



The QC Voice

A newspaper for the campus community

Fall 2017

Volume 11, Issue 2



2017-18 MEN'S BASKETBALL SCHEDULE

Nov. 7 @ CC of Rhode Island / L, 114-79
 Nov. 14 @ Gateway (CT) / W, 115-93
 Nov. 18 UConn-Avery Point / W, 118-93
 Nov. 20 Bunker Hill / W, 111-102
 Nov. 28 @ Holyoke 7 p.m.

Dec. 2 MassBay 1 p.m.
 Dec. 4 Springfield Tech 8 p.m.
 Dec. 6 Roxbury 8 p.m.
 Dec. 9 Bristol 1 p.m.
 Dec. 11 Northern Essex 6 p.m.
 Dec. 12 Massasoit 7 p.m.
 Dec. 14 Ben Franklin Tech 6 p.m.
 Dec. 16 Gateway (CT) 1 p.m.
 Dec. 19 @ Quinsigamond 5 p.m.

Jan. 13 @ Ben Franklin Tech 7 p.m.
 Jan. 18 @ Northern Essex 6 p.m.
 Jan. 20 Quinsigamond 1 p.m.
 Jan. 27 @ UConn-Avery Point 1 p.m.
 Jan. 30 @ Bunker Hill 7 p.m.

Feb. 3 @ MassBay 1 p.m.
 Feb. 6 @ Bristol 7 p.m.
 Feb. 8 @ Springfield Tech. 7 p.m.
 Feb. 13 @ Roxbury 7:30 p.m.
 Feb. 15 @ Massasoit 7:30 p.m.
 Feb. 17 Holyoke 1 p.m.

*Home games (in bold) will be played at the Lahue Center on the campus of Eastern Nazarene College, 23 East Elm Ave., Quincy, MA.

Granite off to explosive, high-scoring start

By AL YOUNG
 QC Voice

Before the start of the season, a confident first-year Quincy College men's basketball coach Doug Scott predicted his team would score a lot of points and boldly expected it would "be in the hundreds every game."

No surprise, since Scott knows a little something about points. He's the city of Quincy's all-time leading scorer when he starred at Quincy High.

But getting his young players to buy in was a different story.

So far so good.

Through the first four games of their inaugural NJCAA Division III season, the Granite have proved their coach prophetic, averaging 105.8 points per



Photo: AMANDA DECK

The Quincy College men's basketball team, seated from left, John Pope, Dajour Dunkley, Darius Hall, Jonathan Daviega, Ugochukaw Kamalu and Jakigh Marcelin. Standing from left, Head Coach Doug Scott, assistant Kendrick Jackson, Thomas Mabine, John Furr, Deven Palmer, Regis Cesar, Weldon Gibson, Associate Head Coach Parker Scott and Assistant Mike McGhee.

game — tied for No. 2 in the country and No. 1 in Region 21.

After splitting their first two games on the road, in which they combined to score 194 points, the Granite routed UConn Avery Point 118-93 in their historic first home game Nov. 18, to push their

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New QC hoops coach scores 'dream job'

By AL YOUNG
 QC Voice

Last year, when Quincy College announced it would be joining the National Junior College Athletic Association (NJCAA) in men's basketball for the 2017-18 season, the school didn't have to look far to find its head coach.

He was already on campus, running the men's intramural program.

But when QC named Doug Scott its new basketball coach earlier this year, his credentials far-exceeded that of intramural basketball.

Scott was a local schoolboy hero as a

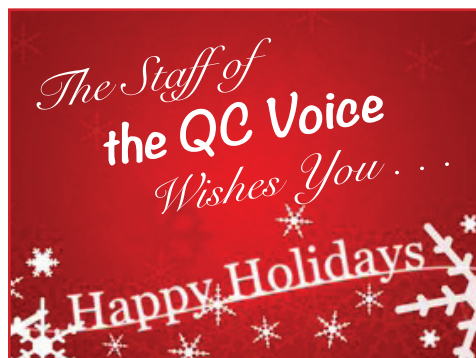
6-foot star guard for neighboring Quincy High School, where he led the Presidents to two Patriot League titles. He's the city's all-time leading scorer (boys or girls) with 1,555 career points and still holds the school's single-game scoring record when he torched cross-town rival North Quincy High for 53 points.

