

VETERANS UPWARD BOUND PROGRAM NEWSLETTER

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Continuing Education for Veterans

By: Steve H. Campbell

Knowledge is the key to success! And in order to receive more knowledge, attendance to an institution of higher learning is important. The topic I will examine is very close to home. This is because I'm currently within the percentage of veterans that are choosing to continue their education. I am pleased to share my thoughts about this particular topic. I believe education goes perfectly with the experience and leadership skills I have acquired in the United States Marine Corp. A lot has changed over the years concerning education for veterans. The development of different programs available for

veterans over the years, have improved tremendously. The G.I. Bill, also known as Servicemen's Readjustment Act, was a bill enacted to provide college or vocational education for returning World War II veterans as well as one year of unemployment compensation. It also provided many different types of loans for returning veterans to buy homes and start businesses.

However, the term has come to include other veteran benefit programs created to assist veterans of subsequent wars as well as peacetime service. The percentage of veterans that

have taken advantage of the many opportunities available varies. This is due in part to the unawareness of some veterans that these benefits exist and/or they are unsure of the procedures to follow in order to apply for these benefits.

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MTA: The Weekend Travel Nightmare

By: Saquence Lewis

Transportation on the weekend is the worst. Trains shut down after a certain time, so it's hard to get to where someone has to go. The MTA is always fixing something but people never really see a change. I always wondered why the MTA felt fixing a problem on the weekend is better than fixing it on a weekday. A lot of people work a 9 to 5, so I feel fixing problems at night until early morning would be better.

It's always a hassle getting home on the weekends because you have to take trains that don't get you home. Then there's the shuttle that gets you close to your home. Having to travel with children on the weekend is the worst. The children start to act up and get impatient and the parents begin to get frustrated. It's bad enough that the MTA has raised the price on Metro Cards and is talking

about doing it again. I feel it's unfair because the MTA can't even provide better service on the weekends but want us to spend all this money on Metro Cards.

Cont. Pg. 3

VETERANS UPWARD BOUND PROGRAM

From the Director's Corner

By: Samuel E. Farrell, II

Congratulations to the student veterans completing our fall cycle on October 21. Special thanks to Diana Swisher, Max Aberatine and Kenneth Lopez for taking the leadership role that has returned our VUB Newsletter into the hands of our students. And a shout out to Jennifer Santiago who has been holding the Veteran Services Office together until Leopoldina Cueva returns at the end of October. We hope that our entire staff will join us at the Graduation and Awards Ceremonies on Thursday, February 17, 2011.

From what I saw in the Math and Language Arts classes this cycle, we still have a distance to go to make you more involved in determining realistic and measurable goals within each six-week cycle. We have to develop prescriptive web-based and tailor-made assignments with unit testing at the end. These efforts will help us meet students' individualized academic needs – especially the highest or the lowest skilled students.

I just learned that our proposal for Center of Excellence for Veteran Students (for outreach and retention) was not among the 15 funded nationally. This challenges our VUB staff to

mentor our graduates in college while increasing our efforts to enroll a minimum of 120 veterans annually. We must expand our outreach beyond our current strategies: website, social networks (e.g. FaceBook, MiGente and Twitter), visits to veteran-services agencies and regular mailings. Our recently developed videos could help if we succeed in getting them on New York 1, PBS and on other networks or forums. For retention, we have to look more towards LaGuardia's Early Alert Program, which promises to flag veterans who are in jeopardy of failing their credit courses and to intervene early enough to help them remove barriers to their academic

success. From our VUB graduates, we need you to continue supporting each other in college and to help strengthen the Student Veterans Club. Also, please join us at the Veterans Day Parade on November 11 and help us distribute fliers.

Finally, our Office is collaborating with other areas in and outside of the college to plan in-service training for faculty and staff and to develop protocols for PTSD services and GI educational benefits. Check our website for updates at

www.lagcc.cuny.edu/veterans/

Congratulations to the students of the Fall I 2010 cycle of the VUB!



