



The QC Voice

A newspaper for the campus community

Spring 2017

Volume 10, Issue 3

QC JOINS NJCAA, BEGINS PLAY IN FALL



By QC Voice Staff

So, did you hear the big news? No, not that Quincy College was approved to award 4-year bachelor's degrees.

The other big story, the one taking place away from the academic field.

QC has now expanded its athletic program by joining the National Junior College Athletic Association (NJCAA).

The school will begin intercollegiate play in the Fall of 2017, with men's teams in soccer and basketball.

They will join the Massachusetts Community College Athletic Conference (MCCAC), Region 21, competing against 16 teams throughout New England.

QC has hired Idris Senyonjo to coach the soccer team, which begins play in September. Senyonjo played semipro soccer in Uganda and two years at UMass Boston.

The school also named local hoop standout Douglas Scott to coach the basketball team that taps off its season in November. Scott was a former Quincy High star and AAU coach.

The school, approved to join the NJCAA this past November, is also in search of an Athletic Coordinator to oversee the entire program.

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QC Future Looms Brighter with Approval of 4-year Degrees

By PETER H. TSAFFARAS, J.D.

As you may have heard in passing conversation, read in the *Quincy Sun* or *Patriot Ledger*, or watched on Quincy Access Television, Quincy College is once again on the move celebrating a truly seminal moment in the history of the college.

On Jan. 13, 2017, Massachusetts Gov. Charlie Baker signed into law a bill that allows Quincy College the ability to confer four-year Baccalaureate degrees in addition to the currently awarded Associate degrees and Certificates.

Prior to arriving on the Governor's desk, this bill met with the approval of the Mayor of Quincy, the City Council, the State House of Representatives and the State Senate.

I believe that people will view this as



President's Corner

perhaps the most transformative moment in the history of Quincy College and one of the few times since the school's inception in 1958 when our future has looked so promising and bright.

We could begin offering bachelor's degrees as early as the fall of 2018. But first, the school must undergo a fairly lengthy approval process with the Department of Higher Education, the New England Association of

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Mayor Calls Bachelor's Degrees 'Great Step Forward'

By AL YOUNG
QC Voice Staff

Quincy Mayor Tom Koch was all smiles when he heard the news that Quincy College had been approved to grant baccalaureate degrees in the coming years.

"This is a great step forward for Quincy College and the City," Koch said. "It creates great potential to expand what is already a thriving institution into one that will create more opportunities for its students and one that will be an even larger economic engine for the City."

It was the mayor who proposed the

legislation move to the City Council on behalf of the college in March 2015 and lobbied for its passage with the Council, the state Legislature and Gov. Charlie Baker, who signed the bill into law on Jan. 13, 2017.

Since its inception in 1958, QC has been a two-year community college and remains one of only two municipally affiliated colleges in the United States, along with the City University of New York.

Today, with campuses in Quincy Center and Plymouth, QC currently



Mayor Tom Koch

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President's Corner — 4-year Degrees Approved

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Schools and Colleges, and the federal government for financial aid purposes. Throughout this process, we will remain steadfast in delivering a superior higher education experience.

Without changing Quincy College's mission of access and opportunity, the passage of this bill enhances the educational opportunities available to not only our present students but countless others in the City of Quincy, the Route 3 corridor, and beyond.

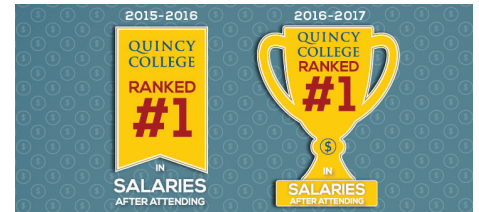
We have begun implementing this new authority, assiduously taking advantage of the opportunities before us and aggressively confronting the challenges that lie ahead. There is still much work to be done as we build towards offering baccalaureate programs. It is a college-wide effort, aligning students, faculty, and staff, admissions, financial aid, and more. We are thoughtfully reviewing academic programs which suit our student's needs and the infrastructure needed to support our growth.

