



### President's Place



Dr. Gail Carberry

Welcome!

Congratulations on your decision to enroll at QCC. This is an exciting time for all of us. Each year I look forward to September when the heart of the campus, the student body, returns and brings this microcosm back to life.

Whether you are a first time or a returning student, you have made higher education a priority and I encourage you to keep that focus! Once upon a time, I was a community college student. I know how difficult it can be to balance classes with your job, your family, and your life in general. It is important to develop support systems during your time with us. Whether it is with your advisor, your instructors, the tutors at the Harrington Learning Center or your classmates don't hesitate to get the help you need. Not every student will finish an associate degree in two years. In fact, more often, for students who have to juggle work and family, it often takes three or more years to complete a degree program. What's important is that you persist and believe that you have the potential to succeed and become a college graduate!

By choosing to enroll in QCC, you have made the most important decision for your future. Graduates from QCC improve not only the quality of their own lives, but the quality of life for others in this community. As medical professionals, teachers, human service professional, and safety and emergency personnel, QCC graduates are keepers of public trust. As accountants, business managers, technical engineers, programmers and restaurateurs, our graduates help add to the economic vitality of our community. Many of our graduates transfer to four-year institutions; we have transfer articulations with several baccalaureate colleges including Clark University, Nichols College and WPI, just to name a few.

I wish you all a satisfying and productive semester and look forward to seeing you around campus.

## Nature's destruction balanced by human kindness

By Joe Mogel, Student Editor

On June first a tornado ploughed through Brimfield, Monson, Springfield, Sturbridge and Southbridge, where one of QCC's branch locations is located. While many of us have heard the stories about Worcester's tornado of 1953, which took the roof off what is now our Admissions building and killed two people, few expected to see a repeat in the modern day. We rationalize the '53 event as a freak occurrence, not normal New England weather.



All tornado photos by: Krista Bardier, Campus Police Officer

Eight days away from the 58th anniversary of the first Worcester tornado, the first funnel cloud touched down, around 5pm in Springfield. Within the next hours several more tornadoes cut into the Commonwealth. Power for approximately 25,000 people was lost and several water lines were damaged. Yet amid the damage were some remarkable tales of survival. It was reported that one local resident lost his mobile home, but got out unscratched. An apartment complex community showed what good people can do in horrible circumstances. It was reported that after several buildings of the Rosemeade apartment community were destroyed, the property manager, procured vacant units, rented trailers and hotel rooms for the temporarily homeless.

Though it may seem like a long time ago, repairs are still on-going, and many of our fellow students are

involved. From our own Public Safety Department, Officers Krista Bardier and Stephen DiGiovanni organized a collection of supplies. They even drove the gathered goods to a distribution center in a campus police cruiser. Our chapter of Phi Theta Kappa put together a pancake breakfast, raising \$755 for tornado assistance, despite bleak weather. Many from the Southbridge Campus have been putting in a great deal of work. They are led by QCC Southbridge Campus Director and College Community Affairs Director, Victor Somma. "Additionally," Mr. Somma indicated, "our president, Dr. Gail Carberry, has initiated a Tornado Assistance Program, where South County families devastated by the tornado's impact who may have a family member attending QCC can potentially receive scholarship funds."

*Continued on page 4*

## Savor the local flavor



Farmer's markets have increased dramatically throughout the United States with Massachusetts boasting 245. Find out what's being done locally to help promote and preserve local food supplies on page 4. (Photos by Mary Bailey, Open Door Staff.)



# in my opinion

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



## Debt Crisis 2011, how it doesn't affect you

By Joe Mogel  
Student editor

On Sunday July 1st, Republican and Democrat leaders reached an agreement for raising our debt ceiling. This came two days before the Treasury Department's scheduled deadline. Our President stated that the backroom government deal was necessary to avoid a default on our national loans. The deal passed both houses of Congress.

Now we are going to see either massive cuts to both defense spending and social programs or an agreement in the new Super Congress. The twelve-member Super Congress, composed of six members from each party, is tasked with coming to a solution on how to reduce our deficit and cut our need for foreign loans. If they aren't up to the job and fail to produce an agreement by November, those cuts to defense and programs will kick in.

Despite these last ditch measures, our nation's credit rating, which determines the interest rate our Government pays to investors, dropped from an AAA to AA+. Wall Street screamed and analyst's prophesied doom. The market bounced around. Then nothing happened.

While dropping below the Standard & Poor ranking of powerhouses like the Isle of Mann might hurt our egos, it doesn't hurt America's Main Street. Though a

drop in the stock market might be announced as a horseman of the apocalypse, it really only means we look for a local alternatives to national companies. During this recession there has been a spike in home businesses and small companies. Mom and Pop might have a tough time fighting corporate giants, but they are better suited to last in our current recessive economy. Adding fuel to the fire for little guys is a bustling Internet society, where business size doesn't matter, quality product does and a growing emphasis is on local products. As examples, Borders might be gone, but there are about a dozen new publishing houses opening doors every month in the USA. And just about every city now has several farmers' markets challenging chain stores.

A back drop to all this has been the fight over taxes. The right wants taxes abolished and the left wants the rich to pay a rate equal to the poor, who have a larger percentage of their wages taken. Stoking things was Warren Buffet who said, in an op-ed piece, that the rich needed to pay their fair share. Conservative talking heads yelled about class warfare. Republican Speaker of the House, John Boehner, had previously said that the GOP would not even consider tax hikes in the debt ceiling deal. Buffet's suggestion could raise up to four hundred fifty billion in federal revenues over ten years from people making a quarter million or more.

We all heard a lot recently about how our world (or economy) was going to collapse, mostly from extreme right wing wing-nuts. These Chicken Little pundits never seem to miss an opportunity to try and make John Q Taxpayer mess his drawers. Why? Unfortunately, politicians know their audience and, more importantly, their constituency and what motivates them. Fear has become a major element of our political scene, because it makes folks vote. That may be the real reason for the fire and brimstone on Capitol Hill. No wonder Congress has a 13% approval rating.

### The Open Door Schedule for Fall 2011/Spring 2012

Issue	On Stands	Deadline
<i>Fall 2011</i>		
Issue #2 October	October 6, 2011	September 13
Issue #3 November	November 3, 2011	October 11
Issue #4 December/ January	December 1, 2011	November 8
<i>Spring 2012</i>		
Issue #5 February	February 2, 2012	January 10
Issue #6 March	March 1, 2012	February 14
Issue #7 April	April 5, 2012	March 13
Issue #8 May	May 3, 2012	April 10

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

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**Next Issue: October 6, 2011**

**THE OPEN DOOR IS A MEMBER OF:**





# news bites

By Joe Mogel

## Muslim Americans most optimistic, new study shows

In a recent Gallup poll, Muslim Americans are showing the most optimistic outlook among different religious groups. This is despite almost half of those interviewed saying they experienced racial or religious discrimination. In the poll, 69% of Muslim Americans surveyed said they identified strongly with the USA, while 65 % said the same about their faith. On a 1 to 10 scale Muslims rated their future at 8.4; Jews came in second at an even 8.0.

## July heat wave sets new record for records

The blistering heat wave this last July set or tied 2,712 high temperature marks, compared to 1,444 last year. Weather stations from Alaska to Florida recorded temperatures in excess of 90° – 100° F. on July 19th Morehead, Minnesota had the distinction of being the hottest place on earth with a heat index of 134° F. Heat index is a measure of perceived temperature using both heat and humidity in the calculation.

## Vice President charging the Secret Service rent

Despite being a leader in deficit reduction, Joe Biden has been charging the Secret Service, who are tasked with his safety, \$2,200 a month rent for a cottage next to his home. This is according to Edwin M. Donovan, the special agent in charge at the Secret Service's Office of Government and Public Affairs in Washington. Donovan also had this to say: "We don't pay rent to any other protectees."

## Alaskan Goo is mass of crustacean eggs

Strange orange goo washed ashore in a remote part of Alaska turned out to be microscopic crustacean embryos. The orange color comes from the lipid drop in each egg's center, much like yolks in chicken eggs. Samples of the goop were tested by scientists from National Oceanic and Atmospheric Administration, who released the report earlier this month.

## Texas drought makes some predict end times

Citing a line from the book of Revelation, Indiana preacher Paul Begley now claims that we are in the end times. This comes after a number of ponds and creeks in Texas have turned red, a result of the devastating drought the southern state has been experiencing. The ponds, now full of dead fish, have become havens for Chromatiaceae bacteria, which live in oxygen deprived water and blooms blood red.

## Federal suit brought against Alabama over immigration law

Alabama's new immigration laws have resulted in a Federal lawsuit. The Federal suit claims that the laws, which prevent children from attending school without an immigration status check, will affect both legal and illegal immigrants. This comes after the Supreme Court ruled that it is illegal to prevent a child from attending school, regardless of immigration status. School officials in Alabama have been protesting the laws since their passing.

## Amazonian Indian group's safety in question

A remote Indian band, first filmed by a BBC crew from a low flying airplane, have disappeared, says Brazilian officials. The group, called the Xinane, lives in an area where drug traffickers from Peru frequently travel. Brazil's National Indigenous Foundation, whose job is safeguarding indigenous tribes, sent a team to check on the Xinane's welfare. Instead, the team was forced out by drug traffickers, one of whom was later captured by Brazilian police. The whereabouts of the Xinane are still not known.

## China launches nation's first aircraft carrier

On August 10th China launched its first aircraft carrier. The ship, a refitted Ukrainian ship, is the first of three carriers China is planning to put to sea in up coming years. While a symbol of China's growing international power, it is causing concerns in the Pacific. In recent months Chinese ships crossed into Japanese, Vietnamese and Filipino national waters. Retired Rear Admiral Yin Zhuo said, "...For forming a carrier group, I think that will take at least ten years." China is the Third country in the region to have carriers, after India and Thailand. Australia is currently building two carriers and America currently has eleven air carriers on Pacific waters.

## Cure for cancer?

Three patients have been cured of Leukemia, a recent article in the New England Journal of Medicine reported. The treatment, genetically modified T-cells, left the patients with severe flu like symptoms, but destroyed the cancerous tissue. While exciting, as researchers are looking into applications for other cancers, the medical community is remaining reserved. Dr. Walter J. Urbaniak of the Providence Cancer Center in Portland, Ore said, "It's still just three patients. Three's better than one, but it's not 100."