LaGuardia Community College Veterans Upward Bound Program

29-10 Thomson Avenue

Room C-371

Long Island City, NY 11101

Executive Director

Samuel E. Farrell, II

Coordinator/Case Manager

Edith Segovia

Fiscal Monitor/Data Specialist

Dino Garcia

Program Consultant

Joe Bello

Program Assistant

Leopoldina Cueva

Jennifer Santiago

Instructors

Older "Danny" Vera

Crystal Artis

Tutors

Garry Israel

Mentors

Frank Monzon

Newsletter Committee

Diana Swisher

Kenneth Lopez

Max Aberatine

OCTOBER 2010

Continuing Education for Veterans

By: Steve H. Campbell

Unfortunately, for some veterans, upon returning home from a tour of duty, there may only be few options available to them, and many face unemployment. This further supports why the G.I. Bill is such an important benefit to utilize. As previously mentioned, education is the key that can unlock so many doors, especially during times of job uncertainty. With the G.I. Bill, veterans can expand upon their military accomplishments and earn a career that can sustain themselves and their families outside of the military. The education benefit is one of the major reasons why many choose to sign up to military, due to the limited funding for education that is currently available. I am happy to have found out about the Veterans Upward Bound Program. The program has refreshed my sense of being in a classroom again. I have also met a wide variety of veterans through the program that have been out of

school just as long as, or even longer, than I have.

I've had the pleasure to interact with some that have served in many different capacities in the Armed Services. This program is enabling me to gain the necessary education required to pursue my aspirations of establishing my own business. The military has provided me with the discipline and college will now offer me the structure that I can apply to making my dreams become a successful reality.

The G.I. bill has made some major improvements in the benefits offered. In the past, servicemen and women had to contribute a certain amount of money in order to participate in the program, now, however, all one has to do is sign up to be elected for this program. I would definitely encourage veterans to capitalize on these benefits. In my opinion, after dedicating time

and service to your country, it is definitely worth the time and effort to explore available options that can help further your knowledge and help secure a more sound future.



MTA: The Weekend Travel Nightmare

By: Saquence Lewis

One night a bunch of us got together to go out. We had a great time, but when it was time to go home everybody's mood changed because we know how bad the trains are on weekends. It was about 2 in the morning when we got to the train station. We didn't get home until 7 in the morning. I was so upset and tired. My friends were talking loud and making so much noise, I wanted to push them on the tracks. I know that's a horrible thought but I was frustrated and every little thing was getting on my nerves.

Overall, traveling on the weekend is horrible and a change needs to happen. People do and think crazy thoughts when they're tired and just want to get home. I feel having less work done on the weekend and more done at night on week days would make traveling easier on the weekends.



Freak Tornado in New York!

By: Max Aberatine

On September 17 2010, New York was battered by twin tornadoes. Leaving many without power, and millions of dollars in destruction. Many have seen these types of freak weather occurrences in the past before and many have not. I was one of them who was seeing it for the first time and I was in the middle of the storm. I was driving toward LaGuardia Community College and I felt the full brunt of the storm. I felt the wind and the rain; there were derbies flying everywhere—there was chaos for about 30 minutes.

The U.S National Weather Service said on Friday September 18, 2010, that the tornadoes had been part of a fast-moving storm, along with a fierce wind with speeds up to 125 mph. The storm traveled from Staten Island, across New York harbor and then carved a 14-mile path of destruction from Brooklyn to the Bayside neighborhoods in Queens. Forest Hills was one of the worst affected areas in Queens, among many others.

Because of broken trees blocking major roads in and out of Queens, the traffic delays were up to four hours or more, also high wind and heavy rain caused many accidents along Queens and Brooklyn high ways and freeways. Over 1000 trees were uprooted, and 1000's more broken. One woman died in her car by a falling tree, and hundreds of cars and homes were damaged also by falling trees.

This was the ninth time New York City has been hit by a tornado since the 1950s, and it was said that this tornado was the second one in 2010. The strongest tornado to touch down in New York was in August 8, 2007, Several tornados touched down along a 9-mile path from Staten Island to Brooklyn in the early morning hours.

Some people connected the tornadoes to the much talked about 2012 apocalypse scenario, and some just dismissed the idea. To me what is important is that whatever our future hold for us, we have to be ready.

In cases like this, we should come up with early warning systems for every citizen in New York city and across the states.

