

# The Paper

Medium For People Of African Descent

Volume December 2006

"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 Remeber"  
-Langston Hughes

## "Black behind the Ears:" Candelario Speaks on Blackness and Dominican Identity

By Easter Z. Wood

On Thursday, November 16, 2006, the Institute for Research on the African Diaspora in the Americas and the Caribbean (IRADAC) in partnership with the Dominican Studies Institute (DSI) brought Dr. Ginetta E. B. Candelario to CCNY to discuss her forthcoming book, *Black Behind the Ears: Blackness in Dominican Identity from Museums to Beauty Shops*. Candelario, an Associate Professor of Sociology and Latin American and Latina/o studies at Smith College, has been studying Blackness as it pertains to Dominican identity for many years and cites her mother's experiences as a Dominican immigrant to the United States as a large part of her inspiration for wanting to research the topic and focusing, by and large, on the experiences of women.

Candelario began by building the framework of her research for the audience,

explaining why she asserts that, more than many other Latin Americans, Dominicans have a strong "desire to whiten" despite their recognition of being "Black behind the ears." She points to the Dominican Republic having a contrapuntal relationship with Haiti—Haiti touted as the "Black republic" and the Dominican Republic touted as the "white republic," which in turn has spurred strong Negrophobic and anti-Haitian sentiments amongst Dominicans over the years. Candelario explained that this was by design, largely under the tutelage of Rafael Leónidas Trujillo, former president and dictator of the Dominican Republic, himself of mulatto parentage, who sought to create a white Dominican identity, chiefly for purposes of gaining geo-political and economic clout.

In her presentation, Candelario explained that sources like travel narratives and museums were used to increase anti-Black sentiments in the Dominican Republic, despite the large number of African-descended peoples in the Republic. She

spoke of how the existence of slavery and African ancestry in the Dominican Republic is virtually denied, while the "Indio" identity of Dominicans is strongly played



Dr Ginetta E.B. Candelario

up; she referred specifically to the *Museo del Hombre Dominicano*, the National museum of the Dominican Republic, which relegates any mention of African identity and slavery to one quarter of one floor out of a four floor museum.

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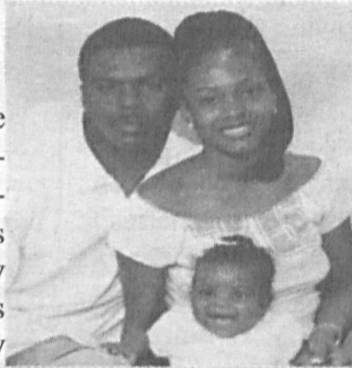
What's the Rush?

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### 41+ 9 = Another Black Man Dead at the Hands of NYPD

By Lindsie Augustin

In an unfortunate turn of events, 23-year-old groom-to-be Sean Bell was gunned down by undercover officers early Saturday morning after leaving



Sean Bell with fiancée Nicole Paulre

a Queens nightclub, just hours before his wedding. Apparently, the Kalua Cabaret, where Bell and two friends went to celebrate his last night as a bachelor, was under suspicion for prostitution and drug dealing. Due to searches at the door, the two undercover officers left their weapons and badges in the car as they entered the club, and for the next few hours did their best to blend in, having drinks and observing their questionable surroundings.

The situations turned ugly when one of the undercover officers alerted backup on the grounds that one of the men was armed; apparently a member of Bell's bachelor party was involved

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### Barak Obama: Set to Change Washington

By Orin Abel

Jack Abramoff, Tom Delay, Mark Foley or Trent Lott remind of the scandal and sensationalism that have become synonymous with the political arena. Within the past year alone, corruption has continuously plagued Washington. Yet, ever so often a new face emerges that promises a change in the set standards. In today's scandalous politics, Illinois Democrat Barak Obama seems this new face, genuinely for the people's interest and appears to be making strides towards the Whitehouse.

Obama was born in Hawaii on August 4th, 1961 to a Kenyan immigrant and Kansas student. According to barakobama.com, he grew up with his mother in New York, where he attended Columbia University and subsequently graduated in 1983. Following graduation he took time off from schooling to participate in a community organization in Chicago, Illinois. The organization sought to improve the lives of poor

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**Editorial****Trent Lott: Minority Whip**By *Orin Abel*

The Republican senate has nominated Trent Lott for the position of minority whip. How appropriate. The senator whose career has made an about turn since serving as the majority Leader and minority leader before resigning following a scandal in which he reportedly praised open segregationist and ex-presidential hopeful, Strom Thurmond of North Carolina. Whilst attending the senator's one hundredth birthday, Lott exclaimed, "I want to say this about my state: When Strom Thurmond ran for president, we voted for him. We're proud of it. And if the rest of the country had followed our lead, we wouldn't have had all these problems over all these years, either."