On Nov. 25 of this year, the 2009 QHS graduate reached the pinnacle of his scholastic career when he was inducted into the school's Basketball Hall of Fame.

But his legacy continues.

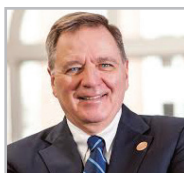
"This is a dream job for me being a

Continued on Page 9



President's Corner

By Peter H. Tsaffaras, J.D.



As our thoughts turn toward the holidays, I focus on A gratitude and am personally grateful for Quincy College and the Quincy and Plymouth communities at large which support our campuses, academic efforts, and passion for higher education.

As we near the end of the fall semester, we remain focused on supporting our community and continue to embrace our maxim of teaching and learning, one student at a time. We often say we are on the move as an organization. From the MBTA train cars that carry our name to the physical growth of our campuses, including the new student lounge in Plymouth or the diversity of new classes offered in Spring 2018, the institution is on course toward greater excellence.

We remain an open-access institution that encourages and celebrates academic achievement and excellence, diversity, economic opportunity, community involvement, inclusivity, and lifelong learning. Quincy College has been, and always will be, a safe space for our students to actualize their educational and professional futures.

We are aware and recognize the last few weeks of any semester can be a stressful time. That is why I remind you of the wealth of free services Quincy College offers our students to ensure a successful and productive conclusion to your semester.

Our library hours will be extended on both the Quincy and Plymouth campuses. Have you taken advantage of our tablet-lending program at the Krovitz Library in Plymouth and the Anselmo Learning Commons and Library in Quincy? Visit them and see what we have to offer.

Struggling with work-life balance this holiday season? Stop by the Student Success Coach Offices and speak with a student success coach. Need help managing your workload or mastering a concept? The tutoring center is available at both campuses.

Our veteran and international students can also find additional support in Quincy and Plymouth.

Each student has a primary, secondary, and tertiary academic advisor listed on their MyQC portal to answer any questions. In addition, separate from any before-or-after class discussions you may have, all faculty have posted office hours. Stop by if you would like to talk to one of your instructors. Sometimes a brief discussion can yield great benefits in terms of understanding the material. Remember, your academic success is our goal.

Our focus on teaching and learning extends beyond the classroom and blends itself into every facet of the student

experience at Quincy College. From our faculty to our administrative staff, we are here for you and continually ask: How can we help?

We also want your feedback. So please join us at a future President Unplugged event, a monthly town-hall style meeting, where the Quincy College community can meet with me casually to discuss ideas, share concerns, and learn more about our administrative initiatives.

We have been working hard to ensure that both the Winter Intersession and the Spring semester provide a clear pathway to your higher-education

goals. Each day we are planning for what will come in the Winter and the Spring. We encourage you to take advantage of pre-registration for Winter Flex and Spring 2018 courses. Doing so gives you first choice for days and times, as well as for specific faculty members.

If you have questions on how to proceed for your course schedule, don't forget to leverage the Ask an Advisor functionality on our website or schedule a one-on-one meeting to get personalized assistance.

All of us are part of the Quincy College community, a family really, and while we want you to focus on your studies, we also want you to enjoy the holiday season. As you spend time with family and friends during this period, hopefully, you can find a moment to remember those less fortunate than ourselves and for whom we can make a difference in their lives, be it large or small. Whether you celebrate a holiday or a holy day, we wish you the best of the season and a bright new year.



**CHRISTMAS RECESS BEGINS
AT NOON DEC. 22-25, 2017**

**NEW YEAR'S HOLIDAYS
BEGIN AT NOON DEC. 29,
2017-JAN. 1, 2018**

Steps to help ward off the mid-semester blahs

By **CHANTAL ENGLISH**
QC Voice Staff

As the academic work load increases and the holiday A season approaches, the anticipation and excitement of a new school year begins to wane and suddenly, the mid-semester blahs start to kick in.

