

the OPEN door

QCC's student newspaper

FEBRUARY 2013

PRESIDENT'S PLACE



Dr. Gail Carberry

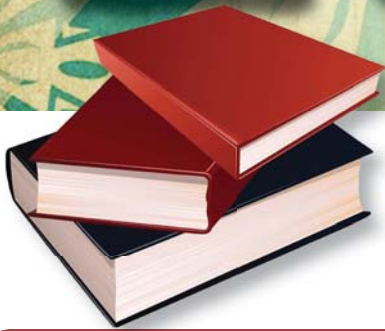
Quinsigamond Community College continues to see strong applications for enrollment and the current economic situation is a contributing factor. Many students have wisely chosen QCC as an affordable stepping stone toward the completion of a baccalaureate degree. Others have enrolled in career programs that will boost earning potential and lead to job stability in an uncertain job market. It is clear that QCC has a lot to offer to residents of Worcester County.

In my day to day interactions with students, I am generally told that one or more of their faculty members are extremely important in helping them to become all they have the potential to be. Many who first enroll at QCC have not had a wide range of prior experiences through which they have built strong self confidence in their own academic abilities. QCC faculty recognizes the unique potential in individual students. They will meet a student more than half way if he or she truly commits to the process of learning. This requires that you consistently complete assignments, ask questions and participate in class. That sounds pretty basic, but every semester, students leave QCC without accomplishing their goals.

The best QCC professors – and there are many of them – do not view students as empty vessels, waiting to be filled. They know that each student comes to college already filled with experiences that can be connected to new learning and new levels of understanding. Students who succeed recognize that learning at the college level is not a passive experience or just a memorization of facts.

Whatever your QCC educational goal, I encourage you to become actively engaged in your own learning experiences. I encourage you to get to know your professors and to seek their best counsel early in the semester. Your education is a partnership that can bring lifelong rewards.

I wish you a semester of major discovery, not just of new information, but of your own true potential.



THIS MONTH'S ISSUE FEATURES

THE THIRD ANNUAL OPEN DOOR BOOK REVIEW

BEGINNING ON PG 1 AND CONTINUING ON PAGES 14-16

Folks, This Ain't Normal: By Joel Salatin

A Farmer's Advice for Happier Hens, Healthier People, and a Better World

Reviewed By William Duggan

Whether on the basis of politics, religion, or socioeconomic growth, Joel Salatin will most likely offend you. But in a hundred other ways, he'll put to words what you've always wanted to say.

In his most recent book, *Folks, This Ain't Normal*, Salatin (hailed by the New York Times as "The High Priest of the Pasture") contrasts the fast-paced, day-in-day-out rush of modern American life with past epochs of human living. Instead of the industrialized, energy-consuming, and instantaneous life common to us all, Salatin argues that the historical norm is a life rooted in dependence on agriculture, animals, and the earth. This book is a discourse on "normal life."

An organic farmer himself, Salatin is the second-generation owner of Polyface

Farm, a sprawling ranch nestled in the heart of Virginia's Shenandoah Valley. Primarily dedicated to raising grass-fed beef cattle, the Salatin residence is also home to ducks, sheep, pigs, chickens, and a whole cast of characters unlikely to be found in an average book. He and his family run the farm with a commitment to healthy food, local economy, and general independence of government regulation and assistance.

From the early pages of the book, the author makes his intentions clear: to challenge what we've come to think of as cultural normalcy—in regard to food, education, and family. "One of my messages in this book," he explains, "is to try to awaken a thirst and hunger for some basic food knowledge before our appetite for cerebral and academic techno-subjects crowds out all of this historically normal knowledge." He goes on from there, in typical Salatin

fashion, to relate a story: "A farmer friend of mine told me recently about a busload of middle school children who came to his farm for a tour. The first two boys off the bus asked, 'Where is the salsa tree?' They thought they could go pick salsa, like apples and peaches. Oh my. What do they put on SAT tests to measure this?"

While the setting of the book is strictly rural, the theme it takes on is entirely universal—that everybody, everywhere, needs to know their connection to the earth. "No civilization has ever been in this state of environmental ignorance. In previous eras, people who lived in an area, whether they were new-comers or old-timers, had to be intimately aware of their surroundings and viscerally involved in rearing and preparing food for the table.

TURN to **SALATIN REVIEW**/ PG 4

A New Journey for Vice President Steve Sullivan

By Beryl Pettiford

On January 24th I had the honor of interviewing Steve Sullivan, outgoing Vice President of Enrollment and Student Services at QCC, before he moved on to his new position at Mass Bay Community College. I enjoyed listening to Mr. Sullivan describe his 20 plus year

journey working in the community college system starting At North Shore Community College in Lynn, then to Northern Essex Community College before coming to QCC a little over eight years ago.

Mr. Sullivan noted that even though he had not attended a community college, he was impressed with how a satellite campus of North Shore Community College was much like QCC's Southbridge campus, expanding opportunities to more communities and positively affecting the local students there. Mr. Sullivan is certain that the experiential growth of enrollment, especially with Southbridge which has tripled in enrollment, and the Worcester campus which has experienced a 50% increase, is due to the "herculean" teamwork that is put forth so that each and every student reaches his or her goals. He referred to the saying "It takes a village to make things work",

insisting that it is team effort that brings these kinds of results.

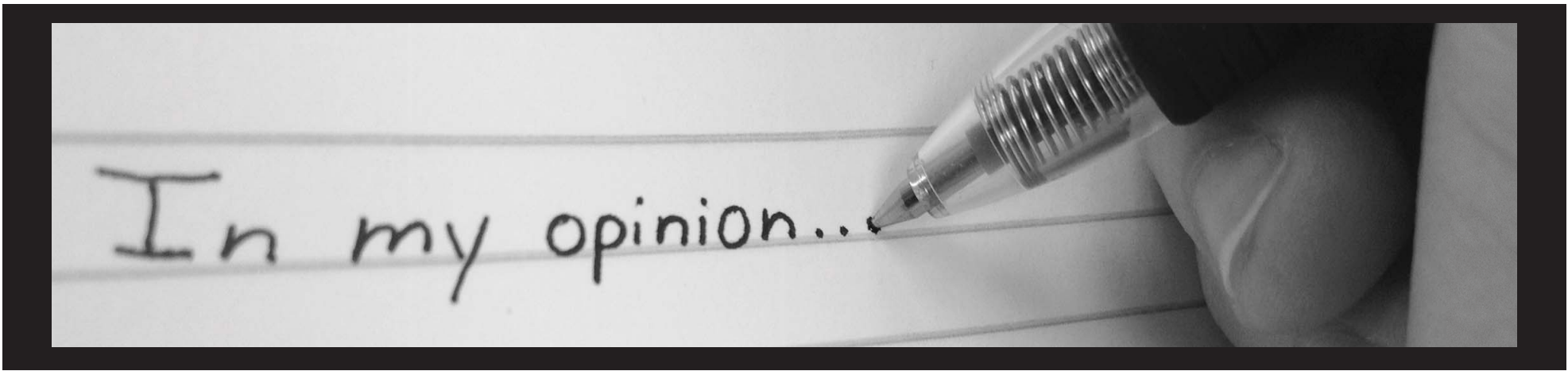
When asked what the formula is for such success, Mr. Sullivan refused to take all the credit, and shared that it was the effort and support of all faculty and staff. A key factor, he added, was working shoulder to shoulder with Patricia Toney, Vice President of Academic Affairs who has years of experience in assisting students to their utmost potential. Mr. Sullivan also said that heartfelt support was always given by President Gail Carberry.

Steve Sullivan has put his heart and soul into serving students over the past three decades, and has a genuine and sincere love for people seeking higher education. He expressed appreciation for those students who are mastering their skills, using their talents, and enhancing their knowledge.

TURN to **SULLIVAN**/ PG 4



No matter where he traveled, Steve Sullivan was proud to promote QCC!



Have Prosecutors gone too far?

By Joe Mogel

On January 11, 2013 Aaron Swartz, Internet activist and co-founder of Reddit, committed suicide in his Brooklyn apartment. He was 26 years old. *Why did he kill himself?* He was facing 13 felony counts for re-publishing articles from the online library JSTOR and for illegally using MIT's open Internet network. MIT's wireless network is an open network, accessible by anyone. The officials from JSTOR actually said that Swartz had the right to download the files. The Boston Attorney General's office, which was handling the prosecution, was pursuing the charges in spite of the issues with them.

While Swartz's suicide is the latest act in a play between prosecutors and activists over Internet rights, it is also the latest in a series of over-reaction by prosecutors and law enforcement. In the last two decades an increasing number of cases of false prosecution and unnecessarily violent police action have destroyed lives and families. Presuming guilt in an instance where an individual is suspected seems to be the guiding principle in modern prosecution.



Increasingly, the mere accusation of a crime has seemingly equated to guilty in the minds of prosecutors. An ever growing list of people who were misidentified by victims or people who were knowingly lied about in court is now being exonerated by investigations. On a near daily basis, we see reports of previous convictions overturned by evidence ignored by District Attorneys. According to the Innocence Project (www.Innocenceproject.org) thousands of charges, ranging from murder to rape, have been overturned by DNA evidence that Prosecutors never tested. The average time spent in prison for the falsely accused is report at 13.6 years. These data points don't include convictions overturned when the accusers admit they lied.

While District Attorneys have been pursuing questionable charges, many police departments have been over using violent measures. Among the numerous instances of police shooting neighborhood dogs, breaking down wrong doors, and arresting wrong people, one instance reaches a level well beyond that of Swartz. Andrew Messina, of Atlanta, Ga. threatened to shoot himself after getting several bad grades. His mother, Lisa Messina, called the local police to talk her son down. The local department sent a SWAT team. Instead of allowing negotiators to talking the boy down, a sniper shot and killed him. Andrew Messina was 16 years old.

Back to Swartz, the Boston Attorney General's office was contacted by a JSTOR lawyer who asked that they drop charges related to Swartz's downloading of their files. Swartz committed suicide after the Prosecution said that the only deal they would consider included a plea of guilty to all 13 charges.

Now the real question: Is the public safer? The obvious answer is no. Police errors and prosecutorial indifference don't help keep our streets safer. Despite having the largest and most well funded system of law enforcement and prosecution on the earth, we are still well behind many countries. What we need is more oversight on the enforcers and recourse for the accused. Perhaps then we won't read about the untimely deaths of an Aaron Swartz or Andrew Messina.

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

Coordinator: Pat Bisha-Valencia
Student Editor: Joe Mogel
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OPEN DOOR

Schedule for Fall 2012 / Spring 2013

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

Next Issue : March 7, 2013



By Joe Mogel

**GIANT SQUID CAUGHT
ON FILM FOR FIRST TIME**

After more than 100 dives by submersibles and more than 400 hours in the deep ocean, the elusive giant squid has finally been caught on camera. A collaboration of Discovery Channel and NHK, a Japanese television station, had been working for years to capture film of a live giant squid in its natural habitat. Prior to this only remains of the squid, as long as a school bus and weighting up to a ton, had been seen and little information had been available about its behavior.

**ANCIENT SHIPWRECK
MAY HAVE CARRIED EYE
MEDICINE**

A Roman ship, sunk in 60 feet of water, off the coast of the ancient city of Populonia, may have carried a doctor and his equipment over 2,100 years ago. The shipwreck, which carried wine jars, Syrian glass bowls, tin and bronze jugs, also contained a very complete set of Roman medical instruments. Among the medical instruments, were gray discs made of beeswax, zinc, and a blend of oils, resins and herbs. The discs ingredients are strikingly similar to Roman era medical documents on eye care.

**COPTIC POPE PRAYS
FOR PEACE IN EGYPT**

At his first Coptic Christmas Mass as Pope, Tawadros II prayed for peace and safety in Egypt, and wisdom for the new, largely Islamist, Government. He urged his congregation to not be afraid. This comes after the passing of the new State charter, which was staunchly opposed by Copts, moderate Muslims, and secular Egyptians. Many Copts are, according to reports, considering leaving Egypt, pending a possible push for more strict Islamist law. Copts represent 10% of Egypt's population.

**FEMALE CORRECTION
OFFICER FILES SUIT
OVER MOVIES SHOWN
IN MAXIMUM SECURITY
PRISON**

Beginning her work as a corrections officer in 2003, Kristine Sink found

that prisoners held at the maximum security state prison in Iowa for mentally ill inmates showed movies depicting graphic sexual situation and violence towards women, despite most of the prisoners being sexual predators. On November 30th, after repeated complaints about the movies, she has filed a lawsuit alleging hostile work environment, due to a lack of support from her colleagues and the warden(s), all of whom were male. In the suit, Sink alleges that the warden and other guards let inmates know that she was trying to stop the graphic movies from being shown and, as a result, saw an increase in aggressive behavior towards her.

