel@qcc.mass.edu or you may call
508 854 4220

570 West Boylston Street, Worcester, MA 01606

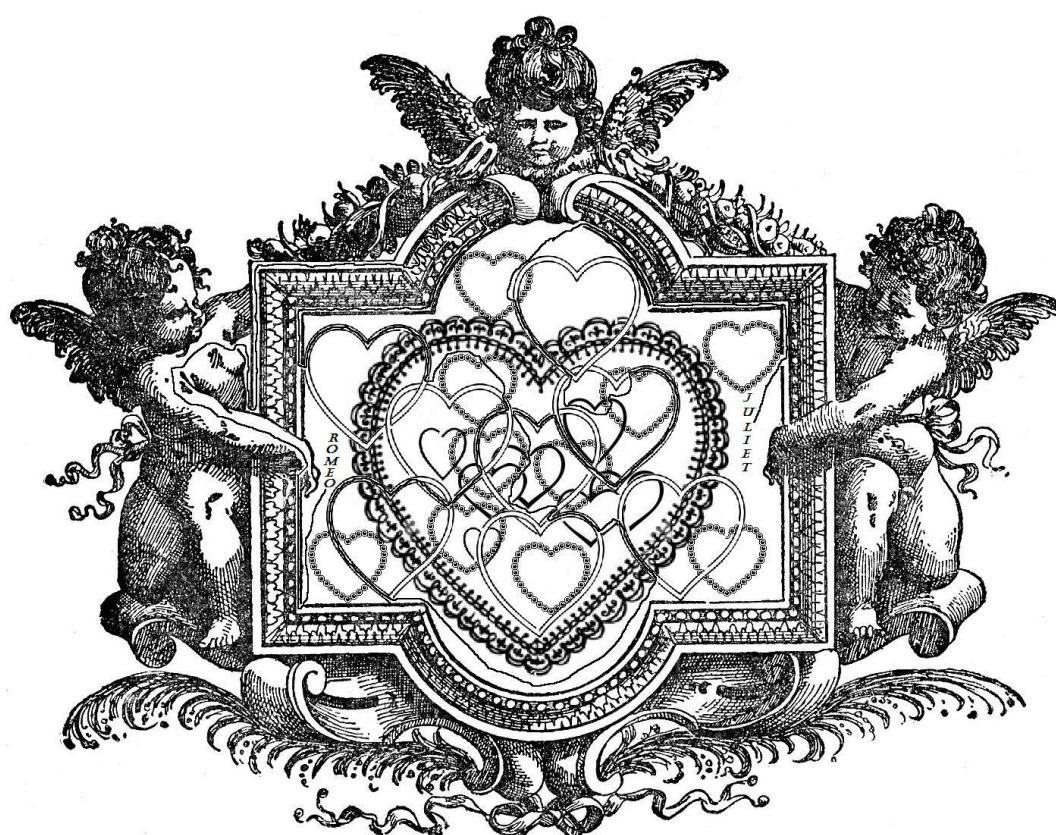
Accredited by NAEYC

Puzzles

By Joe Mogel



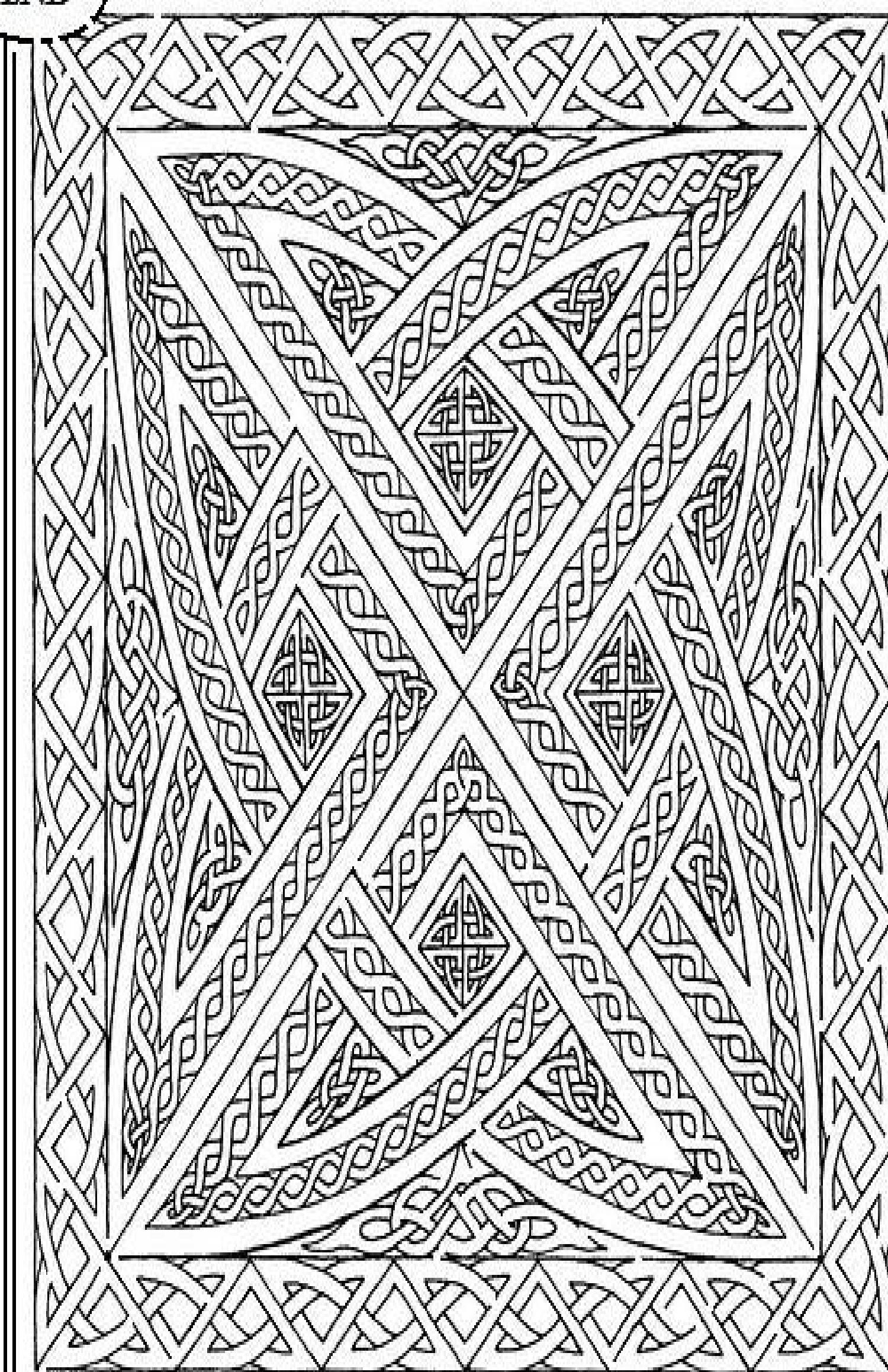
*There are three o' each of the images in the left field, but not in the right.
find the missing images to solve this puzzle!*



Last month's solution

END

START



New articulation agreements make for an easy transfer from popular QCC programs into Continuing & Career Education at Assumption College!

See the Quinsigamond 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 Associate's Program

Human Services -----	► Human Services and Rehabilitation Studies
Applied Arts (AS) -----	► Bachelor of Science in Social Science or Bachelor of Arts in Humanities
Automotive Technology (AAS) -----	► Bachelor of Science in Social Science or Bachelor of Arts in Humanities
Basic Engineering (AS) -----	► Bachelor of Science in Social Science or Bachelor of Arts in Humanities
Computer Information Systems (AS) -----	► Bachelor of Science in Social Science or Bachelor of Arts in Humanities
Computer Science-Transfer (AS) -----	► Bachelor of Science in Social Science or Bachelor of Arts in Humanities
Computer Systems Engineering Technology (AS) -----	► Bachelor of Science in Social Science or Bachelor of Arts in Humanities
Electromechanical Technology (AS) -----	► Bachelor of Science in Social Science or Bachelor of Arts in Humanities