There is a loss of interest in what professors are teaching and the thought of studying and focusing on school become the farthest things from your mind.

Why is this?

Continued on Page 12

INQUIRING PHOTOGRAPHER



Question: "It's been just over one year since Donald Trump was elected President of the United States. What do you think of the job's he done so far?"

By SARAH POWERS, CONNOR DAVIDSON, HEIDI CAO
QC Voice Staff



Bill Messmer

Adjunct Professor of Math
Braintree

"Unbalanced. He's done a pretty good job, considering the opposition he's had from his opponents. We've made progress in a lot of areas, but haven't made as much progress as we've needed to. He's made some foolish mistakes with his tweeting, but overall, he's done a reasonable job."



Thomas Mabine

Business Management
Boston

"I don't feel like he's qualified to be president. But since he's been in office, I think he's been doing too much and not doing what's right for the country. I believe he can do more, not be silly and make stupid mistakes and not do the country harm. I want him to do what's right for all of us."



Mariam Montilla Javier

Business Management
Weymouth

"People are disappointed. People are rethinking why they chose him. I think he's generating too much drama and conflict."



Lewann Mina

Associate of Academic Advising,
Testing, and Tutoring
Quincy

"I think that he is trying to do what he thinks is best for our country, but I think that the media and Congress have not been helpful or supportive. He needs to get off of Twitter."



Robert Sullivan

General Studies
Braintree

"I don't think he's qualified. I think it's a joke. The fact that they're talking about Russia interfering with our election and how many people in his campaign that were being hacked who were in bed with Russia makes me wonder: Is this presidency a legitimate presidency? What if Russia doesn't like the next candidate, are they going to interfere with it again? Like did he (Trump) win or did they go and alter the numbers?"



Isabel Calbenty

Natural Science
Boston

"I honestly think he has done nothing but damage to us. Donald Trump has definitely had more failures than success."



Ryan Taylor

Engineering Major
Weymouth

"President Trump is not perfect, but he is a giant step in the right direction. He is the first president in decades who is really speaking for good, hardworking Americans. (Trump) is here because of a seismic shift toward conservative values in this country that has been simmering for decades."



Amber Whitney

Natural Science
Boston

"I have yet to see anything good from him or anything good he wanted to change. It hasn't gotten better. I've seen a lot of things become worse. We have three more years of this."



Jinny Vernet

Psychology
Weymouth

"I honestly try not to pay too much attention to Donald Trump, because I feel like he brings a lot of negativity into America."

CAMPUS HAPPENINGS




Halloween Party Fun

Ghosts, goblins, cobwebs, costumed characters and screams of delight and fright took over the darkened Quincy campus Student Lounge Oct. 26, for a spooky annual Halloween Party. Throw in food, music, costume prizes and lots of candy and a fun afternoon was had by all. Among the snap shots: A giant floor-to-ceiling skeleton ghost (right) hovers over the proceedings; John Lee (left), in his green alligator costume, quietly keeps an eye on things; Minnie Mouse (bottom left), a.k.a Student Life Director Amanda Deck, gives us her best Disney wave; Ricki Benoit and Liz Flores (bottom right), unmasked and dressed as themselves, enjoy the party with a bite to eat.



Photos: AMANDA DECK





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CAMPUS HAPPENINGS

Cultural Bazaar celebrates QC's diversity

By SHENAIYA EMMANUEL

QC Voice Staff

The anticipation of the Cultural Bazaar had been building for weeks.

And when the day finally arrived, the biggest and most colorful Quincy College Student Life event of the year didn't disappoint.

A few hundred students, faculty, staff joined other visitors, Nov. 15, at the Quincy campus Student Lounge, showcasing various cultures and ethnicities in the spirit of International Education Week to foster cultural awareness within the community.

"I think it's important for students to be able to represent their ethnicities and nationalities through this event, because it displays how diverse our institution is," said Lisa Stack, Director of International Services and the organizer of the bazaar.