**THE OFFICIAL KILOGRAM
WEIGHT NEEDS A
CLEANING**

Over the years particles have collected on the surface of the official Kilogram weight, a cylinder of metal that defines scientific units of mass, increasing its weight by dozens of micrograms. While that may not sound like a lot, it could have a huge impact on scientific experiments, which require extreme precision. However, a cleaning techniques has been devised that uses ozone and ultraviolet light to remove the particles without disturbing the cylinder. None-the-less, many scientists want to replace the metal cylinder with a standard found in nature, which would negate the need for a regular cleaning.

**EGYPT’S MORSI
BACKPEDALS OVER SLUR
COMMENTS**

The current president of Egypt, Mohammed Morsi, has been trying to fix a former faux-pas: in a speech he gave for the Muslim Brotherhood in 2010 he called Jews and Zionists “pigs” and “bloodsuckers”. The speech, which Morsi says is taken out of context, includes a call for Egyptians to teach their children hate for Israelis. Morsi stated, through a representative, that he was referring to Israeli policies, not Jews or Zionists.

**FISHERMEN HAVE RECORD
CATCH OF SQUID OFF
CALIFORNIA COAST**

In a 45 minute period anglers off California’s coast hauled in over 800 large squid. The squid, mostly the predatory Humboldt squid, have been migrating there from the Sea of Cortez

in Mexico over the previous several years. The squid, which measure around 6 feet and can weight up to 110 pounds, are known as being highly dangerous, and have reportedly, in rare instances, attacked divers. While experts are unsure about the cause of the migration, ocean warming and over fishing of the Humboldt squid’s predators have been suggested as causes.

**NEW STUDY SHOWS THAT
UNIVERSAL PERSONALTY
TRAITS, AREN’T**

Psychologists studying the Tsimane people of Bolivia, have found the first verified cases of people not fitting the set five ‘universal personality traits’. The so called ‘big five’ are openness, conscientiousness, extroversion, agreeableness and neuroticism. The study of the Tsimane, who are indigenous foragers, has shown they have two key personality traits. One is a blend of extroversion and agreeableness, the other has been term ‘industriousness’ by the researchers. The team that conducted the study believes that the difference comes from social isolation and the small size of the communities that were studied.

**NEW FOSSIL OF A
TOOTHED BIRD FOUND IN
CHINA**

The fossil, between 121 and 125 million years old, was the size of a modern robin and discovered in the Liaoning province in China. One of the key distinctions of the bird, named Sulcavis geeorum, had rows of serrated teeth, which researchers believe were used to crack the exoskeletons of insects, crabs or molluscs. The diet of shelled creatures was verified by the recent fossil’s other key aspect, stomach contents of the ancient bird, contents that confirmed the shelled diet.

**ANCIENT TEMPLE FOUND
IN JERUSALEM SUBURB**

Dating to around 1,000 BCE, the structure is believed to be one of the ritual structures outlawed by the early Israeli kings. The structure, according to Dr Hamoudi Khalaily of the Israeli Antiquities Authority, is unique due to its location in Tel Motza, a town next to Jerusalem. While some have suggested that the site is a town, the layout is consistent with ritual sites of the period. Additionally, a collection

of clay objects at the location, among them shards of pottery that have been identified as ritual bowls of the early first millennium BCE. Archaeological work is continuing at Tel Motza.

**SUPREME COURT TO
HEAR CASE FOR AND
AGAINST GAY MARRIAGE**

Among the many cases scheduled to be brought before the Supreme Court are two cases, one for and one against Gay marriage. The case of Hollingsworth v. Perry will address whether marriage is a fundamental right for same-sex couples; Windsor v. United States handles a law that defines marriage as between a man and a woman. Both of these cases face serious procedural obstacles that could prevent the court from getting to the main Constitution in question.

**THIEF WRITES LETTER OF
APOLOGY AND RETURNS
STOLEN GOODS**

Over 15 years ago four golden rings were stolen from a party in Portland, Oregon hosted by Margot Riphagen, then 16. After a decade and a half, Riphagen received the rings and the letter, signed ‘a dumb kid who wants to right a wrong’. The letter contained an apology for having stolen the rings and an assurance that the unnamed thief had matured. “We never thought we would get any of the stuff back. It’s completely amazing and wonderful and we’re all thrilled about it. It’s a super-positive thing and a great way to start the New Year.” Riphagen said.

**NEW GREEN JET FUEL
COMPANY TO OPEN IN
NEW JERSEY**

The Primus Green Energy plant, which will open in Hillsborough, NJ, will use natural gas and biomass to produce a cheaper, cleaner jet fuel. The process was developed by company co-owner Moshe Ben Reuven, who also heads the team from Israel that is behind the engineering. The process, according to Ben Reuven, can derive chemical energy from any natural source, despite the plants use of natural gas. The team, which includes a retired two-star general in the IDF and an Israel Institute of Technology expert in biomass gasification, claims the plant will be producing fuel within a year or two.

But in recent decades, in our culture, putting food on the table does not require any knowledge or involvement except how to scan a credit card, open a plastic bag, and nuke it in the microwave. No civilization in history has ever been this disconnected from its ecological umbilical.”

While Salatin’s sarcastic wit and honest anecdotes can come off as brusque, and complete accord with all his ideas is a near impossibility, Folks, This Ain’t Normal is a must-read. The stories sprinkled throughout are amusing, and, while some of Salatin’s sentence constructions are lofty, the writing is always clear and thought-provoking. Still, the quality that most attracted me to this book is the way in which the author captures the whole scope of human emotions: the beginning will make you laugh, the end will make you cry, and everything in between will leave you with the desire to lead a different kind of life. One possibly more normal than the one we know.

SULLIVAN

cont'd from PG 1

Does Mr. Sullivan want to leave QCC? By no means did he even entertain such a thought until it was proposed. Ambivalence tore at his heart in this weighty decision. But at 60 years of age, the opportunity to once again feel the exhilaration of pioneering and the inner happiness of serving students may not knock on his door again. He has a group of friends, all about the same age, and they meet about three times a year to catch up with each other. This New Year’s they embraced a conversation of whom in the group had retired, who was about to retire, and what marvelous plans they all had for retirement. Fourteen friends who had shared in various careers are now closing this chapter of the book, while the 15th friend, Steve Sullivan, is about to open a brand new novel.

With a gleam in his eye and excitement in his voice, he spoke about some of the wonderful expansions and opportunities about to take place in the very near future for QCC, and that he would be cheering on the sidelines as things unfold for our community college. In closing, Steve Sullivan leaves us with love and wishes for success for all of the students at QCC. I am sure I speak on behalf of all students, staff and faculty, that Steve Sullivan will be missed by all of us. We wish you the very best, and look forward to hearing about your success stories with Mass Bay.

BEWARE:

FERARI LIKE STOMACH BUG SWEEPING THE NATION



BREAK THE CHAIN OF INFECTION

Submitted by: Susan Johnson MSN RN,C

A new strain of stomach bug sweeping the globe is taking over in the U.S., health officials say. It’s one of the most contagious stomach viruses that are out there. In the U.S., new Sydney strain of norovirus is now accounting for about 60 percent of norovirus outbreaks, according to report released last Thursday by the Centers for Disease Control and Prevention. Norovirus — once known as Norwalk virus — is highly contagious and often spreads. Norovirus can spread quickly from person to person in places like schools and hospitals, especially during the winter. Sometimes mistakenly called stomach flu, the virus causes bouts of vomiting and diarrhea for a few days. This norovirus ‘is being called the Ferrari of viruses’ for the speed at which it passes through a large group of people.” It can sweep through an environment very, very quickly. You can be feeling quite fine one minute and within several hours suffer continuous vomiting and diarrhea.

People with norovirus illness are contagious from the moment they begin feeling sick until at least 3 days after they recover but some people may be contagious for even longer. For those infected, there’s really no medicine. They just have to ride it out for the day or two of severe symptoms, and guard against dehydration, experts said.

Stop the Spread of Norovirus

Practice proper hand hygiene: WASH YOUR HANDS WITH SOAP AND WATER especially after using the toilet and changing diapers and always before eating or preparing food.

Hand sanitizers are less likely to kill the germs that cause the norovirus. Although these alcohol-based products can quickly reduce the number of germs on hands in some situations, they are not a substitute for washing with soap and water. Wash your hands instead!

Take care in the kitchen- Carefully wash fruits and vegetables, and cook oysters and other shellfish thoroughly before eating them. Do not prepare food while they have symptoms and for 3 days after they recover from their illness.

Clean and disinfect contaminated surfaces- After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces by using a bleach-based household cleaner as directed on the product label. If no such cleaning product is available, you can use a solution made with 5 tablespoons to 1.5 cups of household bleach per 1 gallon of water.

Wash laundry thoroughly- Immediately remove and wash clothing or linens that may be contaminated with vomit or stool. Handle soiled items carefully—without agitating them—to avoid spreading virus. If available, wear rubber or disposable gloves while handling soiled clothing or linens and wash your hands after handling. The items should be washed with detergent at the maximum available cycle length and then machine dried.

<http://www.qcc.edu/health-wellness>
For more information visit
<http://www.qcc.edu/health-wellness>
<http://www.cdc.gov/features/norovirus/>



Career, Academic, & Personal Success

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

General Advising & Health Career Advising: Room 61A

advising@qcc.mass.edu (508) 854-4308

CAREER LADDERS

Microsoft Office 2010 Cert → Clerical Office Cert → Administrative Professional Option

Do you enjoy assisting others in the completion of tasks? Do you enjoy recording financial transactions, update statements and check financial records for accuracy? If you answered 'yes' to any of these questions maybe a career as an accounting or finance assistant is for you. Achieve your career goals by climbing one rung at a time. One option is to start with the non-credit Microsoft Office 2010 Certificate through QCC's Training and Education Center. Take control of your career and excel at your own rate.

Business Administration Career– Business Administration Option (Credit)

The Business Administration Career Program prepares students to successfully enter the workforce upon graduation. The program provides a skills-based curriculum that equips students with the knowledge and background needed for a rewarding career in business and industry.

Median Wage

Assistant managers—Salary varies

Office and administrative Support Occupations—\$30,710 (annually)

Did You Know...?

Overall employment of administrative assistants is expected to grow 12 percent from 2010 to 2020, about as fast as the average for all occupations.

Accounting Assistant/Finance Assistant Certificate (Credit)

This program is designed for the student seeking an office certificate career in a multitude of private or public settings.

Median Wage

Bookkeeping clerks - 29,050 (annually)

Office and administrative Support Occupations—\$30,710 (annually)

Did You Know...?

Employment of bookkeeping, accounting and auditing clerks is expected to grow 14 percent from 2010 to 2020, as fast as the average for all occupations.

Microsoft Office 2010 Certificate (Non-Credit)

Learn the essentials of computing in today's technological workplace for a wide variety of occupations. Through hands-on, instructor-led classes, you will learn to create a professional document in Word, use formulas in Excel, create presentations in PowerPoint, and maintain a database in Access.

Did You Know...?

This certificate will enhance your current skill set.

This certificate is a great complement to your resume during your job search.

Completion may qualify you for prior learning credit which can be used towards a (credit) certificate or associates degree.

Sources: Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, 2012-13 Edition, Nursing Aides; Licensed Practical Nurses and Registered Nurses on the Internet at <http://www.bls.gov/ohh/healthcare/nursing-assistants.htm>; <http://www.bls.gov/ohh/healthcare/licensed-practical-and-licensed-vocational-nurses.htm> and <http://www.bls.gov/ohh/healthcare/registered-nurses.htm> (visited September 5 ,2012).

CAPS Staff (Advising & Testing)

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Jennifer Guzman-Gayflor

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Assessment Specialists

Lamont Slater

John Mitchell

Front Desk Staff

Ruth Cole

Linda Brunell

Important Information for Students

"The college uses Qmail as an official means of communication with students. All students are expected to read their college email regularly and respond appropriately."

Sun. MAR 17 - Sat. MAR 23 - Spring Recess

Mon. MAR 25 - APR 5 - Priority advising and course registration for returning students begins.

Alden Library Highlights African American History

By Dale LaBonte

Does it sound old fashioned to call the month when we celebrate African-American history “Black History Month?”

It certainly goes back a long way, with its earliest expression as Negro History week, established in 1926 by the organization to study African American history founded by educator Carter G. Woodson and minister Jesse E. Moorland. The second week in

February was designated to mark the birthdays of Abraham Lincoln and Frederick Douglass.

