



# Veteran's Upward Bound

## Veteran Goes Back to School at Age 57

By: William Cruz

I grew up in the South Bronx and never cared much for school. In 1970 I joined the United States Marine Corps. While in the service, I got my G.E.D. I got discharged in 1971 and started working in the printing trade as a pressman for 37 years.

On January 22, 2010, I lost my job. I had been working for the Fonar Corporation for eight years. I applied for unemployment insurance. For three months I did nothing but stay at home and exercise, clean and watch television. One day I had an appointment with my

doctor, Dr. David. As we were talking she spoke to me about going back to school. She told me to call the veterans' vocational rehabilitation center at the veterans' main office. I called and got an appointment and met my rehab counselor, Cheryl A. Bourne. She tested me for my level of education and recommended the Upward Bound program at LaGuardia Community College. I found out I needed my G.E.D because my military records were destroyed in a fire in 1973.

I decided to get "re-educated." My goal is to complete this program and go to THE QUEENS ADULT LEARNING CENTER for my G.E.D. From there I hope to continue with college. Maybe it's never too late for an adult to go back to school and start again in life.



## Yes I Can!

By: Anthony McClinton

New York City is filled with so many negative forces; it's a shame. There are positive forces, too, but the negative ones are more widespread with the social ills such as drug addiction and homelessness.

Barack Obama proved to the nation that you can do anything if you put your mind to it. With that being said, I thank God for the Veterans Upward Bound Program. All they ask is for three hours of your time Monday through Thursday, from 6:30pm-9:30pm. So I said to myself, "If that's all they ask, I can do

this! Yes I Can!"

I also build and fly model airplanes. I never thought I could do it, but going by Barack's theory, I think I'm doing great! Yes I Can! I'm not at the stunt level yet, but I'm closer now than ever before. So going by the **Yes I Can** theory, I know I can stunt and not be afraid.

So now when any event occurs in my life now, I go by the Barack Theory, **Yes I Can**.

I also would like to thank the teachers for being the

great teachers that they are. There is one more person I have to mention for helping me with the **Yes I Can** theory. That person is God.



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# From the Director's Corner

## Executive Director, Samuel E. Farrell, II



LAGUARDIA COMMUNITY  
COLLEGE  
VETERANS UPWARD BOUND  
PROGRAM

31-10 Thomson Avenue, Room C-  
371

Long Island City, NY 11101

**Executive Director**

Samuel E. Farrell, II

**Coordinator/Case Manager**

Edith Segovia

**Academic Coordinator**

Katy Lyle

**Fiscal Monitor/Data Specialist**

Dino Garcia

**Program Consultant**

Joe Bello

**Program Assistant**

Leopoldina Cueva

**Instructors**

Older Vera

Crystal Artis

**Tutors**

Gary Israel

Frank Monzon

**Mentor**

Jennifer Santiago

Congratulations to our students and staff members for making this cycle another successful one: Over 90% of our students enrolled in college. The year itself has been a remarkable one. While we fell just below our 80% goal for serving veterans who were both low income and first-generation students, we did meet our required 120 student-enrollment number. First-generation-college-student status means that neither parent earned a Bachelor's Degree. Low Income is defined by the federal government as a taxable income that represents 150% above poverty status. It does not take into consideration the high costs of living in New York City – especially in today's difficult economic period.

Our Veterans Upward Bound students are indeed special: they have to adjust from military life to school with full responsibilities as parents, spouses and heads of households – and for many of them - while working full time. Our success in helping veterans is because of the leadership from our Case Manager/Coordinator, Edith Segovia; our Academic Coordinator, Katy Lyle; Dino Garcia, our Fiscal Data Specialist; my assistant, Joseph Bello; and our Program Assistant (and new mother), Leopoldina Cueva. The frontline work emanates from our Teachers (Crystal Artis and Older Vera), Tutors (Gary Israel and Frank Monzon) and our Mentor, Jennifer Santiago.

To meet the academic, retention and other support-services needs of the student veterans, we will have to find ways of increasing our Office resources. On July 30 and with the help of Robert Kahn and Robert Levine from the Grant's Office, we applied for federal funds to run a Center of Excellence for Veteran Student Success. If funded, this grant will increase our ability to function as a one stop center for updated information and comprehensive services for veteran students. With or without this new funding, we intend to respond to students' request for additional academic lab time. We are currently considering some program restructuring after this cycle that will better match our current resources with student needs.