With more than 400 international students among QC's nearly 5,000 total student enrollment, the event celebrates all of our students and brings attention to why each of us are unique.

The highlight of the afternoon was the fashion show — organized by the QC Fashion Club, led by President Shenaiya Emmanuel — featuring a bevy of student models, representing various countries, ranging from Haiti to Malaysia.

Stack, with help from Admissions Associate Bilun Ozbilen and Student Life Director Amanda Deck worked hard in the planning of and getting as many international students involved as possible.



An international flag banner welcomes visitors to the Cultural Bazaar.

The event also featured tables of various indigenous artisans and vendors selling colorful cultural jewelry, scarves, outfits and henna tattoos in a vibrant, festive atmosphere.

While the Cultural Bazaar drew a lot of positive feedback from administrators, faculty, staff and students, we'd like to give a special thanks to the welcoming Quincy College community which provides a safe space for everyone to celebrate their differences.



The Fashion Show models, from left, Samantha Zoe Pan, representing Malaysia; Tanaiah Sweet (Africa); Samantha Fox (Italy); Neha Deepak (India); Kara Downs (Canada); Tara Sanon (Haiti); Takiyah Howell (Asia); Linna Monteiro (Cape Verde); and Tereze Howell (Egypt).



An assortment of cultural jewelry, scarves and other items were on sale at the event.

Photos: MELLISA DAVIS

CAMPUS HAPPENINGS

AUTHOR TALKS: MICHELE MCPHEE



Photo: MARKETING DEPT.

AUTHOR TALKS — Veteran investigative journalist Michele R. McPhee (red dress center) is joined by Quincy College President Peter H. Tsaffaras (left of McPhee) and various QC staff members, students and librarians from both the Quincy and Plymouth campuses, following her Author Talks series presentation on her book “Maximum Harm” Nov. 1, at the Thomas Crane Public Library. McPhee unraveled the complex story behind the public facts on the deadly Boston Marathon Bombing in 2013.



QUINCY CLAM SEEDING 2017



Photo: MARKETING DEPT.

QC VOLUNTEERS GO CLAM DIGGING

Quincy College staff, faculty and students took part in a unique clam-seeding project in the Hough's Neck section of Quincy on Oct. 12. Working alongside the Massachusetts Division of Marine Fisheries and the City of Quincy Police Department, they planted 100,000 clams, donated by Salem State University, in an effort to help revive a once thriving clam-digging industry in the City of Quincy. The QC volunteers (bottom photo from left) included Bob Bostrom, Chris Breton, Lori Koehler, Dennis Burke, Melissa Dowd, Stephanie King, Karen Connick, Laura Buckley, Harley Anne Hamilton, Lisa Stack, Mary Burke and Bill Brennan. Also taking part in the event (top center photo from left) were Quincy Police Lt. Robert Gillan, Ward I Councilor Margaret LaForest, Quincy Mayor Thomas P. Koch and QC President Peter H. Tsaffaras.

BLUE HILLS HIKE 2017



Photo: MARKETING DEPT.

BLUE HILLS HIKE — A hardy group of Quincy College faculty, staff and students were joined by members of the community and hiking enthusiasts — as well as some four-legged buddies — on Oct. 14 for the seventh annual Blue Hills Hike in Milton, Mass. The fitness-oriented 5-plus-mile fall trek was once again spearheaded by the QC Exercise Science faculty and staff.



Photo: MARY MCLEOD

VETERANS DAY — The Quincy College Veteran and Military Services Office observed the Nov. 11 Veterans Day holiday by honoring members of the Quincy community who served in the United States Armed Forces with a Veterans Luncheon. Front, from left, Christopher Stevens, Bifeng Chen, Robert Jerdan and Gino Nieves Back row, from left, John Cook, Chris Breton, Ryan Taylor, Javier Mendoza and Jacob Callaway.

