

THE PAPER

So we stand here
On the edge of Hell
In Harlem
And Look out on the world
And Wonder
What we're gonna do
In the face of
What we remember
Langston Hughes.

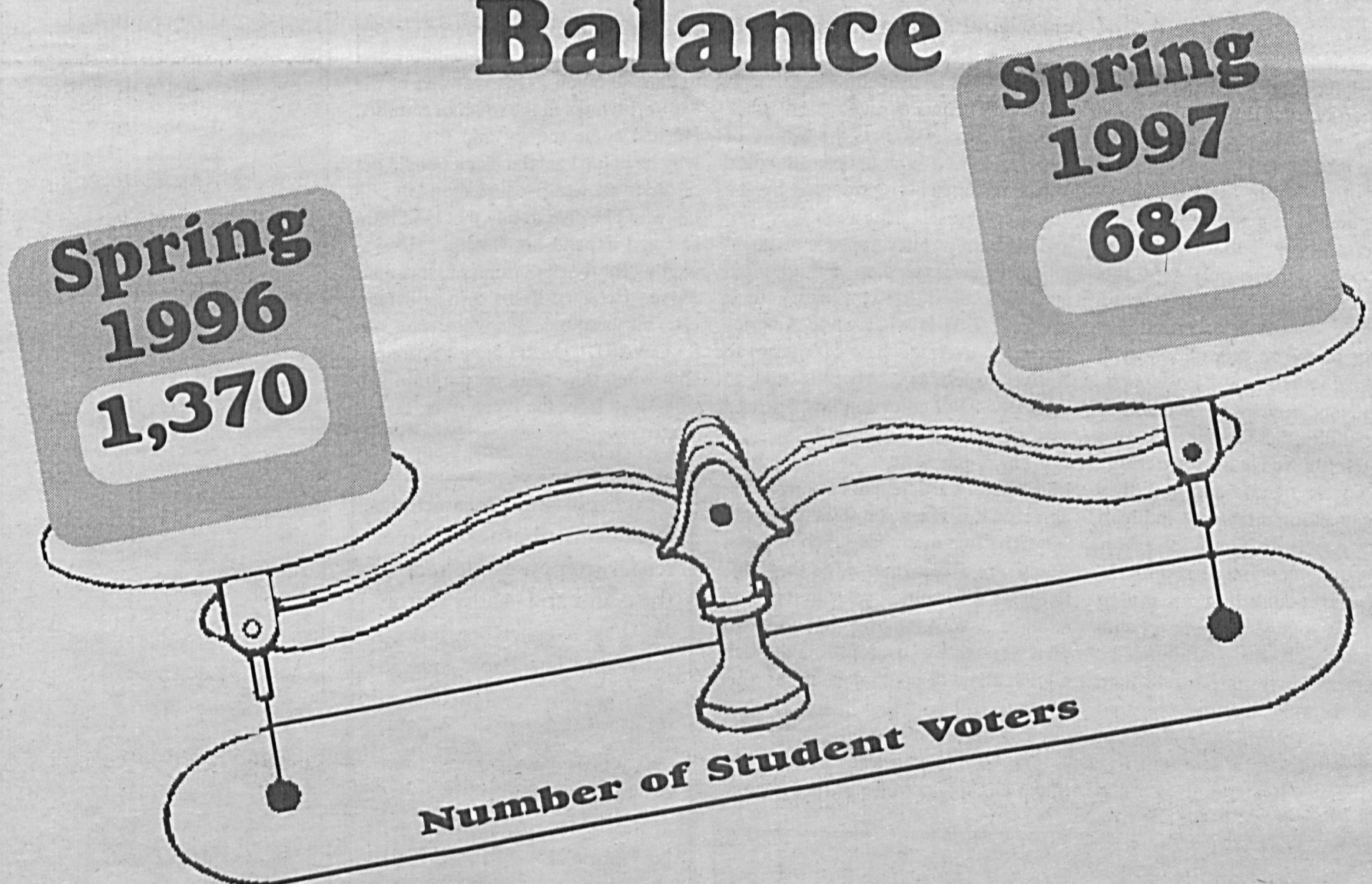
CITY COLLEGE OF THE CITY UNIVERSITY OF NEW YORK IN HARLEM

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A Medium For All People Of African Descent

May 13, 1997

The Future Of Student Voting At CCNY Hangs In The Balance



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Editorial

As the semester comes to an end, and we all feverishly cram for finals, let us pause for a moment, and reflect on what is "really" going on around City College.

At a time when we should all be proudly basking in the glow of City College's illustrious career, and doing our best to make sure the legacy continues, it seems as if a spirit of complacency has taken over. For some of us, that is.

Recently, at a City College award ceremony honoring students for outstanding leadership and service, Associate Dean of Student Affairs, Paul Bobb, made a statement which at any other time, would have been something that I could applaud.

"One of the most important student activities on campus, is the Student Government elections....," said Dean Bobb.

Well you can only imagine the expression on my face, after I heard that remark. Oh yes, I was utterly surprised, because after looking at the disparity in the statistics from our most recent student elections, one could

have wondered whether Dean Bobb was speaking about some other college.

Don't get me wrong now. I totally agree with Dean Bobb's statement. But why does it look like only 681 of my fellow schoolmates share the same sentiment?

That's right ladies and gentlemen, $681+1 =$ a not-so-grand total of 682 students, that took the time out to vote during our elections for Day Student Government. A meager 8.4% of City College's student body.

Frankly, that came as somewhat of a surprise. But after doing a bit of retrospection, I realized that not too long ago, when the college was threatened by another tuition hike, major student participation was once again lacking.

Now, I'm certainly no one's voice of reason, but I don't feel comfortable just sitting back and watching all this happen. It's been said that a "rolling stone gathers no moss," and I really don't see City College making any significant progress without the full participation of its student body.

All students need to realize that we

do have a voice here on campus. Though we may not always be heard, that doesn't say we should just roll over and die.

I've had my own personal struggles trying to get more student participation at *The Paper*, and it certainly has not been easy. Nevertheless, I'm still here, and I don't plan on quitting.

City College has had quite a history of strong student participation, and we've come too far to turn back now.

As we continue to celebrate our Sesquicentennial, let's give ourselves something to be proud of. Student's are an integral part of the survival of this college, so let's not become stagnant and complacent at this important juncture in our school's career. So, for the elections in Spring of 1998, let's all go out in a united effort, to be counted, and be proud.

La-June McPherson
Editor-In-Chief

Letters to the Editor:

Dear Editor,

I am writing this in response to an article that was written about "Rosewood" in the "Arts and Entertainment" section of "The Paper" on 02/25/97.

First of all before I begin to comment on the article I would like to let everyone know that I saw "Rosewood". I have only seen this movie one time and I thought it was a great movie on the Black-American experience on the chapter of history in America. I agree that "Rosewood" finally did not portray the women as caring, intelligent, beautiful and friendly. It showed how respectfully the elders were treated and how they always play an important role in life of the Black-American family and how important the elders are in raising the children and counseling or giving advice to the younger generation with their wisdom. It also portrayed the Black man as brave, intelligent, hard working and caring, an all around gentleman. This is something that has not been done before and if it has, it was not done the way John Singleton did in

the movie.

When I saw "Rosewood," I saw a town that was destroyed by racist, jealous white cowards who fear Black people. "Rosewood" is the history of white America and people of color. White America is represented by the "mob crackers." This mob was wild and barbaric. They raped and killed innocent men, women and children and they used lies to justify their actions. This is what white America has done over the past 500 years to Native Americans, Africans and to other people of color and this is what I saw when I saw "Rosewood."

The part in Ms. La-June McPherson's article that I strongly disagree with is when she says/writes:

"The two men, one white and one Black, are able to put aside their differences, forming an unexpected alliance. Working together the two men were able to demonstrate through a great show of courage, that humanity could still be found in some, when others are at their worst."

This white man who "helped" Mr. Mann did not convince or fool me one

bit. The only reason why he helped Mr. Mann was because he would stand to gain so much. This was one of the well-off whites in the town of Sumner. He had some money and the reason why he helped get the black people out of the town was because then later on he would be able to buy that land himself and expand his wealth. He was waiting for the opportunity to make his move. He acted in his own self-interest. Furthermore, this white man was a COWARD! He did not even fire one shot when they were on the train getting away from the lynch mob, he just

Letter, continued on page 12

The Paper welcomes articles from contributing writers, reader responses, letters to the editor and faculty editorials. Due to space restrictions, however, *The Paper* reserves the right to edit and condense all letters and articles. All work *must* include name & telephone number, but requests for anonymity will be honored. All work *must* also be in by the deadline.

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Campus Affairs

Where Have All The Voters Gone?

By WIL CRUZ
AND ODETTIA FRANCIS

Throughout its history, City College has been a microcosm of American society in many ways: numerous nationalities, downsizing, and, most recently, the decline in political activity, namely voting.

Overshadowing Serenity's recent victory over the Renaissance Party, was the low voter turnout on campus. Only 682 day-students came out to vote. An almost 50 percent drop from last year's total of 1,370.

Is student politics dying?

I would not characterize it as dying, more asleep or very distracted," says Ombudsperson-elect, Keeanga Taylor. "Tuition increase over the past couple of years as well as the cutbacks on Welfare and the threatening of people's immigrant status, create huge pressures on students and make something like student elections seem insignificant."

Poor student participation in campus politics is not only reflected by the low election numbers, but also in the scanty attendance of events like budget cut rallies, or even the debate of the candidates organized by NYPIRG.