Electronics Technology (AS) -----	► Bachelor of Science in Social Science or Bachelor of Arts in Humanities
Manufacturing Technology (AS) -----	► Bachelor of Science in Social Science or Bachelor of Arts in Humanities
Telecommunications Technology (AAS) -----	► Bachelor of Science in Social Science or Bachelor of Arts in Humanities
Telecommunications Technology-Corporate (AAS; Verizon) -----	► Bachelor of Science in Social Science or Bachelor of Arts in Humanities
Business Administration-Transfer (AS) -----	► Bachelor of Science in Social Science or Bachelor of Arts in Humanities
Business Administration-Career (AS) -----	► Bachelor of Science in Social Science or Bachelor of Arts in Humanities
Hotel & Restaurant Management (AS) -----	► Bachelor of Science in Social Science or Bachelor of Arts in Humanities
Business Administration-Transfer (AS) -----	► Bachelors of Business
Business Administration-Career (AS) -----	► Bachelors of Business
Computer Information Systems: Database Option -----	► Bachelors of Business-Designer Concentration
Computer Information Systems: Web Development Option -----	► Bachelors of Business-Designer Concentration
Hotel and Restaurant Management (Foodservice Mgmt. Option) -----	► Bachelors of Business-Designer Concentration
Hotel and Restaurant Management (Hospitality Mgmt. Option) -----	► Bachelors of Business-Designer Concentration