According to the Senate's website Lott's is mainly responsible for counting heads and rounding up party members for votes and quorum calls. *Whips* also stand in for the majority or minority leaders in their absence. Such a decision shows America's willingness to keep the traditional ways and those who condone it. For many this may seem like rhetoric on racism in America but it shows that racism is not only evident in American society but it is condoned. By the 64% of Mississippi voters who chose to ignore or rather to reward such a man with a position of authority. And by those who are willing to turn a blind eye to the words of hate that Lott endorses. The institutionalization of senators such as Trent Lott tarnishes the American principle of *equality for all*.

**ATTENTION PARENTS AND STUDENTS**

*Have your child or sibling's pictures in an upcoming children's book, "Sunday to Sunday"*

*Looking for children ages 3 to 12 years old*

*Simply send a color passport size photo with the child's name and address on the back to:*

*The Paper/The City College of New York  
138<sup>th</sup> Street and Convent Ave./NAC 1/118/ New York NY, 10031*

**DON'T FORGET THE SMILES**

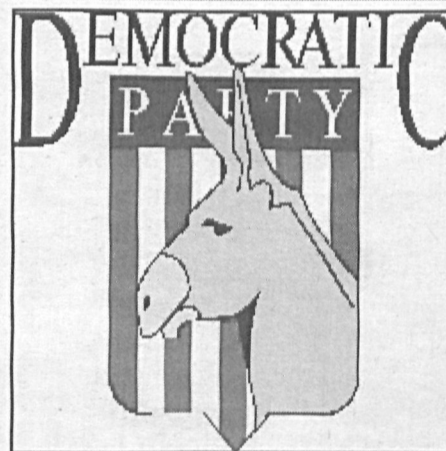
*"Sunday to Sunday" author, Pat Nurse, has also published her novel "Carnival Woman" which has received countless positive reviews.*

**Commentary****Democrats Clean Sweep –  
What Does This Really Mean?**By *Geekar Lai*

The stakes were high in the recent 2006 Congressional elections. After the 1994 elections, the House of Representatives and Senate were taken over by the Republican Party. Now, twelve years later, the tables have turned. After a long speculation that the Democratic party would once again regain control in this year's Congressional elections, it is now in fact the reality. In the Senate election, the Republican Party lost six incumbent seats to the Democratic Party. In many of the states, the results were margin close as was the case in Missouri, where Senator Talent (D) won by only three percent. Nonetheless, the Democratic Party was able to win the 51 seats needed to regain control of the Senate. As for the House of Representatives, the Democrats now hold 229 of the 435 seats leaving Republicans with the remaining 196 seats.

With the huge Democratic victory, many may wonder what exactly does this mean for the American population. Minorities and the rest of the population can rest easy in knowing that they now have the chance now to be in the spotlight and their matters will be properly addressed. It goes without saying that there will be changes in the current state of the American Government. Ronald A. Klain, former Democratic Chief Counsel for the Judiciary Committee stated, "The Bush administration has played the game of judicial selection very hard and very far to the right for the past six years with little moderation. They have to make a fundamental decision now as to how they want to deal with this. Do they move to the center or stay true to the right?" The definite change is the creation of a less conservative based court of national decision makers.

While the state of the nation's judicial system remains a hot topic, local citizens are more concerned with the faith of



issues such as the controversial war in Iraq, immigration rights, Medicare, among others. With Democrats having the upper hand in congress, programs can and will be set up in hopes of achieving the goal of citizenship. Inadequate decision made by previous members of Congress can now be rectified with the new Democratic run Congress.

The Democratic view is not only realistic but is one concerned with the betterment of all people and in the long run, the opportunities provided bring the much needed change this country has been longing for.

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*The Paper*

Wants to Hear from YOU!!

Articles and letters to the Editor are welcomed and can be submitted to The Paper for consideration. All submissions should be between 300-500 words. We look forward to reading what you have to say!

**OUR MISSION**

For over thirty years *The Paper* has served as a medium through which students, faculty and members of the local community can communicate. As a publication for people of African descent, *The Paper* focuses on pertinent issues facing the Black and Latino community as well as issues that are of relevance to people of all races and ethnicities. In addition to that, this publication is a valuable resource for CCNY students and faculty alike as information on everything from scholarships to job opportunities can be in the newspaper. With increased membership and support of the student body, *The Paper* will continue to serve CCNY and the surrounding community.



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## Barak Obama: Set to Change Washington

blacks living in poor neighborhoods. This experience opened Obama's eyes to the legislative change that was needed to fully change the lives of impoverished Blacks not only in Chicago but in America.