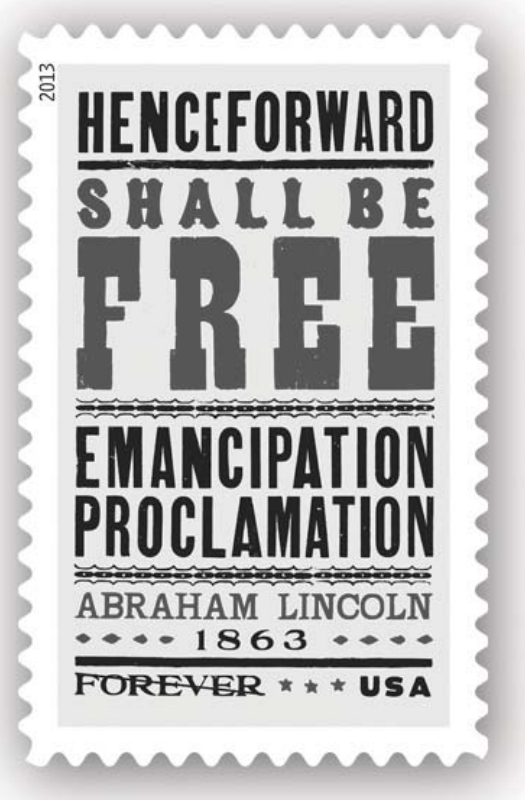
As people of African origin changed self-identification, the name evolved. So did the celebration of the event, from a week’s observance by city mayors to the first month-long national observance in 1976, ordered by President Gerald Ford. For information on the 2013 commemoration, use the

Association for the Study of African American History and Life website, <http://www.asalh.org/>.

This year, the Emancipation Proclamation receives special notice—this being the 150th anniversary of the order freeing most slaves in the Confederate states. A special stamp has been issued by the US Postal Service. But the emancipation effected in Civil War strategy, and codified in the 13th amendment two years later, is far from translating into equality, according to many social critics. In a January discussion on Boston Public Television’s *Basic Black* weekly newsmagazine, Kim McLarin said she believes James Baldwin was right when he wrote to his nephew, “You know, and I know, that the country is celebrating one hundred years of freedom one hundred years too soon.” That was in 1963 on the 100th anniversary. McLarin said the timing was about right, because at 150 years, it feels like this celebration of freedom is still 50 years too soon.

In fact, fifty years ago the March on Washington flooded the U. S. capital with activists demanding full racial equality and social justice.

Alden Library’s recognition of Black History Month will look at



emancipation and invite your responses to some remarkable photos and documents contributed by Lamont Slater, a scholar and Assessment Specialist in QCC’s Advising Office.

ASALH’s theme for 2013 is “At the Crossroads of Freedom and Equality: The Emancipation Proclamation and the March on Washington” and is represented by this stunning painting by Charles Bibbs, entitled “Legacy of Hope.”

Dale LaBonte is Coordinator of Library Serials and Electronic Resources for Alden Library



February Question of the Month

Open Door staff asked students what was the most recent book that they have read and would they recommend it or not.

Heather Madison: *Sleep No More* by Iris Johansen.
“I would recommend it, she’s a good escape read.”

Kimberly Collazo: *Interview With a Vampire* by Anne Rice.
“I would not recommend it, it is very disturbing.”

Gabbi Mello: *Beautiful Disaster* by Jamie McGuire.


“It’s for a new age group called mature young adults in their early twenties. It’s a romance, but not kid romance or a romance novel; it’s right in the middle. It’s about a girl who meets a boxer named Travis who fights for money. They make a bet. He’s a player. If she wins the bet he has to be abstinent for a month. If he wins the bet she has to live with him for a month because he wants to date her. It’s good, quirky and well written.”





Student Life

FEBRUARY 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Rock Red for Heart Awareness Month	2 Women's BBall vs. Bristol CC 12PM
3	4	5 All College Day <i>Sorry WE'RE CLOSED</i>	6 Evening Student Mixer 5PM	7	8	9 Murder Mystery Dinner Trip 5PM Women's & Men's BBall at Northern Essex
10	11 Sexual Responsibility Week Event 11AM	12	13 Birthday Club 12PM 	14 Sweets for Your Sweetheart 11AM Women's BBall at UConn-AP 6PM <i>Happy Valentine's Day</i>	15 Make Your Own Mask 11AM	16 Women's & Men's BBall vs. Bunker Hill CC 12 & 2PM
17	18 President's Day <i>Sorry WE'RE CLOSED</i>	19 Make Your Own Mask 11AM Women's BBall at Manchester CC 6PM Men's BBall at UConn-AP 6PM	20 Eat Healthy: Make Your Own Tacos 11AM	21 Family Roller Skating 5-7PM Skylite Roller Rink, Worcester	22	23 QAC Presents: <i>The Winter Ball</i> 7PM
24	25	26	27	28		

Cooking at the QCC Children’s School

Submitted by Jill Arrell

The children were busy during the month of December and January. Their interest in cooking and baking took over the classroom. In Classroom 1, the children talked about soup and warm comfort foods that they liked.

They made homemade macaroni and cheese and Stone Soup (chicken soup). The children cut up the vegetables and mixed the chicken, rice and broth. As it was cooking, the aroma was wonderful

and had everyone wanting homemade soup. Then they made creamy macaroni and cheese with a bread crumb topping. Classroom 2 became a Bakery. They made apple crisp, pumpkin and banana bread. There was cinnamon play dough being made into pies, cookies and breads.

The staff and children were thrilled to have a professional chef come in to the classroom and decorate cupcakes that the children had made. They were able to

experiment with pastry bags and spatulas all while wearing chef hats. We don’t usually serve sweets but this was a special occasion and an exciting activity. The children had sprinkles and frosting flying all over the place! We can’t wait to see what the spring semester will hold.

For more information about the on campus QCC Children’s School, please contact janel@qcc.mass.edu or nknight@qcc.mass.edu or call 508 854 4220.



MEET YOUR STUDENT SENATE



Clement Adamah *PRESIDENT*

My name is Clement Adamah and I am 27 years of age. I am majoring in Business Administration here and plan to transfer after graduation.

My goal as Student Senate President, and a team member, is to provide transformational leadership in a number of areas. I plan to establish continuous workshops and communication with undeclared students to help them realize their dreams and potential in the job market. I also plan to encourage the smoking ban, community work, and unite all club leaders to help implement

Student Senate and club goals. In addition, I would like to see a Student Senate page on the Q to promote our good deeds as well.

I am described in three words: cool, calm and collected. My utmost goal is to become a philanthropist. I love to meet people and learn about different perspectives. I am an action oriented person and love to see plans come to life. I value my life, family, friends, school, work and my community.

Becoming a student leader is not just a position, but an opportunity to share my ideas on issues and finding solutions to problems. I believe every step in one's life creates a pathway to our future, thus taking the educational step helps you assure your dreams for the future. I am easy to approach and very helpful.

Jasmine Solaperto *TREASURER*

My name is Jasmine Solaperto and I am the treasurer for the Student Senate. I am a Liberal Arts student and will graduate in May. My experience at Quinsigamond Community College has benefited me greatly. Through concepts I have learned and exposure to a very diverse population, I have gained the ability to reflect on myself to identify biases and correct faulty thinking. That is something I will continually implement and benefit from throughout life. As a member of Phi Theta Kappa I am very involved in community service. In addition, I was recently awarded the Olga Lopez-Hill Community Leadership Scholarship.



Following graduation I plan to transfer to a university as a psychology major with a concentration in pre-med. My intention is to eventually attend medical school to become a Psychiatrist. As treasurer of the Student Senate I look forward to improving the student experience and building on my leadership skills. My goal is to create an environment where students feel comfortable approaching senators regarding campus issues so we can accurately represent the needs of the student body.



Joshua Biernacki *STUDENT TRUSTEE*

Hello Students, my name is Joshua Biernacki. For the students that have been here longer than one semester you might remember me for the past roles I had played on Student Senate as either the treasurer or president. Yet this year I stepped into another position, student trustee. I felt that the knowledge I had obtained from Student Senate made me an optimal candidate for this role, and it has proven fruitful so far. I feel in this position students truly do have a voice, and I want to make sure that voice is heard. Anytime anyone has something they

want heard feel free to contact me at jbiernacki@gmail.com.

As for information about me, I am in my third year at QCC. I graduated last May with my Business Administration Degree, and this year I am in the Nichols A to B program and pursuing my second degree in General Studies. Let's just say at 20 years old I am a well-seasoned vet at QCC. As for my personal goal I hope to open a box someday, and for the people who have not heard of a box before it is a Crossfit Affiliate. Crossfit is a form of functional training.

Thank you all for the support you have given this campus as students, and I hope to hear from everyone at some point.



Kennedy Udechukwu *VICE PRESIDENT*

My name is Kennedy Udechukwu and I am currently enrolled in the Engineering program at QCC. I joined the Student Senate to promote student interaction, and participate in events that are meaningful and progressive to the community. My motivation comes from a biblical saying "Whatever you do, work at it with all your heart, as working for the Lord". So far, my time at QCC and as a member of Student Senate has helped to mold my learning experience and ensure my speedy immersion into the QCC community. Have a great semester!

Amy Pierce *PARLIAMENTARIAN*

Hello everyone, my name is Amy Pierce; I am pleased to have the opportunity as a Student Senator to work with an excellent group of individuals with positive goals and the desire to make things happen.

I have been a student at QCC since fall of 2011 in the Business Administration Transfer program. After a career spanning many years, I found it difficult to find positions without my degree, and came back to school to correct that problem. Looking back now, I am glad that I did, not to mention that I might not return to my previous career.



As a non-traditional student serving on the Student Senate, I understand our unique needs as well as our experiences which can be used to better enhance the QCC environment and community as a whole. I have been involved with a number of service organizations over the years, and feel that I will truly enjoy being an active contributor in this year's Student Senate. I look forward to serving the student body in this coming year.

Samuel Baptista *SECRETARY*

I was born October, 28, 1992 in Boston Massachusetts and raised most of my life on a farm in Fitzgerald, Georgia. I went to a charter high school in my freshman and sophomore years of high school, and then transferred from Georgia to Worcester to attend Worcester North High School for my junior and senior years. I was a member of the first graduating class of the new North High School building.

This is my first semester at QCC, and I came here with a plan to widen the variety of sports so students can have more options. I am now president of the Cross-Country & Track Club as well as the Wyvern Indoor & Outdoor Soccer Club. I am also involved in the community as a coach to the Worcester Cowboys.



Betsabe S. Castillo-Rivera

Hi my name Betsabe S. Castillo-Rivera, but everyone calls me Betsy for short. I am 20 years old and this is my third semester at Quinsigamond Community College. My major is General Studies Health Care, studying toward my degree in physical therapy.

I love to prove people wrong about me. What I mean by that is "the greatest pleasure in life is doing what people say you cannot do" as Walter Bagehot once said. People always told me I would not be able to learn two languages, which were Spanish and English. Now I not only know two but I am now learning ASL as well. So in turn of proving people wrong I joined

Student Senate to show how you can do anything if you set your mind to. I join Student Senate so I can be the voice, your voice here on campus at QCC. I want to show you as the students what QCC has to offer you, and most importantly I want to make a difference for students here on campus.

STUDENT SENATE CONT.



Joseph Kroell III

My name is Joseph Kroell III and this is my first semester at QCC. I graduated from Putnam High School in Connecticut last spring, and was an active member of the Putnam Fire Department and a certified EMT. During high school I was involved in track and was captain of the team my senior year. In my free time I enjoy kayaking and snowboarding. I joined Student Senate to listen to the student body and make changes in our school to make it a better place for us. I plan to continue my education to become a doctor.



Juan Poma

Hello my name is Juan Poma and I am from Bolivia. My major here at QCC is engineering and this is my sophomore year. I graduated from high school in my country and arrived to the US two years ago. My English was poor when I first arrived, but with the help of my new friends, classmates and English classes, QCC has opened a path to success. Being an ESL student has been a challenge, but my experience here has made it easier than I thought and more fulfilling. Now, I am a student ambassador, a member of the engineering club, math tutor, and a student senator. And my way of

thanking all those students who helped me pass through those rough times was by becoming a member of the Student Senate. I want to be able to help students in every possible way I can, the same way as my classmates did for me. Thank you.

Kingsley Dinyeah

My name is Kingsley Dinyeah and I am from Liberia, Africa. I am a dedicated, determined, and focused individual who strives day and night to make sure that each day I am working to the best of my ability to accomplish my goals. I am in the Engineering Program at Quinsigamond Community College and my dream is to become a mechanical engineer. Along with being a Student Senator, I am also a member of the Engineering Club.