I am deeply depressed by this," says outgoing student body president,

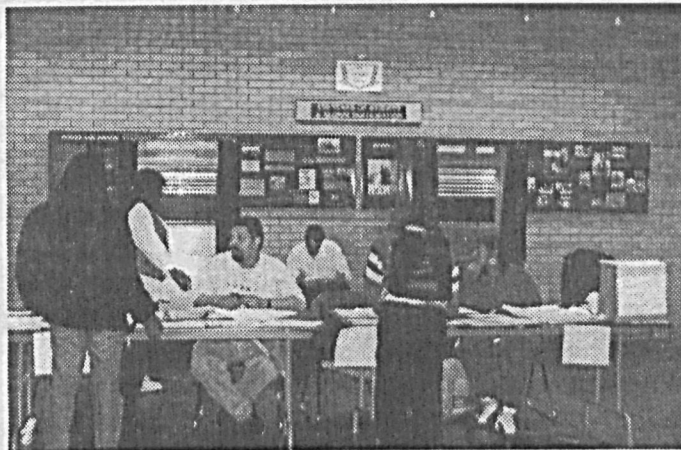
Roger DeJesus. "There are major issues out there...[but] students just haven't come out."

In a survey of 65 City College students, 51% revealed they did not vote in the student elections. Of the students polled, 15% said they did not know the candidates, 5% thought the candidates were no good, 5% said they did not care about the elections, 16% gave no reason, and 15% did not because of other reasons.

The numbers don't tell the whole story," says Paul Bobb, Associate Dean of Student Affairs.

One of Dean Bobb's primary concerns was the lack of opposition on the ballots. Only two seats in office were competed for; that of the president and the ombudsperson. "Candidates are almost shoe-ins, he says. "That impacts the level of interest students have."

The elections are a scam, many of the candidates don't really know what they're voted in to do," says Demetris Alc , a DJ for the WHCR radio station. "Every year since I've been in this school, I have voted and this year, for me not to vote, and so many more students, you have to understand that there's something wrong with the elections."



Lines were non-existent at the polling booths during the recent student elections.

Photo Credit: Phawn Butler

voter numbers over the years have still been a small percentage of the student population. In 1996 only 17% of enrolled students voted, 16% in 1995 and 12% in 1994.

The absence of voters reflects a deeper issue, as we really don't

know what motivates our students," says Dean Bobb. "We make the assumption that campus politics is something of interest to our students. Maybe it isn't."

The question students should ask, according to Bobb, is not how many students came out to vote, but rather, "how do we get more students to participate as candidates, so the electorates have a choice?" he says.

In an effort to do just that, Dean Bobb, who has been at CCNY for three years, has prepared a letter for student club leaders to encourage them to run for office next year. "These are students that have exercised leadership

There are a number of things that could distract student participation in student politics," says Dean Bobb. "Many might be preoccupied with survival issues, questions around their academic programs, financial situations and the possibility of tuition increase, including the possibility that many students are not fully aware of what DSG does and the contributions they make to the quality of life on campus."

Even though this year's election numbers are much lower than usual,

Voters, continued on page 10

Serene Or Surreal?...Only Time Will Tell

By SANDRINE DIKAMBI

The future leader of City College's Day Student Government sits with a serene look on his face. With his blue jeans and tee shirt, he looks comfortable. His brown eyes, catching every acknowledgment directed towards him.

Hanging from his neck is a silver pendant from Yemen, which serves as protection. With origins tracing back to Egypt, nothing seems to touch the 21 year-old Mohamed Mazhar.

"What's up President, what can you do for me?" asks a passerby.

Mazhar, a communications major, replies with a smile and some tact. "What can we do for one another?"

Mazhar seems at ease with City College students. The student body should get to know who will be representing them. And on April 17th, City College's student body elected Mazhar's party, Serenity, to do so.

The inevitable question around the campus is whether or not a young and inexperienced man can handle or represent the student body of City College. In short, is he more a talker than a doer?

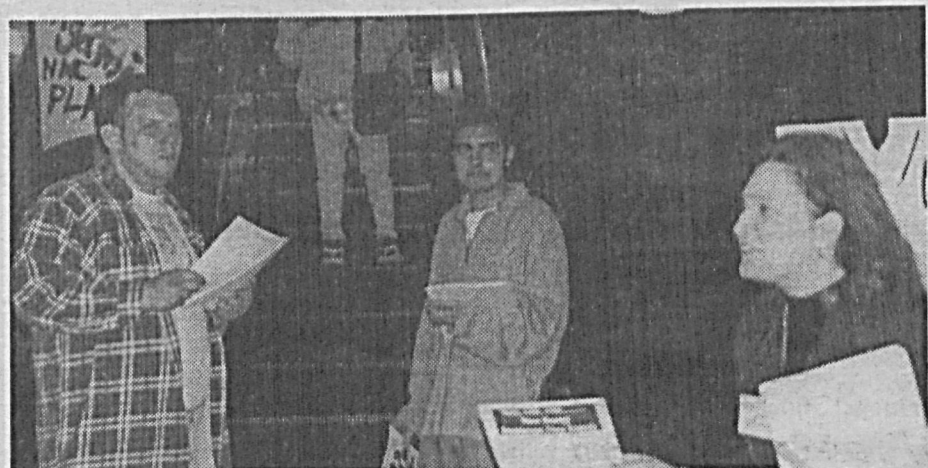
To that, the 19-year old vice president-elect, Eduardo Hernandez, who is easily recognized on the campus because of his bushy-beard says, "it's impossible to say that all goals will be met because we cannot foretell the future. Fighting is what we promised but not for the goals to come to fruition."

The president-elect admits he is young but he is also optimistic about June 3rd, the date that he assumes his office. Mahzar plans to work closely with the college's administration, focusing on peace talks. "We will not

fight. The priority will be with the serene attitude, [and] serene means peace."

Keeanga Taylor, the elected chief student advocate, says that her "antenna goes up" when she hears "incredibly naive and inexperienced" student leaders talk about a need for peace with the administration. "Any discussion about being pragmatic means death of a student movement." Ms. Taylor adds that "the administration can care less about ideas, it only

Serene, continued on page 14



Mohamed Mazhar of Serenity (Center) campaigning alongside Donald Vega (left) of the Renaissance Party and Martha Flores (right) of the Graduate Student Council.

Photo Credit: La-June McPherson

**Congratulations To
The Newly-Elected
Day Student Government**

**Don't Just Follow In The
Footsteps Of Your Predecessors,
Create Impressions
Of Your Own.**

Campus Affairs

High-Tech Heist Foiled By Campus Security

BY LA-JUNE MCPHERSON

On Monday, May 13th, less than two weeks since they were arrested for burglarizing City College's Cohen Library, Hebah Ibrahim and Chung Wong pleaded no contest and chose to withdraw from school instead of facing the college's Faculty/Student Disciplinary Committee.

According to Timothy Hubbard, Director of Safety & Security, on the morning of April 28th, during a routine check of the Cohen Library, Officer Winston Dasent, discovered two individuals on the second floor. This was at about 1 a.m., long after the library had been closed for the night, and various alarms had been set.

The two individuals, later identified as Hebah Ibrahim, a 21 year-old Egyptian male, and Chung Wong, a 19 year-old Asian male, both City College students, were allegedly in possession of what Director Hubbard describes as "burglars tools." The tools were "common" items such as: saws, clippers, screwdrivers and

pry bars. "It was a whole bag of various implements that one would use to either break into...or cut something," says Hubbard. A further search revealed no weapons, but one of the young men was found in possession of marijuana, in a cigar-like shape.

The two men were discovered in the area of the library where new computers for Internet access were recently installed.

According to Director Hubbard, they had large empty bags placed in an open position, that he assumes would have been used to carry the computers out of the library. "...They had no authority to be in there, and it was very apparent that they were there to take the computers."

Ibrahim and Wong were challenged and placed under arrest by Officer Dasent, and were later processed and charged with the crime of burglary at the 26th Precinct.

On May 2nd, their case went to the grand jury, and they were subsequently suspended temporarily from *Heist, continued on page 12*

Lack Of Supply, In The Demand For Space

BY KEVIN CASTILLO

All that money and nowhere to spend it. This is the dilemma that City College's Economics department is faced with, but a solution may be near.

Finally, after an eight month waiting period, the Economics Department has been promised a room by administration to accommodate the \$40,000 state-of-the-art computers which was donated by the National Science Foundation (N.S.F.).

Room 6/150 of City College's North Academic Center, measures 750 square feet and still has to be renovated.

Once renovated, the facility, which will be limited to economics majors will accommodate 40 students. The room will be equipped with 18 computer terminals with 15" monitors, ethernet cards, and Windows NT. All this equipment will be networked with a file server computer and a high-speed fax-modem and laser printer.

When will it be ready for use? Economics Professor Byron L. David, one of the recipients of the award from the National Science Foundation,

along with Prof. Mitchell H. Kellman also of the Economics Department would not speculate. "We are waiting for the renovation to be done before we bring in the software and hardware," he said.

When questioned if the department was in danger of losing the grant Prof. David answered, "... the N.S.F funds must be used by a certain date otherwise you lose them. But the Economics Department is now, not in danger of losing the grant."

The Economics Department, which received the grant last July, is hoping to have the computer lab ready by the close of spring 1997, so that it could accommodate the students who need access to resources on the Internet.

Professor David hopes this new lab will increase enrollment in their academic programs. "The latest figures show that the number of economics majors in City College is rising and that City College attracts many economic majors," he says. "We are confident that this will help us retain economics students in the department." □

A Matter Of "Personnel" Safety

BY WIL CRUZ

The Public Safety Team at City College is ill-equipped to handle potentially hazardous chemical leaks on campus, according to Sergeant Douglas White.

White, along with several other officers, responded to the February 3rd Hydrogen Sulfide (H₂S) gas leak in the Marshak Science Building.

"We performed our duties without some of the necessary equipment that the fire department had," says White. HAZMAT Teams (firefighters who deal with hazardous chemicals), are usually protected from toxic fumes with Scot-Paks; masks which provide oxygen. CCNY officers, however, who are usually first on the scene in the evacuation process, are not required to have these masks.