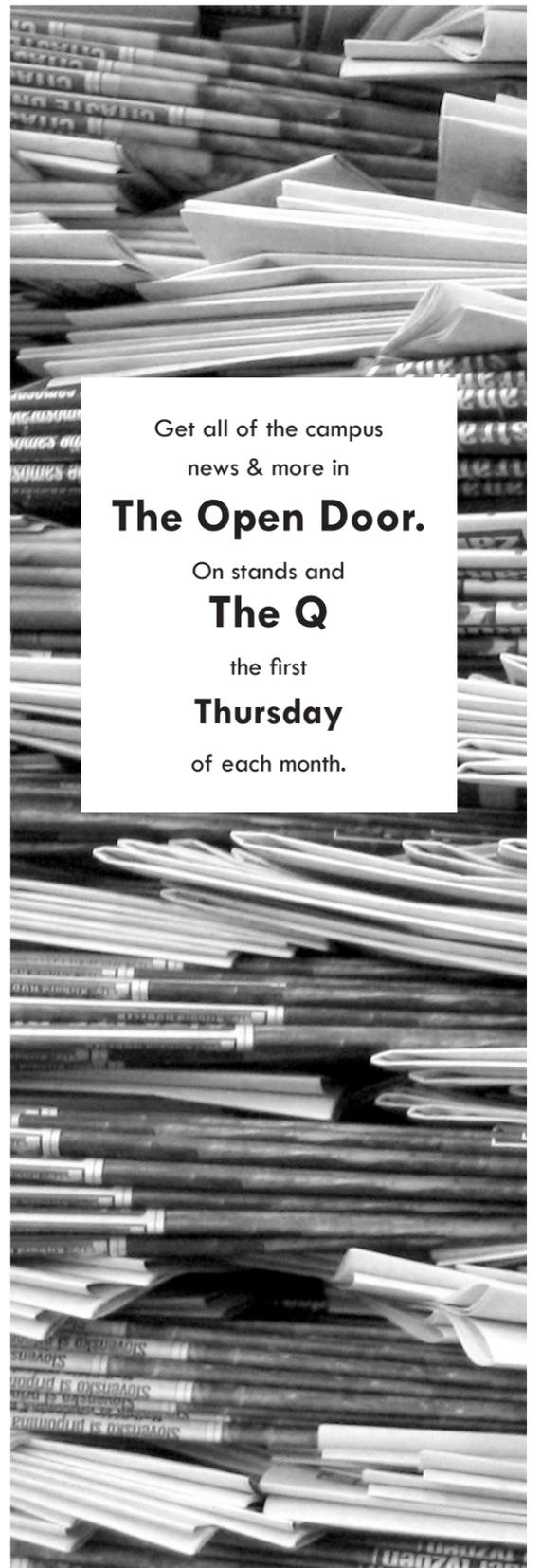
## East African droughts worsen

Somalia and Kenya are being hit by droughts so severe that families and whole communities are moving. One school district reported that only 156 of the 200 children they teach arrived for

classes. More than half the local population has been reduced to one meal a day, or less. Factions fighting near the Somali border have also added to problems, forcing farmers and herders from fertile area to infertile lands away from the hostilities.

## Texas drought leads to curious solution

The drought in Texas, the second worst in the state history, has resulted in a project to reclaim 2 million gallons of water daily from sewage. The treatment plant, which is being constructed in Big Spring, Texas, will serve some of the worst hit parts of west Texas. While some minor concerns about water were voiced, many in the parched state are looking forward to the new source of fresh water.



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

# The greener side of the Green Party

By Mary Bailey, Open Door Staff

There's a growing American interest in buying food that is fresh, local and environmentally friendly. The growth of Farmers' Markets across the nation from 1,755 in 1994 to 7,175 in 2011 reflects that interest. Massachusetts Farmers Markets increased from 120 in 2004 to 245 in 2011. There's a Farmer's Market across the street from QCC's Southbridge Campus every Friday afternoon from 2:30 pm to 6:30 pm.

Promoting fresh, local produce is part of the mission of the newly formed Quinebaug Valley Chapter of the Green-Rainbow Party. "There's so much concern lately with the oil supply, its cost, and that our food supply is mostly transported a thousand or two thousand miles," says Gus Steeves, one of the chapter's founders. "Our community, especially in Southbridge, is not food sustainable. If the food supply were to become a problem, transport wise, Southbridge wouldn't be able to feed itself." He adds that there aren't enough active farms which eventually will become an issue.

Gus, along with Maureen Doyle and Daphne Stevens founded the new Green Party chapter after they attended a Green meeting in Worcester. According to the group, they'd always been green, with a small "g". They believe the solution to the problems that face the country will begin at the grass roots level. Following the "Green" philosophy, members chose to work on issues that will help everyone. This dynamic group is a treasury of information.

Maureen and Gus farm. Maureen says that people should not be intimidated about growing their own vegetables. "It's not hard. Anybody can do it," she says. "Canning is not hard. It takes time, but it is not hard." She explains that tomatoes are easy to grow and can be grown in pots. She even has a simple, inexpensive instruction on how to make your own topsy-turvy tomato plant. Daphne says there's wild food everywhere. "I pack my freezer with wild blackberries and asparagus grows wild," she explains. "All people need to do is learn to identify it and where it is safe to pick. Old Sturbridge Village is a great local resource for people to observe what people produce and how they do it."

Southbridge has three community gardens that were just started this spring. There's a variety of things that need to be done in our communities and people from a variety of backgrounds with skills and experiences to share, much like the Transitions Movement that began in England. If you want to be part of a movement that supports a local green economy, affordable, single payer health care, world peace and budgets that don't cut social programs contact [quingreens@gmail.com](mailto:quingreens@gmail.com), or call (Daphne) 508-347-1537 or (Gus and Maureen) 508-764-8042.



## Tornado, continued from page 1

Currently, all the damaged towns are under construction, hoping for a late winter while final work is being done. Furniture and nonperishable food, among other things, are still needed by locals who lost everything. Volunteers are still being requested for affected areas. State Representative Todd Smola (R-Palmer) is spearheading the drive for assistance. "The energy, momentum, optimism and community support behind this event is absolutely inspirational," said Representative Smola. "However, we're not there yet... Come for the morning, the afternoon, or for only an hour... every little bit helps."

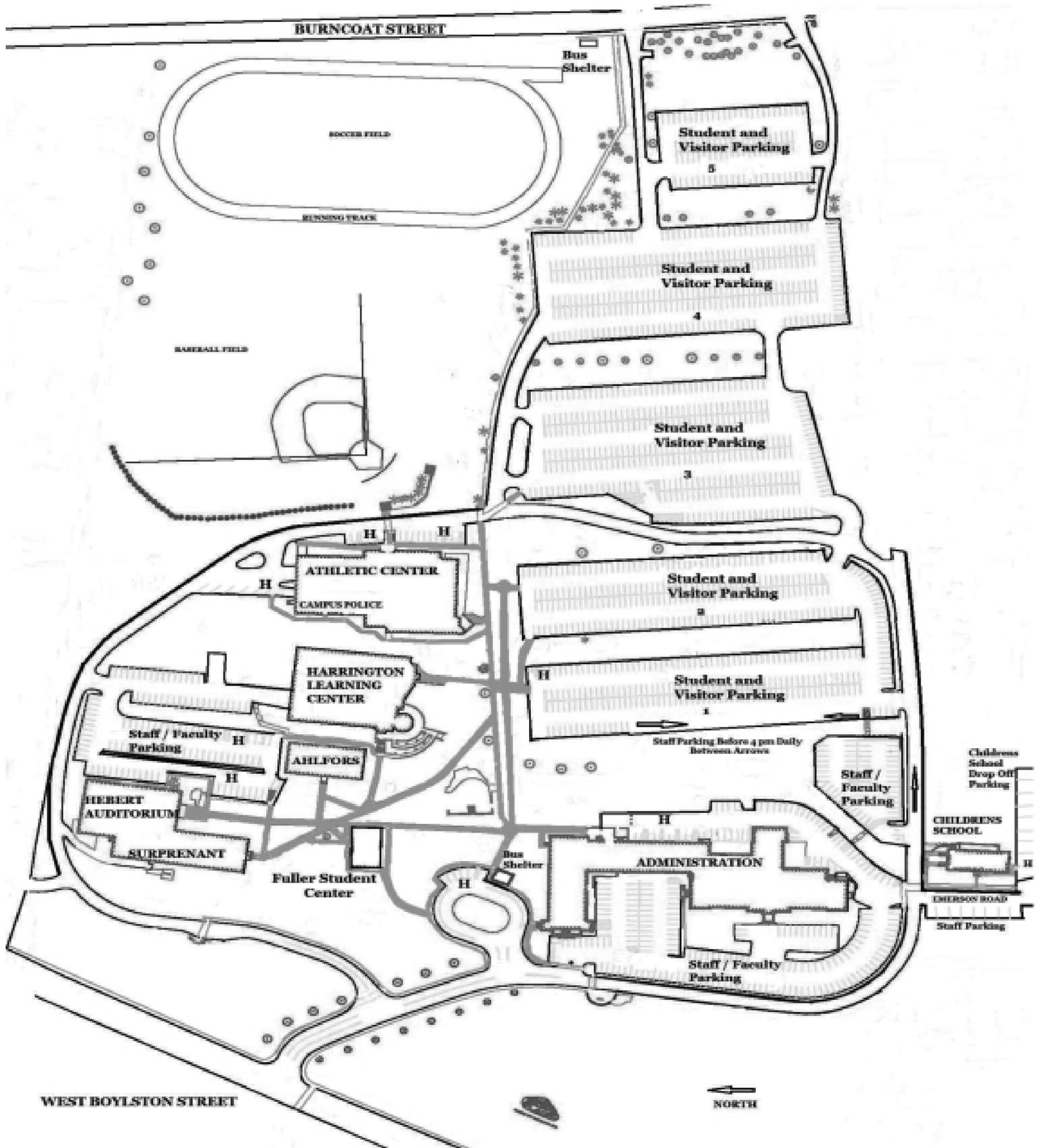
The most desperately needed equipment is for tree removal. Fallen trees and upturned stumps are the single largest blockade to the cleanup effort. Construction companies, landscapers or even a regular Joe with a chainsaw or bobcat are encouraged to help. "We have received an outstanding amount of support of the project which continues to grow, however there are still needs to be met and jobs for everyone with skills and not," said Cosmo Casamassa, one of the volunteer initiative organizers. "With everyone's help our hopes are to return the affected property owners lives back to a sense of normalcy."

The downed trees have been the single largest challenge in the restoration work. Beacon Hill has authorized a temporary suspension of some state environmental regulations to speed up fallen tree removal. The largest concern regarding the trees, besides blocking home owners' repairs, is a possible brush fire. The estimated cost of the cleanup is \$3.6 million dollars.