We should also have a good after-math plan ready which would include rescues and clean up. I hope we learned enough from this for any future natural and man-made disasters.



A Guide to Investing

By: Michael Clarke

Stocks and Bonds usually repel each other in the market known as the Stock and Bond Ratio. Gold and Currencies repel each other known as the Gold and Currency Ratio. Advanced investors and traders take advantage of this, and hundreds other factors, to size up a position for their clients. Market conditions can change faster than the weather. Weather forecasters and analysts can be wrong many times despite of modern technology. So can traders' speculators and neophyte investors. Mutual Funds is the way to invest in certain sectors

of the market without heavy risk to capital.

Mutual fund managers, from many years experience, can invest funds to take advantage of news, earnings, reports, time frames, and technical key factors they know from working many years in the market. They know how and what time to take care of traps and set-ups, usually most fund managers have favorite companies and financial issues they watch all the time usually on a daily basis. There are as many types of mutual funds as there are stocks. Also, it is always good to round out an investment portfolio with funds, bonds, stocks, U.S.

treasury bonds, real estate bonds, real estate investment trust funds, options and exchange traded funds, gold and precious metals; even commodities and futures. A second stockbroker or financial manager can help with a wealth of information to help you get started and to grow your money tree, how to prepare for certain financial goals, and what to change around in a changing market weather. Just like a seasoned captain can lead a ship through a storm.

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I Want My Country Back: The Hypocrisy Of The Right Wing Conservative Cause

By: James Young



When we think of the Tea Party, we think of a group of angry people mostly from the south or the mid-western parts of the country. These are people who say that the government is too big, fascist, and beholden to big corporations. This Tea Party movement is composed of many different groups. Many, if not all, of the people in these groups believe that the president is not an American citizen. When we examine the Tea Party, we find that under all the anger these groups have, they have big backing from some of the same corporations that they are against. These are people that say that they

have no control over the country they claim to love. When you go to a Tea Party rally you'll hear people talk about socialized medicine calling it bad. They talk about how the government is going to take away their right to bear arms. Are the people in the Tea Party right to have these concerns, or are they just paranoid? Some people think that the people in these groups are racists and/or just plain crazy.

The Tea Party was originally founded by Ron Paul. He was a Libertarian Republican, during the 2004 republican presidential primary. At that time the Tea Party was entirely different than it is now. They wanted small government, and the end of the wars in Afghanistan, and Iraq. Ron Paul was quoted as saying, "We cannot spread our greatness and our goodness through the barrel of a gun". At that time the Tea Party wasn't as vocal as they are now. They didn't have any of the protests against the Bush administration. The groups that

comprise the tea party were silent while the Bush-Cheney administration ran the American economy into the ground.

Hypocrisy, lunacy, and racism seem to be what the Tea Party is all about these days. Dr. Rand Paul, the son of Ron Paul, who denounced Medicare as "Socialized Medicine." Then Dr. Rand Paul changed his mind when he realized that his Medicare patient's payments would be reduced. Unqualified people like Sarah Palin, the king-makers of the so-called movement, have free reign to spread their lunacy to the Tea Party masses.

2010 Interbike in Las Vegas

By: Edgard Higuera

For bicycle riders, lovers, shoppers, September is a very important month. Las Vegas Nevada interbike takes place during this time every year. Hundreds of businesses get the opportunity to show all the new products for the coming year. Even though this is a national event, people from around the world come to get a piece of this great show.

I personally had the chance see it this year. It was a wonderful experience, except for the job part. Professional and amateur bicycle riders come to buy, sell, or promote business, brands and

products. You can find almost anything that is related with bicycles. From \$50.00 U.S. Dollars (sometimes less) up to \$21,000 dollars, an Eddy Merckx EMX-7 edition.

Big companies like Bianchi, Trek, Specialized, Giant which are some of the most important companies in the U.S. and in the world. They bring new merchandise to impress the small business' and then sell their products to the general public. There are also the companies that offer parts and accessories, which is a bigger business than the bicycles.