"I was right next to a firefighter that had a Scot-Pak," says Officer Matthew Cooper, who was on duty February 3rd. "We're not required to have them, though [and] that's dangerous."

But according to Ricardo Franco,

Director of Occupational Health & Safety, the equipment is useless without the proper training. "The equipment has severe limitations," says Franco. "It's very possible that they may hurt themselves."

Franco, along with Director of Safety and Security, Timothy Hubbard, and Kevin Farley, Director of Physical Plant Services, decided to keep the policy as it was--no equipment for the Public Safety Team.

"Scot-Paks may protect them from inhalation, but it won't protect them from fire hazards or chemical spills," says Franco.

Since to the H₂S leak in the Science Building, the Fire Department, along with top-level Public Safety Officers, have participated in chemical training courses on Saturdays. These classes provide firefighters with further training in dealing with toxic chemicals and informs the officers of where chemical areas are located.

City College experienced two *Safety, continued on page 10*

Something Free At City College?

BY ARLENE ORTIZ

City College and all CUNY University Seniors have finally gotten a break--their last semester's tuition is FREE.

The Board of Trustees handed down a new resolution on April 27, 1992 entitled "Last Semester Free". This resolution was implemented "because at the time they [students] were charged a higher rate of tuition," says Bridgette Zapata of the Bursar's Office. Zapata is referring to the period when there was an increase in tuition in 1992. The resolution was made effective for all students who registered on or after June 1, 1992.

In the Spring of 1995, approximately 20 students received their last semester free and in Spring of 1996 the number of students rose to approximately 70 students.

The "Last Semester Free" opportunity is for all CUNY students; both full and part time. This also includes transfer students, from other CUNY schools only. Therefore, students transferring from any school other than a community or senior CUNY college would not be eligible for par-

ticipation in "Last Semester Free" program.

When full time students are one year, or 30 credits away from a degree, they will be notified by mail about this opportunity. If for some reason a student does not fulfill his or her obligation to obtain a degree, the student will be responsible for paying any excess credits in order to receive their degree.

City College, or any other CUNY school, will not be responsible for any additional semesters or credits.

Part-time students will be given the last 15 credits towards their degree free. For part time students, it may not be a last semester, but as many semesters as it takes to obtain their degree within the 15 credit limit.

Since the number of students eligible to receive the last semester free continues to climb, the Bursar's Office will have two methods of notifying students.

The first is at the beginning of the term, when the Bursar's Office will review the list of students who have

Free, continued on page 10

Campus Affairs

The State Reviews CCNY's School Of Education

By E. D. HARRIS

The School of Education at CCNY may not get an A+ from the State Education Department of Albany after an overwhelming rate of failure on the last New York State Teacher Certification Examination.

On March 17-19, 1997, the State Education Department visited City College to conduct a review of the School of Education.

The State reviews all degree-granting institutions in New York State on a periodic basis. However, Professor Oliver Patterson, Chair of the School of Education, says the objective of the visit was motivated by the fairly large number of students at City College who did not pass the New York State Teacher Certification Examination (NYSTCE).

In his analysis of the results, Patterson asserted, "we had a tremendous number of students who took the test and actually, we had more students who passed the test than anyone else. We had approximately 1,100 students who took the test, and we had about 450 students pass the test, which is more than anyone else had."

Although City College had 450 students pass the exam, City College also had 650 students fail the exam, which is more than any other institution.

According to Professor Patterson, there are several contributing factors for the poor performance of students on the NYSTCE.

While the number of students entering the School of Education has increased, the number of full-time fac-

ulty has decreased. "Approximately 25 full-time faculty serve an estimated 2,000 graduate students and over 800 undergraduate students. We would love to have much fewer adjuncts... and have more full-time people," says Patterson. There's no question that that is a problem, but it's not one that is

ability to demonstrate competency and skill in teaching. It is comprised of the Liberal Arts and Sciences Test (LAST) and the Assessment of Teaching Skills-Writing (ATS-W) for Elementary or Secondary Education.

The LAST measures cumulative knowledge acquired throughout school; conceptual and analytical skills, critical thinking, communication skills, as well as mathematical and scientific skills. While ATS-W measures pedagogy, or the ability to teach and organize within the dictates of a classroom setting.

Both exams are comprised of multiple choice questions, and essays. In order to pass the writing section of the exam, one must possess basic reading and writing skills.

An adjunct professor of the School of Education also attributes poor performance on the exam to students' inability to write. He says, "here at City College

the number one language that is spoken is not English..., Spanish is the number one language. However, if you go through four years of school not recognizing the importance and the validity of the English language... and you cannot write a basic sentence, and if you cannot organize your thought into three paragraphs, you are going to have a problem passing that exam."

Is the School of Education responsible for students' illiteracy, or did they merely inherit the long-term problem?

An adjunct professor says the students who are failing the exam is not reflective of the learning here at City College. "This process," he says, "started with the New York City Board of Education. and the school system itself, beginning in the primary grades." But the adjunct professor says that he knows of graduate students who are unable to write. "Their writing skills are not even comparable to that of a sixth grader, and

yet they're on a graduate level, and some of them are teachers," he states.

How is it then possible that students are being passed along, progressing to higher levels if they are unable to write? The adjunct professor claims that other professors are aware of illiteracy as a dilemma, but cannot correct a problem that is so advanced. The NYSTCE is a clear indicator of illiteracy, but it is taken after years of spent time, energy, and tuition.

Professor Patterson responds to this issue by suggesting that students practice their writing considerably throughout their courses, get feedback on their writing so they can improve it, and they must be involved in the writing center. How successful is the writing center? "Some students see the writing center as a first aid center for immediate curing of some long term problem," says an adjunct professor. He says that there is a great success rate for those students who use the center on a regular basis. Professors often emphasize that student frequent the center, but with the great number of students on campus, a very small number actually attend. Professor Patterson says that the School of Education is also attempting to develop a learning center to further assist students in their aspirations of becoming teachers.

Professor Patterson also proposed that the School of Education interact with other departments to benefit the students. He says, "we need to be in conversations with our colleagues in the Liberal Arts and Sciences and in the English Department to make certain that the knowledge base that our students bring and the writing skills that they bring are at an appropriate level to enter into the Professional School of Education." But are these measures enough to assist students? "We're looking at each of our courses...at our entrance requirements...and we're looking at collaborative work with other programs. Those are the actions we're taking, Patterson says, "to make certain that our students...reach their goals."

Will the School of Education, whose role is to produce teachers of tomorrow, learn a tough lesson about its foreseeable future? Professor Patterson maintains that the future of the School of Education is secure, and the possibility of being decertified is "near the total end of possibilities." □



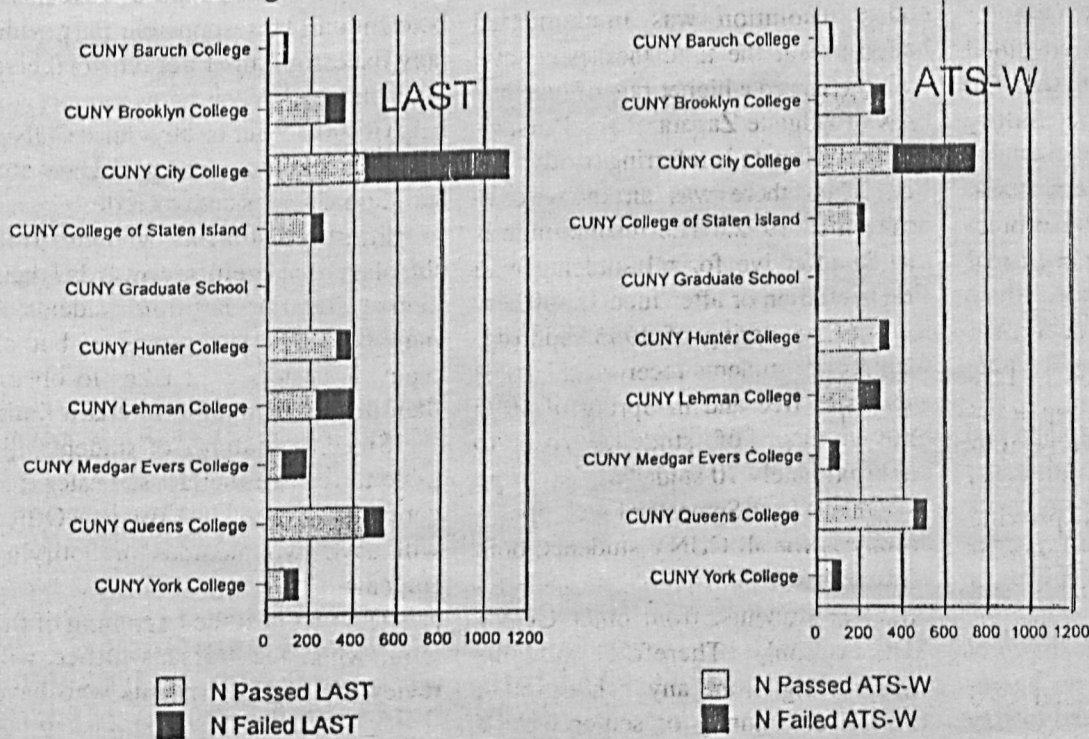
insurmountable," he added.

In addition, a major problem faced by students on the NYSTCE was literacy. Analysis of the exam showed that many students had problems on the writing section of the exam and in speed of comprehension. Patterson explains, "probably for the majority of students at this time in City College, English is... a second language."

The New York State Teacher Certification Examination tests the

CUNY Institutions, 1995-96

Numbers Passing and Failing NYSTCE Tests for Provisional Certification



Features

A Bridge To CCNY's Survival

BY MACARI AGAPITO

When students come out of high school, they are not fully prepared for the intensive requirements that are expected of them during their freshman year. Some students have never taken college prep-courses to get an idea of the work they will be doing when they become college students. Once high school students reach the campus life, they do not have the proper skills to meet the demands. They start college unprepared and misguided, which leads to poor academic performance and a decrease in enrollment.

