

Intro to Journalism Samples

Article 1

HEALTH

Yoga and Meditation

By CHRISTINA M. HALE

Research shows that Yoga is especially good for college students who have extra stress. It improves your overall health and your focus which are essential in college. Yoga is the union of the mind, body, and spirit. It's about focusing on you! Yoga works from the inside out; meaning you have to be in touch with yourself as a whole. Meditation which is a crucial part in yoga stills the mind and induces both physical and emotional relaxation. In doing so it reduces blood pressure, chronic pain, and anxiety and also cholesterol levels. During the meditation portion of yoga you sit in your "Yoga Space", and become aware of your consciousness in order to figure out what's bothering you in your life so you can fix your problems. You close your eyes and "Check in with Yourself" as they say in Yoga and whenever you feel stressed out you take slow deep breaths and push the negative energy out of your body. If done correctly you will eventually feel your body ridding itself of the toxins that are produced from negative events and hardships in your life. Yoga goes back at least 5,000 years and started in India. Some other benefits of Yoga are: improvement of strength, balance flexibility, endurance and focus.

The term in Yoga for breathing is "Pranayama". Breathing is very important in yoga because you must breathe correctly in order for the muscles and brain to work together as they are supposed to. Yoga teaches you to be still and peaceful. Yoga Postures are called "Asanas" they provide a gentle to intense workout that enhances strength, flexibility and balance. For the physical body it tones the muscles, the mental - it makes you more disciplined and focused, and for the spiritual aspect it

keeps you in check with yourself.

Pranayama increases blood circulation and reduces oxygen consumption, which brings more oxygen to the brain and improves the efficiency of oxygen use in the body. It also increases lung capacity. Getting ample air into our lungs helps us feel alert and focused. As college students sometimes we are so busy that we can't think clearly, we become overwhelmed with balancing work, school, homework and personal life. Yoga teaches you how to breathe right and this improves mental clarity and focus. Have you ever noticed when you're really stressed out or going through a terrible life experience you feel as though you can't breathe? Well yoga teaches you how to be in control of your body. According to www.Yogalamazoo.com, "It's good for college students especially because of the stress such students have".

According to www.verexfit.com and "The Journal of Perceptual and Motor Skills," a study of 87 college student participants of Yoga reported greater decreases in scores on anger, confusion, tension, depression and sections of mood inventories than did control students. My own personal experience - I was a full time student last semester and worked full time thanks to yoga I noticed I could handle all the daily tasks of my life much better. I didn't feel overwhelmed like I had when I first started college. I had taken yoga when I was younger however; I realized when I took a class here last semester with Professor McGuire that I was never really focusing on myself. Professor McGuire was a phenomenal yoga professor. She helped me to get to know myself better, as far as dealing with



and taking control of my emotional being and taking charge of the problems in my life. It makes you much more aware of everything in your life. You'll want to keep improving yourself. You gain incredible levels of self confidence and this makes you feel like you can accomplish anything. According to (www.dailyillini.com.) college students benefit more from the emotional and mental aspects of Yoga. It teaches you how to be positive especially in difficult times. College students need a physical release and Yoga gives that to them.

There are many different types of Yoga such as VINYASA: which means breath- synchronized movement Vinyasa tends to be a more vigorous style based on the performance of a series of poses called Sun Salutations, which are a series of 12 postures performed in a single, graceful flow. Ashtanga, which means "eight limbs" in Sanskrit, is a fast-paced, intense style of yoga. A set series of poses is performed, always in the same order. Ashtanga practice is a very physically demanding because of the constant movement from one pose to the next. Ashtanga is also the inspiration for what is often called Power Yoga. If a class is described as Power Yoga, it will be based on the flowing style of Ashtanga, but not necessarily keep strictly to the set Ashtanga series of poses.