Please join us at our third graduation and dance on August 18, enjoy the rest of the summer, and spread the word about our program to other veterans.

August 12, 2010



# Compassion

## By: Barney Villalona

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What is compassion? It must be something important because I am writing about it. I will try and show you what compassion is to me. Keep in mind that this is from my personal point of view and does not try to generalize any ideas for any group of people.

Compassion is not throwing away your old toys just because they're old. It's helping the lady at the food store with her groceries; she may have a story to tell. It's fixing up the old Chevrolet because everyone can use a tune up. It's the second chance you know he deserves; it just might be his first go round. It's like watching your mother buy a homeless man a pair of socks when you're seven; somehow you understand. It's giving more when you have less to offer, because you don't really need it as much. It's eating grandma's chicken soup when you know it's bad. It's like walking through New Orleans in 2005

(1). It's saying thank you and really meaning it. It is doing what the good book says and turning the other cheek. Compassion is like understanding the difference between right and wrong without being told. Compassion is giving people a much needed laugh at the expense of your own pride.

Compassion is being a man who's willing to cry with others. Compassion is a man willing to die for others. Compassion is using a flash bang (2) instead of a grenade. It's target discrimination (3) when no one else is looking. It's not being upset with your squad leader because he got to go to Arlington and you're not there yet. Compassion is like telling someone it's going to be okay, because everyone could use a sweet lie from time to time.



1 New Orleans 2005. Hurricane Katrina hit and the 82<sup>nd</sup> Airborne Division responded with thousands of troopers to aide displaced Americans.

2 Flash bangs are nonlethal grenade types of arsenal used by military and law enforcement to temporarily blind and incapacitate a hostile threat without lethal force.

3 Target discrimination is taught early on in the Rules of Engagement, it involves discriminating between hostile and non-hostile threats while at the ready position of any weapon system.

# Keeping the Faith

## By: Daniel Rangel

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I am currently pursuing a career in the telecommunications field. I have five years experience as a cryptologic technician where I performed the daily tasks of the telecommunications realm. After leaving the service I entered the profession of an electrician and I love what I do but I also would like to broaden my horizon. I also obtained my FAA Airframe and Powerplant Certification along with very useful knowledge and experience at Aviation High School. In light of my past experiences I am very persistent in pursuing a career in telecommunications not only because it is what I do well but also because it is what I like to do.

The high and low end of the annual salary bracket for a telecommunications specialist is 70,000+/- for the high and 55,000+/- for the low. The statistics for New York City are slightly higher than that according to the Department of Labor website for New York. Both ends of this spectrum are more of an annual salary that meets my lifestyle. The optimistic aspect of this profession is that employment opportunities are readily growing especially with the advanced paced development in technology. The current statistics from the year 2008 to the year 2018 show 30% job growth in computer network/database ad-

ministrators, and 53% in my specific preference of network systems and data communications analysts.

I know some past fellow service members that are employed in this field and they give me advice from time to time. The best advice that I take to heart is that even though there is a lot of opportunity and the compensation is sufficient, it is a very competitive career because as technology advances you have to advance along with it. This is something that I do not mind because I actually like learning and keeping my mind open.

My goal of completing the necessary requirements for this profession include and start with attending college. Most of the telecommunication jobs that are available require at least an associates degree in telecommunications. I will be setting my goals to achieve a bachelors degree in telecommunications as well as A+ certification. I plan to achieve my degree as fast as I can by attending college full time as well as summer classes. I have faith that with both a bachelor's degree in telecommunications and the A+ Certification along with my professional experience I will be competitive in the current and expanding job market.



# A Few Tips on Preparing Your Car for Winter

By Bei Cheng Yang

Several seasons ago, I was in North Carolina during the winter. I needed to drive a co-worker to a doctor's appointment first thing in the morning; a very important appointment because he had been on a waiting list for several months. He was going to get eye surgery. Everything so far was proceeding well until we got into my car, which decided that it wasn't in the mood to start up that morning. This was in North Carolina, and while it can get cold there, the winters in New York are a little harsher by comparison. For many drivers, the importance of maintaining your car is a lesson learned after a bad experience. It could be breaking traction while going over ice in a high speed turn. It could be a driver walking to their car one morning and seeing their radiator exploded. It may be that dreaded sound of the engine struggling to turn over while the 6'5 bouncer is running at your car.