Students are not aware of the programs and services that are offered to help them succeed. At City College, there are programs and services that serve and guide first-time college students. One of these programs is the Student Support Services Programs (SSSP), which assists students not only the first year, but throughout their academic career.

Dr. Elizabeth Thangaraj, who joined in September as the director of the program, initiated new services; enlarging the tutorial component into a one to one basis and group sessions. In addition, to meet the students' need the tutorial service is offered during the winter/ spring break and club hours: a 10 days or 1 week program. The tutorial center is located in Harris Hall Room 010-D. Mr. Hector Aponte, the

Basic Skills Specialist, assigns students based on their problem to a specific tutor. The counselors recruit students, who have not passed the Skill Assessment Tests for a SKAT Workshop. Through SSSP, 86% students return the following year and 82% obtain good academic standing.

The Student Support Services Program at City College is a federally funded program for low-income, first-generation, disabled students and students enrolled in two remedial courses at City College. The goal of this program is to increase the retention and graduation rate of academically under-prepared students in need of counseling and supportive services in order to succeed in college. This program helps students to stay in college until they earn their bachelor's degree.

Participants receive tutoring, counseling and remedial instruction. The program has two components: Counseling and Tutoring Services. These components provide students with individual and group counseling services. "Students can come to my office for other reasons besides academic counseling," says Evelyn Cruz, an SSSP Counselor. Personal counseling emphasizes students' academic achievement and potential.

Counselors facilitate the process of helping students become aware of their educational problems and identify strategies for resolving them,

including referrals to college sources.

There are various workshops offered to freshmen and sophomores. During the fall semester, a career workshop primarily targets freshmen and sophomores. "The career workshop is a career exploration for our students to get an idea of the kind of career that are out in the market," says Lola Rozier, SSSP Counselor Coordinator. In the spring semester, a Financial Aid Workshop is given to guide students through the application procedure for aid that is being offered. In addition, workshops for remediation is inclined to help students improve in study and research skills. "We offered a one to one basis workshop to students to...prepare them for the final," says Ms. Rozier.

SSSP serves 450 students per year. It takes in at least 100 new students each year. "Through the five years that I have been here, approximately 900 to 1000 came through this program," says Ms. Rozier.

Students can find out about the program through various channels. "Word of mouth has been effective," says Ms. Rozier. SSSP students tell their fellow classmates about the services that is provided for them, which help others to gain interest. Professors invite SSSP counselors to introduce the program to their Freshmen Orientation classes, as well as other courses. "We also recruit new entry

students through the registration office," says Dr. Thangaraj, SSSP Director.

Information is sent by mail to students to inform them about the services and events. At the beginning of each semester, letters and memos are sent to departments informing them about the services. "Professors can refer students to our program," says Dr. Thangaraj. The SSSP serves as an advocate for the students. "When students encounter problems with their professor, the assigned counselor will work with the professor to help the students alleviate some of the problems," says Ms. Rozier.

Through this program students are helped in many ways. The directors and counselors work closely with their students in order to provide them with adequate service. end of the year. "This program has helped me to enhance my academic performance," says Jeanette Tavarez, who is a junior and majoring in Education.

Students in this program have a chance to succeed academically. They can go to their counselors at anytime. This program has helped me with registration, personal, as well as academic advisement," says Neurys Bonilla. "I was able to go to my counselor whenever I needed help." □

Hardships There Are, But I Must Get My Degree

BY LYDZIA ALEXIS

Marcia Smith, Adaka Akaranwa and Chad Well all have two things in common. They are single parents and students of City College.

As single parents and students, they have encountered several problems and have made several sacrifices. One of the problems, is lack of money. This has caused both Marcia and Chad to seek help from the state by getting Welfare. Not only did Marcia go on welfare, by like Adaka she had to take a long leave of absence from college. Because of this, it is taking them a longer time to obtain their degrees.

Marcia began at City College when her daughter Shannel was two years-old. Her daughter is now seven and she still has not been able to graduate from college. Marcia is not a resident of the United States so, she pays her own tuition. When Marcia started at City College, her daughter lived with her grandmother. This gave her the time she needed to work and attend school. After two years in college she

lost her job, and had to take a leave of absence from school. This lasted two and a half years. During this time, her mother went back to the Caribbean and she had the full responsibility of her daughter.

Marcia's problem is not an isolated one. Adaka also stopped going to college after two years. Her reason -- she could no longer receive financial aid. Adaka went to work, and it was not until 1996 that she was able to re-enter college. By this time she had a four year-old daughter Qiana, which made college difficult for her. She now had added emotional and financial responsibilities.

Adaka lives alone with Qiana and works part-time. Because of this, her money is limited. "I live from check to check," she says. Whenever she's not home, she has to rely on friends or pay a babysitter to baby-sit.

Chad's situation is a little different from Adaka's. He signed an agreement that makes him obligated to stay with his child. At the age of twenty-

two, Chad became the guardian of a fourteen year-old boy. He adopted his nephew Ronnard when the courts took him away from his grandmother. He did this so that his nephew would not end up in a foster home. As a result he had to be absent from his classes several times last semester. This made his GPA drop considerably.

For Chad to get custody of Ronnard, he had to make several arrangements. First, he had to agree that Ronnard would be under supervision at all times. This meant that when Ronnard was not in school he had to be with Chad or someone approved by the Aid to Dependent Children (ADC) organization. Chad also had to cut down on the hours he worked so that he could supervise Ronnard. The ADC visits him twice a month to see how the arrangement is working out.

Like Marcia, Chad had to get financial help from the state. "It was hell having to go through the system," he says. According to the law, his part-time job is almost enough to support both him and his new son. This made it difficult for him to get financial help for Ronnard. When he eventually got help, it turned out to be a lot less than what his grandmother got when she had custody of Ronnard. He became so frustrated that he was about to drop out of school. However, it was the support from his family that made it possible. *Degree, continued on page 7*



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Features

Making Money With Mary Kay

BY EKELE ONUNAKU

Are you broke again? Or you just can't look for a job because your class schedule is as tight as those jeans that you know are just too tight for you?

Did this semester's tuition and it's accompanying expenses sap you dry? Or are your pockets so empty that it makes barren deserts look rich? Yes, times are tight, funds are limited and tuition hike threats don't help either.

Do you desire financial independence? Well you can have it -- as a Mary Kay consultant.

Mary Kay Cosmetics has been the #1 selling brand of facial skin care and color cosmetics in the United States for three consecutive years. It's goal continues to be: Helping women attain financial independence, career advancement and personal fulfillment. This 34 year old company has also prided itself as being a pioneer cosmetic company, by introducing a complete skin-care line exclusively for men.

It's international sales force comprising of over 475,000 skin care consultants (each owning their own business) in over 25 countries around the world have sold to about 23 million customers.

This sales force keeps increasing because of how easy it is to join. All you need is to crave financial security.

Are you one of those students waiting to graduate before starting that climb up the corporate ladder? Why wait when you can start now. As a Mary Kay skin care consultant, you are in control of how fast you ascend your ladder. How? Because you own your business.

With the continuous CUNY budget cut threats, tuition hikes, and the new welfare policy, the panic created has led students to make drastic decisions. Decisions to decrease the number of classes offered in order to squeeze in a job; decisions to get another job, thus decreasing the

amount of time for studying; or in very extreme cases - to drop out of school.

Due to last year's new welfare policy, 710 City College students dropped out of school.

This is where Mary Kay comes in. Mary Kay allows you to work, go to school and still have time to study and socialize. According to Karen Dodge, Mary Kay's marketing publicity Manager "The beauty of the Mary Kay business is the flexibility it offers. You decide when, where and how long you work."

As a Mary Kay consultant, the people you interact with everyday become your potential clients. The students in your classes, your friends, your friends' friends, the people on the train or that person who beat you to that jacket you had your eye on. The cue is, "everybody has skin, and should take care of it."

Owning your business while establishing financial independence are not the only benefits of being a Mary Kay consultant.

It's international sales force functions as a sisterhood and a networking outlet. According to Sandra Zakariah, a senior Mary Kay consultant, "I realized when I became a consultant that I had joined a sisterhood consisting of consultants with such powerful and positive energy. It's so contagious that you can't help but be positive and aim high when setting your goals."

By joining this sales force, you gain another family, filled with support. Dodge explains, "As a consultant you have no set territories or hours to work. Your business revolves around your client database." The more clients you get, the bigger your database and thus more profits. This means that you could live in New York City and have clients in Baltimore.

As Zakariah puts it, "Your earning potential is in your hands." How fast you climb your ladder depends on

problems in many of their classes.

College and parenting are tough for Chad, Marcia and Adaka. They are making big sacrifices so that they can help ensure a better way of life for themselves and their children. Marcia says that the state is threatening to cut off her welfare, but that will not stop her from coming back next semester. "My child supplies the driving force needed for me to complete my degree at City College...so nothing and no-one will stop me." □

how much you put into it. This means that if you have only 4 hours to work per day, you decide how much you will do in those hours to yield the best results.

As a consultant, you render personal skin care consulting services.

Your business consists of giving skin care consultations which could include one or all of the following: giving facials, analyzing skin types, selling products, and extending the Mary Kay career opportunity to your clients and attending to your clients.

Mary Kay is also known as the "dream company" because of how it was founded. Mary Kay Ash, who founded the company in September 1963, had dreamt of a company where women could actually work for themselves, become financially independent and ultimately gain personal fulfillment. Today, Mary Kay not only extends its career opportunity to women but to men as well. This means that you don't have to be a make-up junkie to become a consultant. All you need to start this business is to fill out an application with a Mary Kay consultant. Once approved,

you will start as a skin-care consultant, but depending on how you pace yourself, you could be a team manager driving a red Grand Am or a director, driving a pink cadillac in a matter of months.