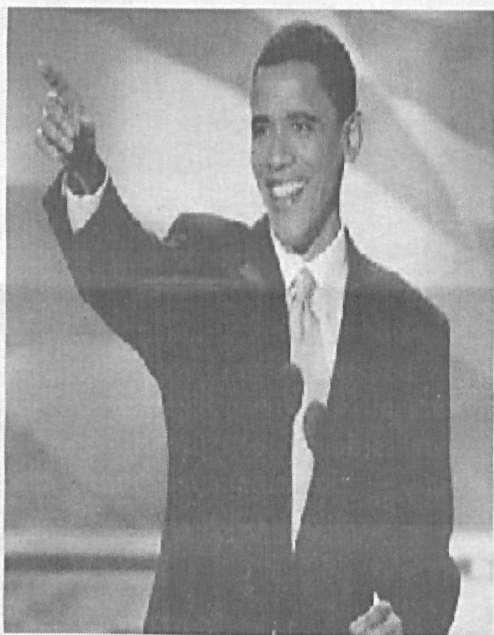
To this point, Obama graduated from Harvard University in 1991. During his years at Harvard he served as the schools' first African American president of the Harvard Law Review. Following College, Obama returned to Chicago as a civil rights lawyer. This led him to run and consequently serve in the Illinois legislature for seven years. In 2004, Obama was elected as the country's third Black senator since the Reconstruction era of the 1800's. Ever since, he has emerged as a mainstay in American politics being featured on the cover of an October issue of Time magazine.

During the recent election, he was one of the more glitzy Democrats circulating the country lending his prestige and notoriety to fellow democrats both Black and White.

Whilst touring and promoting his new book *The Audacity of Hope: Reclaiming the American Dream*, the New York Times bestselling author of *Dreams of My Father* made time to speak on the behalf of and endorse fellow democrats. Along with this widespread popularity, Obama has emerged to be seen by many as a possible candidate for the 2008 presidential nomination. The New Amsterdam News reported that Obama is considering a run for the

Whitehouse. Obama states, "I am still at the point where I have not made a decision to – to pursue higher office, but it is true that I have thought about it over the last several months."

In the meantime Obama will serve on four committees during the upcoming 110<sup>th</sup> Congress. According to [obama.senate.gov](http://obama.senate.gov), he will remain on the foreign relation and Veterans' affairs committee but will also serve on the Health, Education, Labor and Pensions Committee and the Committee on Homeland Security and Governmental Affairs. Fingers crossed, hope against hope, that Obama's honesty, dedication and sincerity endures the sway of Washington. With such standards, he may well be able to sway America away from the lesser sort of government and become the country first Black president.



continued from front page

## 41+ 9 = Another Black Man Dead at the Hands of NYPD

in an altercation that evening and was over heard saying, "Yo, get my gun." Officers responded not by following protocol, but by retrieving their weapons from their car and confronting Bell and his party as they entered their Nissan Altima. It is still unclear if the officers did, in fact, reveal their identities as they approached the men – what is clear is that Bell panicked and smashed his car into an unmarked police van, as well as into the approaching undercover officer. These actions initiated the hail of gunfire that would soon end the life of one man and injure two others.

In light of the 1999 shooting of unarmed, 23 year old immigrant, Amadou Diallo, who died from 19 out of 41 shots fired by New York City Officers, many are questioning the actions of the undercover officers taken that Saturday morning. A total of 50 shots were fired at Bell's vehicle. Given the fact that standard procedure calls for officers to fire at most 3 shots and reassess the situation, questions surround the 11 initial shots fired by one of the undercover officers and the 31 shots fired by a 12 year veteran on the force. "It sounds to me like excessive force was used," stated Mayor Bloomberg in reference to Bell's shooting, "I can tell you that it is to me unacceptable or inexplicable how you can have 50 – odd shots fired."

Bell was pronounced dead upon arrival at Mary Immaculate Hospital, while one of his friends, who was shot 3 times remained in stable condition and a second friend, shot 11 times remained in critical condition awaiting surgery.

Bell's family and community members are grateful for the support and concern government officials such as Mayor Bloomberg have shown this tragic event. However, as Rev. Al Sharpton stated on their behalf as he exited City Hall, their main interest is not just to be "treated politely [but] in being treated fairly and rightly. And that will happen when police are held as accountable as anyone else." Though there are some who believe the officers were justified in the shooting, such as President of Detectives' Endowment Association, Michael Palladino who stated "If the driver of the vehicle had responded to the detectives' command this would never have happened – he would be a married man today," many are hopeful that justice will prevail and Bell's death will not have been in vain.

Bell is survived by his fiancée Nicole Paultre and their two daughters.



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## "Black behind the Ears"

In reference to the museum, one of the students present at the discussion who had been there expressed her dissatisfaction with the fact that tour guides took their time through the rest of the museum, mostly dedicated to "Indio" identity, and quickly rushed through the small African section, actions that support many of Candelario's assertions about Negrophobia as a Dominican cultural phenomenon.