Assumption College Bachelor's Program

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

Continuing & Career Education at Assumption is a smart choice:

- Incomparable Value - an Assumption College degree for a public college price (*see chart*)
- Seamlessly transfer up to 75 credits from Quinsigamond to Assumption CCE, saving you time to graduation and thousands of dollars (compared to the 60 credits accepted by most other colleges)

3-CREDIT COURSE	Local State College	Assumption College
Tuition	\$390.00	\$855.00
Administrative Fees	\$255.00	\$20.00
Technology Fee	\$30.00	None
Capital Improvement Fee	\$72.50	None
Parking Fee	\$85.00	Free Parking
Total \$832.50		Total: \$875.00

On campus visits:

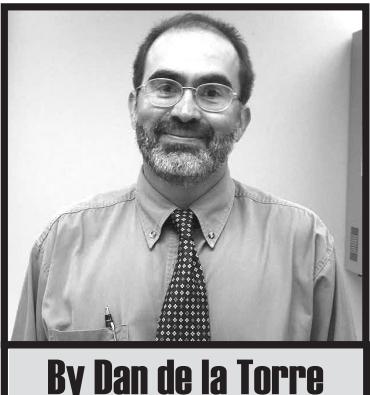
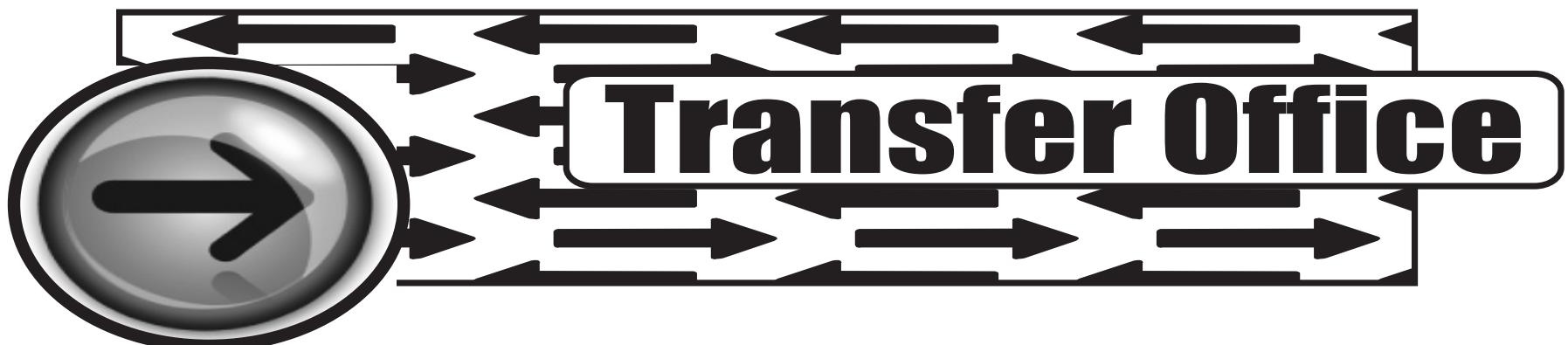
Visit Assumption representatives at the Harrington Learning Center on the following dates:

- **Tuesday March 8** (4-7pm)
- **Monday March 28** (10am-1pm)
- **Tuesday April 26** (10am-1pm)

To schedule an appointment with an academic counselor and/or career advisor, phone: **508-767-7364**.

Go Places.
www.assumption.edu/cce





By Dan de la Torre
Coordinator of
Transfer & Articulation

DO YOU KNOW... what questions to ask?