Some of my goals for the Student Senate are to work alongside with faculty and my fellow senate members to make sure that the voice of every student is heard, to engage our students within the community and to organize events that will call on the participation of my peers both academically and socially. Thank you and have a great semester.



Lordia Larbi-Asare

I am Lordia Larbi-Asare. I was born in Ghana and raised in Germany. As a student at Quinsigamond Community College I have found myself surrounded with diverse students who have demonstrated enough team work to convince me that we can make a difference. I appreciate every opportunity that is given to me.

Currently, I am in the general studies health care program, waiting to be accepted into the Dental Hygiene program. I am a Christian and enjoy attending church. I involve myself in activities that give me knowledge about what is available at QCC. I wanted to become a Student Senator because of the passion and desire I have to help people. As senator it is important to represent the student voice to the school administration rather than passing laws. I believe if we act as a team and are open minded we will be able to address the concerns of the student body, and bringing these concerns to the attention of the school as one voice.



Rachel Curtis

I am a third year student here at Quinsigamond Community College. I'm currently have a dual major in Liberal Arts and General Studies Deaf Studies, and I'm on track to graduate this May.

I decided to run for Student Senate because of my belief that this organization provides an outstanding opportunity to make a positive difference in the educational experience at QCC.

When not in class, I'm usually working at the Admissions Office here at Quinsigamond as a Student Ambassador. When I'm not working, I'm most likely practicing my American Sign Language skills. I'm looking to transfer to a school that offers an English-ASL interpreting program next fall.

Valentine E. Beluchukwu

Hello, my name is Valentine E. Beluchukwu, and I'm a Computer Science major & Engineering minor here at Quinsigamond Community College. I have been a member of the QCC Student Senate for a few years, and am glad to be part of a team of students who volunteer their time and effort to help improve the school's activities as to benefit every (current and future) student(s). There's a saying by Mahatma Gandhi that said; "Be the change you would like to see in the world," and one my mission as a QCC Senator is to help make the change I would like to see in QCC, and in the Worcester Community.



William Duggan

Hi, my name is William Dugan and I am currently a freshman enrolled in the Engineering Program at QCC, with hopes to transfer to a mathematics' major at MIT, Northeastern, or WPI. I am eighteen years old, and a freelancer for The Open Door newspaper. Thanks to your votes, I am also now a Student Senator, the best position I've held to date.

This is probably one of the best experiences of my scholastic career so far because of the amazing diversity of you, our student body, and your remarkable commitment to progress. What I hope to accomplish as Senator here at Quinsigamond Community College is the advancement of each of your goals, as members of the student body, and further development of the ways in which we help each other. Finally, as a representative voice of the student body, I hope to hear from as many of you as would be willing—what you want to see changed around campus, your opinions and views, etc. Drop by the Fuller Student Center, where the senator's mailboxes are located, or come to the Student Senate offices anytime.

BECOME A NOTETAKER



Disability Services

PAYS **\$75**

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



For more information on becoming an "In-Class" Notetaker contact:
Disability Services
508-854-4471 Room 246A
disabilityservices@qcc.mass.edu

QCC JURIED ART SHOW CALL FOR ENTRIES!

All artists within the QCC community, including faculty, staff, students and alumni are invited to submit original works of art - photographs, drawings, paintings, digital, montages, fiber and more to Mary Newman at mnewman@qcc.edu. All submissions must be sent as low resolution jpg files but high resolution files (24"x36" at 300 ppi) will be required for winning submissions to be printed and framed.

The art will be judged by a jury panel consisting of QCC Faculty and Staff. The deadline for submissions is January 2, 2013. The selected art will be printed as giclees by Applied Arts students at QCC, mounted, framed and hung permanently in the North Wing to decorate and promote the talent on campus.



Get Help With

Writing for Any Course

Homework • Essays • MLA/APA

Reading

Homework • Comprehension

Textbook Reading • Note Taking

We can also help with

Any ESL Course

HUM 101

SPH 101

Communication Skills Center

Harrington Learning Center

508-854-7488

Room 208

cinfo@qcc.mass.edu

Worcester **Earned Income Tax Credit** Coalition
Free tax preparation and education for qualified individuals and families

**You deserve
your tax refund.**
Claim it!

- ✓ **FREE** Income Tax Preparation by IRS Certified Preparers
- ✓ **FREE** E-File
- ✓ **FAST** Refund if you opt to direct deposit into your bank account

Maximize your refund by getting all the tax credits you are eligible for
Free tax preparation for qualifying households with income less than \$50,000



**Volunteer Income Tax Assistance
"VITA" sites open in January, 2012.**

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

Main South CDC
875 Main St.
Worcester, MA
(508) 752-6181
Spanish and Vietnamese
translation available

Plumley Village
Resident Services Office
16 Laurel St.
Worcester, MA
(508) 770-0508
Spanish translation
available

**Worcester Community
Action Council**
484 Main St, 2nd floor
Worcester, MA
(508) 754-1176 ext. 234
Spanish translation available

Worcester State University
Center for Service Learning
Sullivan Building
486 Chandler St.
2nd floor, room 220
Worcester, MA
(508) 929-8424
Albanian and Twa (Ghana)
translation available

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

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

Must have valid Social Security number

If married, must file jointly

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

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

You cannot be the qualifying child of another person

Investment income limited to \$3,100

✓ What to bring to your appointment:

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

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

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

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

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

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

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

Copy of last year's income tax return

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

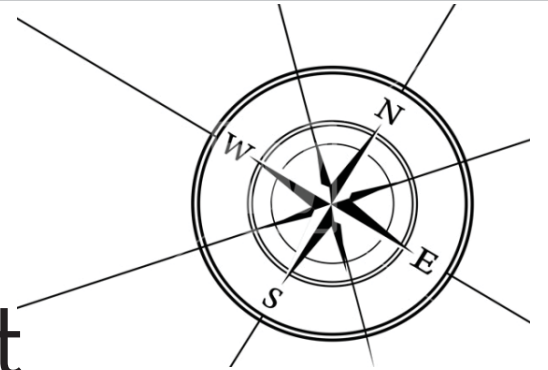
The printing of this promotional material is generously underwritten by Bank of America.

TRANSITION CENTER

Skills for College, Skills for Life

Room 222HLC
508-752-8552
Transitioncenter@qcc.mass.edu

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



Spring Semester '13: A New Start

Welcome back students, especially for the first-year students beginning your second semester at Quinsigamond! Congratulations on completing your first semester at QCC.

You went through incredible challenges last semester adjusting to college life, including a new schedule and responsibilities. What important lessons have you learned? Maybe your list looks like this:

Study every day, don't wait until the last minute, check emails daily for messages from instructors, go the tutoring centers after classes to study. Maybe even smaller lessons had a big impact, like arriving early to find a good space in the parking lot!

Did you struggle last semester? Maybe your goal for this semester is to become a better student and achieve higher grades this semester. You are fortunate – you are returning to campus with more knowledge and experience than last semester. What skill or strategy will you apply to this semester in order to succeed?

Some people erroneously believe that studying a lot is the answer. While increasing the amount of time you dedicate to your

studies may be important, the key to becoming a successful college student is learning to studying smart. Time is a limited commodity, and many students feel that there are not enough hours in the day to complete their studies. And you know what? You'll be right! There will never be enough hours in the day to get everything done, if you don't learn how to study smart.

The Transition Center offers students with fewer than 30 credits the opportunity to learn new study skills. Time management, note taking, reading comprehension, essay writing, test taking, stress management, organizing, and assistive technology are only a few of the topics addressed in the Transition Center for college students with fewer than 30 credits.

Your courses will become increasingly more difficult as you move past the introductory courses. Visit the Transition Center (make an appointment or drop-in) and learn new study strategies. Get the most out of your semester so you can set a solid foundation for your sophomore year and beyond at Quinsigamond Community College.

HARRINGTON LEARNING CENTER



HLC HOURS

Fall 2012 and Spring 2013

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



SPORTS

PROGRAM CLASSES *IN THE ATHLETIC CENTER*

P 90 X

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

ZUMBA

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

INDOOR CYCLING

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

YOGA/PILATES

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

CIRCUIT TRAINING

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

KUNG FU

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

GOLF LESSONS

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

FREE for QCC students & faculty

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



ATHLETIC CENTER

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

QCC BASEBALL

SIGN-UPS & TRYOUTS - SPRING 2013



SIGN-UP DATES:

TUESDAY, JANUARY 29th and THURSDAY, JANUARY 31st
TIME: 6:00-8:00 pm - QCC GYM
must attend one session to obtain all required paperwork.

TRY-OUT DATES:

WEDNESDAY, FEBRUARY 6th, 5:00pm at QCC GYM
FRIDAY, FEBRUARY 8th, 6:00pm to 8:00 pm at QCC GYM
SATURDAY, FEBRUARY 9th, 10:00am -noon at QCC GYM

ALL FULL TIME STUDENTS ARE WELCOME TO TRY-OUT.
You are required to have a valid physical (signed by a doctor within
the past 12 months) submitted to Coach Fusaro in order to
participate in try-outs.

FOR ADDITIONAL INFORMATION CONTACT:
COACH FUSARO. 508-736-6708
E-Mail: mfusaro@qcc.mass.edu

QCC SOFTBALL

SPRING 2013 SCHEDULE

APRIL:

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

HEAD COACH: Lars Farnham
ASSISTANT COACH: Jason Ayik



WYVERNS BASEBALL

2013 SCHEDULE

MARCH									
16	SATURDAY	12:00	DBHD	VS	PRINCE GEORGE CC	LARGO , MD			AWAY
17	SUNDAY	12:00	DBHD	VS	ATLANTIC CAPE CC	MARGATE, NJ			AWAY
19	TUESDAY	3:30		VS	MIDDLESEX COUNTY COLL	EDISON, NJ			AWAY
20	WEDNESDAY	3:00		VS	OCEAN COUNTY	THOMAS RIVER, NJ			AWAY
23	SATURDAY	12:00	DBHD	VS	UNION COUNTY COLLEGE	CRANFORN, NJ			AWAY
24	SUNDAY	12:00	DBHD	VS	DELEWARE CC	MEDIA, PA			AWAY
28	THURSDAY	3:00		VS	SPINGFIELD COLLEGE JV	QCC			HOME
30	SATURDAY	12:00		VS	MASS BAY CC	FRAMINGHAM, MA	9:30am	7:00pm	AWAY
APRIL									
1	MONDAY	3:30		VS	WORCESTER STATE JV	QCC			HOME
4	THURSDAY	3:30		VS	MASSASOIT CC***	BROCKTON, MA			AWAY
6	SATURDAY	12:00	DBHD	VS	BUNKER HILL CC***	QCC			HOME
7	SUNDAY	12:00	DBHD	VS	NAVAL ACADEMY PREP	QCC			HOME
9	TUESDAY	3:30		VS	BUNKER HILL CC***	CHARLESTOWN, MA	1:00pm	7pm	AWAY
11	THURSDAY	3:30		VS	MASS BAY CC***	QCC			HOME
13	SATURDAY	12:00	DBHD	VS	NORTHERN ESSEX CC***	QCC			HOME
15	MONDAY	12:00	DBHD	VS	MASSASOIT CC***	QCC			HOME
17	WEDNESDAY	4:00		VS	TUFTS UNIVERSITY JV	DUDLEY, MA			AWAY
18	THURSDAY	3:30	DBHD	VS	SPRINGFIELD COLLEGE JV	SPRINGFIELD, MA			AWAY
20	SATURDAY	12:00	DBHD	VS	HOLYOKE CC***	HOLYOKE , MA	1:30PM	7:30PM	AWAY
23	TUESDAY	3:30		VS	UCONN AVERY POINT*	QCC			HOME
25	THURSDAY	3:30		VS	NORTHERN ESSEX CC***	HAVERHILL, MA			AWAY
27	SATURDAY	12:00	DBHD	VS	SOUTHERN N.H.U.				AWAY
30	TUESDAY	3:30		VS	HOLYOKE CC***	QCC			HOME
MAY									
1	WEDNESDAY	3:30		VS	UCONN AVERY POINT*	GROTON, CT			AWAY
10, 11, 12	FRI, SAT, SUN				NEW ENGLAND REGIONAL TOURNAMENT				

* New England Region 21 - Division II opponents

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

ARE YOU INTERESTED IN PLAYING SOCCER FOR QCC?

ARE YOU INTERESTED IN RUNNING TRACK/CROSS COUNTRY?