A good portion of Candelario's research for her book was done at a beauty shop in Washington Heights. The beauty shop is an integral part of Dominican culture and Candelario found that there are more beauty shops in Dominican-inhabited areas of the city than in any other area – one on almost every block. She interviewed many women and had them look at different photos in hair books to find out which beauty standards they subscribed to and which people they would find the most aesthetically pleasing. Time and again, the women tended to

lean toward images that were neither "too white" nor "too Black," which in many cases meant more of a mixed-race or "Indio" appearance. Candelario explained that this is indicative of preference towards a look that is "distinctly Dominican" – although there are large variations in what that "distinct" look actually is.

Dr. Candelario's talk was candid, thorough and informative – it covered enough of her research to arouse curiosity and left enough questions to raise interest in reading her book, which will be available through Duke University Press next year. She, and many in the audience agreed that despite the reasons for its inception and the mechanisms used to perpetuate it, the Negrophobic attitudes among Dominicans should be a thing of the past because African identity is a part of Dominican identity and that "Black behind the ears" isn't going anywhere – no matter how many trips one takes to the beauty shop.



Internship in Criminal Law

The Kings County District Attorney's Office is looking for about 20 interns who are sophomores, juniors, or seniors. During the Spring 2007 semester, interns will be assisting in the preparation of trials and investigation of criminal matters. Responsibilities might include scheduling interviews and maintaining records. 14 hours/week minimum between the hours of 9am to 5pm. This is not a paid internship. Contact: demarcom@brooklynda.org.

CUNY/311 Project

This collaborated project between CUNY and the Department of Information Technology and Telecommunications gives CUNY students the opportunity to work part-time as a call center representative within NYC's Service Center located in Manhattan. The requirements are keeping a 2.5 GPA or higher; taking 6 credits or more every semester; working 18 hours/ week for three days a week; and having excellent communication and computer skills. Undergraduate pay is 12.98/hour. To apply, visit the Career Center in the NAC building or call 212-650-5327.

# STUDY

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**THE ARTISTRY OF DOMINICAN CARNIVAL: A MULTIMEDIA EXHIBITION**

Date: 9/11—1/31  
 Time:  
 Tel: 212.650.7170  
 Address: 160 Convent Avenue / Cohen Library Archives Gallery/ NAC 5/301  
 Admission: Free

An exhibit of costumes and masks, *THE ARTISTRY OF DOMINICAN CARNIVAL* is a collaborative effort to promote the heritage of carnival in various Dominican communities.

**BFA RECITAL**

Date: 12/12  
 Time: 12:30 PM – 1:30 PM  
 Tel: 212.650.5411  
 Address: 138<sup>th</sup> street & Convent Ave./ Shepard Hall Rm. 190  
 Admission: Free

Hiroyuki Matsuura, funk drummer, and a student of the Music department, will be playing his own experimental compositions.

**MEDITATION WORKSHOP**

Date: 12/19—  
 Time: 6:45 PM – 7:30PM  
 Tel: 212.650.8222  
 Address: 160 Convent Ave. / WCC/ NAC 1/211  
 Admission: Free

Presented by the Wellness & Counseling Center, in sponsorship with the Child Development Center.

**LITTLE RED CAP**

Date: 2/15—2/17  
 Time: 7:00 PM – 9:00 PM  
 Tel: 212.650.6666  
 Address: Compton Goethals Rm. 318  
 Admission: Free

A Director/Playwright Connection Play Fanciful original student-written work about the relationship between two women friends. Written by Pandora Richardson and Directed by student Carlos Alejandro

Attention All...

**WRITERS WANTED!!**

Contact The Paper @  
[thepaper@ccny.cuny.edu](mailto:thepaper@ccny.cuny.edu)

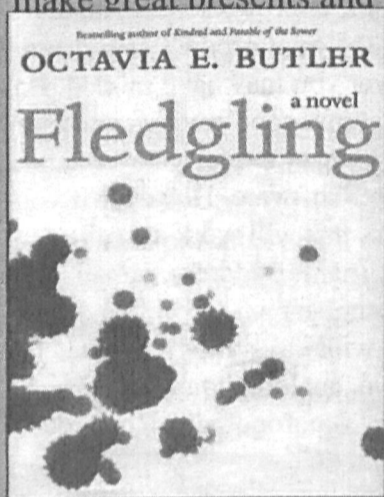


# Reading is FUNdamental!

By Easter Z. Wood

In this newfangled world that revolves around television, computers, ipods, and video game systems, many people – especially people of color – have forgotten the importance of reading and the joy that can be found in a well-written story. College students often only read books that are assigned for class, and many college graduates admit to not having picked up a book since they graduated. Aside from the fun factor, reading is important for many other reasons, one of the most important being that people who read tend to have better vocabularies and be better writers – both of which are crucial characteristics of good college students and successful business people.