Kids Found Dead Classmate's Brain at Morgue

By: Diana Swisher

Can you imagine, if someone close to you died and their internal organs were missing without you knowing it? Imagine if you buried your loved one, are still sad for his/her death and all of the sudden you find out what was done. I bet you'd be horrified, emotionally and mentally. Now, what if you found out the reasons behind the "theft" of your loved one's organs? It would have been one thing if the organs had been used to save the life of another person, but what if the organs had been used for science, to be experimented on. How would you feel? Well, the following is a true story.

On January 9, 2005 Jesse Jerome Shipley, a 17 year old high school student in Staten Island, died of severe injuries, due to a car accident. He was the passenger in the vehicle. An autopsy was necessary to confirm the cause of his death, according to the forensic doctors. Jesse's father authorized an autopsy the following day. The autopsy confirmed the cause, skull fractures. Two months later, Jesse's friends and his girlfriend discovered something very disturbing during a class trip to a local morgue for their high school's forensics club. They never imagined what they might find would bring so much sadness and bad memories. They found Jesse's brain inside a jar, labeled "Cause: Brain fracture. What happens when you drink and drive." The students called their parents and informed them of the situation. They knew whose brain was inside the jar, because it was labeled with Jesse's full name and cause of death. Jesse's parents are suing the city and the Medical Examiner (ME), for unspecified money damages, for mishandling of their son's remains and interfe-

rence with their "proper disposition" which had caused them severe emotional distress.

This is not an actual case of organ theft, but it is a violation of the ME to hold body parts for too long without the consent of the deceased close family member.

The ME's are required to notify family members if they are to keep any organs for a long period of time, and it would be up to the family to determine if a burial should follow or wait until they return the missing organ. We do not hear or see many cases on organ theft in the United States. But many countries, like China, have reported 41, 500 transplants that occurred between 2000 and 2005 with living practitioners. (Cindy Chan. "Organ theft deemed 'Most serious' Human Rights issue." The Epoch Times 4 September 2007. 4 October 2010).

Many people have voiced their opinions on different newspaper blogs; like The Daily News, The New York Post, SILive.com as well as the AOL News. Many people have strong feelings about this topic. They considered the pain the family is enduring and also makes many of us think this is one of many unsolved medical mysteries. There are also people that believe that it really doesn't matter if the deceased is buried with all his/her body organs or parts. Some believe people like the Shipley's are just trying to get money out of the system. I keep an open mind on this topic being that we have to observe many points of view, one which is very important, or may be not some people, Religion.



Breast Cancer Awareness Month

By: Diana Swisher

Every year on October, many people wear pink!!! Are you?! Well, most of you must know that October is the month in which most people support a BIG cause, which many people from all over the United States gather together to support and defeat breast cancer. This October is the 25th anniversary of the National Breast Cancer Awareness Month. Some of these people have never had cancer in their life, some have survived cancer and others might currently have it, but all of these people gather together under one cause, to defeat and continue LIVING. Sex, religion, marital status, sexual preferences and many other reasons are not an obstacle for these people to join together to support the cause.

Currently we see in television commercials, the news, newspapers, radio and even on the internet all the events that go on to support and defeat breast cancer. The Breast Cancer Organization's job is to carry out different events throughout the U.S. Some of these events include a 5K Run and Walk, the selling of items in different stores supporting the cause, like bracelets, electronics, shoes, jewelry, bags, you name it, they have it! I support the cause every year and occasionally throughout the year. I contribute by buying bracelets, pens, t-shirts, teddy bears and other miscellaneous items. I have never had cancer but I have had a few members of my family that have. Some of them did not have breast cancer, but cancer is cancer and helping out feels great.

The month of October is not over yet, if you would like to sign up and help the cause, you can log on to www.armyofwomen.org, with the goal of moving breast cancer beyond a cure and eradicating it once and for all. Play an active role in being part of moving breast cancer beyond a cure. Another way to support is by purchasing items, like their recipe book, by sending \$2.00 you can get a copy of the Bake for the Cure Cookbook. Log in to www.bakeforthecure.com for more information.

The Fashion Footwear Association of N.Y. (FFANY) and QVC presents "FFANY Shoes on Sale." A million pairs of shoes have been sold and more than \$32 million has been donated to fund cutting-edge research and education at leading hospitals and research organizations. You can help by tuning in to QVC from 7 – 9 a.m.(ET) thru out the month of October. For details, call 800-345-1515 or log on to www.QVC.com beginning October 1.