Although terrifying and deadly, this tornado may show just how strong our humble county is. Volunteers have come from across the state and strangers are still showing up to help their fellow human beings.



# CAMPUS MAP





# clubs and honor societies

## Breakfast fundraiser success for tornado relief

In response to the tornado's of June 1, 2011, Phi Theta Kappa held its first ever Pancake Breakfast. The pancake breakfast was only a thought at the beginning of July but with the support of fellow Phi Theta Kappans and our advisors, PTK transformed this thought into a reality in one month's time. Overcoming the morning rain, the breakfast raised \$755 for the tornado victims of Southbridge and Charlton.

Through all stages of this breakfast a Phi Theta Kappan lent a helping hand. This donation of time and energy, service, in support of a great cause is only one aspect of Phi Theta Kappa. The fellowship of all 19 volunteers was rewarding for all and the leadership that was exhibited by many directly correlated to the smooth success of the event. I would like to thank the following people for their service in all aspects of the breakfast.

- |                  |                       |
|------------------|-----------------------|
| Mary Rodziewicz  | Mike Rodziewicz       |
| Claryn Heath     | Marsela Fida          |
| Andrea Boisseau  | Mary Flynn            |
| Samantha Cornell | Kenina Santom         |
| Jodi Christian   | Samantha Boucher      |
| Micahel Lavoie   | Chuck Boucher         |
| Zachary Lavoie   | Big Y                 |
| Karen Cox        | Big Bunny             |
| Scott Phillips   | UMass Memorial Campus |
| Bonnie Coleman   | Price Chopper         |
| Tina Dupont      | Clint Heilman         |
| Braden Dupont    | Jim Dalton            |
| Beverly Ferraro  | Tom Bosse             |
| Rachel Nickerson | Liz Woods             |
| Todd Holland     | Deanna Ross           |



Without these amazing individuals and my membership with Phi Theta Kappa a dream to reality in one month would have never been possible! Thank you!

Our next event is the Fall Cookout and it's right around the corner, September 14th. The Fall Cookout has much to offer; hot dogs, hamburgers, caricature artists, and many raffles using our new and improved raffle system. Don't wait to get your tickets, they are available for sale NOW!

All proceeds from the event will be split and donated to Life Skills Inc. and Stepping Stone Theatre, two amazing non-profit organizations. You can find more information on these two organizations throughout QCC's walls. We hope to see you there! *By: Elizabeth M Forehand*

## Meet your Phi Theta Kappa Officers



Happy fall semester everyone! I have great news, we are all one day closer to graduation! I am Elizabeth Forehand and I have been elected the Correspondence Secretary position for Phi Theta Kappa, Alpha Zeta Theta Chapter. This, in summary, involves responding to all of your emails and any other correspondence that is received by PTK. I am a student of Engineering at QCC and also a veteran of the Massachusetts Army National Guard.

I am excited to work with everyone throughout the year! This is an opportunity that



My name is Jodi Christian and I'm a single mom with two teenage sons. I have returned to school to enter the field of computer forensics, and I am excited to be beginning my career with QCC. I am majoring in Computer Engineering Forensics and Criminal Justice, and plan to transfer to a four year school after completing my degrees here.

I am your Phi Theta Kappa, Alpha Zeta Theta Chapter Vice President of Leadership. Some of my duties for the chapter include encouraging leadership development for our members, coordinate preparations for the Leadership Hallmark Award, oversee all leadership chapter activities, perform the duties of the President in the event of his absents.

I am looking forward to serving as your chapter Vice President and working with the outstanding administration here at QCC. Please feel free to contact me with any questions.

I would like to extend a warm welcome back to all fellow students, administrators, faculty and staff. I hope you have all enjoyed your summer and are ready to buckle down to another fresh year ahead!

has changed my life, and for that I am grateful. This is going to be a monumental year for Phi Theta Kappa as we work our way to becoming a five star chapter for the first time. Come join in our success throughout the year, you do not need to be a member to volunteer. Finally if you receive that letter in the mail in October, please know we are the Honor Society. If you have questions please ask, for knowledge is power. [phithetakappa@gmail.com](mailto:phithetakappa@gmail.com)



# Career Placement Services

Room 272A • careerservices@qcc.mass.edu • (508) 854-4439

## Office Hours:

Monday	8 AM - 4:00 PM
Tuesday	8 AM - 7:00 PM
Wednesday	8 AM - 4:00 PM
Thursday	8 AM - 4:00 PM
Friday	8 AM - 4:00 PM

## Job Search Workshops

- Resume/Cover Letter Writing
- Interviewing Skills
- Workplace Etiquette
- Networking

From resume writing, to interviewing skills, to networking for job opportunities, we are here to assist you in all the facets of the job search experience.

## Cooperative Education (Internships)

Provides the opportunity to work in your field and gain valuable hands-on experience and earn academic credit toward your degree. Exciting special cooperative education programs may also be available to students.

## Service Learning & Volunteer Opportunities

Many of QCC programs and courses offer students the opportunity to combine classroom learning with community service and civic engagement through service learning and volunteer activities. Our office can help you locate those programs and courses and assist you in volunteer placement with non-profits and government agencies.

## Career Resource Center

Career Placement Services maintains an up-to-date website and a job search reference library with many current resources. Current trade magazines, newspapers, salary, and labor market information are also available.

## Job Board (Wyvern JobNet)

Career Placement Services has a new state-of-the-art online job database featuring, co-op/internship and volunteer opportunities available exclusively to QCC students and alumni. Its 24/7 access allows students to search for available positions, create resumes/portfolios and apply for job openings.

## On-Campus Recruiting & Job Fairs

QCC's on-campus recruitment can put you in touch with employers seeking all levels of staffing from business and industry, government agencies, education and the non-profit sector. Each spring, QCC joins other colleges and universities in the Worcester area to present a career/job fair featuring many of the leading regional and national employers.

## Prior Learning Credit (PLC)

(formally Experience Based Education (EBE))

Quinsigamond Community College recognizes that people acquire knowledge in a variety of ways, and that some of this experience might be the equivalent of course credit that can be applied to various programs at QCC. Listed here are some of ways to earn college credit through Prior Learning Credit:

- **Credentialing.** This process allows you to earn credit for learning outside of a college setting that results in credentials such as transcripts, certificates, or licenses. There are numerous opportunities to earn credit based on your credential, from Fire Academy training and A+ certification to credits based on a military transcript, and more...
- **Portfolio Assessment.** Although the exact content will be unique to you, most portfolios contain certificates, transcripts, resumes, job descriptions, and examples of your work. People in many majors, including Business Administration, Electronics Technology and Hotel Restaurant Management, to name just a few, have earned academic credit for required and elective classes this way.
- **Challenge Exam.** This is a test, like a final examination, that is specifically developed by a QCC faculty member to measure your mastery of course objectives. Students in a variety of programs, including Fire Science, Business Administration, Computer Information Systems and Computer Systems Engineering Technology have opted for a challenge exam as a cost effective and efficient way to earn academic credit.
- **Standardized Exams.** Quinsigamond also recognizes credit earned through standardized examinations such as Advanced Placement (AP), CLEP, and DANTES.

**Need more information or an up to date list of Career Service's workshops and events?** Stop by our office in Room 272A, give us a call at 508-854-4439 or visit us on the Q! @ [https://confucius.qcc.mass.edu/ics/Student\\_Services/](https://confucius.qcc.mass.edu/ics/Student_Services/).

To go directly to Career Placement on the 'Q' from your smart phone, scan the Quick Response (QR)\* code below.



### What is this image?

An image like this is called a "QR code". It represents a web address (URL), text or data (in this case, the Career Placement Services web page).

### Mobile bookmarking

A QR code enables you to bookmark a web page with your mobile phone quickly and easily. You simply scan the image...your phone reads it, converts it back into the URL and stores it as a bookmark. Then you can use your phone to go online to that page.

### What you need:

- A mobile phone with a camera
  - A QR reader app installed on your phone. Example: RedLaser
  - A mobile phone with internet access, if you want to go straight to the site
- \* "QR Code" is registered trademark of DENSO WAVE INCORPORATED



# Summer programs at the Children's School

By Jill Arrell

It has been a busy summer here at the Children's School. Our Summer I and Summer II programs have been filled with fun and exciting learning experiences. We have had so much fun exploring the campus by singing and performing in the auditorium, touring the Campus Police Station, touring the kitchen and having lunch in the cafeteria. We went to the QCC library and had a tour and story time with Matthew. We went on several field trips around our community, including the Higgins Armory and the Greendale and Grove Street Fire Stations. The children loved walking and taking the city bus to our destinations.

We are gearing up for the start of the fall semester. We will be getting our classrooms and building ready for the incoming new children and QCC Early Childhood Education students that will perform their practicum experience here at the school. It is a busy time of preparation and anticipation for the year to come!

## When minutes matter

### What You Can Do To Prevent/Reduce Disaster

By: Lt. Reynaldo Rodriguez

Being cautious but not paranoid can never be mentioned enough. Are you familiar with the Emergency Guides located throughout campus in places like the classrooms? You should be. They are there to keep a bad situation from becoming a worse situation. When the tornadoes hit Massachusetts last June they proved to everyone that even tornadoes can take place here. That's why it's important to listen to public safety officials or others who are trying to reduce the loss of lives.

There are also other situations beyond a natural disaster that can be prevented or at list the loss of lives reduced. An example of a college that dealt with tragedy even though the signs to help reduce their losses were there is Virginia Tech. Back in 2007 a student committed mass shootings on their campus. The following things were missed that could have reduced that tragedy:

1. A bomb threat note was left on a wall and found by a community member. Per the campus's policy the campus police should have been notified immediately. Instead, the community member handed it to another community member who handed it off to a third. Within minutes, shots were fired. **REPORT BOMB THREATS.**
2. A student hearing the shooting used their cell phone to call the police. Instead of getting the campus police directly, the phone first went to the town, then the county and eventually the campus police. **HAVE POLICE NUMBER PROGRAMED.**
3. The campus had a no gun policy but the student had two firearms which were bought at stores. This was not enforced. **IF YOU SEE A GUN, REPORT IT.**
4. Three main entrances to a building were chained by the shooter in advance. Students who saw it simply climbed in through windows. **REPORT CHAINED DOORS.**
5. As the student was shooting others heard the noise and began to barricade their door with whatever they could find. **IN ADVANCE IDENTIFY WHAT TO USE.**
6. Those killed were shot because they were seen and froze. **FIND A SAFE SPOT IN A ROOM AND STAY OUT OF SITE. BE PREPARED TO MOVE AND NOT FREEZE.**
7. Some students later reported what they thought were firecrackers or construction work. **CALL POLICE EVEN IF YOU SUSPECT FIRECRACKERS.**

The point is to not assume everything is ok and to act even with the slightest of suspicion. It's ok to be wrong on the side of caution than wrong on the side of tragedy.