When struck by the spirit of giving this holiday season, why not skip all the gizmos and give the gift of reading to those nearest and dearest to you? Gift cards from book sellers like Barnes and Noble, Amazon.com and AbeBooks.com make great presents and people will have a fun time picking out those books that capture their interests and reflect their passions. Here are a few title suggestions to get you started:



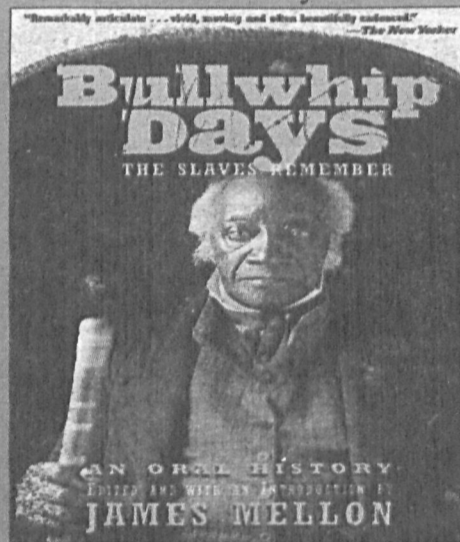
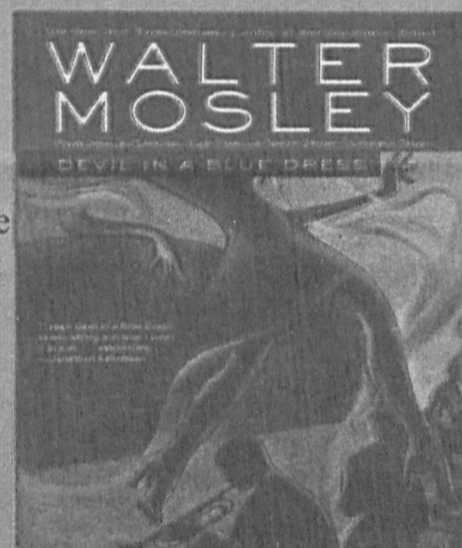
## Fiction

*Fledgling* by Octavia Butler

The world lost one of its most captivating and prolific writers when we lost Octavia Butler earlier this year. *Fledgling*, her last novel, is a vampire story with a twist – at once entertaining and thought-provoking, it's a sure source of enjoyment of the written word.

*Devil in a Blue Dress* by Walter Mosley

Walter Mosley is one of the most charismatic Black writers of our time. Denzel Washington did a great job of portraying Mosley's character, Easy Rawlins, in the movie version of this book but nothing can replace Mosley's wonderful words. This is the first in the series of Easy Rawlins novels – read this one and you *will* want to read them all!



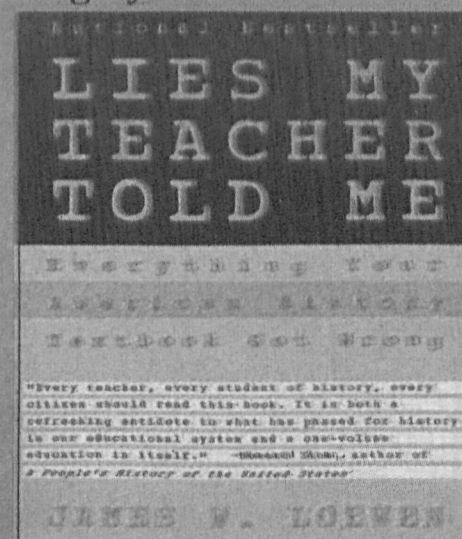
## Non-Fiction

*Bullwhip Days: The Slaves Remember* edited by James Melon

We've all heard about slavery but seldom have we heard about it from the slaves themselves. Compiled as a part of the Federal Writers' project of the 1920s and 1930s, *Bullwhip Days* includes 28 narratives and excerpts from over 200 interviews with former slaves. A definite must read for all people of African descent!

*Lies My Teacher Told Me: Everything Your American History Textbook Got Wrong* by James W. Loewen

In this highly acclaimed and highly controversial book, Loewen explodes many of the myths that have been propagated in American history textbooks and, most importantly, explores the reasons why American history has been presented the way it has over the years. This is a wonderfully thought-provoking read for all students and educators.





## What's the Rush?

By Juan Nunez

As a college student, I find myself annoyed when hearing friends speak of how much they can't wait to graduate and start promising careers. I'm left wondering: how promising can a career be without the proper qualifications? There are so many opportunities in college that expand the skills that are required as a professional. If your main concern as a student is simply going to class, passing exams, and submitting the homework, than you're guaranteed to miss out on the true advantages of the college experience.