If you answered “Yes” to either of the questions above, please come to the Hebert Auditorium sign-up meetings on the dates and times posted below.

(Monday) 2/11/13 [4:00pm-6:00pm]

(Tuesday) 2/12/13 [4:00pm-6:00pm]

(Thursday) 2/14/13 [4:00pm-6:00pm]

If you can’t make either of the meetings but are still interested in either of the groups please send me an email if you would still like to join. sbaptista@gmail.qcc.edu





Book Reviews

HIDE AND SECRET

By KATHLEEN FULLER

Reviewed By Beryl Pettiford



Over break some of us had to deal with the flu, and I was one of them. While recovering I grabbed an easy read called *Hide and Secret* written by Kathleen Fuller, the third in *The Mysteries of Middlefield Series*.

This novel may have been written for somewhat more mature teens, as there are issues that need a sensitive heart and an understanding of the “Godly devotion” of Amish people. The book also includes a splash of romance and heart break that could have destroyed a friendship, and cause issues for generations along the way. Ah yes one more thing— there is mystery too.

The characters include two grandmothers, who in their younger years were smitten by the same man without the other knowing. When the triangle is revealed a great friendship is torn apart. Coincidentally, the grandchildren of these women become inseparable friends and stumble upon a secret tree house deep in the woods. This is no regular tree house; it had once been a secret meeting place. Along with a diary filled with details of the romance the grandmothers unknowingly shared, were also the details about bitter hatred and heart break. Then there is a box filled with money hidden within the floor of this secret tree house that somehow disappears. Only the grandchildren knew of the money, so they thought.

Other secrets revealed are the kidnapping of two characters, and the deep longing of a young man who no longer wanted to be Amish; he does not want to work the farm but to get a higher education. He is torn between his dream, and being banned from his family, friends and community of the Amish, as this secret eats away at his soul.

I had never heard of Kathleen Fuller and her *Mysteries of Middlefield* until I grabbed this copy as an easy flu re-coop read. I would certainly recommend the series to my 15 year old daughter, and you can be sure I will be looking forward to reading them as well. What I found very helpful was that the author was kind enough to share a glossary of Amish terms and provide insight on the cultural influences that divide the towns.

I give this book a thumbs up for the detail, the drama, the mystery, and the re-uniting, all written in a very special way.



A BOOK AND MOVIE REVIEW OF THE HUNGER GAMES: TWO MOCKING JAYS WITH ONE STONE

By SUZANNE COLLINS

Reviewed By Bill Jellesma



Many of you who have read my previous articles may know that I am not one who typically finds my nose in a book, but *The Hunger Games* by Suzanne Collins was a real game-changer. I watched the movie adaptation of *The Hunger Games* and really enjoyed it, so I decided to give the book a chance, and then watch the movie a second time.

For those of you who don't know the story, *The Hunger Games* takes place in a post-war society, Panem, consisting of 12 districts and one major city, The Capitol. Every year, Panem remembers that war by creating the hunger games, a brutal death match with twenty-four tributes, a teenage boy and girl from each of the twelve districts. The story revolves around Katniss Everdeen, a resident of District 12 and a skilled hunter. Katniss' sister, Primrose, gets chosen one year as tribute. Katniss, who can't bear to see her little sister in combat, let alone death, empathically volunteers to take her sister's place. When Katniss finds that her male counterpart in the games is someone who she knows, Peeta Mellark, she is now not only forced to fight a whole slew of random people, but someone that she grew up with. Without giving away anything, this story has several plot twists and unexpected occurrences sure to, at times, elicit laughter, tears, excitement, passionate rage, and deep philosophical thought (that last one may have been just me).

As for a review of the cinematic adaptation, the first thing I thought was that it was very accurate to its printed predecessor, but that did not stay the case. There are several symbols and significances that I did not pick up on in the movie

solely because I did not read the book first.

At first, I would've blamed the movie for not conveying this artistic behemoth of a story in all of its glory; but I realized that the movie would never be able to successfully convey what its print predecessor has. One big difference that is not easy to portray in movie form are the underlying thoughts of Katniss that really bring the reader into the games. Rue, a character who Katniss meets before the games, holds much deeper symbolic meaning to Katniss than could ever be shown in the movie. Haymitch, Katniss and Peeta's mentor before the games, forms an unspoken bond with Katniss that makes him an integral character, which, again, is not as easily portrayed in the movie.

As with most movie adaptations of books, the book was better than the movie because it conveys more information and has a deeper, lasting impact. Coming from a person that seldom reads outside of school, I would highly

recommend this book and would give it six stars out of a possible five (yes, that's correct). I would also highly recommend the movie with its mostly accurate screenplay and great acting.



WYATT EARP, THE LIFE BEHIND THE LEGEND

By Casey Tefertiller

Reviewed by Joe Mogel

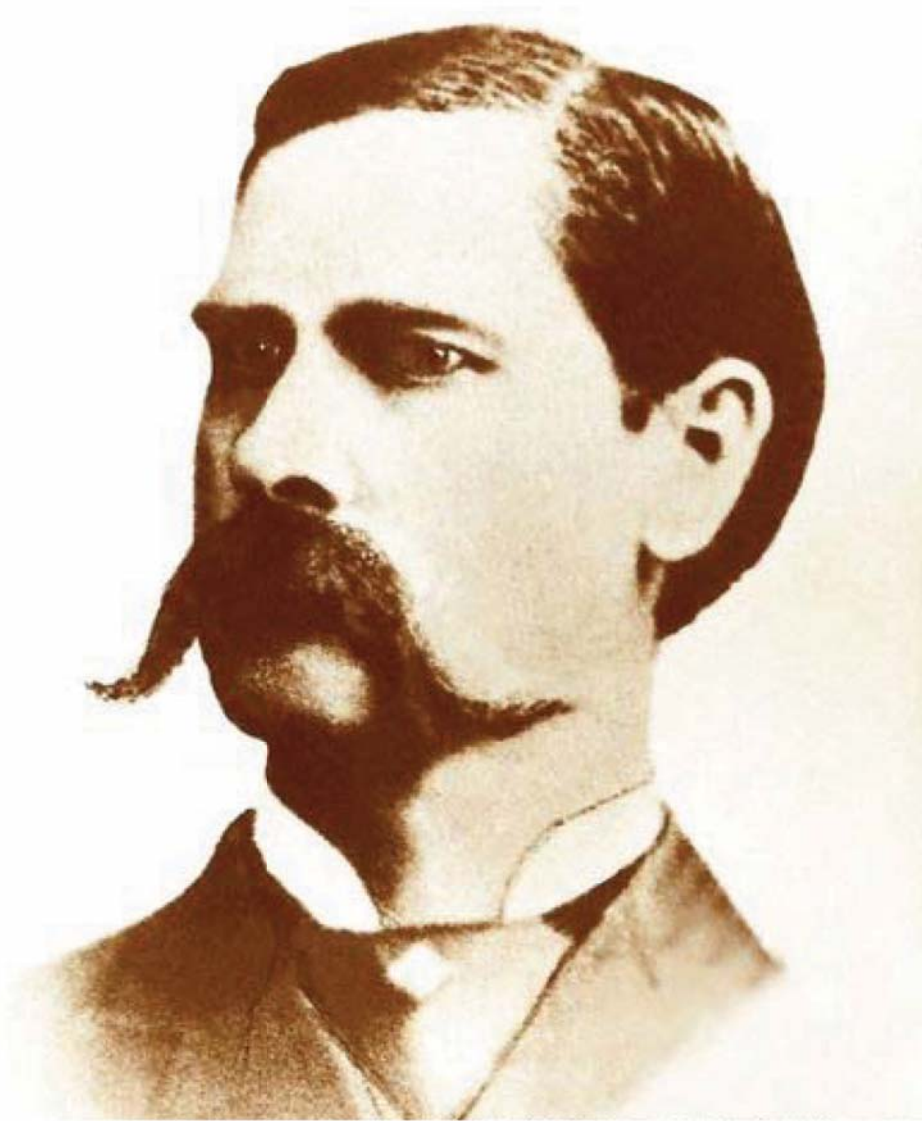


First, this book is not for the faint of heart. At 344 pages (excluding the more than 30 pages of notes) *Wyatt Earp, the Life Behind the Legend* is anything but a light read. Don't let that fool you though, this book was enjoyable. The prose style Tefertiller uses is smooth and very readable; it's simply that there is a lot of it and understandably so. Earp has gone down as a true American legend, with as complex a story as any in this country's history.

Earp, deputy town Marshall, gambler, miner, prospector and fearsome gun fighter, is presented as a complete human being. You won't find Hollywood dramatization in this biography, even though his real life experiences were the basis for many of the Hollywood clichés. Before you begin thinking that any outlandish stories must be invented, know that Tefertiller's book is a scholarly piece. Every single claim and statement is backed up by newspaper reports, first-hand accounts, memoirs, personal interviews and forensic analysis (hence all the notes).

Naturally the lion's share of the book deals with the most renowned part of Earp's life— the gun fight at the OK Corral. Well, the fight actually took place behind the corral, but this is just one of the many myths and stories that Tefertiller's studious book corrects. Every aspect and detail of the shoot-out that left three men dead is gone over, every wound taken, every bullet fired. Though, at no point in the narrative does the story lose you. There are no professorial diatribes or overly complex explanations. Rather, just a straight forward recounting that doesn't leave out a single, often dirty and sometimes gory detail.

For being an accurate and exciting telling of an American hero's story, Wyatt Earp gets five out of five.



DIGITAL FORTRESS



By Dan Brown

Reviewed By Amy Weiss



Dan Brown is an American author of suspense novels and is best known for his bestselling novel, *The Da-Vinci Code*. *Digital Fortress* is one of his early novels about the National Security Agency's (NSA) invincible code-breaking computer aptly named TRANSLTR; which encountered a mysterious code it cannot break. The agency's head cryptographer, Susan Fletcher has been called in to solve the mystery of a code so complex that it threatens to destroy the NSA and cripple U.S. intelligence.

I was able to enjoy *Digital Fortress* from a purely literary standpoint in that it had an exciting plot that moved quickly. One of his first books, I found the storyline to be predictable and thought that Brown's choice of characters to be a bit on the cookie-cutter variety - the beautiful, intelligent female lead, a similarly intelligent, handsome but geek-like leading man, the father figure gone amiss, a disgruntled genius that wants to expose the government, an innocent with too much knowledge that ends up dead and so on. Similar character types and flaws make for similar plots no matter how varied the theme may be, and at times, he would say a term that the reader might not know and then he would give a definition that would wander from the storyline. Despite the inconsistencies, the concept of encrypting a code with an unbreakable algorithm and then challenging the world to break the code was clever. It was also fun to think about who "guards the guards." Brown's writing style and the suspense factor in *Digital Fortress* still makes this a good novel and an enjoyable read, even if it is predictable and not entirely accurate.



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AMAROK

By ANGELA J. TOWNSEND

Reviewed by Caitlyn Lambert



This was your standard, paranormal teen romance. The book follows a girl named Emma, who moved from California to a cold Alaskan town where she lives with her abusive step-dad. To escape his wrath, Emma sneaks out, steals his car, and decides to drive away into the night. While driving, she encounters an animal on the road, swerves to avoid it and ends up crashing into some trees. As Emma tries to recover from the crash, she is encountered by a man who decides to kidnap her and take her to his cabin in the woods. While being forced to follow this man, Emma takes a liking to his wolf companion whom she names *Amarok*. But what she doesn't know is that *Amarok* is a young man who has been trapped in the body of a wolf by an evil shaman.

There are a whole lot of issues with this book, and I do not have enough space to explain them all. The main issue I had with this book, however, was the amount of implied violence in it. I have no problem with books where people die, kill, or anything like that. My issue is with how young she is and that she might be raped when she gets back to the cabin. While that did not actually happen the implication was disturbing, and that went on for a good third of the book. One of the other problems that I had with this story was the stupidity of the main character. I will give Emma one thing— she didn't just follow her captor blindly. Instead she fought back the first chance she got. But after she was beaten down by him, all she would think about was that she would rather be dead. Not exactly what I would call a strong female lead, and not a very interesting character to base a book upon.

After the first third of the book, the plot gets a bit more interesting and not so bleak. Even though the ending is predictable it, doesn't really exempt the story from the terrible beginning. The first impression of the book is just so deplorable that makes the already mediocre storyline less palatable. In all I have to give this a one out of five stars for just overall problems with the plot and the writing.