The college plans to phase in the offering of four-year programs over the course of 10 years. Some programs may offer a certificate, an associate's degree and a bachelor's degrees, while other

programs would offer just one of those.

We seek to introduce baccalaureate degrees selectively over time in occupations where the entry level credential is changing. For example, acute care hospitals now require a Bachelor's Degree in the Science of Nursing.

Quincy College remains focused on its mission of providing opportunity and access to students, regardless of the degree or certificate they seek. We are not changing our focus nor are we trying to be a carbon copy of 4-year



higher educational institutions.

Together, we are radically transforming this institution. Our faculty, staff and students are part and parcel of this dramatic change, allowing us to continue to be a significant factor in helping people who live and work in the communities we serve to become more socially and economically productive members of society.

Quincy Mayor Sees Great Potential Now at QC

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offers associate's degrees and certification programs to 5,000 students — many from the Greater Metro Boston area, South Shore, Cape and the Islands, as well as 121 countries around the world.

This feather in QC's cap also comes at a time when Koch, along with other city leaders and private developers have been revitalizing Downtown Quincy, with plans for new residential, commercial and office space, a pedestrian plaza and a parking garage.

"As Quincy is the economic and tourism hub of the region south of

Boston, we expect these changes will continue to make us the education hub as well," Koch said.

QC is currently ranked No. 1 for the second straight year as the top salary earners among New England and Massachusetts two-year public college graduates.

"Quincy College's future is unlimited, made even more so by the ability to offer bachelor's degrees," said Koch, who attended QC. "It compares with the very best 2-year schools anywhere right now, and that's only going to improve."

QC Joins NJCAA and Begins Play in Fall

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But that's not all. In the last few weeks, the college has been in the midst of establishing a team name and mascot by polling the campus community for suggestions.

According to Amanda Deck, Director of Student Life, the top five submissions will then be sent to faculty, staff and students to vote on the final choice.

"We're also working on developing our women's basketball and women's soccer programs to eventually offer them for NJCAA play in the future," said Deck, a former three-time All-America women's soccer player

at the College of Saint Rose in Albany, N.Y.

In the meantime, QC continues to field an already established intramural sports program, with about 40 students currently participating.

"Intramural programs at Quincy College have been around for many years," Deck said about the men and women's soccer and basketball teams. "But over the past two years, participation and competition has steadily increased within our men's intramural sports."

The new intramural basketball season for men began on Feb. 21,

with games played once a week on Tuesday night at Quincy High School. The women's season, which opened March 6, is played Monday nights at the nearby YMCA.

The men's spring intramural soccer season starts March 22, with weekly games Wednesday night at nearby Veterans Stadium while the women's season kicks off with Thursday night matches, beginning March 23 at the same venue.

On QC's Plymouth campus, the men and women's intramural basketball season began Feb. 27, with all games Monday night at the Kingston (Mass.) Sports Complex.

INQUIRING PHOTOGRAPHER



Question: Now that Quincy College has been approved to award 4-year bachelor's degrees, what does this mean to you?

By **RYAN MELIA**
& **CATHALINA MACDONALD**
QC Voice Staff



Walter Stone

Business Management Major
Scituate

"Quincy offering four-year degrees makes me think that I might stick around for a few more years!"



Vivian Jackson

Human Services Major
Dorchester

"If they have a four-year Human Services program, then I would definitely be interested in staying."



Kevin London

Psychology Major
Scituate

"I had no idea that it was approved. Now, I'll probably think twice about transferring."



Nikolina Stefanova

Business Management Major
Boston

"To me, this means that I can continue to study at this institution without having to transfer."



Dr. Kenneth Texeira

Professor of Psychology
Falmouth

"I get to help develop my students further into their dream careers. I am excited about the challenge of teaching upper-level classes again, like personality, counseling and positive psychology."



Miranda Payne

Psychology Major
Plymouth

"For someone like me it means opportunities, making your degree and career more obtainable and not so far out of reach. It's really cool because you can take your career even further with Quincy College."



Catherine Day

Behavioral Science Major
Kingston

"It would help the community because people would be able to get an affordable degree at a four year school."