Here's a top ten list:

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

DID YOU KNOW?

- A lot of QCC students are planning to transfer!! I know, because I speak with them all the time. And one of the most common questions starts with "How do I make sure that.....?" The answer is always the same: "The best way to have accurate and up-to-date information about transferring to a particular school is to talk with their admissions staff. Make an appointment to meet with transfer admissions rep at that school."

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

UPCOMING OFF-CAMPUS TRANSFER EVENTS

Boston University Metropolitan College, Boston will have an Undergraduate Open House on Saturday, March 26th at 10am at the BU Experience Room, 602 Commonwealth Avenue, Boston, MA. This is a great opportunity to have QCC transcripts reviewed by academic counselors—make sure to take a copy (!), as well as to learn more about the Scholarship for Community College Graduates. Interested students can email met@bu.edu or call 617.353.6000 to reserve a seat.

Emerson College, Boston, MA, Transfer Information Session/Campus Tour, Tuesday, March 8, 2011. Session begins at 3 p.m. RSVP at www.emerson.edu/visit.

Rochester Institute of Technology, Rochester, NY, Transfer Open House, Friday, March 18, 2011. Explore academics, meet with faculty, tour the facilities, and experience campus life. To register call 1-585-475-6631, email visitrit@rit.edu, or register online at www.rit.edu/admissions.

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

- Transfer admissions counselors from approximately 30 colleges and universities will be here for the Spring Transfer Fair on April 7th. This is a perfect time to talk directly to the person who will get your transfer application. Details on the fair are below.

SAVE THE DATE

QCC Spring Transfer Fair, Thursday, April 7, 2011, 10 am to 1 pm, Conference Room 109, Harrington Learning Center.

As of this date, the following colleges are expected to attend: Anna Maria College, Assumption College, Becker College, Bentley University, Boston University/Metropolitan College, Bridgewater State University, Bryant University, Clark University, Emerson College, Fitchburg State University, Framingham State University, Johnson & Wales University, Mass College of Liberal Arts, Nichols College, Northeastern University, Quinnipiac University, Salem State University, Springfield College, Southern New Hampshire University, Suffolk University, UMass-Amherst, UMass-Boston, UMass-Dartmouth, UMass-Lowell, Western New England College, Worcester Polytechnic Institute, and Worcester State College.

QCC Students—planning to transfer?

USE YOUR “WITS” WALK-IN TRANSFER SESSIONS

"How do I transfer?" "Where can I go?" "What classes can I take, and how will they be accepted?"—these are just a few of the questions students ask when they begin thinking about transferring to a four-year college.

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

All Walk In Transfer Sessions are held in the Harrington Learning Center, Conference Rooms 109A as follows:

Thurs. Mar. 3, 2011	10 am - 12 pm
Mon. Mar. 7, 2011	12 pm - 2 pm
Tues. Mar. 22, 2011	10 am - 12 pm
Wed. Mar. 30, 2011	10 am - 12 pm
Mon. Apr. 4, 2011	12 pm - 2 pm
Tues. Apr. 12, 2011	10 am - 12 pm
Tues. Apr. 26, 2011	10 am - 12 pm
Thurs. May 5, 2011	10 am - 12 pm
Mon. May 9, 2011	12 pm - 2 pm

continued on page 26

TRANSFER OFFICE

ON-CAMPUS TRANSFER VISITS

Thursday, March 3, 2011

Worcester State University
10:00 am - 12:00 pm
HLC Rm 109A

Monday, March 7, 2011

American International College (AIC)
8:30 am - 1:30 pm

Boston University/MET College
11:00 am - 1:00 pm

Nichols College
9:00 am - 1:00 pm

Worcester State University
12:00 pm - 2:00 pm
HLC Rm 109A

Tuesday, March 8, 2011

Assumption College-CCE
4:00 pm - 7 pm

Wednesday, March 9, 2011

UMass-Lowell
10:00 am - 1:00 pm

Thursday, March 10, 2011

Lyndon State College
11:00 am - 1:00 pm

Tuesday, March 22, 2011

Becker College
11:00 am - 1:00 pm

Nichols College
9:00 am - 1:00 pm

Westfield State University
10:00 am - 1:00 pm
Worcester State University
12:00 pm - 2:00 pm
HLC Rm. 109A

Monday, March 28, 2011

Assumption College-CCE
10:00 am - 1:00 pm

Wednesday, March 30, 2011
Worcester State University
10:00 am - 12:00 pm
HLC Rm. 109A

SPRING 2011 WORKSHOP SERIES

Harrington Learning Center, Room 109B

Goal Setting

Presented by Jonathan Miller, Director of Student Life and Leadership

March 2nd 10-11am
March 3rd 3-4pm Room 109B HLC

This workshop will focus on how to develop quality goals, how to prioritize goals and the steps needed to obtain those goals.