Cerasoli's life in public service gets to the core of what you need to know

By SARAH POWERS

QC Voice Staff

So you're thinking about the upcoming spring semester and realize you still need to take a History/Government course to fulfill your core requirements.

Well, Quincy College has several distinguished professors and instructors with impressive backgrounds in civics and politics to choose from. Their real-world experience are sure to make your class both interesting and enjoyable.

One such professor is Robert A. Cerasoli, whose diverse political and public service career enables him to teach a variety of courses, including History, Government, Ethics and Philosophy.

Starting in 1975, Cerasoli served for 16 years in the Massachusetts House of Representatives followed by two terms as the Massachusetts Inspector General

before serving in a similar role in the city of New Orleans for two years.

Among the highlights of his legislative career was co-authoring and co-sponsoring the Massachusetts Ethics Law. That led to the creation of the state's first ethics commission, financial disclosure for elected and appointed public officials and a stronger conflict of interest law.



Robert Cerasoli

Cerasoli first joined the QC faculty in 1977 and taught on and off as he continued to serve as a state rep. His teaching resume also includes stops at Eastern Nazarene, Bridgewater State, New Hampshire Community Tech and American University, his alma mater.

Armed with those political and educational credentials, he finds satisfaction in imparting the knowledge

he's gained to others while helping him stay connected to the world around him as well as the younger generation.

"I like to teach concepts rather than minute details," said Cerasoli, who enjoys keeping students engaged with a different lesson every class. "Because when students leave the class and go onto a four-year school, or just go on in life, I want them to remember some aspects of government that will be useful to them in their everyday life."

"I don't want them to memorize useless details and facts that they can't use. I want them to understand how the government works and have those concepts be useful to them even 20 years down the road."

But no matter which professor you choose, rest assured all are as dedicated as Cerasoli and will do their best to help you overcome your challenges and to succeed in your History/Government course.

South Tower home to new classrooms

By YANA SHAMSUTDINOVA

QC Voice Staff

So, whatever happened to all the classrooms that used to be where the new beautiful, \$1.2 million Anselmo Learning Commons and Library now sits on the third floor of Presidents Place?

Well, if all of your classes are still in the well-traveled North Tower, you might want to take an elevator ride to the basement and stroll along the corridors to the South Tower, and you'll find the answer.

While most people over the summer saw construction crews busy at work building the new library, a similar project was taking place out of sight in the South Tower basement, where a



Photo: AL YOUNG

Adjunct Business and Computer Science instructor Charles Fusing Au stands at the entrance of the new South Tower classrooms.

bevy of new classrooms were also being built to replace the ones torn down.

"The big part of this is that we were able to find space in this particular building, which has the same ease of

access," says Joe Arangio, Senior Vice President of Administration & Finance, who headed the \$500,000 project..

The renovation of the basement converted empty space into a 7,250 square-foot learning center, with 10 newly designed, modern classrooms that can accommodate 200 students.

The architect, Jay Michael Sullivan, made the classrooms standard in terms of space, lighting and whiteboards, but changed the design, by painting the walls in softer white, blue and gray colors and installing long tables, where two students can sit together. Those renovations made the classrooms not only modern-looking, but also

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Yoga or Zumba? You Decide

By **MARILYN SWIFT**
QC Voice Staff

We all know being active and exercising can go a long way toward staying healthy. But not everyone has time to go to a gym and lift weights or work out on fitness machines.

Quincy College has helped solve that problem by offering free weekly Yoga and Zumba classes, where you can break a sweat, get some exercise and have some fun, too.

I gave both a try to share my experiences in hopes of helping you decide if either, or both, are right for you.

We started with Yoga, which meets Monday at 12:15 p.m. in a basement classroom in Presidents Place.

“Yoga is about connection, the breath, and the moment,” said instructor Dee Lyon, owner of the Real Life Yoga studio in Quincy. “It’s stretching, strengthening, and the ability to be aware of how the body reacts to different movements.”

We started on our Yoga mats with some tranquil poses that relaxed the mind. Things quickly picked up, and we moved into more strenuous — but still simple to perform — movements that stretched out your body while staying focused on your breathing and thoughts.