Stephanie King

QC Academic Services Specialist
Plymouth campus

"To me, that means an amazing opportunity for students to continue on with their education and personal growth through an institution where they feel comfortable and connected."



CAMPUS HAPPENINGS

WELCOME BACK LUAU PARTY

The start of the 2017 Spring semester kicked off with a Welcome Back Luau Party and Club Fair on Feb. 2 at the Student Lounge on the Quincy campus. The students took part in a colorful, Hawaiian-themed fun-filled afternoon of games, food, drink and free giveaways while mingling with old friends and meeting new ones. Berenice Perello (below, center), a business major from Canton, was all decked out with her colorful luau hat, Hawaiian leis and grass skirt. Joe Gonzalez (below, right), from Maui Wowi Catering, offered thirsty party-goers mango and pina colada smoothies. Bill Gage (left) of Fun Enterprises worked on air-brush painted personalized giveaway pillow cases. Various QC clubs and organizations (right) set up a row of tables to recruit new members.



Photos: AL YOUNG



GOOD SAMARITAN — Quincy College President Peter H. Tsaffaras (left) presents Nursing student Winnie Nyachio with a \$50 Barnes & Noble gift card for her commendable act as a Good Samaritan. Back in January, Nyachio found a misplaced laptop on the Quincy campus and brought it to the attention of QC Resource officers, knowing the owner would be looking for it.

QC COFFEE STOPS

TAKE A BREAK FROM CLASS TO GET A CUP OF COFFEE
AND HANGOUT WITH YOUR FELLOW STUDENTS

Quincy Campus: Student Lounge, 7 pm

Plymouth Campus: Lobby, 7 pm

Thursday, 3/30

Tuesday, 4/18

Monday, 5/8



CAMPUS HAPPENINGS

Zumba Class Got Me All Revved Up



By **TICIANA JAKU**
QC Voice Staff

The Zumba ad above, and others like it, can be seen all over campus. You can't miss them. I had never attended a class but recently, after seeing a posting on the Student Life bulletin board, the time and place worked perfectly for me, so I decided to give it a try.

Planning ahead, I packed my shirt, training tights, sneakers and a bottle of water (a must-have, I promise).

As with all Zumba classes, we started with an easy 5-10-minute warmup that provided a mental preparation, enhanced the performance of the body and helped lower risk of possible injuries. Afterward, the moves became moderately more intense and little bit faster while everyone tried their best to stay in synch with the overall sequences of movements in the class.

Music is the heart of Zumba and our instructor, Liz Walker, made excellent choices. The songs played during our session were loud and upbeat, with a mixture of Latin, Hip-Hop, Electronica and Reggaeton, and all the students seemed to enjoy it.

Even though the class was held in one of the QC classrooms in Presidents Place, I could barely tell the difference from a real Zumba studio because of the lively

and energetic atmosphere created there.

"This was a great experience and it is totally worth it to come again, and I definitely will," said Nadia Kollcinaku, a full-time student at QC.

"If we were going to attend the Zumba class in some other place, we would have to pay for the session, so why not exploit this opportunity our college offers to us. It is fun, and it is for free."



Zumba class offers fun and health benefits, too.



Photos: TICIANA JAKU

Instructor Liz Walker is passionate about her Zumba class.

Walker, who is also a staff member in QC's Human Resources Dept., was very talented and passionate during the session.

"I started Fall semester with Zumba classes, but it was halfway through, and it wasn't enough time to promote it and let everyone know about it," Walker said. "This Spring semester is the first full-full semester."

In addition to the fun part of the class, there are health benefits that come along with it. For example, I

learned that for every class you can burn off about 1,000 calories, without feeling like you were working out in a gym. And there are also the psychological and mental benefits, too.

Focusing on the class, trying to keep with up the moves while dancing to the music is a great a way to leave your worries behind and de-stress for an hour or so.

It was truly a worthwhile fun experience.