For students interested in taking Yoga I would suggest you take Professor McGuire's classes here at QCC. There is also a Yoga studio in Astoria that I go to that's great too! It's called "The Yoga Room," located at 32-32 Steinway Street on the 2nd floor; Tel. (718) 274-0255. Good websites for information about Yoga include: www.yogabasics.com and www.yoga.com.

QUEENSBOROUGH NEWS

I Want to be HEARD!

The Intercollegiate Poetry Slam at the Bowery Poetry Club

By CHRISTINA RODRIGUEZ

There are some poets that have been writing since they were in middle school or high school. They have notebooks filled with tons of poetry, most of which has never been seen or heard. And there are poets who started writing in college having taken a course in poetry or creative writing. They fell in love with poetry and releasing their souls on paper. Then there are those who have always loved poetry but don't write it. They love to read it or hear it performed. Where can all these people come together to enjoy their passion? At a poetry slam! Where can Queensborough Community College poets and lovers of poetry come and enjoy a poetry slam? At the Intercollegiate Poetry Slam at the Bowery Poetry Club in New York City's lower east side.

A poetry slam is a competition where poetry is performed. At the Intercollegiate Poetry Slam at the BPC there are no props, costumes or music used in a poet's performance. A poet is judged by their poetry and/or performance. Judges are selected from the audience and asked to give each poet a score ranging from 0, being the lowest, to 10, being the highest. There are a set number of rounds depending on the size of the competition. Whoever receives the highest score at the end of the slam is the winner. And, before or after a slam, there is an open mic session for anyone who doesn't want to compete but would like to share their poetry.

College students from all around New York City come and compete in the slam. The slam is

usually on the second Saturday of every month during the school semester. It starts at 6:00 p.m. and ends at 7:30 p.m. There is an admission fee of \$5.00. Anyone who is interested in reading should come at 5:30 p.m. to sign up. Poets should come prepared with at least three poems to perform. There is usually a time limit of three minutes for each performance. There are usually three rounds and then a final round with the top three or four poets competing for the top prize, which is usually \$100.00. The Bowery Poetry Club is located at 308 Bowery between Houston Street and Bleeker Street in the city. You can take the F train to Second Avenue or the 6 train to Bleeker Street. For more info and directions, you can go on the club website, www.bowerypoetry.com.

Professor Joan Dupre of the English department is the faculty advisor of the QCC Poetry Slam team. For the past two years, starting in 2005, she has occasionally hosted the slam and is usually the tabulator of the scores. Happily, there have been quite a few people from our QCC family that have taken home the monthly prize. In a recent email interview, Professor Dupre had this to say about the atmosphere of the slams: "Spoken Word can be raw expression or finely tuned poetic lines, but at its best is filled with the energy and passion of its young practitioners. The scene at the club can be electric and the power in the room so inspiring that amid the hoots and hollers poets have been found penning lines as they wait their turns on the red leather bar stools. When we

begin, the velvet curtains cordon off the event and the stage is lit. The audience is attentive as talented poets share their verses. We hear about broken hearts and homes, the joy of love and the blood of the city streets. Poets transform their personal pain and political passion into lines that reach beyond the usual boundaries of color, gender, and ethnicity to move the audience to applause and nods of recognition. These poets get their thrills from words and we are entertained and stirred by their efforts." Professor Dupre is also forming a Poets & Writers club this semester where there will be slams and readings of poetry and fiction on campus. Anyone interested in the club or going to the Intercollegiate Poetry Slam at the Bowery Poetry Club and joining the QCC Poetry Slam team should contact Professor Dupre at jdupre@qcc.cuny.edu.

Recently, I got to be a judge at the competition. I heard fantastic poetry from gifted students and I know that I have found a place where I can be at home with poetry. There were times when I felt deeply moved. There were also moments when I found myself laughing and thoroughly entertained. Most of all, the poets made me think. You can't help but think, whether it's positive or negative, about the poetry you hear at this slam. Plus you get to meet your peers, from different parts and schools of New York, who you already have something in common with: a passion for poetry.