Memory Strategies for Academic Success

Presented by Ann Panetta, Coordinator of Disability Services

March 22nd – 11-12pm
March 23-11-12pm
Room 109B HLC

Discover how 4 steps for memorizing information can help you prepare for quizzes, tests and exams.

Top Web Sites Workshop

Presented by Patricia LaRochelle, M.S.P.C., Communications Instructor

April 15th 10-11am
April 19th 12:30-1:30pm
Room 109B HLC

An introduction to a series of websites or (free) online tools to help students be successful in college.

SOUTHBRIDGE CAMPUS

The Q – What is it and how can it help you be successful?

Presented by Rebecca Browstein, M. ED., GCDF – Senior Enrollment Counselor

January 25th, 2011 – 5:30pm - 6:30pm
January 26th, 2011 – 11am - 12pm

How to access your grades, tuition balance, financial aid status, support services, campus event and more! Registration is recommended, as space is limited. Please call out Southbridge Campus to register at: (774)-318-2110 or stop by the office at 5 Optical Drive



SPORTS



Come cheer on your men's Wyvern basketball teams at the New England Region 21 Tournament

MEN'S BASKETBALL

**2011 Division III New England Region 21
Tournament**

@ QCC Athletic Center

SEMIFINALS

Friday, March 4th @ 5pm

#1 Mass Bay CC vs #2/3 West Winner

Friday, March 4th @ 7pm

#1 QCC Wyverns vs #2/3 East Winner

CHAMPIONSHIP GAME

Saturday, March 5th @ 2pm

Winners of Friday's Semifinals

QCC WOMEN'S BASKETBALL

The Lady Wyvern offense gave a good fight against nationally ranked Roxbury (#3) in the Regional Semifinal. Despite cutting the lead to 6 in the second half after a Kate Mulloy jumper the Wyverns couldn't match the depth of Roxbury's bench. All Region selections Warburton and Rodriguez were held to just 14 total points.

QCC finishes the season with 24 wins!!

Head Coach LARS FARNHAM received COACH OF THE YEAR

TRAFFICIA WARBURTON made 1st TEAM ALL REGION

KRYSTAL RODRIGUEZ made 3rd TEAM ALL REGION

AISHA NELSON received HONORABLE MENTION

KATE MULLOY received HONORABLE MENTION

THE ATHLETIC CENTER AND ITS PROGRAMS ARE FREE TO ALL QCC STUDENTS, STAFF AND FACULTY.

We also have memberships available to the public for as low as \$20 a month!

BUILDING HOURS

Monday thru Friday
7:30am - 9pm & Saturdays 9am - 2pm

FREE PROGRAMS

Total Body Pilates

Monday 11:45am - 12:30pm



Circuit Training

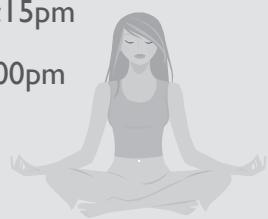
Monday & Friday 12:30pm - 1:15pm

Wednesday & Thursday 4:15pm - 5:00pm

Indoor Cycling (Spinning Classes)

Monday & Wednesday 5:30pm - 6:15pm

Tuesday & Thursday 12:15pm - 1:00pm



Yoga/Pilates

Tuesday & Thursday

12:00pm - 1:00pm and 5:15pm - 6:15pm

Zumba (Latin, aerobics dance)

Monday 5pm - 6pm

Coming in the Spring.....FREE Golf Lessons!