## Pre-Driving Checks

Before you get behind the wheel for a long drive, there are a few things that you should check for your own benefit. Make sure your exhaust is not clogged up with snow as the carbon monoxide can build up to deadly levels. When it's cold, the first thing the majority of us do once we get in our car is start it up and let it warm up with the interior sealed closed, but that is when it's most important to crack the window to counter carbon monoxide build up.

If your vehicle has been sitting outside for awhile, test your windshield wipers to ensure the wipers are not stuck to the window. Watch for any odd streaks to see if the wipers are worn.

Check your tire pressure with a digital gauge. Make sure the reading is in accordance with the owner's manual's listed guidelines, taking weather into consideration.

If it's a lengthy trip, check your basic fluids including your oil, transmission and coolant. Make sure your fluids are compatible with the seasons, for example, 5W30 engine oil is typically recommended for below freezing temperatures and can help your car start up in colder weather. Note that each vehicle and brand is different, so consult your owner's manual for manufacturer's recommendation.

## Long Term Winter Care

What kind of tires do you use? All-season tires can do the job in warmer climates, or in milder winters, but the term "All-season" does not mean they are suitable in extreme conditions. An online search shows that for a 2007 Honda Civic, it would cost between \$250-\$400 for a set of 4 tires. That is less than a minor collision after your vehicle loses traction over ice. If you swap out tires, make sure you replace all four, regardless of what kind of drive train (AWD, FWD, RWD) you have.

The next time you drive by Autozone or Advanced Auto Parts and have a little free time, check their selection of wipers and compare them to yours. If you have the same wipers year-round, it is best to pick up ones designed specifically to deal with snow and ice. Snow easily piles up and in northern regions the weight of enough snow has been known to snap the plastic arm on wipers. Ice can damage the natural rubber most common windshield wipers use. If your current ones are relatively new you can always swap them back out after the winter is over.

If the weather is consistently below freezing you should lift your wipers into their vertical positions to prevent the ice from freezing them to the window itself. While you're picking up wipers, don't forget to purchase winter wiper fluid. Speaking of natural rubber, while you're at Autozone, check your belt for any cracks or tears. Have your battery fluids checked to ensure proper levels.

If you cherish the paint job on your car, then a good detail and wax is recommended in the fall, before colder weather sets in. If you drive in urban areas your vehicle is bound to accumulate road salt, particularly on the undercarriage, which is notoriously corrosive and leads to rust. The best treatment is a thorough washing and drying on a warm day, washing alone won't do it. Heavy rinsing should suffice until then, when spring rolls around.

When the snowfall is measured in feet, a useful item to have in your trunk is snow chains, for when your vehicle is stuck. Remember, just like your tires, to order a set of 4 regardless of your drive train. If you doubt their effectiveness or never heard of them, a Youtube search shows what snow chains are capable of.

## Conclusion

I hope this article gives you a few pointers on how to prepare for the upcoming winter whether you have an All-Wheel Drive SUV or a zippy S2000. Driving in extreme cold demands more focus, whereas in normal conditions you are concentrated on traffic, you now have to pay attention to the roads more than usual. This article is by no means comprehensive but rather a list of things that can be done without too much time investment or mechanical knowledge. Operating our vehicles is a typically pain free act. Murphy's Law, however, likes to catch us at our worst and does not care if we are trying to make it to a job interview or picking up our children. Thank you for reading; it is my goal that this article helps you in your future travels.

## Checklist

Exhaust clogged? [  ]  
Tire Pressure [  ]  
Winter tires [  ]  
Wipers/Wiper Fluid [  ]  
Engine oil/filter [  ]  
Engine Belt [  ]  
Early wash and wax [  ]  
Snow chains [  ]



# A Mosque at Ground Zero

By: Christian Herrera

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Apparently they want to build a mosque near Ground Zero. I find that completely disrespectful to everyone who died on 9/11 and their families. I find it offensive to my friends that are in Iraq, Afghanistan and Africa right now. These American soldiers are fighting out there so everyone can have religious freedom.