Article 2

QCC NEWS

Students Graduate ASAP

By BREANNE HANSON AND CHRISTINA RODRIGUEZ

Students are constantly flooded with the many concerns affiliated with graduating college in a timely manner. Time, tuition, travel, and book costs are just a few of these overwhelming concerns. Luckily in 2007 Mayor Bloomberg proposed a very effective solution for the 6 CUNY community colleges. Have you ever dreamt of the idea of a cost-free college experience?

Free tuition, Metro Cards, and the availability of all course books are just a few of the perks offered in the ASAP program here at QCC. The idea of ASAP, Accelerated Study in Associate Programs, was brought forth by the New York City Commission for Economic Opportunity in 2007. There are currently 228 students enrolled in the ASAP program at QCC. The goal of the program is to enable 50% of the students to graduate in 3 years, and 75% of students to graduate in 4 years.

There were a few qualifications to be accepted into this program. The most significant was that the student must be double or triple exempt. Those who were double exempt had the opportunity to attend summer programs, free of charge, to enable the student to complete his or her remedial

courses. Upon the completion of all remedial courses, the student was eligible to participate in the ASAP program. The second requirement was the student must be willing to attend college full-time and must also be a New York City resident. All ASAP students are eligible for all the benefits of the program. They are eligible to get full tuition and fees paid for by ASAP if in fact they receive state and/or federal financial aid.

ASAP students have the availability of several support opportunities; for instance, attending bi-monthly meetings with a student manager. As stated by Danielle Izzo current Student Manager, "We are a one stop shop". Danielle says that her services provide ASAP students with a convenient place to complete actions enabling the participants to be the best student he or she is capable of being; whereas, for example, non-ASAP students would have to visit various locations around campus for advisement, registration, and career options. Students also have the availability of extra tutoring and the opportunity to meet with a job developer who can assist them in finding part-time work.

Another important element of the ASAP pro-

gram is each of the participants are in the same block scheduling of classes. As explained by Bobbi Brauer, Director of the ASAP program, "Block scheduling means that a convenient schedule was 'blocked' out for the specific ASAP cohort of students, of approximately 25-30 ASAP students in each class." This block scheduling allows the students to create support systems. The students are more apt to consider getting assistance in class by a fellow student because of the bonds created by spending a majority of their school time with one another.

The ASAP pilot program has not yet had the opportunity to yield improvements in terms of graduation success. However, each student has already shown vast improvements in his or her attitude concerning college challenges. The ASAP program is an imperative tool that students should continue to have access to in years to come. Support from fellow students, staff, and the general public is essential in prolonging the ASAP opportunity for future students. Information on the ASAP program is available online at www.qcc.cuny.edu/asap, or by contacting ASAP Director Bobbi Brauer.

Text Messaging Alert System

By CHRISTOPHER SKEETE

Can text messaging stop crime on college campuses? According to university and college administrators, text messaging alerts will notify students and staff about any Emergency Campus Events including, for example, security-related incidents, bomb threats, missing individuals and attempted abductions, as well as providing advisories as events unfold. Also, students and staff can use it as a First Responder Mobilization by using phones to alert campus security, police, fire and emergency services automatically. Not only do such systems work for school threat emergencies, they can also be used to inform students about routine issues—such as reminders to register for classes. The way it works is that students, faculty, and employees sign up and opt in for text alerts by providing their cell phone numbers to campus security services. When an emergency situation occurs, administrators at the colleges can use a web-based service to send text messages to every cell phone on the list, reaching students who are sitting in class, walking around campus, or in mid-commute.



What started the text messaging alert system was the failure to warn students of the shooting on the campus of Virginia Tech on April 16, 2007. Thirty-two students were killed and many wounded by the perpetrator, Seung-Hui Cho. That tragedy has forced Virginia Tech to look for a way to reach students anytime and

anywhere. More than 250 colleges and universities across the country were calling on companies that offer an essential program with instant messaging capability — a system called e2Campus, which can launch text messaging to thousands of people within minutes. Later in April, New York State Board of Higher Education met to disclose a deal that would release its new emergency broadcasting service in May of 2007.