MYSTERIES OF TEMPLAR TREASURE & THE HOLY GRAIL: THE SECRETS OF RENNES-LE-CHATEAU

By LIONEL & PATRICIA FANTHORPE

Reviewed by Joe Mogel



There are so many problems with this book I could write a book listing them. Logical fallacies abound, not just on a page by page basis, but on a sentence by sentence basis. Assumptions replace real cause and effect relationships in almost every connection the authors produce. For a book that is described as 'scholarly' in the introduction, there isn't a single scrap of scholarly work in this poor excuse of a book.

Worse still is how misleading the title is. For a book whose title piques the interests of Templar researchers, most statements made in the book have nothing to do with the Templars, there are no mentions of the grail and every treasure reference is connected to some tinfoil hat, conspiracy lunacy. The theories the authors seriously discuss include, and I wish I were kidding, that a hidden treasure in Rennes-Le-Chateau contains one or more of the following: an elixir of life, the fabled philosopher's stone, a secret alien power source, a pan-dimensional portal, a psychic nexus point for communicating with Gaia, the Ark of the Covenant, mystic emerald tablets, etc.

The whole book revolves around an actual piece of history, the sudden wealth of the late 19th century priest Berenger Sauniere, who presided in Rennes-Le-Chateau. No one knows where the thousands of francs he spent came from. However, the site of Rennes-Le-Chateau is, in reality, very old, dating back

to Visigothic times. This town in southern France is also highly defensible, leading to a widely held belief that many ancient, royal graves may be located below Sauniere's church. While there is no proof for graves, since no actual archeological work has been done on the site, it is a reasonable conclusion one the authors mention and then throw out. Apparently that wasn't sensational enough. Instead the authors claim that the monetary treasure is a red herring for one or more of the aforementioned fictional treasures.

Perhaps the biggest departure from normal is that most of chapter 3 and all of chapter 4 are dedicated to a clumsy attempt to prove the author's religious beliefs. Again, I wish I were kidding, but they tried to use quantum theory, among other concepts, to prove that their conception of Jesus was absolutely true. They later back up their theories by saying, and I'll admit I'm paraphrasing, 'we say the New Testament means X Y and Z, so it must be true.' What doesn't back up their claims are the times when they misquote biblical text, despite Lionel Fanthorpe being an Anglican minister. At times their errors even border on antisemitism.

In the same vein, the chapter on other researchers reads like an advertisement for books written by friends of the authors.

All-in-all the book is one giant piece of tinfoil hat lunacy. There is perhaps a leaflet's worth of actual facts, surround and warped by a mountain of weapon's grade insanity, assumptions and lack of logic. Now I'm going to go and sell my copy of the book. For being a huge waste of my life, this book gets zero out of five.



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Nicole Berry	Melissa Cole	John Fenuccio	Kristal Hertz	Kristin Larson	Andrew Michaud	Melissa Pepper
Ryan Berry	Yvonne Collier	Sean Ferdinand	Kayla Hewett	Tiffany Latour	Allison Michener	Gerson Perez
Nicholas Bertone	Nelson Colon	Evan Ferguson	Kristen Higgins	Karen Latzka	Anthony Mikelonis	Yanitza Perez
Amanda Bertrand	Andrew Condos	Meghan Fernandes	Penny Hine	Krista Laude	Allison Mikoloski	Janine Perley
Britany Berube	Timothy Connor	Alexa Ferraro	Christopher Hlavaty	Joseph Lawless	Caitlin Milam	Ronald Perri
Dawn Berube	Jeremy Conti	Glen Ferris	Sui Hlawn	Sean Lawrence	William Miller	Kristina Perry
Ashley Bessette	Fotini Coomey	Jennifer Ferrone	Christina Hobby	Kyle Lawson	Anthony Minasian	Timothy Persson
Dadhi Bhattarai	Maria Cordella	Christine Festa	Meghan Hogan	Nhat Le	Jessica Mincey	Tina Peters
Guy Bibeau	Jallah Cordor	Sarah Finn	Jessica Holm	Aleshia LeBeau	Maureen Missaggia	Kimberlie Petersen
Elizabeth Birns	Jamie Cormier	Susan Fitzgerald	Dustin Hopkins	Krystal LeBoeuf	Alexander Mlodzinski	Thanh Pham
Chelsea Bisceglia	Edson Correia	Sarah Fixon-Owoo	Corey Horohoe	Jane Leary	Solomon Mmreh	Keith Philbrook
Aleah Bischoff	Alicia Corso	Justine Fizer	Sieglinde Houle	Jami Leits	Klaara Moberg	Casey Phillips
Bouthaina Bitar	Joshua Cosman	Sara Flagg	Sean Hourihan	Veronica Lemieux	Joseph Mogel	Jeffrey Phillips
Joseph Bitar	Deborah Cossi	Mary Foley	Lenore Houston	Stephen Lentz	Carla Mojica Fructuoso	Christopher Piascik
Sophie Bitter	Paula Costa	Ryan Foley	Ato Howard	Donna Leo	John Moline	Linda Pietropaolo
Ana Blackmore	Moises Cotto	Rachel Ford	Jared Howard	Nicole Lessard	Sherry Monfils	Joanna Piskorz
Alicia Blair	Susan Courville	Luis Forte	Shkelqim Hoxha	Justina Leto	Maritza Montaos	Lisa Place
Toby Blais	Samantha Cox	Jesse Fortin	Khuyen Huynh	Robin Levangie	Adam Monteith	Lynn Plante
Karen Blodgett	Sarah Creelman	Tara Francis	Anthony Ianniccheri	Marie Leveque	Celia Montes	Tammy Plaza
Corey Bloniasz	Omayra Crespo	Emmanuel Francois	Maureen Ireland	Rebecca Levesque	Brian Moore	Maija Ploof

MERITS LIST

Joshua Poirier
John Porra
Michael Powers
Patrick Pritchard
Nicole Prunier
Yazery Pujols
Andrew Punch
Laurie Purdy
Eric Quitadamo
Kevin Racicot
Josue Ramirez
Kaidy Ramirez
Vanessa Ramos
Kaitlyn Ramsey
Susan Rand
Stephanie Rao
Nathaniel Raymond
Aula Razzaq
Cindi Record
Aaron Redden
Monica Redmond
Ramona Reed
Steven Reese
Lily Reitzel
Emily Renauld
Sandra Restrepo
Christopher
Reynolds
Carla Ribeiro
Sarah Rice
Edwin Rivera
Josephine Rivera
Anum Rizvi
Christopher Robb
Melinda Robbins
Gary Robidoux
Harlan Robinson
Kaitlyn Roche
Micah Rochelle
Jennifer Rodrigues
Mary Rogers
Stephanie Rogers
Ariel Roldan
Keila Rolo
Roxana Romero
Tara Rondeau
Annie Roscioli
Kristen Rose
Julie Roselund
Patricia Ross
Sasha Rossy
Ginger Rousseau
Alexander Rowe
Francis Ryan
Ina Ryan
Chelsea Safford
Olanike Salau
Joseph Salerno
Denise Salmu
Danielle Salvas
Luisa Sanches
Sorayda Sanchez
Michelle Sandford
Eddie Sanjurjo
Raven Santana
Ashley Santiago
Diogenes Santiago
Julio Santiago
Shawna Santor
Anupa Santram
Janet Sargent
David_Junior
Sarpee
Naomi Sato-Dame
Billy Savankham
SaraJean Sawyer
Harrison Saydee
Connor Scanlon
Sonia Scanlon
Melissa Scannell
Haylee Schmidt
Haley Schutz
Rebecca Scott
Juliana Sedlock
Kimberly Segien
Kristen Senior
Denise Senosk
Jonathan Sequin
Alexandria Serafini
Brian Shanks
Pradeep Sharma
Michael
Shaughnessy
Edie Shaw
Nicole Shepard
John Shepardson
Meredith Sherman
Husna Shujaat
Rodrigo Silva

Jennifer Skorb
Katarzyna Slanda
Candace Smith
Lawren Smith
Terri Smith
Theresa Soderberg
Maria Soja
Joaquin Sosa
Gisele Souza
Justin Spina
Karl Spooner
Kayla St. Laurent
Patricia St. Laurent
Stacey St.Cyr
Jennifer Stachura
Jacob Stevens
Maria Stevens
Jennifer Stewart
Taryn Stewart
Brittney Stitis
James Stoddard
Oxana Subbotina
Fernanda Suggs
Jaclyn Sullivan
Jeanne Sullivan
Lisa Summers
Brittany Suto
Kevin Swan
Courtney Swenson
Leandra Swenson
Jetmir Syziu
Izabela Szejner
Kristin Szydlak
James Ta
Michael Tabor
Marleni Tamayo
Sharon Tango
Carol Tatro
John Tautenhan
Hector Tavarez
Roberta Taylor
Shea Taylor
Monique Tebo
Tina Tefft
Samantha Tekut
Coty Tenerowicz
Lauren Tetreault
Nina Tetreault
Robert Thompson
Timothy Thornton
Gabrielle Thorp
Lisa Thurlow
Jennyfer Toledo
Tien Ton
Miurka Torres
Long Tran
Phuong Tran
Quyen Tran
David Tremblay
Luz Trepanier
Maria Trigiano
Katrina Tucci
Tannia Tucker-
Aponte
Kathryn Uhlman
Bridget Uzar
Brandon Valentine
Marilyn Valerio
Alexander
VanKleeck
Roger Vancour
Cindy Vassar
Jasmin Vazquez
Jitza Vazquez
Jorge Vazquez
Cynthia Vega
Naida Vega
Stephanie Velez
Elias Vidal
Marilyn Viruet
Kieu Vo
Tuyetanh Vu
Linda Wakeen
Lindsey Walczak
Brooke Walkden
Christopher Walker
Kimberly Walker
Tyler Walker
Keeya Waller
Jonathan Walsh
Amanda Walton
Aidahn Wanjiku
Erin Waterman
Elizabeth Weeks
Stephanie
Weidman
Nicholas Welsh
Danielle
Westerman

Melanie Wheeler
Millicent Whitely
Linda Willett
Carolynn Williams
Jacqueline Williams
Michelle Wills
Bethany Willson
Peter Wilson
Rebecca
Wisniewski
Jeffrey Wolcott
Mikayla Wolf
Christi Wood
Rineo Xhumari
Natassia Yahoub
Stephanie Yalian
Bing Yang
Jose Yau
Alexander Yazdi
Charlie Young
Cristyn Young
Barbara Zabka
Alessandra Zagame
Pharah Zenon
Rozzana Zenteno

Spring 2013 Workshop Series

Workshoo Series Sponsored by the Department of Enrollment &Student Services

February Workshops

Start Your Semester off Right
Tues. 12th and Thurs. 14th

Why Take Notes?
Tues. 26th and Wed. 27th

March Workshops

Do You Know Your Midterm Grades? Are You Ready to Register?
Wed. 13th and Thurs. 14th

S.O.S. – Sink or Swim
Tues. 26th and Wed. 27th

April Workshops

Countdown to Finals
Tues. 9th and Thurs. 11th

What is Your Stress Level?
Wed. 24th and Thurs. 25th

**Stop by between
11:30am-12:30pm
HLC Curved Counter**

10 Minutes to a Better Semester

Individuals requesting accommodations should contact Disability Services. Phone: 508-854-4471 or Email: disabilityservices@qcc.mass.edu

PUBLIC ANNOUNCEMENT OF UPCOMING ACCREDITATION REVIEW VISIT BY NLNAC

Announcement

Quinsigamond Community College Associate Degree Nursing Program wishes to announce that we will host a site review for continuing accreditation of our Associate Degree Nursing Program.

You are invited to meet the visit team and share your comments about the program in person at a meeting scheduled for February 13, 2013 at 10am in Room 355A, in the Administration Building at Quinsigamond Community College, 670 West Boylston Street, Worcester, MA 01606-2092.

Written comments are also welcome and should be submitted directly to:
Dr. Sharon Tanner, Executive Director
National League for Nursing Accreditation Commission
3343 Peachtree Road, NE, Suite 850
Atlanta, GA 30326

Or Email: sjtanner@nlnac.org

All written comments should arrive at NLNAC by 2/5/2012

The Open Door Is Sponsoring A Student Photo Contest and Graphic Design Contest

Here's your chance to showcase your talent!

This contest is only open to currently enrolled students

Submissions accepted from January 17 - February 28th

Submission for Photo Contest

-Submit your photos by email to the photo contest email at: qccphotocontest@gmail.com
Resolution must be 400-500 kb 600x800 pixels.
* Limit two photos per student, whether it's landscape, portrait, still life, etc.
* Students can also submit the above information on a CD saved as a JPEG or PDF file(s) format to the Student Life Office in The Fuller Center.