The Twin Towers used to be a NYC symbol, part of its skyline. The day they were destroyed, it changed New York City forever. To me, building a Muslim temple near the spot where the towers once stood is like saying, "We came, we destroyed your buildings in the name of god and our beliefs, and now we are going to build a mosque, which represents our beliefs, on that same spot where your buildings once

stood."

Some people do not understand what they are trying to do here. Let me break it down for you easy and simple. What if we were to build a Japanese monument in Pearl Harbor? Or even better, how about an Adolf Hitler statue right next to one of the concentration camps where thousands of people were murdered during WWII?



## Greed

By: Rafael Fortiz

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When has man ever been able to control his greed? Throughout history we can see all the issues and problems civilizations have faced. From the Egyptians to the Indians and to the Roman Empire, they have all come to ruin because of greed or war. Do you ever wonder if we are ever going to have peace and live in harmony? It is a goal that all nations try to achieve and it seems like we all strive to achieve it personally. Take, for example, the "American Dream" saying. We cram it into our heads that we have to achieve that goal and we use that saying to drive us and motivate us. We work to make money and buy a home and live comfortably. As innocent as it might sound it is not that easy to achieve or hold on to. We have to realize that we have no control over our ambitions. Whenever nations pursue riches and resources that convert into wealth, their behavior can be scary. For example, the company BP has been going through a lot of problems lately. BP is a perfect example of man being too greedy for himself and not accepting how vulnerable the planet earth is to people.

There have been over 62 days of oil spill in the Gulf and it was so sad to know that all the attempts to stop the leak were not successful. It got to the point where the president addressed the nation in despair. It is so sad when the president speaks to the nation and tells them that we still cannot

stop this spill. Day after day the residents of the Gulf States were living in troubled moments. They all had issue after issue. Many people lost their source of income. Some lost their homes because they had to move. The entire nation just waited and waited for answers and nothing came. Many people tried to help but they did not have any answers. The admiral of the Coast Guard became involved as well as many other geological leaders. All the state official and federal leaders were involved but unsuccessful.

The amount of money that oil companies make is incredible. Exxon, one of the most successful oil companies, made 705 million dollars last quarter. Other companies like BP were making 6 million dollars a day. That's about 540 million dollars per quarter of a year. With that amount of money coming in from a private company, I think they could afford any kind of help. To be more specific, this money is pure profit. This is what raises a flag for me. There are many other oil companies out there which means that there are a lot more funds out there in the oil industry. At the end of the day BP did not fix this issue soon enough. I believe that no one really cared. No one really cared about the oil spill or the environment. Everyone cared for their own profit and money, that's it. This leads me to believe that our ambitions take us over and change our be-

havior.

The latest news BP has as of Sunday, July 25<sup>th</sup> is that their CEO Tony Hayward is stepping down. I believe that this man has been through so much turmoil and scolding that he is just fed up. I am the kind of person that doesn't take sides so quickly before hearing from both parties. I know that it seems that this man is fully responsible for everything and I agree. The figure and position of the CEO is just for that. To show the world who is fully responsible for the good and bad things that come from the company. But like I mentioned before one man cannot have possibly been superman and fixed this whole problem. If we were all living in harmony and in peace and got along would this have been fixed? Maybe? Right? Well, we will never know but something tells me that there were some other people out there in the company that just were not aggressive enough to save the day. Maybe it was fear or insecurity. Point blank, BP has made headlines for over 2 months in the news and it's not good news.

In conclusion, I feel that we have not yet become one people for this planet. But we have damaged the earth so much that it's going to get to the point

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# Greed

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where we are going to live in a really strict environment. When it's crunch time, we will know it. When those days start coming around where we are counting the amount of water we consume and the amount of energy we expend we are going to feel it badly. I hope it's not in my lifetime. Actually I wish it on no one but at this point I believe it's inevitable. Al Gore seems like one of the people who dearly and honestly seems to care. He pops into my head because of the recognition he has received. Either way we are just going to have to wait and see how much worse it's going to get. Let's hope we can get through it. <



# Not in the Black One, in the Blue One

By: Anna Del Ferro

I do not understand why you do not recycle. You drank your soda and threw your bottle in the trash. But I just do not understand why. Will you help me understand? The blue recycle bin was a couple of feet away from the garbage can. Did it take too much energy to walk the two or three feet to the BLUE RECYCLE BIN? Buy a DOUBLE GULP and get refills everyday for way cheaper than a \$1.45 soda with only 20 oz of soda when you can get about 2 1/2 sodas

in your one DOUBLE GULP for \$1.73 and refills for \$1.23. Why are you wasting your money on such a small beverage and not even recycling? PLEASE recycle your 20 oz \$1.45 drink. I will not say anything to you, but be aware I AM WATCHING!!!