Please get to know the Emergency Guide and report ALL suspicious activities to QCC Police.

## What is the #1 way to stay healthy?

By Susan T. Johnson MSN, RN C

Welcome back to the beginning of a wonderful learning experience! We are so happy you are either returning to our community or joining our community for the first time.

We want your experience at QCC to be a great adventure. To achieve the goals that we have for you (that hopefully are similar to your own, i.e. to complete your degree) it is important to stay as healthy as you can. With so many things to think about, new environment, new classes, new professors, and new faces, we often forget about our own health. Let's face it, the last thing you are thinking about is that flu season is vastly approaching us, but it is. Besides all the studying and course work that has to be done, you need to think about ways to avoid getting sick. The simplest way to do this... **WASH YOUR HANDS.**

It is hard to believe that even with all the research and education out there about the importance of hand washing only 67 percent of Americans wash their hands with anything, even just water, after they use a restroom. In some parts of the country the number is less than 50 percent. This puts them, and the rest of the population, at risk for a host of infections, ranging from the common cold and flu, to skin infections, digestive viruses and even more serious diseases, such as hepatitis A. (For more information on hand washing go to: <http://www.lifespan.org/services/infectious/handwashing.htm> [Kidshealth.org](http://www.kidshealth.org))

Did you know that washing your hands is the best way to stop germs from spreading? Think about all of the things that you touched today— did you ever stop and think who else might have also touched it? Whatever you did today, whether you believe it or not, you came into contact with germs.

Seriously, who has time to be sick? School is just too valuable to miss. QCC is doing its part in trying to keep you healthy. You will notice that there are many hand sanitizers located at entryways and on various walls throughout our campuses. Next time you pass one of these, feel free to take a second and give yourself a squirt of this and wash your hands. You'll be surprised how contagious this act will be and others will follow. Also the next time you visit one of the numerous bathrooms on campus please take the time to read the new signs that have been posted above the sinks. These signs are there to help you get in the habit of washing your hands to keep you healthy.

You should also get in the habit to periodically check the QCC Health and Wellness page at [http://www.qcc.edu/pages/health\\_wellness.html](http://www.qcc.edu/pages/health_wellness.html) for updated health information and alerts as well as some healthy strategies to keep yourself well. In addition you will find all the information about the upcoming Flu clinics that QCC will be sponsoring. These clinics will be held for your convenience on both the Worcester and Southbridge campuses. The dates are: he dates are: Worcester campus, October 6, 2011 – 9am-4pm and Southbridge campus, October 11, 2011-9am- 4pm.

Good luck with your adventures here at the college and please remember that healthy habits keep you well!

# Harrington Learning Center ready for busy fall

Just a few years old, the Harrington Learning Center (HLC) has become a locale for studying, for gatherings of the QCC community and for meeting friends. Be sure to visit the HLC and get to know—or become reacquainted with—this state-of-the-art learning facility.

HLC boasts Group Study Rooms for collaborative work, a modern conference room, a classroom, and a Student Activities Desk where QCC student groups can coordinate various organized activities. The first floor café serves breakfast pastries, light lunches and good coffee all day.

As is fitting for QCC, which fosters technological skills, HLC's electronic backbone—both wired and wireless—reaches every room. Students have access to some 126 computers with both wired and wireless capability. Library users may obtain a brochure on WiFi access for their own laptops from any of the building service desks.

QCC also highly values face-to-face service. The HLC is a place where you can find that role in action with:

- three tutoring areas (Communication Skills Center, Individualized Learning Center, Math Center)
- the Assistive Technology Center
- The Transition Center
- the Online Information Resource Center
- The Information Desk, Circulation Desk, and Reference Desk.

The HLC is delightfully cooled during the warm months and is a warm refuge in the cold weather—with computerized heating and lighting systems for optimum comfort. There is plenty of comfortable seating on all floors, plus nine rooms of various sizes which can be reserved for group study.

If you've ever been frustrated because a book you needed has "walked" from the Library, you'll be pleased to know a modern 3M Detection System will alert Library Staff if materials are being removed without being checked out. HLC is also a secure place to study day or night, with closed-circuit video security and other safety systems.

To see the web pages for each tutoring and resource area use Student Portal "The Q" as a stepping off point. And don't miss the chance to visit the Alden Library [www.qcc.mass.edu/library](http://www.qcc.mass.edu/library), with all its print, video and electronic resources. Come in and let us get to know you.

Best wishes for a challenging and successful semester!

Harrington Learning Center Hours - Fall 2011 and Spring 2012	
Monday through Thursday	8:00 a.m. to 9:00 p.m.
Friday	8:00 a.m. to 5:00 p.m.
Saturday	9:00 a.m. to 3:00 p.m.
Sunday	Closed

Hours do vary according to QCC class calendar. Call (508) 854-4581 to confirm times.



## QCC FALL STUDENT ID SCHEDULE

Worcester Campus Student ID Schedule				Southbridge Campus Student ID Schedule	
<i>All IDs will be taken in the HLC. Please have your class schedule with you.</i>					
Date	Time	Date	Time	Date	Time
Tuesday August 23, 2011	8am – 7pm	Tuesday September 6, 2011	8am – 7pm	Wednesday September 21, 2011	9am – 6pm
Wednesday August 24, 2011	8am – 7pm	Wednesday September 7, 2011	8am – 7pm	Thursday September 22, 2011	9am – 6pm
Thursday August 25, 2011	8am – 7pm	Thursday September 8, 2011	8am – 7pm	Friday September 23, 2011	9am – 6pm
Friday August 26, 2011	8am – 5pm	Friday September 9, 2011	8am – 7pm	Monday September 26, 2011	9am – 6pm
Monday August 29, 2011	8am – 7pm	Monday September 12, 2011	8am – 7pm	Tuesday September 27, 2011	9am – 6pm
Tuesday August 30, 2011	8am – 7pm	Tuesday September 13, 2011	8am – 7pm		
Wednesday August 31, 2011	8am – 7pm	Wednesday September 14, 2011	8am – 7pm		
Thursday September 1, 2011	8am – 7pm	Thursday September 15, 2011	8am – 7pm		
Friday September 2, 2011	8am – 7pm	Friday September 16, 2011	8am – 5pm		
Monday September 5, 2011	8am – 7pm				

- If your ID card is misplaced anytime throughout the year, there will be a \$10.00 replacement fee.
- ID's are required to remove books and materials from the Harrington Learning Center.
- ID's are required to take out equipment, purchasing discounted tickets and for attending events and trip sponsored by the Office of Student Life located in the Fuller Student Center.
- Additionally, you can use your ID to take fitness classes in the Athletic Center, the Wyvern ID Discount Program and programs offered by the College of Worcester Consortium.

## Disability Services

Room 246A  
Phone: (508) 854-4471  
TTY: (508) 854-4524  
Email: [disabilityservices@qcc.mass.edu](mailto:disabilityservices@qcc.mass.edu)

QCC is committed to access for all individuals. The purpose of Disability Services is to assist students with disabilities to achieve their educational goals by providing reasonable accommodations and support services.

Reasonable accommodations for students are determined on an individual basis. The following are some of the more frequently requested accommodations and services:

### Confidentiality:

No information is released without the student's consent. Accommodations are provided in accordance with Section 504 of the Rehabilitation Act of 1973 and with the Americans with Disabilities Act.

### Definition of Disability:

Disabilities are impairments that substantially limit one or more major life activities such as learning or working. The impairment may be either permanent or temporary.

### Disabilities include but are not limited to:

- Specific Learning Disabilities with Reading, Writing, and Math
- Physical and Medical Disabilities --Sensory (visual, auditory...), Mobility (CP, MD, Carpal Tunnel), Traumatic Brain Injury, Illnesses, (Diabetes, Cancer, Stroke), and ADD/ADHD
- Emotional and Psychiatric Disabilities--Anxiety, Depression, Post Traumatic Stress Disorder, and Thought Disorders

### Student Responsibility:

If you are a student with a disability who would like assistance you must schedule an intake/planning appointment with Disability Services and provide appropriate documentation of your disability.

### Contact Us:

If you are uncertain whether you have a disability, you have questions about your documentation or you would like further information about disabilities, our office, or services.

### Office Hours:

Monday – Thursday: 8:00 AM - 6:00 PM  
Friday: 8:00 AM - 5:00 PM

## Transition Center

Tutoring Center  
Harrington Learning Center Room 222L  
Phone: 508-854-7552 [transitioncenter@qcc.mass.edu](mailto:transitioncenter@qcc.mass.edu)

**What is the Transition Center?** The Transition Center is one of the four tutoring centers on campus. The Transition Center utilizes a Student Success Plan aimed at helping students develop the skills needed so they move smoothly into the college. These transition skills are worked on during course tutoring sessions. After attaining these requisite skills, students will be able to better utilize the general tutoring centers in the Harrington Learning Center.

### What are the benefits?

- You can receive 1:1 tutoring
- You will work with transition tutors who receive on-going training to meet your needs
- Tutoring will take place in a more private and less distracting location
- You will learn how to form a study group with your classmates

**What is covered in the Student Success Plan?** Students will become proficient in at least eight out of the eleven transition skills:

1. Learning Styles
2. Time Management
3. Organization
4. Notetaking
5. Study Skills
6. Test Taking Strategies
7. Self Advocacy
8. Reading
9. Writing
10. Intro to Assistive Technology
11. Intro to Other Tutoring Center

**Who can use the Transition Center?** Any QCC student who has earned 30 college credits or less may use the Transition Center.

**When is the Transition Center open?** You may schedule an appointment with a specific tutor outside the center or you can drop in anytime for help.

### Walk-In Sessions:

<b>Daily:</b>	Monday, Wednesday, Friday	8:00am- 4:00pm
	Tuesday & Thursday	8:00am -2:00pm
<b>Evenings:</b>	Tuesday & Wednesday	6:00pm – 8:00pm

### Appointments Available:

Monday	8:00 am - 4:00 pm	Thursday	8:00am – 2:00pm
Tuesday	8:00am – 2:00pm	Friday	8:00am – 4:00pm
Wednesday	8:00am – 4:00pm	Saturday	10:00 - 1:00pm

**Where is the Transition Center?** The Transition Center is located in 222L in the Harrington Learning Center. Please call us at 508-854-7552 or email: [transitioncenter@qcc.mass.edu](mailto:transitioncenter@qcc.mass.edu).