Today, over 60% of CUNY students have at least one job. This means decreased time for students to study and even less for leisure. Mary Kay offers an opportunity to those students who want or need to work, the luxury of working and enjoying their jobs.

Being a consultant is fun because you get to meet people from all walks of life. Since Mary Kay products cater to both sexes and all ethnicities, there are no boundaries on who to get into your client database, or who to extend the career opportunity. So meeting people not only becomes a social affair, but part of your job.

The best part of working is that there is no boss looking over your shoulder. So YOU make your deadlines. So don't hesitate. Get with the program. Join the dream company today. □

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Degree, continued from page 6

possible for him to return to college this semester.

Chad, Adaka and Marcia, have to fix their class schedules around their jobs and their children. There are times when Chad has to take Ronnard to work with him. And whenever Marcia's daughter has a day off from school, she has to either take her along to classes or hire a babysitter. This makes it difficult for them to keep up with their studies. Chad and Marcia say that they are often late with their class assignments. This is causes

City Vibes

Interviews conducted by Camille Watson and Photography by Phawn Butler

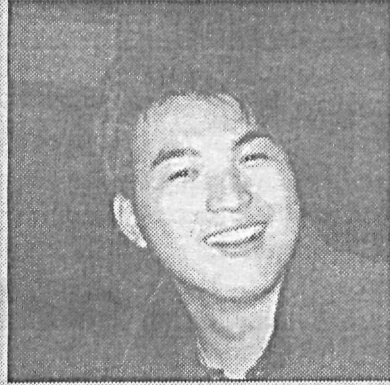
What do you really know about your Day Student Government? How effective do you think the Day Student Government has been in making your concerns known to the City College administration?



JOE CASILLAS

UNDECLARED/FRESHMAN

I really don't know much, but I was questioning their actual effectiveness and how much influence they can have in school affairs. The overall condition of the school can be improved, for example the fact that the classrooms are usually dirty and the huge crack on the wall inside the student lounge. They need to address these issues.



DONG TAI

BUSINESS/MANAGEMENT MAJOR

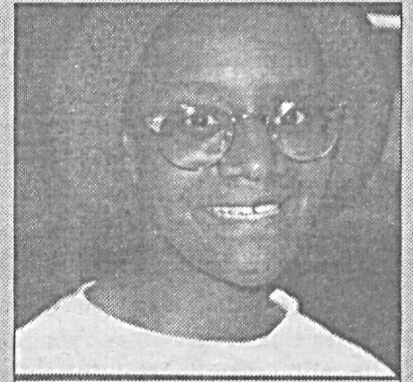
I do know about the Day Student Government. They are making some of my concerns known to the college administration, but they are struggling to do their job. They however did fulfill most of the things they said they would do. They need more power, or else students like myself will drop out or transfer to other schools.



GLENY QUIZADA

EDUCATION/FRESHMAN

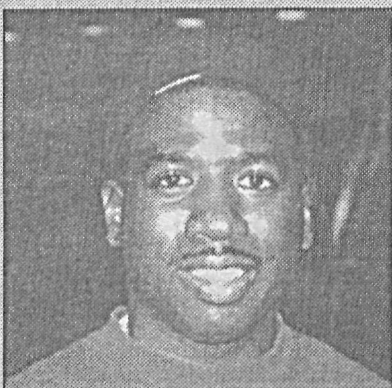
I don't know any thing about the Day Student Government. I would like to know more about them, but I don't even know where they are located.



YONETTE BLACK

BIOLOGY/UPPER JUNIOR

I know Roger DeJesus the president, Donald Vega and Wanda Castillo (senators) personally. In terms of what they have done for us, I don't think they have done enough. There are many important issues that come up every campaign period and nothing is being done about them. The question is. Is there something that is actually going to be done?



ABRAHAM SYLCOTT

EDUCATION/SOPHMORE

I don't know that much about the Day Student Government, but from what I can access they could be more effective if they could unify the school population. During the last election they were passing out flyers saying vote for this and that person and I didn't know who these candidates were. In some aspects they are effective, they do bring up some issues that needs to be addressed, but I don't think the problems are being solved.



LISA JOSEPH

PSYCHOLOGY/JUNIOR

I don't know anything about the Day Student Government. They didn't do anything productive that I could say benefited myself or my fellow students. The only time you hear about the Day Student Government is during the elections.



YLDER RIZA

PSYCHOLOGY/SENIOR

I think it's totally ineffective. I think they go into government because it looks nice on a resumé. Maybe they plan to run for mayor or governor in the future and this would look nice. Other than that they don't do much. I have yet to see them get involved in student affairs. They need to have power, they are just there to shut up the students.



RABIATU ONIKATU

SOCIOLOGY/ SENIOR

I know nothing about the Day Student Government. I don't know who they are or what they do. I don't know the president vice president or secretary. I have been here for three semesters both as day and evening student, and I have seen no appreciable change. Government is needed in City College but they have to be stronger. If they made a stronger outcry for more library hours it would make a difference. The government should work.

Theatre Tidbits

“Five On The Black Hand Side”

Performed At Aaron Davis Hall On April 10th - 12th



Photo Credit: geeta citygirl

Woodie King, Jr., founder of the New Federal Theatre poses with three ladies from Five On The Black Hand Side.



Photo Credit: Mona Chopra

Cast members in a scene from Five On The Black Hand Side.



Photo Credit: geeta citygirl

Professor Ardie Walser, removing make-up after playing the role of “Mr. Brooks” in Five On The Black Hand Side.



Photo Credit: geeta citygirl

Cast members from Five On The Black Hand Side sharing a moment of laughter.



Photo Credit: geeta citygirl

(l to r) Professor Eugene Nesmith and Professor Michele Wallace relaxing at the cast party for Five On The Black Hand Side.

Faculty Spotlight

White, The Playwright

BY DAWN A. GODDARD

He is a Creative Writing Professor in the English Department, but for the Spring 1997 Semester, Edgar Nkosi White is spending his time doing what he loves -- writing plays.

The former City College and Yale graduate has been at City College for about 3 years. White also teaches Theology and Creative Writing at the Sing Sing Correctional Institution and says they are the best students he has ever had. He sees similarities between the two institutions and finds it ironic that the same architect that designed Sing Sing designed the NAC Building. "One helps me to understand the other" says White. Both institutions have been faced with serious cutbacks and the student body is basically the same ethnically and racially. Both are also controlled by "people who do not care" says White.

White believes that there is a master plan to cater to a different type of student than the current student body at City College. He says that subjects that many Black students come to City

College for, such as nursing and acting have been removed from the curriculum.

"The president seems frightened" says White. "There are more cuts at City College than at any other CUNY College, that go above and beyond the call." White still loves City College even though it's not free anymore. However, he believes "it will be alright."

The Monserattan born White says "I'm not an ego freak, I'm a writer." White does not act in his plays, but he also writes music, which he has always loved. He says music is very important in terms of culture. "It's life, -- the heart beat." All of his work has music as a ritual. Even his poems. White also believes that music is one link the people in the African Diaspora can keep in touch with Africa. "We have been separated for so long, (Africans). One of the only things we have in common is music. Rhythm overrides. You can't hide from the drum, no matter the culture."

I Marcus Garvey is a play that

White wrote that was presented at the United Nations. It will be going to Trinidad and Tobago, small islands in the Caribbean, in the near future.

David Rudder, a well known Caribbean artist, will be writing music for the play. White is expected to travel to Trinidad within the near future to work with Rudder. "It's a personal story," says White. He believes that Garvey had a powerful influence on the world, African American, Caribbean and Africans. He also liked his [Garvey's] motto, for Africans all over the world. "Do for Self."

Whites' most recent play, *King of Harlem*, was presented at City College in collaboration with the Institute on Research on African Diaspora and the Caribbean, (IRADAC). It is a story about a man's journey through Harlem, and what he has to do in order to maintain his dignity. "All of my work is autobiographical," says White. He won't say whether he is married or has children, but through his work you can get a sense of who Professor White is. All of his main characters tell about

him in one way or another.

White was heavily influenced by Langston Hughes, who was the first person to recognize his writings and helped him publish his first book, *Underground - A Collection of Plays*, when he was 18 years old.

So far he has published six books and one novel. One of his works, *The Rising*, is located in the CCNY Book Store. It is about his home, Monserrat and the Caribbean.

Through his work one can see that White has a love affair with Harlem. He wrote a love song for Langston Hughes, who he believes brought Harlem to the world. White believes that City College can't help but be influenced by what is going on in and around the history of Harlem.

Professor Edgar Nkosi White has a good relationship with many of his students, and plays an active role in one of the school's radio stations, *WHCR 90.3 FM*. As long as I can continue doing what I love," says White. "I would be happy. They (the world) has not killed my love for that." □

Voters, continued from page 3

and can use those same skills for government," says Dean Bobb. "That will increase the pool."

In spite of the low voter percentages for DSG, the Graduate Student Council (GSC) on the other hand, has nearly doubled its voter turnout; jumping from 143 votes last spring to 240.

The Evening Student Government (ESG) has also improved with its figures. In 1995, the last time ESG had elections, only 20 students voted. In contrast this year, 32 students came out to cast their vote.

The totals for DSG add up to only

8.4% of the enrolled student population. "Students must be demoralized or something," says DeJesus.

When asked who's to blame for the poor voter turn-out, Dean Bobb responded, "It's a shared responsibility...We, the City College community, have to do certain things to organize the effort." □

Safety, continued from page 4

other chemical leaks in which the officers responded without equipment, according to White. In 1994 and 1995, Steinman Hall and Harris Hall, respectively, had toxic situations in which officers were forced to stay out of work nearly a week due to inhalation. "We received awards for our work in those cases," says White.