A recent MSNBC article on text messaging systems stated that, "St. John's University purchased their "InCampuAlert text-messaging system over the summer from a California company called MIR3 Inc." St. John's University utilized their text messaging alert system when a student, Omesh Hiramien, was caught carrying a loaded rifle in a black plastic bag wearing a hooded sweatshirt and a Halloween mask. Students received the text messages within 18 minutes after the student was apprehended. The school went into lockdown within a half hour. After the incident more students have signed on to the campus alert system to receive any notification on school campus grounds that can affect the student body.

While at the recent Journalism and Media convention in the CUNY Graduate Center, Garrie W. Moore, Vice Chancellor for Student Development at CUNY, stated that, "Some CUNY is equipped with text messaging systems and in a couple of months all CUNY colleges would have the systems installed." According to QCC public safety official Mr. Black, "Queensborough is currently going through a process of bidding on the cost of a text messaging system." If Queensborough were to get the campus alert system, students would feel safer from harm. They can also receive text messages on general events or any important related subjects on the QCC campus.



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Article 3

QCC NEWS

Safe Surrender

BY BREANNE HANSON

The effects of serving time overseas do not simply disintegrate when a person enlisted in the armed forces returns home. Many troops have uncontrollable feelings of fear, rage, or even a sense of alienation. It is difficult for the men and woman who have served in the military to convert his or her lifestyle back to its previous equilibrium. In order to help those who have been affected either emotionally or mentally, Queensborough Community College is launching a Veterans Center conveniently located on campus.

In August 2007, Dr. Rustin, Director of Counseling, proposed the development of a Veterans Center at QCC. His proposal was titled, "Enhancing Services to Veterans and Reservists at CUNY." His idea has since been accepted and welcomed to the QCC campus. The launching of the veterans center is to occur in January 2008. An extensive agenda has been prepared and is cur-

rently awaiting action.

Besides mental health counseling at the center, reservists and veterans will also have access to a trained counselor that will assist them academically. Many veterans have Veterans Administration grants that cover tuition costs. However, with these grants come several requirements that must be fulfilled. Many veterans may not know the exact expectations attached to the V.A. grants so the counselors at the Veterans Center will keep the participants on track academically, with peer mentors assisting with college entrance courses, one-on-one help registering and selecting classes, and also constant attention on attendance and grades to decrease the chance of academic probation.

Director Dr. Rustin has stated that he does not want the services at the Veterans Center to be exclusively for veterans or reservists. He would

like to encourage family members or friends who have been affected by their loved ones being enlisted in the armed forces to know that they have access to support at the Veterans Center. They will have the ability to receive private or perhaps group counseling to cope with altered relationship dynamics. The center will be located in the lower level of the Student Union building. In January 2008, veterans, reservists, and affected family members or friends will finally have a location which will enable them a safe surrender.

To acquire more information, contact QCC counselor Andrea Cohen who is currently working with Director Dr. Rustin. Ms. Cohen is located at the counseling center in the Library Building, room 428. She is also available via telephone at 718-631-6370.

Get Published with the QCC Student Publication Club

BY CHRISTINA RODRIGUEZ

A writer's written word is a jewel waiting to be found. Every writer wants to see their work published, to show to the world and themselves something that they created. To get your work published though, can be a long, frustrating and expensive process. One student club at QCC has found a solution: start a student publication club.

The idea of a student publication club was proposed by English Professor Joel Kuszai, the faculty advisor for the QCC Student Publication Club. He wanted to show students who are passionate about their writing how they can make their dreams come true. The students involved hope to start creating chapbooks and mini magazines of literature, poetry and whatever forms of art they can get their hands on. I had the opportunity to meet with a couple of members and the faculty advisor of the QCC Student Publication club. These friendly and passionate people want to help anyone who is passionate about their writing and getting it out in the world. Students, faculty, alumni and members of the community can submit their work for publication, and club members are more than happy to help you with the process, to help you edit your work, to teach you about publication, and more.