## Campus Ministry

Fuller Conference Room

### Time:

Wednesdays 9:30 AM -11:30 AM

Stop by to talk about God stuff, or whatever!

Connect online @ Facebook  
God Connect @ QCC

### Email:

[Pastor\\_andrew.b@verizon.net](mailto:Pastor_andrew.b@verizon.net)

Pastor Andrew Borden





# Quinsigamond Community College

# CLUB FAIR

September 12<sup>th</sup> & 13<sup>th</sup> 11am - 1pm

## Fuller Student Center

Stop by to learn more about what clubs we offer and how to get involved!  
If you'd like to start a club, just ask!

*September 2011*





Hispanic Heritage Month is September 15-October 15

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Please Be Sure to Join Us</b>  <b>FREE Brunch &amp; Custom Plates : Tuesday, September 6 Starting @ 10AM</b>  <b>FREE Carnival Food: Wednesday, September 7 Starting @ 11AM</b></p>				1	2	3
4	5 Labor Day- No Classes	6 First Day of Classes Custom License Plates Open Door on Stands	7 FREE Carnival Food @ 11AM	8 BINGO @ 12PM	9 Caricatures @ 11AM	10 Shrewsbury Street College Shuffle 12-3PM
<p><b>12 &amp; 13</b>  <b>CLUB FAIR @ 11AM-1PM</b>            9/13 Deadline for Open Door</p>			14 PTK Cookout @ 10AM Evening Student Mixer @ 5PM	15	 Independence Day	
11	<p><b>19</b>            Community            Resource Fair 10AM-1PM</p>		<p><b>21 &amp; 22</b>  <b>Make Your Own Trail Mix</b>            @11AM-1PM</p>		23	24 
18	19 Community Resource Fair 10AM-1PM	20	21 & 22 Make Your Own Trail Mix @11AM-1PM	23	24 The Incredible, Edible & Magical Physical Mystery Trip	
25	26 Lunchtime Leadership @ 12PM	27	28	29 Fruit & Veggie Month Event @ 11AM	30	

# Student Life Events

## Fall 2011



**NEW & IMPROVED  
100 % FUN!**

### September

6	Custom License Plates	11AM-1PM	Fuller Center	2
7	Carnival Foods	11AM	Fuller Center	3
8	BINGO	11AM	Fuller Center	7
9	Caricatures	11AM	Fuller Center	9
12	Club Fair	11AM-1PM	Fuller Center	
13	Club Fair	11AM-1PM	Fuller Center	16
14	Evening Student Get Together	5-7PM	Fuller Center	
16	Constitution Day	12PM	Fuller Center	21
21	Make Your Own Trail Mix	11AM-1PM	Fuller Center	21
22	Make Your Own Trail Mix	11AM-1PM	Fuller Center	22
24	Mystery Trip	9:30AM	Fuller Center	29
26	Lunchtime Leadership	12PM	Fuller Center	

### November

	QCC's Got Talent	5PM	TBA	
	Scrub Butts	11AM-1PM	Fuller Center	
	The DEAL is RIGHT	12PM	TBA	
	American Indian Heritage Month Event	11AM-1PM	Fuller Center	
	How the Grinch Stole Christmas Trip	4:30PM	Fuller Center	
	Thanksgiving BINGO	12PM	Fuller Center	
	Evening Student Get Together	5-7PM	Fuller Center	
	Thanksgiving BINGO	12PM	Fuller Center	
	Lunchtime Leadership	12PM	Fuller Center	

### October

5	Hispanic Heritage Month Event	11AM-1PM	Fuller Center	1
11	Operation Rainbow	12PM	Fuller Center	3
18	The Sign Shop	11AM-1PM	Fuller Center	5
20	Hypnotic Intoxication	12PM	HLC 109	7
21	Six Flag's Fright Night	4:00PM	Fuller Center	8
24	Lunchtime Leadership	12PM	Fuller Center	13
27	Evening Student Get Together	5-7PM	Fuller Center	15
28	Halloween Costume Contest	3PM	Fuller Center	

### December

	World AIDS Day Event	12PM	TBA	
	NYC Trip	7AM	Fuller Center	
	Snow Globe Photos	11AM-1PM	Fuller Center	
	Wrentham Shopping Trip	4PM	Fuller Center	
	Evening Student Get Together	5-7PM	Fuller Center	
	Lunchtime Leadership	12PM	Fuller Center	
	Finals Study Break	11AM-1PM	Fuller Center	

**NOBODY CAN ENJOY JUST ONE!**



## Book Review

# Under the Dome by Steven King

★★★★★ (5 out of 5 stars)

Reviewed by Ross A Morin  
Open Door Staff

Steven King, the best-selling and most prolific author of his generation, makes a triumphant return to the top of the fiction genre with the release of his latest novel *Under the Dome*. With over 40 novels and more than 200 short stories to his credit, King has faced recent criticism for his works due to his tendencies of excessive length and recurring themes in his works. *Under the Dome* takes these criticisms out behind the woodshed and deals with them in a brutal fashion. What we are left with is a novel that reads like a nonstop action movie, constantly building suspense while at the same time never letting go of the sense of urgency.

The story seems simple at first, but has many layers of nuance and intrigue that keeps the reader interested and involved throughout the book. The setting is the usual for King-- a small town in Maine where late one October morning, as everyone is going about their business, a translucent dome suddenly appears, completely surrounding the town with disastrous effect. Before anyone realizes what has happened, mass casualties occur as people impact the invisible boundary. What follows is a story of the effects of isolation upon the residents of the town, the sudden lack of resources that we take for granted, and the effects of a sudden power vacuum when the outside world's laws and regulations no longer apply.

The strongest aspect of the novel is King's gift of creating vibrant lifelike characters with the same flaws that we all have. From the protagonist Barbie, a drifter who had been working at the local restaurant, to the antagonist town selectman and used car salesman Jim Rennie, and every character in between, all were equally fleshed out with an air of humanity that compelled feeling whether they were in the book for a paragraph or a thousand pages. As with all of his works death among the many characters was expected, but with *Under the Dome* each one was a heartfelt loss like I have rarely felt in any work of fiction.

Most of King's books descend into deep psychological or paranormal explorations of the mind and the meaning of reality, a long meandering drive through a dark forest building the feeling of dread slowly. *Under the Dome* doesn't delve as deep, but instead accelerates the story and frequently switches perspectives so that the story is always progressing. The overall effect is that the drive through the dark forest seems to be at breakneck speed with danger and death present around every bend.

*Under the dome* is the rare type of book where you pick it up planning to read it for a few minutes before you realize that hours have passed, chores are undone, and all you want to do is continue reading. After 40 years of masterful writing Steven King still managed to find a way to add a book to his collection that can be validly compared to novels such as, *The Stand* and *Insomnia*, for the best of his incredible career.



**IT'S FRIGHT FEST**  
AT SIX FLAGS  
GREAT ADVENTURE

Friday  
October 21st

Bus Leaves QCC at 4:00pm  
Bus Leaves Six Flags at 10pm

**\$20**  
Per ticket  
Limit 2 per student

Haunted Mazes! Entertainment!  
Haunted Mansion! Graveyards!  
and of course... tons of rides!

Stop by the Fuller Student Center for Tickets and Information

### Discounted Movie Tickets to Showcase Cinema Theaters

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



# Up and coming in the community

By Caitlyn Lambert



## Pet Rock Festival, September 11th 2011

In 1999 Charlene Arsenault watched an episode of Investigative Reports covering animal cruelty. Deeply moved she decided to do what she could to help. Speaking to her friends, local candy magnet Jeannie Hebert, and Leigh Devlin-Grady, owner of the Sterling Animal Shelter, Charlene concluded that there was only one thing to do—initiate a fundraiser. On August 29th of that year the first Pet Rock Festival was held at the Hebert Candy Mansion. Five bands played, bringing in 4,000 people and an identical amount of money for the Sterling Animal Shelter and the Animal Legal Defense Fund, a breed rescue group. The event has been yearly since. Though the bands and the venues have changed over the years, the mission has remained the same; to help animals, and responsible owners, in any form.

This year the festival will be held at QCC starting at noon and running for the better half of the day. Peter Zipfel will emcee and more than seventy five animal groups will participate. Attendees will enjoy live music, contests, raffles, information booths, and fresh vegetarian food. There will even be a booth for dog massages. An added treat will be nationally known animal portraitist Ron Burns, who has been featured on CNN, Fox News, and Extreme Makeover – Home Edition.

More than forty local and regional companies are sponsoring this year's event, with special thanks extended to more than sixty five people and groups. Admission is \$13 for adults and \$5 for children under twelve. Appropriately, dogs get in for free.



## stART on the Street, 2011

Way back in 2002 a group of artistically inclined Worcesterites decided that arts fairs shouldn't be limited to Boston and Providence. That year *stART on the Street* debuted. Drawing in several hundred artists and crafters from the Worcester Metro area, the festival has grown every year, and now draws 20,000 visitors to each event. Included in the displayed talent pool visitors will find stone carving, glass blowing, street performers, local bands and youth activities. For the epicureans out there, local restaurants and vendors will be selling all manner of treats.

Originally on Main Street the festival moved to Park Ave. in 2006, where it has remained since. The route stretches from Highland Street to Pleasant Street and features displays of cultural and decorative arts.

Though much larger, the mission of *stART on the Street* hasn't changed—to allow Worcester's art community a public venue. Starting at 11am and going until 5pm this Sunday, September 18th, stART on the Street promises to be a great family fun filled festival. (Rain date is Sunday, September 25.)

### stART on the Street, 2011

**When:**

Sunday September 18th 11 AM - 5 PM  
(Rain day: Sunday September 25th)

**Where:**

Along Park Avenue from Highland Street to Pleasant Street

**FREE**



Art by: Scott Boiland



## Athletic Center

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

Monday – Friday: 7:30am – 9:00pm

Saturday: 9:00am – 2:00pm

The Athletic Center is closed on Sunday

### AC equipment/facility offerings:

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

### Programs:

- Boot Camp
- Circuit Training
- Fittrek (power walking)
- Golf Lessons
- Indoor Cycling
- Kung Fu
- Yoga/Pilates
- Zumba

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

### Intramural Sports

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

Check The Q and posted signs for fall schedule.