City College has a variety of clubs and activities that can enhance the chance of success. A resume that shows participation in college newspapers, organizations, or events is more attractive than a resume that lacks such details. Employers of major companies are keener on hiring graduates that have some kind of experience in their desired field. This experience is obtained through internships, programs, and activities: all of which can be found through college academic advisors.

If graduating in four years still remains at the top of your list, be sure that as a CCNY student you've taken advantage of all that this college has to offer. The more college resources you use, the more qualified you will be when the job searching begins. Visit the Career Center, become a student mentor, tutor fellow students, write for a school newspaper, or participate in campus activities and programs. Your taking part in any of these activities will better your future and ultimately ensure you that promising career.

## Fix that Resumé & Get the Job

By Lindsie Augustin

As another semester comes to an end, it may be time to update that resumé for the various internships many CCNY students are applying for. However before sealing that envelope, here are a few common resumé blunders to look out for, blunders that can ultimately be the deciding factor in whether you get the interview or become a part of the recycling bin.

The beginning can be the end if you find yourself starting a resumé with an extremely vague and overused objective. Instead of writing "I'm searching for a position that will enable me to enhance my skills while contributing to the company" try something a little more catchy. Statements that reflect what your expertise is are stronger than those reflecting what you hope it to be.

While your past experience is vital in getting whatever job you're applying for, your resumé should not reflect a boring list of responsibilities and job duties. Meaning rather than showing the common duties that went along with your past position, list how you made a difference in the company by using specific examples. And while you may feel the need to include you're interest, only mention those that relate to the job you're looking for.

You're probably wondering how are you to fit all great things you accomplished at your past job on one page; breathe easy in knowing there is no page limitation to a resumé. However keep in mind, your resumé should sell your best

qualities without overdoing it.

Attempt to think of a resumé as your assistant, a formal business partner selling you to future employers. With that in mind, you should refrain from using words such as "I" or "me" when referring to yourself. Instead of "I helped organize functions and events for major clients" it should be changed to "organized functions and events for major clients" its stronger statement and overall it's more professional.

Now that some of the major issues are out of the way, look out for some of these little errors that ultimately have big consequence. Beware of the evil typos, while a simple mistake, its makes your resumé look unprofessional. Have several friends re-read the final product as a precaution to catch whatever you may have missed. Having order is essential in a good resumé, and there are basic formats you can model your resumé after in most computer software. However if you find yourself at a loss this will work as well:

- Header (name, address, email address, phone number)
- Begin with a strong profile (career objective, qualifications, etc.)
- Reverse chronological order of employment history
- Education (new graduates should put this at the top of resumé)

Remember your resumé should ultimately reflect the best possible image of you. Along with this article, there is an abundance of resources online as well as on campus that will assist you in creating the best resumé you can. Utilize all available information and – good luck!

## "Throw His A-- Out, He's a N---a"

By Lindsie Augustin

Michael Richards, better know as 'Kramer', the eccentric neighbor on the sitcom "Seinfeld," shocked audience members at the West Hollywood Laugh Factory last Friday when he veered off his comedy routine and went into a tirade of racial slurs.

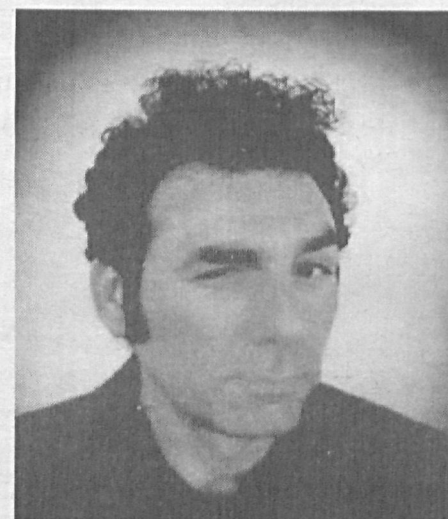
According to a video posted on TMZ.com, the incident occurred after two African American audience members heckled Richards during his performance. Richards in turn replied by saying "Shut up! Fifty years ago we'd have you upside down with a f----- fork up your a--." As if that wasn't bad enough Richards reportedly paced across the stage and continued by saying "You can talk, you can talk, you're brave now motherf-----. Throw his a-- out. He's a n-----! He's a n-----! He's a n-----! A n-----, look, there's a n-----!" Audience members weren't sure what to make of Richards' rant, which was only brought to an end after an audience member called out "It's not funny. That's why you're a reject, never had no shows, never had no movies – Seinfeld, that's it."

The 57 year-old actor – comedian immediately began to feel the backlash of his behavior; claiming that his behavior was not only inappropriate but came as a shock to him as well. "I'm not a racist, that's what's so insane about this," said Richards. Following the unfortunate incident, Richards appeared on the "Late Show with David Letterman" Monday night via satellite from Television City, California, to publicly apologize for his actions. "For me to be at a comedy club and flip out and say that crap... I'm deeply, deeply sorry," said Richards.