So many people have or are continuing to contribute to the cause. Recently a ladies only off-road race on track for a cure, took place raising \$150,000 to continue research efforts.

Check them out at www.powserpuffrace.org or www.moreracing.net

As women, we should not take our health for granted. We can detect it if we follow the simple instructions from our doctor (s). An early detection can improve the chances of success in treatment. One should always get screened to detect cancer before the onsets of symptoms are present. A mammogram should be done until the age of 50, but most doctors would prefer not to wait that long and perform it at the age of 40. Control your weight. Know your family history of breast cancer. If you have a mother, sister or daughter with breast cancer, ask your doctor about your risk. Understand the risks and benefits of hormone replacement therapy. Limit the amount of alcohol you drink. If you want to learn more visit www.therlibbyrossfoundation.com and www.swarovski.com.

But most important don't think that this can happen only to women, it can happen to men too. We should all be educated. It is our health we should be concerned about. Support! WEAR PINK!!

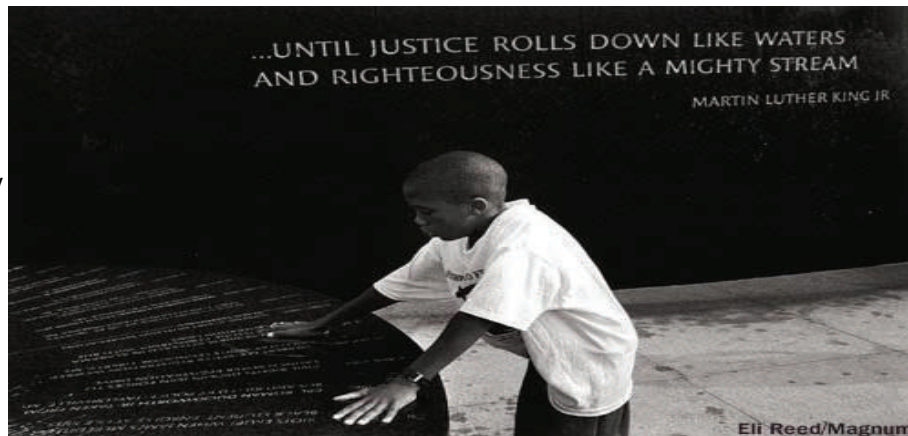
Racial Inequality in The United States

By: Kenneth Lopez

Racial inequality in the United States is as old as the country itself, if not older; however is the issue of racial inequality in the U.S. still pertinent today or is it something that you can now only find in our history books? In an attempt to answer that question, I took a look at poverty levels, incarceration rates and unemployment rates. I also looked into communities called "sundown towns." These communities have policies, both formal and informal, in place to keep non-whites from moving in.

Due to the recent recession, the poverty level in the United States has risen to its highest point since the 1960's. Poverty is defined by the Census Bureau, in 2009, as a family of four making \$21,954 or less before tax deductions; which means if you made \$22,000, an extra \$46, you were living the good life? I highly doubt it. According to the Census Bureau, the overall poverty rate climbed from 39.8 million Americans, 13.2%, in 2008 to 43.6 million Americans, 14.3%, in 2009. Though poverty has risen across all races and ethnic groups, it is significantly higher for blacks and Hispanics than for whites. Poverty among Hispanics went from 23.2% in 2008 to 25.3% in 2009; for blacks it went from 24.7% in 2008 to 25.8%. Poverty among whites rose about one percentage point from 8.6% in 2008 to 9.4% in 2009, remaining in single digits.

Census data showed a very large imbalance of the imprisoned population in every state. The population of the U.S. stands at about 300 million people. American Indians make up



0.8%, Asians make up 3% and Hispanics make up 9%. Blacks make up 12% and whites make up 75.2% of the populations. Yet, Black people make up an estimated 44% of the prisoners in the U.S. The number of black prisoners was greater than the number of black residents in every single state. In twenty of the fifty states, the number of black prisoners was at least 5 times larger than the number of black residents.