The process for publication through the QCC Student Publication Club is simple. All you have to do is submit your work to the club, whether it's through the officers of the club, the faculty advisor or emailing their website, publicationclub.org, which is still under development. Together, you will be working on how you want your book to look. With the aid of Adobe In Design, you can format your work into a chapbook or a small magazine. After you have that set up, it will be sent to a printer or printed out on a laser printer. All there is left to do is to sit down and take the club's saddle stapler and staple your copies. And there you have it, your first published book!

Professor Kuszai will also help students through the copyright process. What happens to the copies of these publications is completely up to you, the student. You can have copies of your book or magazine in the school's library. You can hand them out to friends and family. You can sell it. It's your book! As an aspiring writer, I was completely amazed that it can all be that simple.

The club isn't only about helping others, but is also a way for the members to express themselves. The president of the QCC Student Publication Club, Kwasi West, had this to say about the purpose of the club and what it means to him: "Basically, what the club means to me is what writing originally meant, something to make myself and others happy. To hold something out and say, 'This is what I created', only now, this club is letting others do the same. Cause no matter how you cut it, we all have something we wanna say. So we all get a chance to say, 'This is what I created'. I know that if we all had the chance to get something we created out there, the sense of fulfillment we would get won't compare to anything this society thinks can be bought. Most people are not happy in society. Let's face it. The suicide rate in this country is highest at this time of year. We need anti-depressants of the oldest kind: art, literature. Let's be mature enough to admit that shall we? No matter how many songs our iPods can hold, or how many "profile views" we have, it won't make up for the depression we all feel on those lonely nights in our beds. The media says pills and therapy is the answer, but it's not. Let's save the fragments of our existence and write our stories. Even if it's boring, even if it's horrid, even if it makes you cry, for us all, for tomorrow. Let's show the future we weren't twiddling our thumbs away at our sidekicks and cell phones during all hours of the day. Let's tell them, 'This is what I created'."

Kwasi's thoughts are only one perspective that can be found among the founding members of this great idea that will benefit the writers of QCC. During the Spring semester of 2008, on every first and third Wednesday during club hours in room H-116, come and meet the different writers who have one goal in mind: creation. This club has big plans in mind. From online meetings to discuss publication to fundraisers to raise money to produce and publish good quality books and magazines, this club could be on its way to making great things happen on the campus of QCC and beyond. To find out more information on the club, contact the faculty advisor, Joel Kuszai at jkuszai@qcc.cuny.edu. And start gathering your writing to be published!

Dr. Gaines-Jeffries 1970-2007

BY MARIO ARRENDELL

We are honored to have had a great Professor like Dr. Gaines-Jeffries teach at Queensborough Community College. Dr. Tracy Patricia Gaines-Jeffries, 37, departed this life on June 14, 2007 in New York. She was originally from Johnstown, Pennsylvania. She came to teach at Queensborough in the spring semester of 2006. She was a Doctor of Podiatric Medicine, having received her B.A. in biology from the University of Pittsburgh, and was a graduate of the Ohio College of Podiatric Medicine. She was not only a great scholar, but was also a member of the woman's basketball team for Ohio University. Before teaching at Queensborough, she taught at the Community College of Allegheny County. At the time of her death, she was a professor of anatomy and physiology at Queensborough. Her students describe her as being a dynamic and energetic instructor who cared very much about their success. She also enjoyed a great relationship with her departmental colleagues who describe her as a person who loved teaching and everyone around her.

Her passing was a tragic loss to everyone, especially to her husband Brian and their three young children. Dr. Gaines-Jeffries will be truly missed for her enthusiastic personality and for the invaluable inspiration and support she provided to her students.