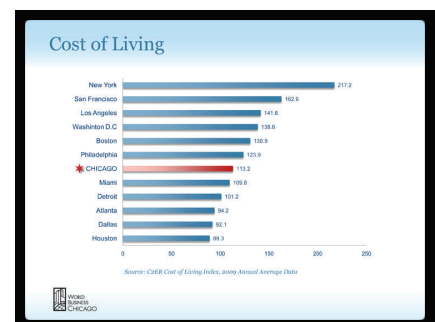


# Cost of Living in New York City

By: Xavier Alvear

The cost of living in New York City is outrageous! You need to make six figures to be in the middle class. A one bedroom apartment goes for an average of \$1,200 and up. Daycare costs an average of \$2,000 a month. New York City is one of the most costly for cell phone bills. The cost of commuting to work, taking buses, trains and your personal vehicle is high. A New Yorker would have to make an average of \$123,000 per year to be equivalent to a person making \$60,000 in Houston,

Texas. Also a New Yorker making \$60,000 per year is equivalent to a person making \$26,000 in Atlanta, Georgia. This tells us how much more costly it is and how bad the economy is in New York City. We have higher gas prices and insurance costs for vehicles and homes. What are the residents of New York City going to do? It is a problem which New Yorkers are still trying to figure out.



# BP

By: Hector Villalona

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BP's Deepwater Horizon oil spill was finally stopped. Environmental disasters are a blight on the survival of the planet. Although natural disasters have had a grave effect on our environment this year (ask anyone in Haiti or Chile), this spill is the second greatest one in recorded history. Efforts to end the oil spill were not as fortuitous as this final successful attempt. The end result was hundreds of million gallons of oil spilling into the gulf, a shattered oil policy in regards to our deep shore drilling and the further devastation to the Gulf Coast.

On April 20, a fire on board the Deepwater Horizon marked the beginning of the spill. The fire was caused by an explosion due to a methane leak in the oil well which spread through several barriers prior to the explosion. The fiery explosion eventually led to the Deepwater Horizon sinking into the gulf of Mexico. The result of the explosion was a spill from the Macondo drilling site estimated originally at 340000 gallons per day, current estimates put the spill at an average of 4,000,000 gallons per day under the worst possible conditions.

BP, for whom the work was being done, immediately attempted to use under water autonomous robots to engage the blowout preventer and stem the flow of oil into the Gulf Coast. Halliburton, hired to create a cement casing to protect the rig and its parts, had not yet completed the casing prior to the explosion. This casing would have slowed the flow of copious amounts of oil into the water. More important to all of this was failed government oversight. The Mineral Management Service granted BP permission to drill with diminished safety precautions. Also a relaxing of regulations in 2008 led to less inquiry into the BP's claim that the oil would not reach shorelines in the event of a leak. BP was able to operate virtually unchecked. In the time since the original blast BP made several attempts to stop the oil flows. The first sent robots, next they attempted to place a containment dome which failed due to methane crystals forming on its surface. Third was an attempt to send drilling mud into the preventer which BP failed to do prior to the explosion of the Deepwater Horizon; this failed procedure was called "top kill." After installing the Lower Marine Riser Package (LMRP) Cap Containment System, BP was able to collect the crude oil and natural gas and started to head off the oil draining into the Gulf. The efforts were finally successful after a 40 ton three ram capping stack was placed on the LMRP.

This is not the end of oil seepage into the Gulf. Although this current effort was effective in stopping the flow for now there is no guarantee that during the drilling of several proposed relief wells more crude will not flow unabated into the Gulf of Mexico. This will further the ecological and economic devastation in the region. It is estimated that the efforts will cost anywhere from \$10 billion to \$20 billion.



# Picnic at Yankee Stadium

By: Robert Rodriguez

I lost my job as security guard two months ago. I was given a chance to take my sons to Yankee Stadium for a special event sponsored by Con Edison. This event involved a tour, free food, and chance to play on the outfield grass and see former players from the Yankees.