Lyon guided us throughout with soothing phrases of wisdom that helped us relax.

Yoga is not only a slow-moving, strenuous physical exercise, but also a spiritual practice. I really enjoyed pushing my body past my usual comfort zone.

The Zumba class meets Tuesday at 5 p.m. in Presidents Place and is taught by Liz Walker, an Associate in Human Resources.

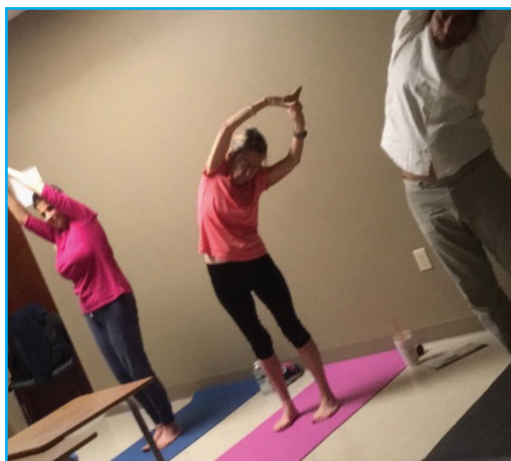


Photo: MARILYN SWIFT

Yoga involves stretching, strengthening, and the ability to be aware of how the body reacts to different movements.



Photo: MARILYN SWIFT

Zumba class instructor Liz Walker (right) goes through some of her dance moves.

Zumba is dance fitness that infuses Latin and international rhythms.

“It’s a way to have fun while staying healthy and trying to stay active without it being a chore,” Walker said. “You don’t have to be a trained dancer to have fun, just follow the moves”.

On this day, there was only one other student in the class, who knew all the dance moves. I slowly caught on and followed as best I could as the energetic Walker flowed easily from one quick move to another between fast and slow songs. By the time we were done, my heart was pounding, and I was looking for my water bottle.

“Zumba is a faster pace and has more upbeat movements with the rhythms,” Walker said. “Yoga’s more a silent meditation. Zumba is a party.”

Zumba allowed me to be active in a new, fast, and breathtaking exercise and definitely had me burning calories.

In the end, though, I found being able to relax while still exercising was the best choice for my body. That’s why I preferred yoga.

Now it’s up to you to decide: Yoga or Zumba?

Softer white, blue and gray color scheme

Continued from Page 7

comfortable, creating a pleasant and more conducive learning environment.

“They are beautiful, great and attractive,” says Arangio of the latest jewel in Quincy College’s continuing expansion and facilities improvement.

A softer white, blue and gray color scheme and longer tables create a more comfortable learning environment.



Photo: YANA SHAMSUTDINOVA



SPORTS

Coach scores 'dream job'

Continued from Page 1

college basketball coach and in my hometown," said Scott, 27, whose coaching career began as an assistant at QHS after his playing days. "I love Quincy. I have a lot of pride for the city, and I want to bring a good brand of basketball to the city."



Doug Scott

Scott is also bringing his older brother, Perry, another former QHS standout, with him on the bench as Associate Head Coach.

In a preseason interview, Scott was brimming with confidence after QC scored 92 points against four-year Fisher College in its one and only scrimmage.

"I'm pumped and ready to go," said Scott, who earned NJCAA All-New England honors at Massasoit Community College. "I'm a very competitive guy, and I'm expecting us to win right off the bat."

"We're going to play exciting basketball and score a lot of points and go up and down the court. I expect us to be in the hundreds every game."

QC plays its home games at the Lahue Center on the campus of Eastern Nazarene College in Quincy.

Eight of QC's 12 home games on its inaugural 25-game schedule will be played in December (see basketball schedule, Page 1).

So come on and out and support your new college basketball team.

GO GRANITE!



Photo: AL YOUNG

Doug Scott's Quincy High career-scoring record is displayed in the school gym.