### Intercollegiate Sports

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

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

### We want your suggestions!

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



## QCC Baseball News

The Inaugural All-Worcester Baseball Team Announced that Quinsigamond Freshman (DH) Alex Quiles was chosen for the Worcester Area All Star - First Team, and Quinsigamond Sophomore (Utl) Pat Gilman was chosen for the Worcester Area All Star - Second Team.

In addition:

- Jon Mielewski was named All New England Baseball Team Honorable Mention for the year 2011
- George Berberian was named All New England Baseball Team Division III Second Team for the year 2011
- Pat Gilman was named All New England Baseball Team Division III Second Team for the year 2011
- Rico Balderelli was named All New England Baseball Team Honorable Mention for the year 2011

### QCC Fall Baseball

QCC Fall baseball sign-ups Thursday August 25 & Friday August 26 at 5:00pm at the QCC Gym.

\*\*\*\*Fall baseball practice begins\*\*\*\*

Tuesday, August 30, 2011 – 5:00pm at the QCC Baseball Field. Practice will continue every Tuesday, Wednesday & Thursdays during September at 5:00pm.

For more information contact: **Coach Fusaro**

Cell: 508-736-6708 | Office: 508-854-4316 | e-mail: [mfusaro@qcc.mass.edu](mailto:mfusaro@qcc.mass.edu)

All students interested in playing baseball at QCC who missed the original sign-up dates and first practice date should sign-up with Coach Fusaro at the QCC baseball field on any of the following dates:

Any Tuesday, Wednesday or Thursday throughout September. All practice times begin at 5:00pm.

NOTE: Fall Baseball has an "OPEN" Practice Policy. If you have missed the initial dates you are Encouraged to show up on any practice date and participate, as long as you have a valid physical dated within the past 12 months.



## 2011-2012 QCC Men's Basketball Schedule

October ~ Scrimmage				
Saturday	15th	2pm	Mass Bay CC	AWAY
Saturday	29th	4pm	Mass Coll of Liberal Arts	AWAY

November				
Saturday	5th	3pm	Bristol CC	AWAY
Tuesday	8th	7pm	Roxbury CC	AWAY
Thursday	10th	7:30pm	Holyoke CC	AWAY
Saturday	19th	2pm	Lincoln College	AWAY
Tuesday	22nd	7pm	Springfield Tech. CC	AWAY
Tuesday	29th	7pm	Northern Essex CC	HOME

December				
Thursday	1st	7pm	Mass Bay CC	HOME
Thursday	8th	7pm	UCONN Avery Point	HOME
Saturday	17th	2pm	Gateway CC	HOME

January				
Thursday	12th	7pm	UCONN Avery Point	HOME
Saturday	14th	3pm	Gateway CC	AWAY
Thursday	19th	7pm	Mass Bay CC	AWAY
Saturday	21st	2pm	Lincoln College	HOME
Saturday	28th	2pm	Holyoke CC	HOME

February				
Thursday	2nd	7pm	Massasoit CC	HOME
Saturday	4th	2pm	Bristol CC	HOME
Wednesday	8th	7pm	Springfield Tech. CC	HOME
Saturday	11th	3pm	Northern Essex CC	AWAY

MCCAC Basketball Tournament	Sat/Sun 25th/26th	4/6pm	@ Holyoke	AWAY
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March				
Region 21 Tournament	Sat/Sun 3rd/4th	TBA	TBA	AWAY



## Successful strategies for test anxiety

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

Before a test, take good care of yourself:

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

During the test take a few minutes to:

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

After the test, reward yourself:

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

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



## QCC Smile Day

October 7th

We celebrate QCC Smile Day and the World also celebrates this wonderful day. The theme for the day is "Do an act of kindness. Help one person smile". The image that pops in your mind is that famous creation of Harvey Ball the smiley face.

This year 2011 is the 13th Annual celebration of World Smile Day and QCC's Smile Day. Students will find giveaways in various campus locations throughout the day. Faculty and staff can visit room 162A with their smile cards and redeem them for prizes.

Enjoy your day. Share a smile

*A program of QCC Counseling Services*

Watch for "CHOOSE TOMORROW" offered by Counseling Services on September 27th at 8 am, 9:30 am and 11 am in 109B in the HLC and on October 12th at 8 am, 9 am, 10 am and 11 am also in 109B in the HLC.

We will discuss suicide; the facts, the warning signs and how to help. This program is dedicated to former students who we remember and want to acknowledge their lives, struggles, and many contributions.

Please join us; classes are welcome. For more information or to reserve seating for a class, please contact Karen M. Cox, LCSW, LMFT at 508-854-4479.

## "CHOOSE TOMORROW"



A suicide awareness presentation

# Transfer MORE credits

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

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

## QCC Associates' Programs transfer into

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

## Assumption College Bachelors' Programs

**Bachelor of Arts in Human Services and Rehabilitation Studies**

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

### Social Science concentrations

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

### Humanities concentrations

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

**Bachelor of Business Administration**

**Bachelor of Business Administration**

**Bachelor of Business Administration-Designer Concentration**

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

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

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

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

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

*Go Places.*  
[www.assumption.edu/cce](http://www.assumption.edu/cce)





# transfer news



Dan de la Torre

Kim Coggans

## QCC Transfer Resources

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

**New and returning students**—Welcome to QCC! Now that you're here for the Fall Semester...where do you want to go next?

If you are planning to transfer—either in the Spring Semester or next fall—the time to start planning is NOW!

Help yourself get started by checking out these transfer resources:

- **The QCC Transfer Office website:** <http://www.qcc.mass.edu/transfer> You can search for colleges, identify QCC courses that are accepted at other schools, and look up scholarship and financial information. You can also book transfer advising appointments at the website.
- **WITS - Walk In Transfer Sessions:** These drop-in times are the recommended starting point to learn about transfer programs, transfer steps, and transfer resources. Bring your questions, paper, and a pen, to take down notes. See details in box on this page.
- **Campus Transfer Visits:** All semester long, local and regional colleges will be on campus to meet with students and talk about transfer. It's a good idea to bring your QCC transcripts to these visits to learn how your courses will be accepted. Look for flyers all over campus and under Transfer Services on the student portal, *The Q*.
- **Fall Transfer Fair:** See box with details on this page. Over 25 colleges and universities will be campus to meet with students. This is a great opportunity to check out different schools--local favorites and new possibilities. Look for posters around campus and details in next month's *Open Door*.
- **QCC Transfer Office, Room 58A, lower level of Administration Bldg.:** Here's what you can find there:
  - College Information - applications, catalogs, and related materials
  - Transfer Guides
  - Scholarship binder and applications
  - Internet-accessible computer to do research on colleges, careers, and scholarships.
- **Need an appointment?** Students can book individual appointments at the Transfer Office website:  
<http://www.qcc.mass.edu/transfer/>

## Transfer Agreements!

QCC is a popular place for four-year colleges as well as for students. Four-year colleges are interested in enrolling our graduates, and we have created transfer agreements for a variety of academic programs in order to make this happen.

Here is a list of agreements that have been established so far **in 2011**:

- Becker College - Liberal Arts
- Benjamin Franklin Institute of Technology - Automotive Technology
- Fitchburg State University - Hotel/Restaurant Management-Hospitality Option
- Johnson & Wales University - Computer Systems Engineering Technology
- Johnson & Wales University - Hotel/Restaurant Management-Foodservice Option
- Johnson & Wales University - Hotel/Restaurant Management-Hospitality Option
- Mass College of Pharmacy/Health Sciences - RN to MSN Bridge Program

To see the full list of agreements, go to the Transfer Office website, [www.qcc.edu/transfer](http://www.qcc.edu/transfer), and click on "Transfer Agreements."

## Transfer Agreements With State Schools

Through the statewide MassTransfer program, we also have agreements with Massachusetts State Colleges/Universities and University of Massachusetts campuses. Here are the QCC programs included in MassTransfer:

- Business Administration-Transfer (and Fast Track)
- Computer Science Transfer
- Early Childhood Education-Transfer
- General Studies
- General Studies-Deaf Studies
- General Studies-Community Health
- General Studies-Elementary Education
- General Studies-Health Care
- General Studies-EUT
- Liberal Arts

These QCC programs are linked with different majors at the state universities and UMass campuses, but some majors are excluded. Go to the "MassTransfer" link at the Transfer Office website, [www.qcc.edu/transfer](http://www.qcc.edu/transfer) for details and requirements.

## Thinking About Transferring to Worcester State?

You are in luck! WSU transfer admissions representatives will be at QCC multiple times throughout the 2011 Fall Semester. They will be available to meet with students - **no appointment needed** - at the Walk-In Transfer Sessions (WITS) listed below. Don't miss this chance to get your transfer plans in order. Be sure to bring a copy of QCC grades/transcript to get detailed guidance on how courses will transfer. All visits in HLC Room 109A - see you there!

***"If you are planning to transfer, either in the Spring Semester or next Fall, the time to start planning is NOW!"***

# September 2011

## Transfer Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13 • Add/Drop period ends.	14 • Withdrawal period begins.	15	16	17
18	19	20 • WITS 10am to 12pm	21	22	23	24
25	26 • <b>American International College</b> 8:30am to 1:30am. • <b>Nichols College</b> A to B Program 9am to 12pm. • <b>Bay Path College</b> 10am to 1pm. • <b>UMass-Lowell</b> 10am to 1pm.	27	28 • <b>Worcester State University</b> 10am to 12pm	29	30	

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

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

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

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

Tues.	Sept. 20, 2011	10am - 12pm	
Wed.	Sept. 28, 2011	10am - 12pm	with Worcester State U
Thurs.	Oct. 6, 2011	10am - 12pm	
Fri.	Oct. 14, 2011	10am - 12pm	with Worcester State U
Fri.	Oct. 21, 2011	10am - 12pm	with Worcester State U
Wed.	Nov. 2, 2011	12pm - 2pm	with Worcester State U
Thurs.	Nov. 10, 2011	10am - 12pm	with Worcester State U
Wed.	Nov. 16, 2011	10am - 12pm	with Worcester State U
Tues.	Nov. 22, 2011	10am - 12pm	with Worcester State U
Thurs.	Dec. 1, 2011	12pm - 2pm	with Worcester State U
Tues.	Dec. 6, 2011	12pm - 2pm	with Worcester State U

Watch for updated events in the next issue of *The Open Door* and on bulletin boards all over campus!

### QCC Fall Transfer Fair, Wednesday, October 26, 2011, 10 am to 1 pm, Conference Room 109, Harrington Learning Center.

Representatives from our most popular four-year partners will be on hand to meet with QCC students.