While Richards continues to apologize, many are left wondering how sincere his apology truly is. According to veteran publicist Michael Levine, comics are often heckled however it's essential in this business for them to be able to keep their cool. Something Richards was clearly unaware of.

When asked by Letterman if Richards' response would have been so harsh had the hecklers been of another race, he replied, "It may have happened – I'm a performer. I push the envelope – I go into character. I don't know. In view of the situation and the act going the way it was going, I don't know. The rage did go all over

the place – it went to everybody in the room." The repercussion for Richards' remarks is one that will continue to emerge as time goes on. As it stands now, the public as well as industry colleagues are in no rush to accept Richards' apology. Said fellow comedian Paul Rodriguez: "Once the word comes out if your mouth and you don't happen to be African American, then you have a whole lot of explaining – freedom of speech has its limitations and think Michael Richards found those limitations."



Michael Richards: Actor-Comedian



# Sleep: The Original Full-Body Makeover

By Michael Breus, Ph.D.

(NAPSA)-If you want to look better, close your eyes. Getting more sleep is one of the best ways to improve the appearance of your skin, eyes and hair. It also improves health and overall well-being. In fact, you can think of sleeping as a repair shop. Your body enters its maintenance phase-or its own private operating room-when you sleep, going to work on cellular damage, rebounding from external stressors such as UV rays and improving circulation.

Because millions of people cannot reach deep sleep on a regular basis, they lose out on visiting this "repair shop." As a result, their skin, eyes and even hair may not look as good as they could.

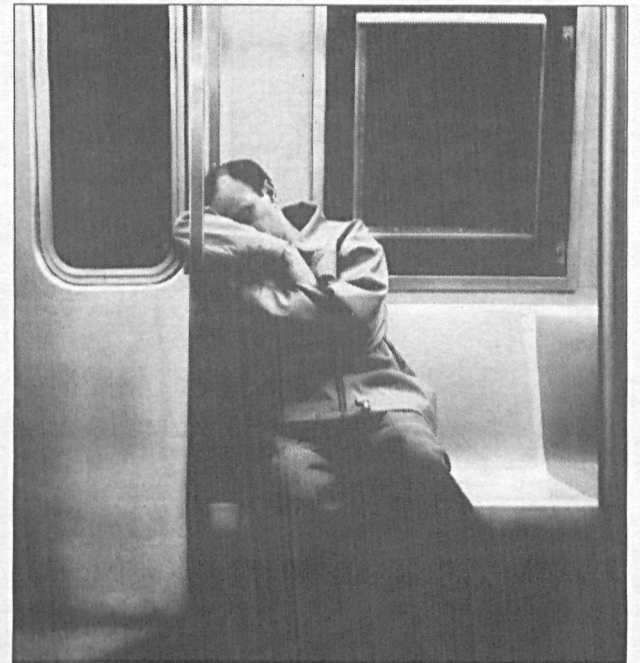
Of course, the benefits of sleep aren't only skin deep. There's evidence indicating a good night's sleep can help with weight loss and even slow a process known as arterial aging, which refers to a decline in heart and blood vessel functioning. So what's the best way to find dreamland? Try these tips:

- Monitor caffeine consumption. Caffeine can stay in your body up to about 14

hours. So if you drink a cup of coffee at noon and are still awake at midnight, that might be the reason. If you have already had too much caffeine, try eating some carbohydrates such as bread or crackers to help reduce the effects.

- Relax before bedtime. Stress not only makes you miserable, it wreaks havoc on your sleep. Develop some kind of pre-sleep ritual to break the connection between all the day's stress and bedtime. These rituals can be as short as 10 minutes or as long as an hour.
- Avoid long naps. Napping can only make matters worse if you have problems sleeping at night. If you do nap, keep it short. A brief 15-20-minute snooze about eight hours after you get up in the morning can actually be rejuvenating.
- Think about when you exercise. If you are the type of person who gets energized or becomes more alert after exercise, it may be best not to exercise in the evening. Still, be sure to get your exercise in each day. A recent study found that even morning exercise can help relieve insomnia.

More information on the benefits of sleep can be found in "Good Night: The Sleep Doctor's 4-Week Program to Better Sleep and Better Health" (Dutton, \$24.95). Mr. Breus is a practicing Ph.D. in clinical psychology with a specialty in sleep disorders. He oversees nine sleep labs as the senior vice president of clinical operations of AretZ Sleephealth. Sleeping can be viewed as maintenance for the body.