Photos: AMANDA DECK

The 2017 Quincy College soccer team, front row from left, Hamza Mohamednur, Leonardo Vaquedano, Herby Milien, Jonnathan Quizhpi, Derek Andrade, Dave Dumersier, Sayfoulaye Ba, Alim Abulimiti, Mohamed Farsab and Joao Carvalho. Back row from left, Coach Idris Senyonjo, Chike Okonkwo, Kosuke Harama, Yannick Gomes, Wider Mirville, Reed Gallagher, Hashim Hamdi, Alim Abulimiti, Thiago Carvalho and volunteer assistant Marco DeVito.

Soccer team shows promise in 2-8 first season

By QC VOICE STAFF

The Quincy College men's soccer team can chalk up its inaugural 2017 season in the National Junior College Athletic Association (NJCAA) Region 21 as a learning experience. Despite finishing with 2-8 record, the Granite showed promise for the future, ending their season on a winning note, with a 4-3 decision over Holyoke Community College.

"I expected it to be a tough first season, and I made sure the team knew that from day one," said Quincy coach Idris Senyonjo.

"For a first-year program the team came through it stronger and very much looking forward to next season."

The highlight of the season was an explosive 10-1 rout of MassBay CC in the Granite's historic first-ever home game.

But that high point was later erased when QC was forced to forfeit the victory, as well as a previous win over MassBay, because of an ineligible player.

Still, there were bright spots to build on, with forwards Sayfoulaye and Joao Carvalho emerging as the Granite's top scoring threats. Ba, a sophomore forward, finished tied for seventh among Region 21 scoring leaders, with seven goals for 14 points while Carvalho, a freshman, added five goals and an assist for 11 points, tying him for 13th.

Sophomores Wider Mirville and Reed Gallagher, who split the goalkeeper duties, also excelled. Mirville surrendered seven goals for a 3.05 goal-against average and .774 save percentage, sixth best in Region 21, while Gallagher ranked seventh, allowing 11 goals in posting a 3.07 GAA and .676 percentage.



SPORTS

QC names Raymer new Athletic Director

Quincy College announced the hiring of Jack Raymer as its new Athletic Director to head the Granite's first season of competition in the National Junior College Athletic Association (NJCAA).

Raymer comes in with more than 40 years of college and high school coaching experience, including 22 years in the Quincy Public Schools,

where he was head football coach at Quincy High School from 1983-92.

For the past eight years, he was an assistant football coach at Xaverian Brothers High School in Westwood, Mass.

Raymer, an alum of QC, where he



Jack Raymer

played baseball in 1971, was also an assistant football coach and recruiting coordinator at Stonehill College and spent five years coaching football at UMass-Boston.

Raymer replaces Josh Motroni, who was hired as AD in June but stepped down in September because of family health issues.

Raymer lives in Weymouth with his wife Kathy.

Granite off to explosive, high-scoring start

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season-scoring average into triple digits.

"This was an exciting win," Scott said after the Granite's impressive debut in the Lahue Center, "and the future is bright for the school and the Quincy College athletic program.

Indeed it is.

In the next game, QC ran its early-season winning streak to three in a row when it knocked off highly regarded NJCAA powerhouse Bunker Hill, 111-102.

"Bunker Hill has dominated the Region (21) the last few years and that was a statement win," said Scott after his team improved to 3-1.

The Granite's hot start can be attributed to a trio of emerging freshman shooting stars in Deven



Photo: AL YOUNG

QC center Ugochukaw Kamalu (in white) controls the tip-off in the Granite's first home game ever Nov. 18 against UConn Avery Point at the Lahue Center.

Palmer, Dajour Dunkley and Jonathan Daviega, all among the nation's top scorers.

Palmer, a 6-foot-5 forward from Hyde Park, scored a game-high 35 points in the Bunker Hill victory and upped his average to 31.0 ppg. to rank No. 2 in the country while hitting 52.2 percent from the field.

In QC's first victory ever — a 115-93 decision over Gateway (CT) in Game 2 — Palmer poured in an early-season high 42 points.