Don't miss this "no pressure" opportunity to compare programs and ask questions. So far, the following colleges have RSVP'd their plans to attend:

American International College  
 Anna Maria College  
 Assumption College  
 Bay Path College  
 Becker College  
 Bridgewater State University  
 Boston University/Metropolitan College  
 Clark University  
 Emerson College  
 Fitchburg State University  
 Framingham State University  
 Johnson & Wales University  
 Mass College of Liberal Arts  
 Mass College of Pharmacy & Health Sciences  
 Nichols College  
 Salem State University  
 Southern New Hampshire University  
 UMass-Amherst  
 UMass-Boston  
 UMass-Lowell  
 Westfield State University  
 Worcester Polytechnic Institute  
 Worcester State University

# records & registration

## Key Dates and Deadlines For Fall Semester

September	November	December
<ul style="list-style-type: none"> <li>Add/Drop period ends Tuesday, September 13. During Add/Drop students may drop out of a course and enter a different one. If after the first class you realize that it's not right for you for any reason, you may change (assuming of course, there is space available in the course you want to add). After September 13, you may not add any other classes.</li> <li>Withdrawal period begins September 14. From September 15 to November 18, you may leave a course and claim the grade of W. Make sure you follow the procedures detailed in your Student Handbook. After November 18, your professor may grant you the grade of W if you are passing, but you no longer have the right to that grade. S/he may assign the grade of F.</li> </ul>	<ul style="list-style-type: none"> <li>On November 3, mid-term progress grades should be available for viewing on <i>The Q</i>.</li> <li>November 7 through November 21 is Priority Registration for returning students. You now have seniority over all new students--use it! The best schedules and access to the most popular courses go to those who register first.</li> <li>November 18 is the last day to change to or from an audit as well as withdraw without academic penalty.</li> <li>November 30 is the last day to complete "12 Week" incomplete grades. If your work is not turned in to your instructor by this day, your incomplete grade will change to an F.</li> </ul>	<ul style="list-style-type: none"> <li>From December 14 to December 20, there is a modified class Final Evaluation schedule for classes that meet from 8 AM to 4 PM. Check the Fall Schedule Book or with your instructor for details.</li> </ul>

### Records & Registration Question of the Month:

*Question:* What's this Q thing everyone keeps telling me to go to and why should I care about it?

*Answer:* *The Q* is our name for the Portal that gives students access to the college computerized information system from any computer with Internet access. It allows you to have immediate access to information and resources. Almost all colleges now have something like this, and most students find it invaluable.

The front page (even before logging in) provides links to useful college info. Need to access your email? There is a link. Want to know if your instructor is out sick? There's a link. Need to waive the health insurance change on your bill? Yup, there's a link. Want to know what events are on campus? Well, you get the point.

However, that first page is just the beginning. Log on using the User Name and Password that was mailed to you (don't have it? Go to the Registrar's Office with a photo ID and we'll print it for you) and you now have access to your personal information.

Need to check your grades? It's there. Need to print your schedule? It's there. Need to know what classes are left to take before you can graduate? It's there. Need to see your bill, pay your bill, check your financial aid award, see what will happen if you change your major?

Wait, there's more! Most instructors post class information on *The Q* now: Announcements, syllabi, assignments, links to supporting web sites, handouts, and set up chat rooms. It's well worth your time to become familiar with *The Q*. In the long run, it will save you time and effort.



by: Dan Daly

Get the latest Records & Registration news every month in *The Open Door* print edition, or online on *The Q* under "Campus Life."

## Summer/Fall In-Class Notetakers Needed

Are Your Notes Worth \$75?

For more information on becoming a notetaker contact Disability Services



# veteran's corner

Don't forget to file a QCC VA Preregistration Form. A key step to getting your benefit payments is for QCC to certify that you are registered and are full time, three-quarter time, half-time or less. We have about 8600 students on campus and will not know which to certify unless you tell us. Every year, usually before the Fall Semester begins, you must fill out a simple Pre-Reg form. It takes less than 2 minutes to complete and can be done once a year to cover both semesters and summer sessions. If you forget this step, we won't certify you and you won't get paid.

Procedures are now in place for claiming your second Welcome Home Bonus. By now most Vets know that there is a Massachusetts state cash bonus if you served during the second Gulf War-- \$1,000 for service in the war zone, \$500 for six months service anywhere including stateside. If you haven't claimed yours go to the website: [http://www.mass.gov/pageID=treterminal&L=4&LO=Home&L1=Affiliated+Programs&L2=Veterans+Bonus&L3=Welcome+Home+Bonus&sid=Ctre&b=terminalcontent&f=veteransbonus\\_welcomehomebonus\\_firsttime&csid=Ctre](http://www.mass.gov/pageID=treterminal&L=4&LO=Home&L1=Affiliated+Programs&L2=Veterans+Bonus&L3=Welcome+Home+Bonus&sid=Ctre&b=terminalcontent&f=veteransbonus_welcomehomebonus_firsttime&csid=Ctre) for details and application.

v  
If you had a second deployment you are also entitled to a second cash bonus. Service in Iraq or Afghanistan and contiguous waters gets you an additional \$500. Six months or more foreign service is worth \$250. Yeah, six months drinking beer in Naples can get you a bonus. Get full details and an application at: <http://www.mass.gov/Ctre/docs/veteransbonus/welcomehome/SUBSEQUENTDISCHARGED.pdf>

## Change in effect to payments for Post 9/11 GI Bill.

Congress approved, and the President signed into law, changes to the Post 9-11 GI Bill (Chapter 33). Typically, when a major new spending bill like the GI Bill is implemented, there is a need to correct and "improve" the regulations a year or so later. In some cases the changes are improvements. In one major area it may result in a LOWER BAH payment.

Previously, any QCC veteran approved for benefits got the BAH for an E-5 with dependents in the 01606 zip code provided you are over half time. In short, you used to get the same allowance if you take 7 credits or 17 credits. Effective for classes beginning after August 1, BAH payments will be prorated by the rate of pursuit of your degree. Half time or less (6 or fewer credits) still gets no allowance. Full time (12 or more credits) gets you the full allowance. Amounts between 7 and 12 are prorated to the nearest tenth.

**Example 1:** You are approved for 100 % of the benefit (3 years active duty) and are taking two 3 credit courses in the Fall 2011 term. You are less than half time, so the VA will pay your tuition and fees and book allowance but no BAH.

**Example 2:** You are approved for 100 % of the benefit (3 years active duty) and are taking one 3 credit and on 4 credit course in the Fall 2011 term. The VA will pay the tuition, fees, book allowance and part of the BAH. Seven credits is 58% of full time (7 cr / 12 cr). You will be paid 60% of the BAH rate. (58% is rounded to 60%).

**Example 3:** You are approved for 100 % of the benefit (3 years active duty) and are taking three 3 credit courses in the Fall 2011 term. The VA will pay tuition and fees, book allowance, and a part of the BAH. 9 credits is 75% of full time. (9 cr / 12 cr). You will be paid 80% of the BAH rate. (75 % is rounded to 80 %).

**Example 4:** You are approved for 100 % of the benefit (3 years active duty) and are taking four 3 credit courses in the Fall 2011 term. The VA will pay tuition, fees, book allowance, and the full BAH.

Beginning in the 2011 Fall Semester, if you want the full housing allowance, you must be a full time student (minimum of 12 credits). Also remember at least one course must be on campus. On line courses are permitted, but if all are on line there is currently no housing allowance.

Questions? Contact **Holly** 508-854-4270 or **Dan** 508-854-4277, or drop by **Room 152A**.

## Veteran's Question of the Month

**Question:** I'm just back from Iraq (181st Infantry). Before we were deployed, I was getting GI Bill payments for Chapter 1606 and my National Guard tuition and fee waiver. Now my unit tells me I can get more money either through REAP or the Post 9/11 GI Bill, but they won't tell me which is better for me. Usually the older guys in my unit are a big help with these choices, but not so much now. Some of them are under the Montgomery GI Bill, some are Post 9/11, and some say REAP is better for National Guard. Can you tell me which to pick?

**Answer:** Nope. This is your choice and if you choose to go with the Post 9/11 (Chapter 33) GI Bill you can not change to another. No one wants to be the one who tells you to change to Chapter 33 and then have you come back complaining you got screwed. No one wants to be responsible for your decision.

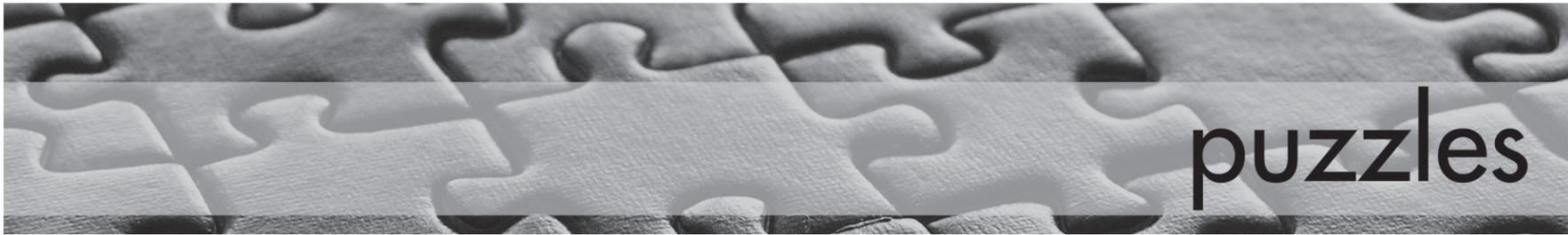
So, which option is best for you, depends on your own circumstances. So consider the differences:

1. The Montgomery GI Bill (Chapter 30) pays a monthly stipend that varies based upon number of credits enrolled. There is no book allowance or tuition & fee payment. For veterans with no service after to 9/10/2001, this is often the best choice – especially when they have a tuition and fee waiver through another program
2. Chapter 1607 (REAP) is designed for reservists who were recalled to active duty. This pays a monthly stipend which varies based upon how much active duty you had and how many credits enrolled. No book allowance, tuition or fees provided. Some National Guard soldiers find that with their tuition and fee waiver, this pays the best for them. Some find it pays less than the Post 9/11 bill.
3. Chapter 33 (Post 9/11 GI Bill) pays tuition and fees, a book allowance, and a monthly stipend. If a veteran has 3 or more years active duty, s/he gets full tuition and fees paid, a book allowance up to \$1,000 per year, and the BAH for an E-5 with dependents in the 01606 ZIP Code. There is a sliding scale for benefits for soldiers with less than 3 years active.