In contrast, the sergeant feels that his squad has not gotten the respect they deserve in dealing with the February 3rd incident, in which gas leaked from a cylinder and dozens of students were evacu-

ated from two floors.

"The Public Safety Team went above and beyond the call of duty," says White. "Some of the things we do are not even in our job description." □

Free, continued from page 4

graduated and issues them a refund check. The second notice is sent out at the end of the term. At this time, the Bursar reviews its records once again, to see if they neglected to detect any eligible students during their first check. These students are also notified and mailed a refund check. Also, if any student believes he/she is eligible, they are encouraged to request a "Last Semester Free" application from the Bursar's Office. After submission of the application, the student will be notified if he/she is eligible.

The "Last Semester Free" policy is great for students but "hurts the revenue of the college," says Zapata. A

student who might have gotten TAP during their last semester will not receive it. The money will go back to the state. The college will then lose funds it would have ordinarily received for a student for eight semesters of TAP. Students will receive only a refund of their Pell Grants, so naturally a student who does not receive any financial aid will receive a full refund. This refund does not include registration fees and all student fees. It will be the student's sole responsibility to pay all fees incurred during their last semester. □

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Health Issues

Healthy Suggestions For Daily Living

BY LEILA MALHADO

I have recently come across a fantastic book entitled *Spontaneous Healing* by Dr. Andrew Weil, M.D., a graduate from Harvard Medical School. It encompasses the concept of preventive, natural medicine and practice in one's daily life. I would like to share with you some interesting points and suggestions about what you can do to increase your body's health: mind, body, and spirit. Most of all these things can be done easily, within one's reach.

Our bodies contain a powerful workhouse continually healing and protecting us, **THE BODY CAN HEAL ITSELF**. Dr. Weil explains that at any level of biological organization, from DNA up, mechanisms of self-

diagnosis, self-repair, and regeneration exist in us, always ready to become active when the need arises. Medicine that takes advantage of these innate mechanisms of healing is more effective than medicine that simply suppresses symptoms.

So why do we get sick? Self-healing depends on the unobstructive, efficient operation of all components of the healing system. It is when these components become injured, or preoccupied with "toxic over load" that this healing process will become impaired. For example, cancer risk is correlated with the cumulative exposure of radiation over one's lifetime. The fatal effects of this exposure on top of those from natural sources totally overwhelm the body's defense capabilities.

Dr. Weil also describes specific information on modifying lifestyle to increase your body's own healing potentials, including details regarding food, environmental toxins, exercise, stress reduction, vitamins, supplements, and tonic herbs that can help you maintain your well-being.

Our body's ability to eliminate unwanted wastes essentially depends on the proper functioning of four physiological systems: the urinary system, gastrointestinal system, respiratory system, and the skin. In this way, your body can discharge of wastes through urine, feces, exhaled air, and sweat, respectively. You can do your part to ensure desirable functioning of these systems by drinking lots of pure, uncontaminated water (assisting the

kidneys to maintain good urine output), by eating enough fiber (ensuring regular bowel movements), by exercising your respiratory system regularly, and by increasing output of perspiration through regular aerobic exercise or heat exposure (like taking saunas or steam baths often).

It is suggested that total fat intake be cut-- especially saturated fats found in meat, vegetable shortenings, butter, and tropical oils/partially hydrogenated oils. Instead, olive oil appears to be the best and safest of all edible fats, having the highest correlation with better health. Also helping your healing system work more efficiently, try to replace animal protein foods with fish and soy foods, eat more fruits and

Healthy, continued on page 15

Drug Use, or No Use...Which Would You Prefer?

BY TAMIKA BRIGGS

Allow me to take you into a reality where drug use should not be for fun, or to be done because others are doing it. Whether it be a little or a lot, once you use it, that is the beginning of something that can become a problem.

We all may know someone that smokes cigarettes, drinks alcohol, or smokes marijuana. Although cigarettes and alcohol are legal, they are still considered a drug. Anything not required for the maintenance of health,

that alters biological function or structure when administered resulting in physical, psychological or behavioral change, is a DRUG.

Tobacco is the most addictive over-the-counter drug currently being used and abused. The direct effects of cigarette smoking is that it goes into the lungs where air comes close to blood vessels for exchange of oxygen and carbon dioxide. It works within a few minutes. Using tobacco leaves you open to the risk of cancer, lung

damage, and more frequent chest colds. This seems to create a new feeling of alertness. Smoking is considered relaxing to the smoker. This makes it very difficult to withdraw when connected with the physical addiction.

In an average day, almost 1,000 people die from smoking related diseases. But because cigarette smoking is looked at as an annoying bad habit, it is often ignored. But the reality is it is really an addicting drug that should be

thought about logically.

Another legal drug, alcohol, is also very hazardous to your health. When you go to parties, clubs, or just hanging with friends, notice the availability of alcohol. Whether you drink a lot or a little, you are harming yourself. A very small amount of alcohol stimulates your heart rate and blood pressure, dilating the blood vessels of the skin producing the sensation of warmth.

Drugs, continued on page 15

The College Woman's Guide To A Common Female Infection

The first time you get an intense, burning pain when you urinate, you may think you're in big trouble. You'll probably also wonder what you did to deserve this. Chances are, you are experiencing your first uncomplicated urinary tract infection—one of the most common female infections. Knowing the facts can make them more bearable—and even prevent you from getting one in the first place.

More than 24 million women suffer from uncomplicated urinary tract infections each year—an estimated 13 million of whom are college-aged. Uncomplicated urinary tract infections (also known as acute cystitis or bladder infections) occur exclusively in women and are a leading cause for visits to the doctor, second only to respiratory infections. A major cause is sexual activity—in fact, some col-

lege health clinics report a rise in the number of bladder infections they treat after weekends, school breaks and Valentine's Day.

Although uncomplicated urinary tract infections are linked to sexual activity, they are not sexually transmitted diseases. Instead, the "mechanics" of sex can push a woman's bacteria into her bladder to cause this painful infection which, if left untreated, can spread to the kidneys and result in a more serious infection.

In a recent survey by the American Medical Association (AMA) and The Gallup Organization, more than 97% of women age 18 to 25 did not know that acute cystitis is related to having sex. Almost half did not know what caused their own infection.

"Urinary tract infections are a

widespread problem for sexually active women of all ages," says Jerry G. Blaivas, MD, Clinical Professor of Urology at Cornell University Medical Center in New York. "Young women—especially college women who are on their own for the first time—need to educate themselves about this problem so that they know what to look for and don't panic if they get one."

In addition to pain during urination, hallmark signs of acute cystitis are a frequent and urgent need to urinate, and pain or tenderness above the pubic bone. If you experience these symptoms, you should go to your doctor or health clinic as soon as possible.

The AMA survey revealed that among those who were prescribed a five-day or more regimen, 81% said

they would prefer a shorter course of treatment. The good news for those women is that the Food and Drug Administration recently cleared for marketing the first one-time, onedose antibiotic for acute cystitis in women. It is called MONUROL™ (fosfomycin tromethamine), a pleasant-tasting orange flavored powder that is mixed with water.

The most common adverse effect with MONUROL is diarrhea which occurs with the use of oral antibiotics in general. Other adverse events seen in clinical trials included vaginitis, nausea, headache, dizziness, tiredness, and indigestion.

You can prepare yourself by understanding the facts about urinary tract infections (UTIs):

- UTIs are frequently caused by

Infection, continued on page 15

Community Affairs

This Old House

BY ARLENE ORTIZ

Hamilton Heights Homeowners Association (HHHA) urged City College to clean up its act in the former townhouse that it owns in the Landmark District on Convent Avenue.

The building is located at 280 Convent Avenue on the Northwest corner of 141st Street.

The Hamilton Heights Homeowners Association wrote a letter to City College about the deteriorating conditions of the building in the letter dated, October 30, 1995. HHHA President, John Cardwell wrote, "the house is still an eyesore in the neighborhood." The unsafe conditions in the building included the parapets (decorative stone pieces along the top of the building) which were loose and falling apart. The roof had a big hole caused by someone who had tres-

passed on the premises and fell through. The garage door was also broken and never repaired. The Homeowners expressed concern that the garage's deteriorated condition would provide easy access to further break-ins in the other buildings.

According to Joan Hill, Director of Campus Services at City College the letter was instrumental in the college receiving funding for a new roof. The college had requested and was denied funding for this project in the past from the New York State Department of Budget. This letter was submitted to the state and \$460,000 was received by City College from the Dormitory Authority. The \$460,000 replaced only the roof of the building. The building is still in need of interior repairs. The electrical and plumbing needs to be fully installed. The original plumbing and electrical wiring has not been

replaced since the building was purchased.

In 1907, then Chairman of City College, E. M. Shepard, felt the president of City College should be provided with a home on or near the campus. The townhouse was bought for \$39,000

and President Finley moved into it in October, 1907. The building was last occupied in 1976 when it was the Alumni house.

The scaffolding was recently removed from the building. But the funds have been exhausted and renovations have stopped.

City College is unsure what the



Frontal view of 280 Convent Avenue

future purpose of the building will be. Some ideas they have entertained are to open it as a museum for neighborhood artists to display their works and a community reception room. City College would like ideally to share it with the community. □

Heist, continued from page 4

the college, until the time of their scheduled hearing before the Faculty/Student Disciplinary Committee.

It is still not known where their point-of-entry may have been. "We didn't see anything that was an apparent break," says Hubbard. But even though there were no signs of forced entry, Director Hubbard thinks it is possible that one of the thirteen doors to the library could have been "jimmied open." However, there is also the possibility that they may have hidden in the library, before it was closed for the night.

Other incidents occurring this semester, in reference to the library, have been problems such as vandalism

Letter, continued from page 2

cringed in fear and dropped to the floor. He did not perform a courageous act like Mr. Mann throughout the whole movie. His white woman showed more courage than he did when she stopped the white mob from going into their house. Another reason that he helped r. Mann was because Mr. Mann was waving money in his greedy face and offered to pay for his help.