After four games, Dunkley, a 6-0 guard from Dorchester, was averaging 27.3 ppg, sixth in the nation, and shooting a deadly 67.7 percent.

Davigea a 5-10 guard from Boston, improved to 21.0 ppg, sixth in Region 21, behind Palmer and Dunkley, ranked 1 & 2, respectively.

QC BOWLERS CLOSE OUT SEASON

Bob Bostrom (right), Plymouth Associate Dean for Academics, pictured with his wife, Sene, received the Quincy College Fall Bowling League Special Recognition Award on the final night of its third season Nov. 13 at the Boston Bowl. Craig Rondeau topped the men's bowlers with the season-high scratch game of 211, followed by Bill Hall (203) and Jim Peters (201). Among the women, in the Monday night league, open to QC faculty and staff, Loretta Zannis rolled a season-high 176, followed by Lisa Meighan (157) and Melissa Reynolds (144).



Photos: AL YOUNG



The Plymouth Physical Therapist Assistant (PTA) students had a busy November, conducting a PTA Lab Health Fair and a combined case study with the Nursing program.

The Health Fair, held Nov. 8, in the Nursing simulation lab, provided blood pressure screenings, posture screenings, exercise interventions, as well as massages for the faculty, staff, and students on campus.

Students in the PTA Club provided education to participants, regarding the role of massage in physical therapy and some of the dangers of high blood pressure. The students also collected can tabs to submit to the Shriners Hospitals for Children.

The Nov. 1 case study, designed by **Christine Rodday**, PTA Program Director, and **Debbie Megnia** of the Nursing program, was to promote interdisciplinary education.

It allowed students from their respective discipline to learn

not only about each other's role within the healthcare system, but also how to work collaboratively to achieve optimal patient outcomes with a realistic case in the Nursing simulation lab. It was a positive experience that both programs intend to continue moving forward.

Let's hear from you!

The Student Life Dept. is running an engagement survey to help create better events and club activities. If you have not

filled one out in class, they will be available at the front desk on request. Don't miss out on your chance to share what you want to see in the future!



PTA student Christopher Hanley exams PTA student and mock patient Siobhan Carnell while Nursing student Bassey Sylvester-Eteng (white lab coat) and PTA's David Tribuzio look on during case study exercise.



GIVING THANKS — Once again, Quincy College took part as a proud sponsor in the Plymouth Thanksgiving Day Parade on Nov. 18. This year's banner carriers, included, from left, Bob Bostrom, Mary Burke, Stephanie King, Brittany Saulenas, Ryan Blackmon, Michael Pascarelli and Shannon Whalen.



VETERANS LUNCHEON 2017
PLYMOUTH CAMPUS



Looking to stay motivated? Try these tips

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Heightened pressure and social aspects have often been given as the top two reasons.

When workloads are increased, the levels of stress and anxiety also rise in students. For those who are unsure how to cope, the outcome could be alarming, resulting in things such as a drop in school performance and even isolation.

So how can this be prevented?

Students need to equip themselves with the proper tools to stay motivated.

Here are some ways that might help:

- Ask yourself: Why am I here? What do you plan on achieving while in college and what is your long-term goal? Honestly reflect on your actions and if they are contributing to your progress.
- Keep track of all your work assignments and create a plan on how to complete them. Some people work better if everything is finished in one sitting, while others need to break everything into reasonable sections. Figure out what works best for you.

- Eliminate all distractions when working. Find a work space where you work best and stay away from your phone. I promise, everything will still be there when you are done.
- Get some friends and/or classmates together and create a study group. This way you are socializing and keeping each other motivated at the same time.
- What inspires you? Find inspiration in something or someone and learn more about it. This will create a blue print of how you can achieve your goals, too.
- Allow time for breaks and relax. In order to achieve all of these great things you must have energy. Successful people take care of themselves.
- If need be, don't be afraid to seek out many of the helpful services Quincy College provides students, such as the Learning Center or Student Success Coach Offices.
- Most important, remember to keep a positive attitude. Anything is possible when you believe in yourself and capabilities.

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The QC Voice

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