So as you can see, two soldiers in the same unit might be taking a different number of courses, have different amounts of active duty time and have different goals. There is no way anyone can give a general answer as to what program is better, but there is help. The VA Web site, <http://www.gibill.va.gov/> has a calculator that will help you see which is best for your personal circumstances. You should run the numbers, then complete VA form 22-1990 choosing the program that is best for you.

*Finally, welcome home and thank you for your service!*





action  
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 exposition  
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 narrative  
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 paradox  
 personification  
 plot  
 prose  
 resolution  
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 satire  
 simile  
 sonnet  
 stanza  
 style  
 symbol  
 theme  
 thesis  
 tone  
 turning  
 verbal  
 verse  
 quotations

For the new semester this Literary Word seek should help with two of the three R's, Reading and Writing. Just find the Fifty hidden words.

# Bookstore Hours

Fall 2011 Schedule Booklet

**Fall 2011 Regular Bookstore Hours:**

Monday - Thursday 8:00am - 4:00pm  
 Friday 8:00am - 3:00pm

**Fall textbooks available in store and online:**

Monday, August 29, 2011.

**Fall 2011 Extended Hours:**

Monday - Thursday	August 29th - September 1st	8:00am - 7:00pm
Friday	September 2nd	8:00am - 5:00pm
Monday	September 5, 2011	Closed - Holiday
Tuesday - Thursday	September 6th - September 8th	8:00am - 7:00pm
Friday	September 9th	8:00am - 5:00pm
Saturday	September 10th	8:30am - 11:30am
Monday - Thursday	September 12th - September 15th	8:00am - 7:00pm
Friday	September 16th	8:00am - 3:00pm

DAILY BOOK BUYBACK WILL BEGIN MONDAY, SEPTEMBER 19, 2011





**Want a part time job with great pay,  
tuition assistance and weekends off?**

**[www.upsjobs.com](http://www.upsjobs.com)**



Our Part-time Package Handlers earn \$8.50-\$9.50 per hour, with a \$1.00 raise in 90 days. Immediately get up to \$15,000\* in college education assistance, (that's \$1,500 per semester, \$3,000 per year for 5 years). Paid Holidays, sick days and personal days will be yours along with paid vacations. UPS has fully paid, complete healthcare benefits for you, your spouse, and children too.

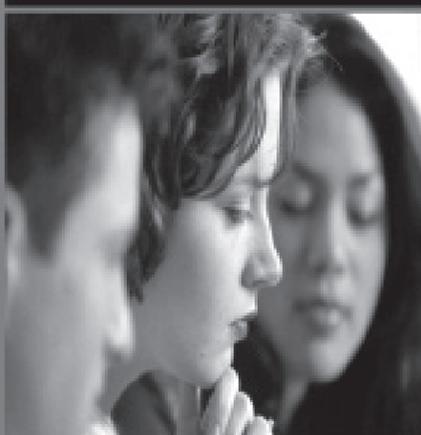
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 Preload: 4:00 a.m.-9:00 a.m.  
 Day Shift: 1:00 p.m. -6:00 p.m.  
 Twilight Shift: 6:00 p.m. - 11:00 p.m.  
 Night Shift: 11:00 p.m. - 4:00 a.m.

**Apply online at: [www.upsjobs.com](http://www.upsjobs.com)**

**For more information call 508-751-6017**

Equal Opportunity Employer  
 \*Program guidelines apply



## THE DENTAL HYGIENE CLINIC

QUINSIGAMOND COMMUNITY COLLEGE  
 670 WEST BOYLSTON STREET  
 WORCESTER, MA 01607-2092  
 508-854-4306

CLINIC HOURS	FALL SEMESTER	SPRING SEMESTER
MONDAY	CLOSED	8:00 AM - 12:00 PM 1:00 PM - 5:00 PM
TUESDAY	8:30 AM - 12:00 PM 1:00 PM - 4:30 PM	8:30 AM - 12:00 PM 1:00 PM - 4:30 PM
WEDNESDAY	CLOSED	8:00 AM - 12:00 PM 1:00 PM - 5:00 PM
THURSDAY	8:30 AM - 12:00 PM 1:00 PM - 4:30 PM	8:30 AM - 12:00 PM 1:00 PM - 4:30 PM
FRIDAY	CLOSED	CLOSED

### Services Offered:

Adult (ages 13 and older)	
Assessment, complete prophylaxis, toothbrush, education, fluoride treatment, BW x-rays or FMX as prescribed	\$25.00
Children (ages 12 and under)	
Assessment, complete prophylaxis, toothbrush, education, BW x-rays, fluoride treatment	\$20.00
Senior Citizens (age 62 and older)	\$20.00
Full-time college student with valid I.D.	\$20.00
Full- Mouth X-rays	\$20.00
Bite Wing X-rays	\$10.00
Panoral X-ray	\$20.00
Pit and Fissure Sealants (each)	\$10.00
Athletic Mouth Guard	\$20.00
Fluoride Varnish Treatment	\$15.00
Chemotherapeutic Agents	\$15.00/area
Tooth Lightening	\$50.00
Supplemental Aids	
Rubber tip, Floss threaders, Bridge Cleaners, Extra toothbrushes, Proxy brushes, Perio-aids, etc.	\$2.00

Cut along here

**\$5 OFF**  
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**WITH THIS**  
**COUPON**

# Training and Education Center

508-751-7900 | [cce@qcc.mass.edu](mailto:cce@qcc.mass.edu) | <http://cce.qcc.mass.edu>

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

Our fall courses are open for registration! Check our website or pick up a catalog on campus so that you don't miss out on our offerings!

## Here are some of our 'Hot Picks' for Fall 2011!

- **TEAS/HOBET Review Classes:** Weekday evening and Saturday classes available
- **Pharmacy Technician Training:** Day and evening courses starting soon at both Worcester and Southbridge locations
- **Phlebotomy/EKG Technician Training:** Day and evening courses starting soon at both Worcester and Southbridge locations
- **Nurse Assistant/Home Health Aide Training:** Saturdays 8am-4pm from Sept. 24 – Dec. 17, 2011
- **Ophthalmic Medical Assistant - \*NEW:** Evening courses starting soon apply early!
- **Veterinary Assistant - \*NEW:** Evening courses starting soon apply early!
- **Online Medical Training Courses**
  - Medical Transcription
  - Medical Transcription Editor
  - Outpatient Medical Coding and Billing
  - Inpatient/Outpatient Medical Coding and Billing
  - Pharmacy Technician
  - Medical Administrative Assistant
- **Sterile Processing Technician Certificate:** Day and evening courses available...starting soon...apply early!
- **Laboratory Animal Technician Training Certificate:** Oct. 13 – Dec. 15, 2011...Thursdays...6-9pm
- **Community and Medical Interpreting:** If you are bilingual and want to put those skills to use and make some extra money, then look no further because this is the course for you! We are working with a reputable translation and interpreting company to provide top-quality training. Take advantage of this opportunity! Evening and Saturday courses starting in early October. Register early!
- **Other courses that we will be offering this fall semester include:**
  - Belly Dancing for All Ages
  - Stand-Up Comedy
  - Bartender Training
  - Reiki I & II
  - Real Estate Salesperson/Broker Training

Please contact the Training and Education Center for more information at 508-751-7900 or [cce@qcc.mass.edu](mailto:cce@qcc.mass.edu)



## Writing Tutors at the Communication Skills Center

Can help you with your writing assignments for any class

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

## Quinsigamond Community College Math Center

206 Harrington Learning Center

508-854-7487

[www.qcc.mass.edu/mathsupport/](http://www.qcc.mass.edu/mathsupport/)

- The Math Center provides free drop-in mathematics tutoring on a one-to-one and group basis for students taking math and related courses at Quinsigamond Community College.
- The Math Center has a large staff of tutors, desktop and laptop computers with appropriate software for mathematics use, Math Department course textbooks and solutions manuals, as well as graphing calculators for use in the Center, and CPT review material.
- We can help you register for MyMathLab - be sure to bring your Student Access Code and instructor's course id.
- Graded assignments, take-home exams and projects must be the work of the student. Our policy restricts our assistance to problems and assignments to which there are printed solutions. We will gladly assist with similar problems found in our textbooks and technology resources such as MyMathLab.



### Fall Hours

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

**Quinsigamond Community College**

*Date: 09/17/11*

# Flea Market and Craft Fair

*Time: 8:00-1 PM  
Rain or Shine\*\**

\*\* Flea Market will be held at the same site indoors in the case of rain or inclement weather.

The Quinsigamond College Alumni Association would like to invite you to attend or come sell your items at our upcoming flea market and craft fair.

- Tables available to sell your items for a fee of \$25 per table or \$15 for a 1/2 table.
- Items can be donated to our Alumni Association's White Elephant table, all proceeds to benefit the QCC Foundation to fund student needs and scholarships.
- QCC Students will be selling food all day to benefit the QCC Foundation.

**Quinsigamond Community College Satellite Campus**

Located at the Senior Center  
128 Providence St  
Worcester, Ma  
01604

Please contact Rebecca King to register for a table or to donate items.  
Phone: 508-799-8068  
E-mail: [rking@qcc.mass.edu](mailto:rking@qcc.mass.edu)

You can miss a lot in a week....

WWW.FINDAFLUSHOT.COM

## GET YOUR FLU SHOT!

*Your Health – It's Worth a Shot!*

Recovering from the flu can take up to a week or more, causing you to miss out on life's special moments. Don't delay, get your Flu Shot!

**ON-SITE FLU CLINIC**

**DATES and LOCATIONS:**

Thursday	October 6, 2011	Worcester Campus-HLC Room 109 A&B
Tuesday	October 11, 2011	Southbridge Campus- 5 Optical Drive

**TIMES:** 9 am-4 pm

**COST:** FREE - With Most Insurances

# "Assumption accepted and applied more QCC credits."

You'll save money and shorten your time to graduation by receiving more transfer credits from Assumption College.

*"After earning my Associate's degree at Quinsigamond, Assumption accepted and applied more QCC credits towards my Bachelor's degree than other schools."*

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

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

**-Georgina Njenga '10**

*Associate's Degree in Radiological Sciences,  
Quinsigamond Community College*

*Bachelor of Science in Social Sciences, Assumption College*

*Future plans: Graduate program in Physician Assistant studies*



- **Transfer up to 75 credits – saves money and helps you graduate sooner**

*(See ad in Transfer Section of this publication for details)*

- **Small class size, individual attention!**
- **Personal academic advising!**
- **Personal career advising!**
- **Private college education and service!**

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

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

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

*Go Places.*  
www.assumption.edu /cce