BASEBALL SCHEDULE 2011

MARCH

13th	SUNDAY	12:00	DBHD	VS	BALTIMORE CITY CC	BALTIMORE, MD	AWAY
14th	MONDAY		1 GAME	VS	PRINCE GEORGE CC	LARGO, MD	AWAY
15th	TUESDAY		1 GAME	VS	FINGER LAKES CC - NY BEL AIR, MD		AWAY
16th	WEDNESDAY		1 GAME	VS	HARFORD CC	BEL AIR, MD	AWAY
17th	THURSDAY	3:30	1 GAME	VS	CCBC - ESSEX	BALTIMORE, MD	AWAY
18th	FRIDAY	2:00	1 GAME	VS	CUMBERLAND COUNTY	VINELAND, NJ	AWAY
19th	SATURDAY	1:00	DBHD	VS	RARITAN VALLEY CC	NORTH BRANCH, NJ	AWAY
22nd	TUESDAY	3:30	1 GAME	VS	MANCHESTER CC	MANCHESTER CC	AWAY
25th	FRIDAY	3:00	1 GAME	VS	WORCESTER STATE JV	QCC	HOME
26th	SATURDAY	12:00	DBHD	VS	BRIDGTON ACADEMY	QCC	HOME
29th	TUESDAY	6:00	1 GAME	VS	FRANKLIN PIERCE JV	RINDGE, NH	AWAY
30th	WEDNESDAY	3:00	1 GAME	VS	WORCESTER STATE JV	QCC	HOME

APRIL

2nd	SATURDAY	12:00	DBHD	VS	MASS BAY CC***	FRAMINGHAM	AWAY
3rd	SUNDAY	12:00	DBHD	VS	NEW HAMPSHIRE TECH	QCC	HOME
6th	WEDNESDAY	3:30	1 GAME	VS	HOLYOKE CC***	QCC	HOME

SOFTBALL SCHEDULE 2011

APRIL

Saturday	2 nd	12pm	DBHD Massasoit C.C.	AWAY
Thursday	7 th	3pm	Dean College	AWAY
Saturday	16 th	2pm	DBHD C.C. Rhode Island	AWAY
Tuesday	19 th	3pm	Dean College	HOME
Saturday	23 rd	12pm	DBHD Massasoit C.C.	HOME
Tuesday	26 th	3:30pm	DBHD C.C. Rhode Island	HOME
Saturday	30 th	TBA	Region XXI Tournament	TBA

Head Coach: Cherie Comeau
Asst. Coach: Julieanna Rodriguez
Asst. Coach: John Comeau

Quinsigamond to Assumption CCE transfer students: “Why Continuing & Career Education at Assumption College was the best transfer school for me!”



“After attending Fitchburg State and QCC, I transferred 72 credits into Assumption’s Bachelor in Social Sciences program. I found that Assumption was a better value than the other 4-year college I considered.

Assumption fits my needs and aspirations in many ways: course offerings are flexible with all classes held at night or online, the 6:30-9pm classes fit my full-time work schedule perfectly, and the accelerated and online classes will help me graduate sooner. I’m very happy that I chose Assumption.”

-Derly Benitez

Bachelor’s Degree in Social Sciences candidate, Assumption College
Future plans: Law School



“After earning my Associate’s degree at Quinsigamond, Assumption accepted and applied more QCC credits towards my Bachelor’s Degree than other schools.

I only needed 15 courses to complete my Bachelor’s at Assumption, compared to other colleges that were requiring 20 courses. It has turned out to be far quicker and less expensive.

It has also been a great experience. The online courses I’ve taken have helped me to balance personal life and schoolwork, instructors are accessible and interested in my success, and the 6:30pm class start time is ideal.”

-Georgina Njenga '10

Associate’s Degree in Radiological Sciences, Quinsigamond Community College
Bachelor’s Degree in Social Sciences, Assumption College
Future plans: A graduate program in Physician Assistant Studies

New articulation agreements between QCC and Assumption CCE make a direct transfer from popular programs easy and seamless!

See ad in Transfer Section of this publication for details about your program.

Continuing & Career Education at Assumption is a smart choice:

- Incomparable Value - an Assumption College degree for a public college price (*see chart*)
- Seamlessly transfer up to 75 credits from Quinsigamond to Assumption, saving you time to graduation and thousands of dollars (compared to the 60 credits accepted by most other colleges)

3-CREDIT COURSE	Local State College	Assumption College
Tuition	\$390.00	\$855.00
Administrative Fees	\$255.00	\$20.00
Technology Fee	\$30.00	None
Capital Improvement Fee	\$72.50	None
Parking Fee	\$85.00	Free Parking
	Total \$832.50	Total: \$875.00

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

Go Places.
www.assumption.edu/cce