Submission for Graphic Design Contest

-Submit your designs or Illustrations on a CD saved as a PDF file format to the Student Life Office in The Fuller Center.
* Limit two images per student.,
* Students can also send the above information to the graphic design contest email at: qccgdesigncontest@gmail.com

For both Contests: Include the title of each photo/picture along with your name, phone number, email and student ID number. Photos/designs should be taken/made within the past 2 years, and not been previously published or part of a contest. Submissions will be available for viewing on The Q.
* Please note that while artistic expression is welcome, works expressing anything uncivilized or lewd will be disqualified.

Judging

-Begins in March. Winners will be notified and announced in April.

Prizes for Both Contest -

1st Prize - 2 tickets to Red Sox Game sponsored by Student Life (Game in June)
2nd Prize - \$35 Gift Certificate to the QCC Bookstore
3rd Prize - 2 movie passes to Showcase Cinema
As a bonus the winning photographs will be displayed on the front page of the Open Door in the April Edition.

Other Information

-Students can only enter one contest.
-If you do not have Photoshop, go to Irfanview.com, or gimp.org, for a free download to compress photos.
-If you do not have Illustrator, go to inkscape.org for a free download.



Transfer



News



SCHOLARSHIPS IT'S SPRING ...DO YOU KNOW WHERE YOUR SCHOLARSHIP IS?

Worcester Latino Coalition Scholarship

For graduating high school seniors and non-traditional adult students of Latino/Hispanic descent who are enrolled full-time or part-time in a two or four-year post-secondary degree program.



Is awarded to a student who:

- is a resident of Worcester County; is of Latino/Hispanic descent; and will be attending college full-time in the FALL.

Herbert D. Sherwin Memorial Scholarship

For students transferring from community college to continue their studies at any four-year college or university with a competitive admissions process, with preference to students who live in the city of Worcester or who will attend a college in the Worcester area.

Is awarded to a student who:

- is a resident of Worcester County;
- has a cumulative GPA of 2.5 or higher;
- is transferring from a two-year community college program to a four-year college; and will be attending the four-year college full time.

Friends of Rutland Heights Hospital Scholarship

For students who plan to work in direct patient care in the Worcester area.

Marilyn M. and Russell J. Fox Scholarship

For nursing students.

Marilyn M. and Russell J. Fox Scholarship for Non-traditional Students

For nursing students who are "non-traditional" (had a multi-year gap between graduating from high school and beginning college studies).

Greater Worcester Community Foundation deadline: mid-March 2013

For more information, or to apply online, go to: www.greaterworcester.org

New England Transfer Association

Each year the New England Transfer Association awards a number of \$1,000 scholarships to students transferring from a NETA affiliated 2-year institution to a NETA affiliated 4-year institution.

Scholarship applicants must:

- Have a minimum Grade Point Average of 3.20
- Be eligible to receive an associate's degree after completion of the current spring semester
- Transfer to a NETA affiliated four-year school
- Successfully complete 30 credits from the nominating institution

New England Transfer Association Deadline: March 29, 2013

For more information, or to start the application process, go to the Scholarships page at www.newenglandtransfer.org

UMass-Dartmouth: Chancellor's Transfer Scholarship

Eligible students are those who are graduating from a two-year college (public or private) with a grade point average of 3.25 or better and have completed their associate degree program by the start of their enrollment at UMass Dartmouth will automatically be considered for this scholarship.

UMass-Dartmouth Deadline: Application for admission and subsequent acceptance to UMD will automatically allow students to be considered. Recipients are selected by an Admissions Committee.

For more information, visit www.umassd.edu

Boston University Metropolitan College: Scholarship for Community College Graduates

Recipients of this annual scholarship will receive a 50 percent tuition scholarship for up to 12 credits per semester while they complete their bachelor's degree at Boston University's Metropolitan College. Those selected for the Scholarship for Community College Graduates will be required to maintain a GPA of 3.0 or above in order to continue receiving the tuition benefits of the program.

Boston University Metropolitan College Deadline:

Scholarship applications are reviewed each year on June 15, August 1, and December 1, and only completed applications will be considered.

For more information, go to www.bu.edu/met/

Important Notice! TRANSFER SERVICES has MOVED!!!

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

Contact information is the same:
508-854-4404 or transfer@qcc.mass.edu

UMass-Boston: Foster Furcolo Scholarship Program

Recipients are awarded two-year scholarships covering tuition and most mandatory fees to one graduate of each public community college in Massachusetts.

must exemplify the success of the community college system in accomplishing the educational mission envisioned by Governor Furcolo

earned an associate's degree with a cumulative GPA of at least 3.5

a Massachusetts resident

must be a first time, full-time student enrolling for fall semester immediately following graduate from the community college

must graduate from your community college in the spring preceding fall entrance at UMass Boston

nominated students may not have attended UMass Boston in the past

not available to applicants from community colleges graduating in the winter term

Umass-Boston deadline: April 15

This scholarship involves a specific application process. For application information, contact Daniel de la Torre in Transfer Services, 508-854-4499 or ddelatorre@qcc.mass.edu.

February COLLEGE Visits



Framingham
State University

Wednesday, February 27
HLC Curved Counter 9 a.m. to 12 p.m.



Wednesday, February 6
HLC Curved Counter 10 a.m. to 1 p.m.

Monday, February 25
HLC Curved Counter 10 a.m. to 1 p.m.



Wednesday, February 13
HLC Curved Counter 10 a.m. to 1 p.m.

Thursday, February 21, 2013
HLC Curved Counter 10 a.m. to 1 p.m.

Please check the **QCC Transfer Website**
or the **QCC Portal** for added February visits!

Transfer Question of the month:

Q: I want to be able to use either the Mass Transfer program QCC has with other colleges and universities. I heard about the Mass Transfer benefits such as a free application, guaranteed admission, and a partial TUITION waiver if I make a certain GPA. But, what should I major in at QCC in order to take advantage of these benefits? To which colleges can I transfer after graduation?

A: This is a GREAT question. Thank you for asking. First off, for those of you who aren't familiar with this program, in simplest terms, MassTransfer is an agreement between QCC and Massachusetts state universities and UMass campuses. This agreement streamlines the transfer process and maximizes transfer credit. Below is a list of the QCC majors and the universities with whom QCC maintains agreements:

Business Administration Transfer

State Universities: Bridgewater, Fitchburg, Framingham, MCLA, Salem, Westfield, Worcester

UMass campuses: Amherst, Dartmouth, Lowell

Business Administration-Transfer/Fast Track

State Universities: Bridgewater, Fitchburg, MCLA, Salem, Westfield, Worcester

UMass campuses: Amherst, Dartmouth, Lowell

Computer Science Transfer

State Universities: Bridgewater, Fitchburg, Framingham, MCLA, Westfield, Worcester

UMass campuses: Amherst, Lowell

Early Childhood Education-Trans/PK-2

State Universities: Bridgewater, Framingham, MCLA, Worcester

UMass campuses: Amherst, Dartmouth

General Studies

State Universities: Bridgewater, Fitchburg, Framingham, MCLA, Salem, Worcester

UMass campuses: Amherst, Dartmouth, Lowell

General Studies – Biotechnology

State Universities: Bridgewater, Framingham, MCLA

General Studies - Deaf Studies option

State Universities: Framingham, MCLA

UMass campuses: Amherst, Dartmouth

General Studies - Health Care option

State Universities: MCLA

UMass campuses: Amherst, Dartmouth

General Studies Community - Health option

State Universities: Framingham, MCLA, Salem, Worcester

UMass campuses: Amherst, Boston, Dartmouth

General Studies - Elementary Ed option

State Universities: Framingham, MCLA, Salem, Worcester

UMass campuses: Amherst, Boston, Dartmouth

General Studies - Energy Utility Technology option

State Universities: MCLA

General Studies – Pre-Pharmacy

State Universities: Bridgewater, Framingham, MCLA

Liberal Arts

State Universities: Bridgewater, Fitchburg, Framingham, MCLA, Salem, Westfield, Worcester

UMass campuses: Amherst, Boston, Dartmouth, Lowell

Also, please see the QCC Transfer Office website for more information:

<http://www.qcc.mass.edu/transfer/MassTransferInfo.html>

OR come to a WITS Session to learn more.

Date: Wednesday, February 20, 2013

QUINSIGAMOND
Community College

Time: 11:00 a.m. – 1:00 p.m.

Place: Fuller Student Center

Be the "Face of QCC!"

FEBRUARY 20, 2013

Wednesday

11:00 a.m.—1:00 p.m.

Drop by the Fuller Student Center for an informal, brief info session and snapshot.

Quinsigamond Community College's Office of Institutional Communications has once again partnered with Student Life to recruit current students, faculty and staff interested in representing QCC in photos for marketing collateral (brochures, advertisements, etc.,) No experience is necessary, just a flexible schedule and a willingness to have fun!

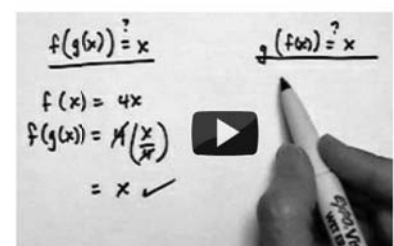
All are welcome - We are looking to represent all QCC students, faculty and staff.



BE the "Face of QCC!"

QCC Students Eli Rivera, Sandra Medina-Vasquez and Huy Huynh as the "Faces of QCC" 2011

QCCmath at YouTube!



www.youtube.com/QCCmath

Students

View homework help videos for the following QCC math courses:

Basic Math
Beginning Algebra
Intermediate Algebra
College Algebra
Precalculus

Trigonometry
Statistics
Probability and Statistics for Scientists and Engineers
Calculus I

Instructors

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

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

For more information contact:

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

THE NEXT OPEN DOOR ISSUE...



ON STANDS MARCH 11TH

Counseling

HELP FOR EATING DISORDERS

Winter may be America's unofficial dieting season; many people make their New Year's resolution to be to lose a few pounds. But for others, coping with eating problems is a year round struggle.

If you're one of them, you may want to attend the free anonymous screenings for eating problems to be held February 11th to 15th in Counseling Services.

Participants can learn facts about anorexia, bulimia and binge eating; take a self-test; meet one-on-one with a health professional; and get a referral for further evaluation.

Free screenings will be offered daily February 11th - 15th from 8:00 AM to 3:00 PM in Counseling Services, Room 162A.

The screening is also for those who want to develop healthier relationships with food or who want to help their family member or friend.

For an appointment or more information, email karenc@qcc.mass.edu or call 508-854-4479.

QCC COUNSELING SERVICES OFFERS:

FREE EATING DISORDERS SCREENING

- *CONCERNED ABOUT YOUR EATING HABITS ?*
- *WORRIED ABOUT A FRIEND ?*
- *HELP AND RESOURCES ARE AVAILABLE!*

MONDAY, FEBRUARY 11TH TO FRIDAY, FEBRUARY 15TH

Screenings are available from 8 am to 3 pm daily.

Confidential and anonymous screening appointments can be made in Counseling Services, Room 162A with Karen M. Cox, LCSW, LMFT. - karenc@qcc.mass.edu - 508-854-4479

HOW TO HELP A FRIEND WITH EATING & BODY IMAGE ISSUES

If you are reading this article, then chances are, you are concerned about the eating habits, weight or body image of someone you care about. We understand that this can be a very difficult and scary time for you. Let us assure you that you are doing a great thing by looking for more information!! This list may not tell you everything you need to know about what to do in your specific situation, but it will give you some helpful general ideas on what to do to help your friend.

Learn as much as you can about eating disorders. Read books, articles, and brochures.

Know the differences between facts and myths about weight, nutrition, and exercise. Knowing the facts will help you reason against any inaccurate ideas that your friend may be using as excuses to maintain his/her disordered eating patterns.

Be honest. Talk openly and honestly about your concerns with the person who is struggling with eating or body image problems. Avoiding it or ignoring it won't help!

Be caring, but be firm. Caring about your friend does not mean being manipulated by him/her. Your friend must be responsible for his/her actions and their consequences. Avoid making "rules", promises, or expectations that you cannot or will not uphold.

Tell someone. It may seem difficult to know when, if at all, to tell someone else about your concerns. Addressing body image or eating problems in their beginning stages probably offers your friend the best chance for working through these issues and becoming healthy again. Don't wait until the situation is so severe that your friend's life is in danger. If you have already spoken with your friend and still feel like more steps need to be taken to address issues, consider telling his/her parents, a teacher, a counselor, or any trusted adult. He/She needs as much support and understanding as possible from the people in his/her life.