## Dressing Accordingly

By: Victory Chappotin

When we talk of or think of "dressing accordingly," many different meanings and ideas come up. We all dread asking the question, "what to wear?" and the question grows somewhat more stressful when the way in which you answer this question might decide your future. Being well dressed depends on the kind of work or event you attend. Just as the businessmen, athletes, and emergency workers of our society are prepared with their quotas, sporting equipment, and life saving instruments, they also represent themselves with the proper attire for their occupation. This is a must and is not negotiable. When thinking of that dream job, are you worried about making that first impression a great one? Being well dressed can boost your confidence, not to mention - it's the smart thing to do.

If you are one of the many who do not know what to wear for an important event, just give yourself a minute to think the situation over. Where you are going, what you will be doing, and who you will be interacting with are all factors you should consider. Is wearing a yellow dress appropriate to attend a funeral? Does wearing swimming trunks sound like the best outfit for a snowstorm? Or even more pertinent, does wearing your old favorite pair of jeans and du-rag sound like the right move for that supervisor position interview? Now, in our every day lives we dress in a rush and put on whatever feels comfortable to get us through our already

stressful day. Safe to say this style of dressing is today's fashion but sometimes comfort is not the only factor to consider - it's important to dress for the occasion. If I'm going to work I'll wear something that I feel comfortable in but at the same time something I'll look presentable in. Appearance is everything, even though the most important part should be the qualities of the individual, unfortunately, looks mean a lot. No one will give you the respect you deserve or think of you as a sophisticated person if you look dirty, stink, and or wear baggy clothing.

I had the chance to discuss appropriate attire with one of my peers at the college, and he gave me some useful as well as comical feedback. I asked Ohad Zeshem if, it mattered how he dressed and how much does he believe in first impressions? With no hesitation Ohad simply told me, "The problem with first impressions is that you only get to make one, so you better make it count." I also discussed the topic with Mr. Bob Burr of the English department. I asked Mr. Burr if, it matters how you dress in the business world. Mr. Burr said, "Dressing well means everything in the business world, it tells other business men how serious and careful you are about appearance. The appearance reflects on business activity. If you care about how you dress you care about the product you are selling." I was pleased to hear our opinions on being well dressed concur.

First impressions are vital for creating honorable, respectful, and prosperous relationships. In interviewing a patron of the New York Public Library about the impact of clothing

on first impressions, I was told: "Yes it matters, people go with first impressions and superficial appearances. It shows professionalism and also shows you can conform or adapt to corporate culture. It's a suit and tie world."

The way you carry yourself will tell others how you approach other issues. A person who is well spoken, well dressed, and who's behavior reflects their professionalism is the person who will most likely be hired for a job versus a person who is horribly dressed, speaks using slang, and does not show any signs of being educated. Often major corporations instill policies on proper attire and strictly enforce these policies. The employee is the face of the company and the company has the right to want the best representation. Wouldn't you want the same?

**The Paper  
Wants to Hear from YOU!!**

**Articles and letters to the Editor are welcomed and can be submitted to The Paper for consideration. All submissions should be between 300-500 words. We look forward to reading what you have to say!**





# CCNY Sports Calendar



## UPCOMING GAMES (all games are subject to change)

### Men's Volleyball

1/24 Philadelphia A 7:00pm

### Men's Basketball

12/7	City Tech	A	7:00pm
12/11	Centenary	H	6:00pm
12/20	Yeshiva	A	8:00pm
12/23	William Patterson	H	12:00pm
1/3	John Jay	A	7:00pm
1/6	Baruch	H	12:00pm
1/8	Mount Saint Mary	A	7:00pm
1/10	Medgar Evers	H	5:00pm

### Women's Basketball

12/7	City Tech	A	5:00pm
12/21	New Jersey City University	A	6:00pm
1/3	John Jay	A	5:00pm
1/4	Mount Saint Vincent	H	5:00pm
1/6	Baruch	H	2:00pm
1/8	New Paltz	H	4:00pm

**WHAT:** *Champion Mortgage Spend Smart* is an awareness campaign

**WHO:** *Creative Concept Communications*

**WHEN:** *Monday, December 6<sup>th</sup> 2006 (12:30 PM to 2:15PM)*

**WHERE:** *The City College of New York  
North Academic Center  
(Rotunda)  
138<sup>th</sup> Street & Convent Avenue  
New York, NY 10031*

*Why Champion Mortgage Spend Smart is targeting college students:*

*The typical college student owes more than \$32,000 on their credit cards and almost \$20,000 in student loan debt upon graduation. (HSH Associates)*

*Learn about financial woes and how to protect yourself*



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**- OR -  
COME TO NAC 1/118**

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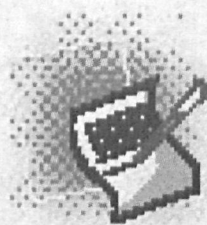
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Layout designers

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For more information or to volunteer, please call us at  
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