Photo: SARAH POWERS

SPOTLIGHT PANEL ON CIVIC ENGAGEMENT

The Quincy College Career and Placement Services Department held a Civic Engagement Leadership discussion on Feb. 16 on the Quincy campus as part of its Employee Spotlight series. A four-member panel talked about how volunteering, public service and civic engagement can lead to student success and future career opportunities. The panelists, pictured from left to right, included: Weymouth Town Councilman T.J. Lacey; Volunteer and Intern Coordinator Lina Canon of the Edward M. Kennedy Institute; Mass. State House Internship Coordinator Nicholas Rizzo; and former Quincy Mayor and QC adjunct instructor James Sheet. The discussion was facilitated by History Professor Bob Jarvis. A Q&A followed the talk as well as a Career Session with students to explore internship, volunteer and job opportunities.

— RYAN MELIA

QC Fitness Center Hidden Campus Jewel

By ALEXANDRIA SAUNDERS

QC Voice Staff

It is probably the best kept secret on the Quincy College campus.

Tucked away in the basement of Presidents Place around the corner from the elevators is a fully equipped Health & Fitness Center. The only clue

— if you didn't know — would be to look through a small window to the left of the wall facing you as you step off the elevator.

But for the the 75-80 students enrolled in QC's Exercise Science & Personal Training Program, it's no secret but rather their classroom.

What started out as a fitness-research facility in 2012, this 1,000-square-foot facility now houses the latest in equipment

Rita La Rosa Loud, Fitness Center supervisor, is among a staff of instructors to help you successfully meet and maintain your fitness goals.

that would rival any big-name fitness centers like Planet Fitness, Boston Sports Clubs and modernized YMCAs. There are 20 Nautilus strength-training machines two treadmills, two rowing machines, six exercise bikes, one stepper, one tread climber and an array of dumbbells, medicine balls and elastic bands. The installation of lockers and showers is also being looked at.

In addition to students enrolled in the training program, the Fitness Center is open to the public to join. Students pay

\$50 a semester while outside members pay \$250 for a six-month program and \$125 during the summer months. QC faculty and administration members can also work out when equipment is available.

"Attendance gets higher and lower depending on the research studies," said Dr. Wayne Wescott, professor of Exercise Science and Director of Fitness Research.

Wescott said anywhere from 6 to 8 instructors are available when the Fitness Center is open from 7 a.m. to 8 p.m., Monday through Thursday. They work with members on stretching, flexibility, cardio, exercise, strength and resistance training and more.

Students enrolled in the Exercise Science & Personal Training Program have the option of attaining a one-year American Council in Exercise (ACE) Certification, or a 2-year Associate's Degree.

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Photos: ALEXANDRIA SAUNDERS

The, 1,000-square-foot facility offers a variety of exercise and strength-training machines.

Anti-Trump Protest Hits Home on QC Doorstep

By SARAH POWERS

QC Voice Staff

We see them every night on TV news shows, read about them in newspapers or view them on YouTube. From the Million Woman march, to demonstrations in the streets and airports to heated town hall meetings, people all across the country having been making their voices heard in opposition to the executive orders and policies of newly elected President Donald Trump.

One such protest hit home on a recent January night, with a demonstration literally across from the Quincy College campus. Despite the bitter cold and wind, a crowd of about 60 people gathered in protest of Trump's temporary ban of immigrants from seven Muslim countries.

The event caused quite a scene along Hancock Street in Quincy Center for pedestrians and motorists, some who rolled their windows down to hurl insults or honked their horns in support.

Feelings of anger toward Trump were as diverse as the crowd itself. Many held signs that read "Refugees Welcome" and "We Are Here to Stay."



Photo: SARAH POWERS

Lily Huang shows her support for immigrants.

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Wellness Club Offers Healthy Outlook

By **DEA MIRASHI**

QC Voice Staff

At first, when you hear the name Wellness Club you probably think about exercise, fitness or even sports.

But after a Q&A interview with Marisa Cox, the President of the Quincy College Wellness Club, you quickly realize that's not the case. Its aim is to be a safe place where students can receive peer support without judgement regarding any issues they may be facing.

While many of the clubs on campus offer students extracurricular activities of interest they enjoy, many members of the Wellness Club develop an even stronger bond.