Remember: You cannot force someone to seek help, change their habits, or adjust their attitudes. You will make important progress in honestly sharing your concerns, providing support, and knowing where to go for more information! People struggling, yes, both men and women, with eating disorders and body image issues do need professional help. There is help available and there is hope!

IS COLLEGE LIFE STRESSING YOU OUT?



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

...Perhaps we can help!

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

“Reduce it or lose it, workplace stress”

QCC POLICE INFORMER

Lt. Reynaldo Rodriguez – QCC Police

The workplace can be a stressful place, whether you work in an office, classroom or outside. Too much stress is unhealthy. Because of it we tend to get irrational and sometimes to the point where we are more of an annoyance to ourselves than others around us. Sometimes a stressed out employee can literally make others feel uncomfortable, even scared. The only result of not coping with the stress will be to lose your job, or worse, commit a criminal act of violence.

Here are some tips you can use to reduce and manage your workplace stress:

- Don’t sweat the small stuff: Realize that there are some things that just aren’t worth worrying about and there are some things you just can’t change. Don’t waste your time stressing over those things.
- Get more sleep: It will increase your energy level and ability to concentrate as you reduce your stress.
- Take short breaks after a particularly stressful event. For example try a 5 minute walk down a hallway or outside in the fresh air. Or take time for quiet meditation to take the focus off of what just happened and say to yourself “Nothing really matters”. Breathe through your nose for a while. If you do that a few times each day, you keep yourself at your peak.
- Don’t procrastinate: Delay breeds stress. Eliminate what you can’t get done and do the important things first. Prioritize that by taking time to plan what you will get done by assigning a letter of importance...A,B,C and a number by steps to do it 1,2,3,. This can be a plan for a single day or for the week.
- Fix your environment: Make adjustments to lighting, temperature, noise level, and other controllable factors.

There are actually plenty more things you can do, but rather than stress you out on them, start with these. For more information on reducing stress that will work for you, find it on the internet and practice it.



Psi Beta National Honor Society in Psychology for Community Colleges

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



You can be considered for induction if you:

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

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

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

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

QCC Psychology Club & Psi Beta Honor Society

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

Fuller Student Center



Do you like Psychology?

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

All are welcome - Please join us!

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

PHI THETA KAPPA -ALPHA ZETA THETA

CHAPTER FEBRUARY SCHEDULE

**General Meetings: Monday,
February 4th at 11:00am
Room 107A**

Live Collegefish.org workshops: Monday, February 4th 12:00pm room 107A (This workshop will have door prizes, food, and is open to the entire QCC community) Please bring your notebooks, laptops, tablets, and questions. Collegefish.org will be recording this workshop to use with Phi Theta Kappa Headquarters. All who have questions and cannot attend please forward those questions to phithetakappa@gmail.qcc.edu and put in the subject line: *CollegeFish Questions For The Experts*

All interested QCC students are welcome to join our General Meetings, Open House and workshops.

Open House and Informational Session: Wednesday February 13th from 10:00am-7:00pm room 107A-this is a drop in session with informational PowerPoint's shown at every 45 minute interval. Those interested please stop by at any time for information and watch for the schedule the day of the event to be posted outside the Phi Theta Kappa office and room 107A where the event takes place.

Contact us at phithetakappa@gmail.qcc.edu or call 508-854-4411 for further details on all events, workshops, meetings, and ways to get involved with New England's most active chapter of the world's largest International Honor Society.

Need help finding scholarships, transfer schools that fit your interest, and general CollegeFish.org user interface? Please contact our Vice President of Scholarship, Chad Bleakney, at cbleakneyiv@gmail.qcc.edu.

Attend our Collegefish.org 'live' webinars or contact the Collegefish.org Team: Team Leader Jennifer Blalock jennifer.blalock@ptk.org Team Members- Joshua Hancock joshua.hancock@ptk.org & Carolyn Margoni carolyn.margoni@ptk.org

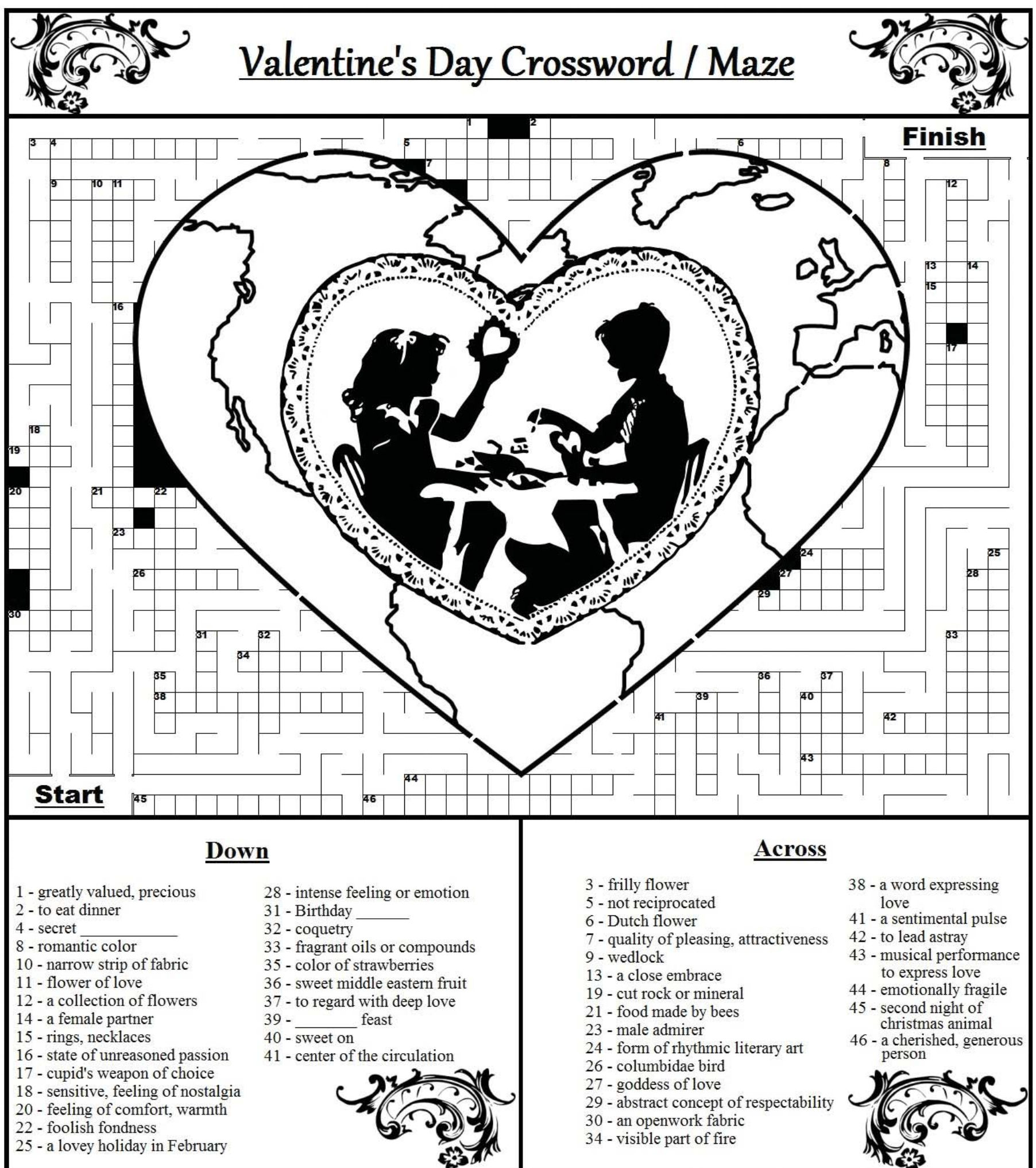
If you are interested in taking a leadership position with the Alpha Zeta Theta Chapter or New England Regional Officer Team for the 2013-2014 school year, please contact our chapter President at, jchristian@gmail.qcc.edu Those interested in a regional position please keep in mind, you will need to begin your package to submit this month and attend the regional convention being held in New Haven CT, March 15th-17th. Please email Jodi Christian right away for further details and assistance with this.



Puzzles

By JOE MOGEL

FEBRUARY PUZZLE



The Family Academy: QCC Credited with Strong Leadership Role in the Community

On a brisk morning in early November, over a hundred people from Worcester and surrounding towns visited Quinsigamond Community College for the Family Academy, a seminar on employment and education created by QCC in partnership with Workforce Central, Lutheran Social Services, the Southeast Asian Coalition, and the Latino Education Institute at Worcester State University. By nine in the morning, the Hebert Auditorium had begun to fill up with a wide variety of people eager to learn more about the Academy's subject, "Career Choices for Our Children." Some members of the audience were Worcester natives; others came from Mexico, Iraq, or Nepal. There were teenagers, senior citizens, and people of every age in between, all eager to learn about work and education in the modern world.

Worcester's community includes substantial immigrant and non-English-speaking groups, and the organizers of the Family Academy had worked hard to ensure no visitor to the Academy struggled with a language barrier. Opening remarks were repeated in five different languages: English, Spanish, Vietnamese, Arabic, and Nepali. As students moved from session to session throughout the day, they were accompanied by fluent interpreters so that the information they received would not be obscured by an unfamiliar language.

Though the stated goal of the Family Academy was to show parents how to help their children choose careers and study paths, many of the students were themselves

looking for information. Facilitators did a fine job tailoring their lectures to the particular needs of participants, and the classroom atmosphere was lively and engaged. Everyone seemed comfortable with each other and with sharing anecdotes, asking questions, and telling their own stories.

In one group session, QCC Adjunct Business Professor Geraldo Maldonado, full-time employee at Prudential, and a QCC alum, shared his story. Professor Maldonado was a "nontraditional student" who came to Quinsigamond after a stint in the military. He graduated from QCC, Worcester State, and earned his MBA from Anna Maria College. His entire career has consisted of banking and finance because "you can get any career started at Quinsigamond." Professor Maldonado, a Worcester native and one of the first in his family to attend college, spoke frankly about growing up in Great Brook Valley, money, careers, and the need for parents to be partners in their children's education. Proudly admitting that, as a single father, he had begun taking his daughter on college tours after her freshman year of high school; Aimee is an engineering sophomore at UMass Lowell and helped with the children's activities



at this event. He encouraged young people to begin higher education as soon as possible and to seek out scholarships: "When you're young, there are a lot of people out there who want to help you pay for college."

Another seminar covered the college application and financial aid process, clarifying the workings of what is often the most frustrating, dispiriting, and seemingly arbitrary aspect of modern higher education. In another session, attendees learned about merit- and need-based scholarships, community college transfer programs, the Common Application, and the mysterious workings of admissions offices.

Jennifer Guzman of QCC talked about researching possible careers, while Ann Nguyen Antunes and Roy Lucas of the Massachusetts Workforce Central office were on hand to demonstrate modern job search techniques and career planning. After more than three hours

of small group sessions, the Academy reconvened for a group lunch. Academy planners worked with local restaurants to ensure a wide variety of foods representing participating cultures. Tables were filled with an appetizing mix of Vietnamese, Italian, Nepali, Iraqi, and Latino cuisine. And if no one at any of the tables could identify all of the widely varied dishes, no one disputed that the food was spectacular. As the students and faculty tried new foods and sampled old favorites, the cafeteria resounded with compliments to chefs and praises of food. There was a hearty appetite for second helpings and a strong community feeling.

Dawn Johnson of the Worcester Family Engagement Coalition described the philosophy of the lunch: A "meal goes across cultures" and offers a "rewarding" way to "learn about different cultures" and expand horizons.

The November Family Academy was collaboration among QCC's

admissions, academic affairs and community engagement divisions in conjunction with a variety of government agencies, nonprofits, and community groups, all of which contributed their time, effort, and expertise, and all of which deserve credit for the event's success. Monica Bond of Lutheran Social Services, however, reserved special praise for the Quinsigamond administration. "Quinsigamond," she said, "has really taken an incredibly strong leadership role in the community" and that allows "other nonprofits to stand on the shoulder of a giant and see forever."

After lunch and a last small group session, the entire Academy met again at two in the afternoon for closing ceremonies, the announcement of a raffle winner, and a summation of the day's events. The Family Academy had lasted only five hours, but there was little doubt that its impact would extend much farther. A second Family Academy is planned for Southbridge in March 2013. "Quinsigamond Community College is where doors are open and there is access to all. That is why the Family Academies are a perfect model of family involvement in education for the city of Worcester and beyond," concludes Dr. Déborah L. Gonzalez, lead organizer of this Academy and Director of the Community Bridges Office at QCC. Resources to support the Family Academy were derived from QCC's Strategic Plan Implementation Fund.



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