One of the most interesting things I found out was that there are still neighborhoods that are all white, not by chance but by design. The attention given to racial discrimination by the Civil Rights Movement ended the more obvious, and heinous, prejudice acts and practices in the country, particularly in the south. Now people of all races, nations, or creeds can eat at the same restaurant, ride the same bus, or fly the same plane; they can work together in the same office, factory, and in the military (well as far as the military, almost everybody.) However, there are still neighborhoods, communities, residential areas that are still being segregated.

Now you might think, as I did, that these places are few and far between somewhere in the Deep South. As it turns out most, most of these places are actually in the northern part of the country and there are more of them than you think. As of 2000 there were over 400 "sundown towns" across the United States, the majority, of which, are in the north. Places like Anna and Jonesboro, Illinois; Tuxedo, New York; Darien, Connecticut and Cedar Key, Florida just to name a few.

So as you can see, racial inequality in the U.S. is still a major issue. Though the United States, as a whole, has changed its attitude and policies towards minority groups, it hasn't done so willingly. People like Dr. Martin Luther King Jr. and Malcolm X had to fight for that change. So one can assume that equality won't come willingly either, we're going to have to fight for it. I don't see the few rich minorities in the public eye as a sign of equality. As you can tell by the Census Bureau's numbers, we actually have a long way to go.

OCTOBER 2010

Chilean Mine Workers' Rescue

By: Kenneth Lopez

On August 5, 2010 one of the copper and gold mines in Chile collapsed with all the workers still inside. No one knew what had become of the 33 mine workers. Every day that went by, people got more discouraged and the chance of finding any survivors grew slimmer. Then, after 17 days, the unbelievable happened, the search team made contact with one of the workers. Through that mine worker they found out that all 33 men had survived the disaster. This was the beginning of a rescue that would captivate the world.

The age of the mine workers ranged from 19 years old to 63 years old. 21 of the men are married, 9 are single, 2 are widowers and 1 is divorced. Luis Urzua was the shift leader and was the man in charge while the men awaited



rescue. Once the men were located, the next step was to plan their rescue. The careful planning took about 2 months. The mine workers were provided with food and entertainment in the mine meanwhile. On October 12, 2010 the rescue began, the first of the 33 men out was Florencio Avalos. With the whole world watching, one by one, the men were safely rescued. The total rescue operation lasted about 23 hours, faster than expected. After being stuck half a mile underground for 70 days, this unfortunate event ended happily with all the mine workers being reunited with their families and friends.

Veterans Upward Bound



Thank you for your service

Now let us serve you!

VUB Student's Class Interviews

By: Steve H. Campbell

Meet Quentin a mature gentleman that I had the pleasure of talking with about some of his life experiences, one of which is his love and appreciation for jazz music. This all started at an early age when his father used to play a lot the jazz records at home. Some of the artist records that were played in his home included, *Duke Ellington, Dizzy Gillespie, Louis Armstrong, and Fats Waller just to name a few*. Initially he did not like the music, but eventually developed an ear and appreciation for the music. He was so inspired by the music that as a youth, he took up playing the trumpet.

He attended a lot of jazz shows with his father and developed a deeper love for the music, through his attendance to live performances. His father used to tell him stories about the music and how it was when it first began. The time spent with his father at these shows developed a strong bond between father and son. His favorite artist is Mr. Miles Davis. He appreciated his cool and calm demeanor, also his sense of humility especially about his performance.

Even today he still attends jazz shows whenever possible, last show he attended was to see Roy Haynes perform at the Iridium in Manhattan, New York. He lost a lot of his records over time, due to his constant active lifestyle of being in the military. Also some of his appreciation of the music was lost in his twenties, but he eventually developed a renewed love for the music. Quentin's enthusiasm for jazz music stretches over forty years.

Overall, it was an honor and privilege conversing with Quentin about his love and passion for jazz music. He attempted to pass the music to his children, similar to what his father did to him, but it was of no avail. His children assimilated to the music that was relevant to their experience as their father did to jazz music in his youth. The next time that I listen to jazz music, his story will certainly resonate to the forefront of my mind.