"Having good mental health and strong support on campus is key to having students succeed not only academically, but as a whole," says Cox. "The goal of the Wellness Club is to make that happen. The club has become a big family."

The club puts great focus on helping and giving support to students who might find themselves struggling with some type of disorder, involving their mental state or physical challenges. Many people often find comfort, solace, and sometimes a cure for their doldrums, by talking with others in similar situations.

"We have done this by breaking down myths vs. facts, sharing our experiences, doing simulations, watching informative videos, having speakers come into meetings and learning about resources in the community that are available," Cox says.

This semester the Wellness Club meets every Tuesday from 3-4:30 p.m. in Room 420 in Presidents Place.

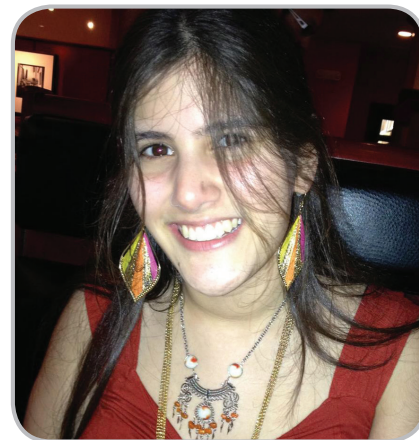
Cox says the club also offers support and understanding to those students who simply need encouragement and guidance to deal with other issues aside from their studies such as peer-related pressure or concerns about their future.

Apparently, word has spread around campus about the benefits of joining the Wellness Club.

"We have grown drastically since last year," Cox says. "Last year, we had between 5-8 members. We now have 55 members!"

And as the club continues to grow, Cox maintains an altruistic approach, covering topics relevant to each member's situation so that no one feels left out. The club also observes national and worldwide health-related days such as the upcoming World Autism Awareness Day on April 2.

"Every meeting, we all teach each other something new" Cox says.



Marisa Cox, Wellness Club President

Two Years Later, Wi-Fi Still Streaming Problems

By **CONNOR DAVIDSON**

QC Voice Staff

Two years ago, as part of its educational mission, Quincy College made Wi-Fi available for the first time to the campus community. And we all know that this wireless connection to the Internet can provide a wealth of information and resources in and out of the classroom.

So we set out to talk to a few students about their Wi-Fi connection experiences. For the most part, those we spoke to were happy with it overall but somewhat divided when it came to speed and accessibility — two key measurements of its success.

"Make it an easier sign-in, so it's not a problem ... have it accessible all the time," said Brittney Kral, a Human Services major from Weymouth who has also experienced

disconnects on occasion when using it for a sustained period of time.

Sandra Kalayjian offered another suggestion. "Try to get the speed up a little bit, so that you can go on a website without it taking a while for it to load," said Kalayjian, a Visual Arts major from Weymouth.

While some students agree that the Wi-Fi could be faster, there are those who find it adequate despite the large number of people using it at any one time.

This high-volume use also led to the questions of security and privacy issues while connected to the network.

Andrew Goss, a Criminal Justice major from Whitman, said, "It's a school and I trust the school naturally ... because I already gave them my information."

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Anti-Trump Protest

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The threat of deportation of illegal immigrants was another topic of outrage, with one sign reading, “No borders, no nations, stop deportation!” Others took to more humorous approaches to express their displeasure of Trump, with another simply reading “SAD,” a clear mockery of the president’s often-used word in his tweets.

Cameron Bateman, a coordinator of the demonstration, had no fears in his criticism of Trump. “We should take umbrage with Trump. He’s a racist man,” said Bateman as he held a “Racist in Chief!” sign.

Bateman added there was a dire need for more progressive infrastructure and emphasized that the protests in this country and abroad are more than just gatherings of irate citizens. Instead, he said, they were necessary calls to action, adding, “we need to give everybody a chance to react.”

Editor’s Note: On Feb. 9, a Federal Appeals Court upheld a Feb. 3 restraining order by a U.S. District judge in Washington state who blocked President Trump’s immigration travel ban.