I am not writing this to try to "diss" Ms. McPherson in any way, I am writing this because I want to let people know what I saw and what other opinions there are on "Rosewood." For those who have not seen Rosewood yet, you missed a good movie. When you do see it, remember to look at it from a historical point of view.

-Eddie Velazquez

of coin-dispensing machines on the second floor, and the occasional theft of books from the library. But only two and a half weeks prior to the burglary on April 28th, a computer system was stolen from one of the offices in the library. According to Director Hubbard, the cables had been cut from this particular computer, which has not yet been recovered.

In light of these recent incidents, how effective is the library's alarm system?

"The whole library is not really alarmed," says Hubbard. "We have some alarms in some specific places where we have had problems in the past." And according to Hubbard's estimates, to have the entire perimeter of the library alarmed, would be a

tremendously expensive undertaking.

"We have over 100 alarm systems installed throughout the campus," says Hubbard. However, it is up to the individual departments to make the decision as to whether or not they will have alarms installed.

Director Hubbard suggests using state-of-the-art locking systems on all computers, attaching them to tables or walls as a deterrent to possible theft. This is only one of the recommendations that he has made to departments throughout the college, after the security department has conducted routine "alarm surveys."

Overall, "burglaries have been down for the last several years," says Hubbard. This is a vast improvement from five years ago where there had

been a rash of burglaries across the campus.

Director Hubbard doesn't see this incident as becoming a common practice around the campus. He however cautions the college community to be on the alert and take the necessary precautions to secure all valuables.

According to Associate Dean of Student Affairs, Frederick Kogut, the college will not be pursuing the matter any further. "We will not press any further disciplinary charges against them," says Kogut. The criminal case however, is still pending the outcome of a grand jury trial. □

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Opinions

Today's Music and Drug Use

BY KASEEM RYAN

Ever since I can remember, Hip-Hop music has been an integral part of my life. And as far as I can remember the praising of drugs has been a part of the music. The drugs of choice in the Hip-Hop community have been marijuana and alcohol, but in recent years a few artists are trying to add to the list.

I remember in the 80's listening to "Run-D-MC," one of my favorite groups at the time. Run said, and I quote, "I'm the cool chief rocker, I don't drink vodka, I keep a bag of cheba inside my locker." Now, cheba is one of about 20 street names for marijuana; the others being trams, ly, boom, skunk, chunky-black, herb, weed, etc. At the time, I had only experimented with marijuana.

However, being an impressionable teenager, I started smoking on a regular basis. After some time, I stopped because it was a financial burden on my jobless adolescent pockets. I guess I am lucky because marijuana has very little withdrawal effects and it's not as addictive as heroin or cocaine, but if it was I might have been in big trouble.

The problem I have with these new artists is that they seem to glorify "their" drug, whatever it may be, and I've been hearing some dangerous names come out of their mouths. A prime example is some of the members of the Wu-Tang Clan, a very talented and successful group that I love to listen to except for the aimless mentioning of various drugs. One of the members names is "Method Man" or

"Meth," who sold over a million copies and is idolized by kids around the world. He gets his name from a drug. "Meth" is a street name for Methamphetamine, a highly addictive stimulant that he mixes with his marijuana and smokes in a "blunt" (marijuana smoked in cigar leaves after being gutted of the tobacco.) All through their material you can hear various drugs and their intended uses being praised. "Let's motivate and sniff a eighth (cocaine);" "I got mad bags of dust (PCP)" "for cracks (cocaine) and weed (marijuana) the combination made my eyes bleed," and so on. Artists like "Curious George" and "Redman" speak of popping tabs and hallucinogens, on a regular basis.

My whole point is that the music of today, at least the Hip-Hop culture, is not being responsible for its words and actions. Our children hear them and see them and may want to reach their level of fame and think that drug use is a part of it. These negative role models hurt our children, family and communities.

All I can ask is that these weed smoking, Cristal-drinking-MC's take a step back and look at their results. They may see a thirteen-year old drinking Alizé and going to the "Herb gate" to buy some marijuana just because their favorite artist always talk about doing it. My wish for us is that we drop all of these psychoactive drug lyrics, do like "The Lost Boyz," and let music make us high. □

It's Not Over Till The Whole World Sings The Same Tune

BY LA-JUNE MCPHERSON

Fifty years ago, a brave young man named Jackie Robinson stepped up to the plate and accepted a great challenge — to integrate baseball.

And this year, just mere hours before the nation got ready to pay tribute to a legend, with one stroke of a golf club, the torch was passed on.

No sooner had Tiger Woods put down his golf clubs after his spectacular performance in the 61st Masters held at the Augusta National Golf Club, than the creative wheels of imagination in the minds of copy editors at the New York Times were already churning out the next days headline. It read: "Woods Tears Up Augusta and Tears Down Barriers."

Yes, once again the race factor bubbled to the surface.

By now everyone should be tired of hearing "the first black" this, and "the first black" that. Whatever happened to a black individual just "accomplishing" something because of their own merit? Why is it that whatever personal victories they may have attained must be clouded by the constant focus on the color of their skin? Be that as it may that they are indeed black, and this may be a step in the right direction for the race as a whole, making the "race issue" be the sole focus of news coverage detracts from an athlete savoring the wonderful moments of their hard-earned victory.

Furthermore, if what Jackie Robinson did 50 years ago broke down barriers, why is it that we're reciting the same mantra 50 years later? The answer is that even though a large

majority of African American's play a major role in sports, most of the racism that afflicted Jackie Robinson's time still remains. Therefore, it is a blatant misstatement to say Jackie Robinson and Tiger Woods tore down barriers, when last year we saw black assistant coaches in the National Football League being passed over for consideration in 11 vacant head coach positions. The barriers, clearly, are still there.

It's all well and good to shine the spotlight on the "one" person out there who is lucky enough to make it, but until it becomes more universal, and we no longer see the need to say "the first black" this or "the first black" that, then those barriers will not truly be removed. It makes no sense to deem them removed one day, and in

another instance (ie. overlooking blacks for top coaching positions), put them back up again.

Currently, sports isn't doing much to alter the situation. More access needs to be made to certain areas in the sports arena, making it less intimidating for so-called "minorities" to want to move out in greater numbers to participate. When Jackie Robinson made his mark, the nation was in awe, and likewise when Tiger Woods followed, we were awestruck once again. It's about time we stop being so surprised at the accomplishments of blacks and other minorities and realize that they all have the same potential, but unfortunately are not provided with the same access. □

Serene, continued from page 3

responds to student movements on campus." As an example she cites the student movement led by the current student body president, Roger De Jesus, that negated the armament of City College's security officers last winter.

G.S., an upper senior majoring in secondary education, who wants only his initials published, says that he voted for Renaissance because he was not ready for change. But he would like to see the new president follow in his predecessor's footsteps. "De Jesus stands for people and is willing to go to jail for them." G.S. also predicts that "because he [Mazhar] is honest," the future president will make it.

Donald Vega, a veteran on the student government, and the future campus affairs vice president, is hopeful about the potential of Mazhar and his party.

Vega says that he will work with Serenity, even though they were the opposition to Renaissance, the party to which he belongs. Vega nevertheless points out that "summer time is when we will know if people are for real." □

**EVERY MONTH
IS
BLACK HISTORY
MONTH**

Healthy, continued from page 11

vegetables, and more whole grains/products made from whole grains.

How can you protect yourself from toxins we come in contact with each and every day? You can help your body neutralize pollutants through taking protective antioxidants, nutrients that safeguard tissues by blocking harmful chemical reactions which many toxins cause harm by. A simple daily antioxidant formula includes vitamin C, E (d-alpha-tocopherol), natural beta carotene, and selenium (trace metal with antioxidant and anticancer properties). If you feel you have suffered toxic exposures or work with toxic chemicals, Dr. Weil advises taking milk thistle standardized extracts in tablet or capsule form, found at any health food store. It will help your body to recover from any harm by the toxin(s). UV radiation is powerful enough to damage DNA in skin cells, which makes it the major cause of skin cancer, as well as promoting the development of cataracts and macular degeneration (two causes of vision loss in older people). Protect yourself from W damage by wearing UV-protective eyeglasses when in the sun, taking antioxidants.

Garlic has been found to lower blood pressure, as well as display powerful antiseptic and antibiotic benefits. In addition to stimulating immune activity, it appears to block the formation of some carcinogens and protect DNA from damage by other carcinogens. Ginger improves the digestion of proteins, is an effective treatment for nausea and motion sickness, strengthens the circulatory system, and has anticancer effects. Catechins, found especially in green tea, lower cholesterol, improve lipid metabolism, and possess significant anticancer and antibacterial effects.

Particularly, if you use caffeine, try and switch to green tea, since it is the most healthful of the caffeinated drinks. Eleuthero and spiny ginseng are found to enhance immune function, and are useful for people who lack energy and vitality because of its restorative effects on the body. Maitake, the Japanese name for the edible mushroom has shown to have anti-cancer and immune enhancing properties.

Regular exercise and restful sleep also prove highly beneficial in the long run. A brisk walking program is recommended, starting with just ten minutes a day and increasing to about forty five minutes a day. "News fasting" (not hearing or watching the news) as recommended by Dr. Weil, contributes to a more restful, effective night's sleep. And what if you have trouble sleeping? Valerian, a natural remedy that can be found in health food stores, happens to be a quite safe sedative.

If you suffer from allergies, it may be a good idea to supplement your diet with quercetin, a natural product from buckwheat and citrus fruits. Quercetin works to stabilize membranes of cells that release histamine, a mediator of many allergic reactions.