Once we got to Yankee Stadium, my sons and I felt nervous and joy and wondered who we would see from the Yankees former players. We all entered the building and got to the area called Monument Park and saw all the plaques and took pictures. Then we went to the leftfield side where we entered onto the outfield. There were two designated areas to play softball. We first walked to centerfield where the numbers 408 were pai



nted on the wall. We took pictures and there it hit me! I took a moment. I asked my sons, "Do you know where you guys are standing? Do you know who played and stood on this grass? Do you know? Look around and feel the past Yankees who played here. Joe DiMaggio, Mickey Mantle, Mickey Rivers and Bernie Williams. As a Yankees fan when you watch the games or hear them played, you dream about this, being on the same field as them."

Well, we were close, at least we were standing on the same field. I felt that I was on top of the world for the second time. My first time was when I got married. This was a moment I will never forget.

We went back to the Monument Park area where they were serving food. As we entered through the leftfield wall, I saw this old man sitting and giving autographs. I went to my sons and asked them, "Do you know who that person is?" They said no. I told them he was the only person to pitch a

perfect game in the World Series. Daren Larson. We got his autograph and I shook his hand. Then we all went to eat. Wow! The Yankees went all out with the food. I never saw so much food. From hotdogs, burgers, chickens, steaks, sausages and ribs, salads and fruits. There was all the beverages and Ice cream you could want. I can say my sons enjoyed eating those foods.

Before we went to the Yankees dugout, we got to see and talk with Joe Pepitone and Mickey River. Mickey River was the best of all because he played softball with us. Then we had to go to the Yankees dugout so we could go on the tour of the Yankee players' locker room.

When we got to the Yankees dugout, I sat on the same seat as the all the Yankees players, coaches and managers of the past and the feeling was so unbelievable. Then I realized that very few fans dream of having a chance like this. Now we go to see their locker room. As we entered I saw Derek Jeter's locker (he has two of them). Why two? One for him and the other for his fan mail. Then next I saw Jorge Posada's locker. The one that caught my eye was number 15, the late Thurman Munson. When I saw his locker, I felt so sad knowing that he passed away so young.

At the end of the day, I looked at my sons told them, "I hope you cherish this day and remember what you have done and seen."

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# Veterans' Resource Centers in New York City

## Queens:

Veteran Services Office at  
LaGuardia Community College  
29-10 Thomson Avenue  
Room C-371  
Long Island City, NY 11101  
Phone: (718) 482-5386  
Fax: (718) 609-2025  
Web: [www.lagcc.cuny.edu/veterans](http://www.lagcc.cuny.edu/veterans)  
Email: [vets@lagcc.cuny.edu](mailto:vets@lagcc.cuny.edu)

Vietnam Veterans of America  
Chapter 32  
74-06 Metropolitan Avenue  
Middle Village, NY 11379  
Phone: (718) 326-2964  
Fax: (718) 326-2918  
Web: [www.vva.org](http://www.vva.org)  
Email: [vvachapter32@aol.com](mailto:vvachapter32@aol.com)

## Manhattan:

Incarcerated Veterans Consortium  
Harlem Vet Center  
2279 3rd Ave.  
2th Floor  
New York, NY 10035  
Phone: (212) 426-2200

## Bronx:

New Era Veterans  
1150 Commonwealth Avenue  
Bronx, NY 10472  
Phone: (718) 904-7036  
Fax: (718) 904-7006  
Web: [www.neweraveterans.com](http://www.neweraveterans.com)

## Brooklyn:

Black Veterans for Social Justice  
665 Willoughby Avenue  
Brooklyn, NY 11206  
Phone: (718) 852-6004  
Fax: (718) 852-4805  
Web: [www.bvsj.org](http://www.bvsj.org)

## Staten Island:

S.I. Supports Our Soldiers  
460 Brielle Avenue  
Staten Island, NY 10314  
Phone: (718) 273-5707  
Fax: (718) 273-5707  
Web: [www.sisos.org](http://www.sisos.org)





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- **Develop an electronic portfolio**
- **Use your military experience to select a career or college major**

Veterans Resource Center at  
LaGuardia

Community College

Veterans Upward Bound

31-10 Thomson Avenue,

Room C-371