By: James Young

Frank Monzon was born on the Lower East Side, Manhattan, New York in 1950. He grew up in a time when a lot of things were going on in our country politically. There was a lot of unrest with the civil rights movement going on. Frank joined the Air force in 1968 and was honorably discharged in 1971. While in the Air force he said he had good times and bad times. After boot camp, he went to Chanute Air force base in Illinois. After leaving Chanute, he went to Mac Dill Air base for 3 months, before being deployed to Vietnam. Upon reaching Vietnam, Frank was stationed in Cam Ranh Bay. He spent 18 months in Vietnam. Talking to Frank about the war, he told me about an incident where he saw a child being killed by a satchel charge.

After leaving Vietnam, Frank was stationed in Japan before he was honorably discharged in 1971. Frank's first job after leaving the Air force was at Con Ed. Frank went to Puerto Rico towards the end of 1973. He met his wife Daisy in 1974 and was working in a hotel. Frank and his wife divorced in 1989.

Frank went to CUNY in 1978 to further his education. Since 1978 he has been taking courses in the CUNY college system. Frank is now one of the counselors with the VUB program at LaGuardia Community College.

By: Max Aberatine

Saquence Lewis was born in Brooklyn New York and is currently living in Staten Island. She finds that Staten Island is a very boring place to live. Her childhood dream was to be a lawyer. She played basketball for 3 years during high school. Her dream car is a Rolls Royce and she would like to have a driver. She would like to do something crazy like run naked during a game or go to Jerry Springer and get her Jerry Beads. As a hobby she would like to learn how to pole dance in her basement. In the long future, she would like to own her own Strip Club.

OCTOBER 2010

VUB “The Gateway to College Course”



By: Jean Joseph

My name is Jean Joseph. I'm currently in the New York Army National Guard. I also came back from a recent deployment; I'm so impressed with LaGuardia College and their VUB program. If I had to express from the bottom of my heart how I really feel about this program, I could write for days. This program is actually helping the vets to take the best course of action with their education.

I've always had interest in going back to school. The VUB program was my push and motivation to stay on course to better myself for a better tomorrow. I highly suggest all vets to call to schedule an interview to discuss opportunities waiting for you.

I highly recommend passing this on. Remember your warrior ethos, to care for, RESPECT, and help your fellow soldiers. One way to do this is to keep each other informed.

I am honored to have been here. Also, I would like to thank all of the members and supporters of the VUB for giving me the chance to maximize my potential

By: Quentin S. Holley

I am currently enrolled in the Fall Semester Veterans Upward Bound Program. I am preparing to enroll at LaGuardia's for the 2010 spring semester. I am planning to apply for the Radiology Technology Program. If that doesn't work out, then I'll major in Liberal Arts. It's been 35 years since I've been in school, a lifetime ago.

It was fall 1971 when I first attended York College in Queens, NY. It was so long ago that their current campus wasn't even built. The college back then consisted of various classrooms sprinkled in different locations along downtown Jamaica Avenue. I had just graduated from high school, and I was in my "experimental phase." I fell victim to bad habits and negative peer pressure. I stopped attending classes and was soon academically discharged from York. I had a brief enrollment in Borough of Manhattan Community College (BMCC) in 1976, and it ended the same way.

The years that followed include military service, a sixteen year career as a New York State Correction Officer, two marriages, a thirty year heroin addiction, a recovery from drug and alcohol abuse; all the highs and lows that come from a life of wreckage and baggage.

Now at the age of fifty-seven, I'm ready for college again. I'm newly re-married and steadily employed. The time seems right. I am focused and hopeful that I can achieve my goal of obtaining an Associate's degree.

OCTOBER 2010

VUB GROUP FALL 2010





FREE COLLEGE CLASSES AND SERVICES FOR VETERANS

Fall Cycle II - 2010:

November 8 - December 15

Winter 2011 Cycle:

January 10 - February 15

Spring 2011 Cycle I:

March 14 - April 21

**Office Hours:
Monday to Thursday
1pm to 9pm**

- **Apply for GI benefits**
- **College enrollment & other financial aid**
- **Prepare for college placement tests in reading, writing and math**
- **Develop an electronic portfolio**
- **Use your military experience to select a career or college major**

Veterans Upward Bound
31-10 Thomson Avenue,
Room C-371
Long Island City, NY 11101



Veterans Resource Center at LaGuardia
Community College