Formal daily breathing greatly impacts health and healing by influencing the state of the nervous system - regulating heart rate, blood pressure, circulation digestion, and ultimately, toning the body's own healing system. Since beauty in any form has a beneficial impact on one's spirit, regularly buying flowers, for example, to keep at home where you can enjoy them, serves almost as a "spiritual tonic" to accelerate healing and relieve pain. □

Drugs, continued from page 11

This cause a loss of body heat, which is why most alcohol abusers have no tolerance to cold weather.

Alcohol has affects such as aggression and unreasonable behavior, delayed mental and physical responses, loss of balance and coordination. Consumed alcohol is quickly absorbed into the blood without digestion. About 30% passes through the walls of the stomach and the rest is absorbed by the small intestine. Within minutes it is in the bloodstream. It affects the central nervous system, heart and circulatory system.

Alcohol's effects upon various body organs and function are interrelated. These are just a few of its effects; but a few too many. Why would you want to feel like that? Why would you want your body to go through that?

If legal drugs can do this to the body, just imagine what an illegal drug can do. I mentioned marijuana previously (a.k.a. weed, pot, reefer). People may say marijuana can be used for colds, asthma, etc., but if you take it when it is no longer needed to help you, it is considered drug abuse.

The use of marijuana at high rates is associated with short term memory loss, impaired attention and concentration sequence ability, as well as depth

perception. These symptoms have a significant negative effect on the learning process, as well as inhibiting motor coordination and rapid processing of information. Imagine how hard it is to remember everything you learned in class for an exam. Pot won't help you at all.

Marijuana is more potent because it contains THC (delta-9-tetrahydrocannabinol). Did you know marijuana is believed to contain more than 1,500 chemicals? THC, a unique chemical known to be found nowhere else in nature, is thought to be the principal psychoactive substance in marijuana. THC can stay in the body fat and brain tissues for up to a month. If a person smokes only one joint weekly, he/she is never free of THC. Deep inhaling causes damage to the lungs. It is estimated that 5 joints per week is equal to 16 regular cigarettes daily. Marijuana contains 50% more tar than tobacco which creates more damage in the form of sinusitis, bronchitis and emphysema. Daily use over long periods of time may cause irreversible brain damage.

Until all the chemicals in drugs can be identified and researched, the true dangers will remain unknown. But NO USE is better than DRUG USE. □

Infection, continued from page 11

having sex, but are not a sexually transmitted disease;

- Use of the diaphragm and spermicides may increase the risk of getting a UTI.

- You also can help minimize the possibility of getting a UTI by drinking plenty of fluids (like cranberry juice and water) to flush out bacteria, keeping the genital area clean, urinating promptly when needed, cleaning from front to back, emptying your

bladder shortly before and after sex, avoiding feminine hygiene sprays and scented douches, and most importantly, educating yourself about your treatment options.

To receive a free American Medical Association booklet "Urinary Tract Infections: A Patient's Guide to Their Treatment," call the UTI hotline at 1-888-AWAY-UTI. □

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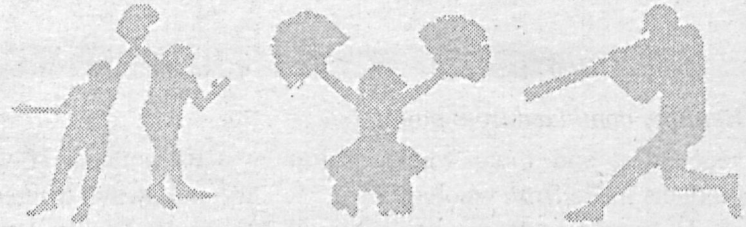
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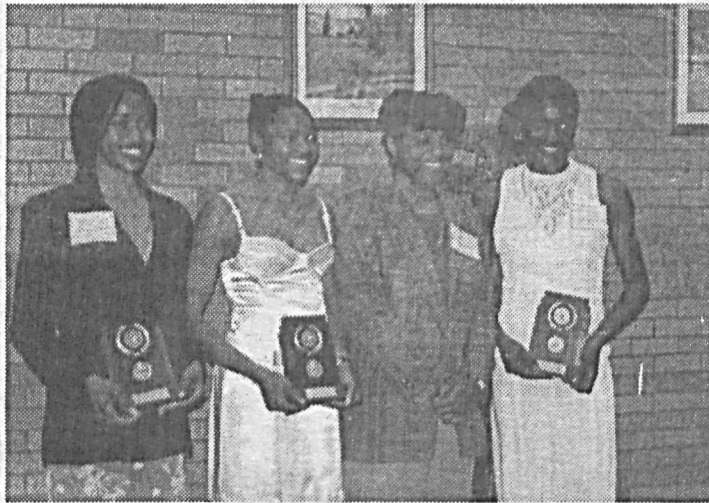
BY ABIMAE VEGA

The success of CCNY sports this season has brought great respect to it's athletic program. To pay special honor to these athletes and their coaches, a reception was held for them on April 17th, in the Faculty Dining Room. Hosted by President Yolanda Moses, the event paid tribute to the performances of the women's track team and men's volleyball team this year.

"It's important at a time when we struggle with the institution of budget, that we recognize the importance of intercollegiate athletics within a college community," said Thomas Morales Head of the Division of Student Affairs.

Those acknowledged for their achievements included the members of the women's track team: Jacqueline Hunter, Robyn McCarthy, Keisha Latty, Susan Claytor and coaches Errol and Phyllis Anderson.

The women's track team performed exceptionally well this past indoor track season. Finishing with a total of seven All-American honors, two national championships, setting a new national record in the 400 meters, and finishing second in the nation overall as a team. The second place



(Left to right) Keisha Latty, Jacqueline Hunter, Robyn McCarthy (far right) members of the CCNY women's track team pose with President Moses after accepting awards at a reception honoring their achievements.

Photo Credit: Lu-June McPherson

finish was the best national result City College has ever had in track. As a result, they were presented with small replica trophies of their second place finish and individual citations from Manhattan Borough President, Ruth Messinger.

"It makes me feel very good that we're actually getting recognition and the schools are actually seeing that we are putting their name out there," said Latty a senior and member of the Dean's List. "We don't get scholarships because of running, but it makes

me feel good that we are appreciated." CCNY's men's volleyball team had an equally successful season. Led by senior co-captains Jorge Urbina and Samir Harb, and freshman sensation Alejandro Romero, the team brought home City College's first ever men's volleyball championship. Coach Omar Varguez, who also coaches the woman's volleyball team, became the only CUNY coach ever to win a championship in both a man's and woman's sport.

One athlete who could not hold back his enjoyment of the past season was Romero. "I'm fresh out of high school, this is my first year playing on the team, I've never been a part of any championship team before, so it has to be the ultimate. I'm ecstatic. This is

my first year on the team and we went all the way, I want to do this every year," said Romero a member of the Sophie Davis Pre-Med program and a former recipient of the Iron Horse Award, which is given the best graduating high school volleyball player in the city.

To many of these athletes it was their final opportunity to achieve glory. "It meant a lot because it was my last season, so I was looking forward to it," said Urbina who was named Most Valuable Player of the CUNY Athletic Conference volleyball championship.

Hunter, a senior who appears in this week's edition of Sports Illustrated, hopes that after graduation her athletic career won't be over. "What I want to do is run for a club. I really enjoy running, so it will be great if I could do it professionally," said Hunter.

"Our athletes are living up to the tradition of athletic and academic excellence," said President Moses. "I have been tremendously impressed with the quality of our students, they represent us all both in and out of the classroom." □

This Month In Black History.....

- 1 James Durham, physician, born (1762).
- 2 First game of National Negro Baseball League played in Indianapolis, (1920).
- 3 Sugar Ray Robinson, middleweight boxing champion, is born, (1920).
- 4 CORE begins freedom rides from Washington, DC to force desegregation of southern bus terminals, (1961).
- 5 Robert S. Abbott published first issues of the newspaper Chicago Defender, (1905).
- 6 First Black Masonic Lodge founded Prince Hall, Boston, (1787).
- 7 William Penn, began monthly meetings for Blacks advocating emancipation, (1700).
- 8 Ernest Green becomes the first Black person to graduate from Central High School in Little Rock Arkansas, (1958).
- 9 John Brown, abolitionist and martyr, born (1800).
- 10 Smith vs. Allwright decides that excluding Blacks from primary voting is illegal (1944).
- 11 William Grant Still, Black composer, born (1895).
- 12 Sam Jones, Chicago Cubs, becomes first Black person to pitch a no-hitter in Major League Baseball, (1955).
- 13 Joe Louis, world heavyweight boxing champion (1937-1949), born (1914).
- 14 Slavery abolished in Brazil, (1888).
- 15 Andre Mbida becomes premier of Cameroon, (1957).
- 16 Denmark abolishes slave trade (1792).
- 17 Supreme Court declares school segregation unconstitutional in Brown vs. Board of Education, (1954).
- 18 Mary Mcleod Bethune, educator, dies (1875-1955).
- 19 Malcolm X, political and religious activist, born (1925-1965).
- 20 Elias Neau founded school for slaves in New York, (1704).
- 21 Black students enroll in classes at Oberlin College, Ohio, (1833).
- 22 Langston Hughes, poet laureate, dies (1967).
- 23 Jamaican hero Samuel Sharpe is hanged, (1832).
- 24 Leontyne Price opens Metropolitan Opera Season (1966).
- 25 "Bojangles" Robinson, dancer and entertainer, born in Richmond Virginia (1878).
- 26 Arthur Ashe becomes the first Black man to win a major tennis title, the National Men's Singles in the US Open tournament at Forest Hills (1968).
- 27 Dorie Miller, a messman, is awarded the Navy Cross for his heroic deeds at Pearl Harbor, (1942).
- 28 Eliza Ann Gardner, underground railway conductor, born (1831).
- 29 American Bowling Congress eliminates racial designations.
- 30 Countee Cullen, poet, born in Baltimore, 1903.
- 31 National Negro Committee (now NAACP) held first conference, New York (1909).