Photo: SARAH POWERS

Sign-carrying demonstrators line up along Hancock Street as traffic flows past.

Wi-Fi Still Streaming Problems

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While most people are aware of the risks of using public Wi-Fi, access reliability and buffering speed continues to be a sticking point.

“Well, sometimes it takes a little while for it to load up,” said Marcus Artis, an Accounting Major from Randolph. “So I usually go to the library. It’s more reliable,” says Marcus Artis, an accounting major from Randolph. T

The consensus of most seem to be if not more secure, at the very least, this wireless connection could be faster.

Ask and you shall receive.

“The college wireless system at both the Plymouth and Quincy campuses has recently been upgraded to provide greater connectivity on both the guest (student) and admin networks,” said Thomas F. Meagher, Associate Director for Information Technology in a recent e-mail to the QC community.

“A number of new access points have been installed, expanding the coverage areas and the software controlling the connections has been changed to a newer version to accommodate the increase in traffic.”

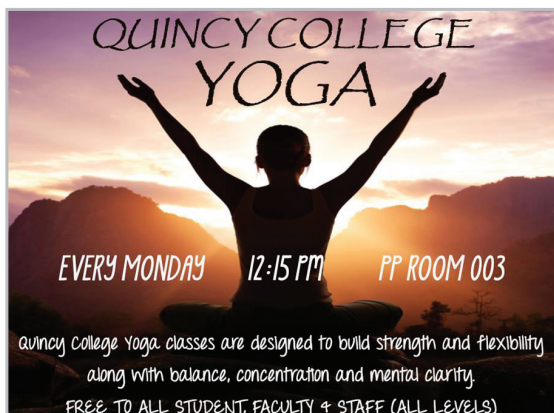
Fitness Center a Hidden Jewel

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Upon completion, many become personal trainers at commercial fitness centers and gyms, work with older adults at non-profit health-related organizations such as over 55-communities or nursing homes, or continue their

health & fitness research study at four-year schools.

But for the rest of you, looking to get in a little exercise, shed a few pounds or simply de-stress after a long hard day, why not pay this secret campus hideaway a visit. It could be worth your while.



March 24, 31;
April 7
5:15-6 p.m.

Quincy Campus • Room 019 • Presidents Place

Human Services Club Offers Helping Hand

By CATHALINA MACDONALD
QC Voice Staff

As a co-leader of the Quincy College Human Services Club here on the Plymouth campus, I'd like to offer some insight on our mission, goals and activities.

Our purpose is to make a positive impact on the community and to provide all students who are interested in the field of social work

or human services opportunities to discuss relevant issues and to help make a difference.

Being committed, compassionate and empathetic is what we value most. Volunteering, coordinating donation drives and fundraising are among the things we do.

In February, we celebrated National Random Acts of Kindness Day. Our members decorated a board with positive messages you could take with you. We left post-it notes and pens so other students could leave more messages. The board was filled with an array of quotes and inspiring words.

In the past we've also been involved in many donation drives.

One was a book and toy drive that benefited children from the Nathan Hale Foundation, a nonprofit that helps veterans and their families. In another, we collected donations to make "Gratitude Baskets" and delivered bundles of food to all seven fire stations in Plymouth to show our appreciation for the work of those first responders.

Earlier this year, the Human Services Club planned two fundraisers for the Plymouth Area Coalition, a nonprofit that helps the homeless and families in need. The Coalition's Kingston, Mass. location also offers a children's learning center, a food bank and housing.

For the first one, we teamed up with the Black Raspberry Pub at Cordage Park Circle for its 13th annual Thanksgiving Day Breakfast. The restaurant offered free breakfast pizza in exchange for a nonperishable food item.



The second fundraiser, called Dine to Donate, at the T-Bones Road House on Main Street, featured live music by local artists and a band with members from Quincy College. The restaurant donated 25 percent of the dinner proceeds to the Coalition.

We also have plans for a couple of other projects this semester, including creating a program to connect students with volunteering opportunities and a drive to collect backpacks and items to fill them to give to Plymouth's homeless population.



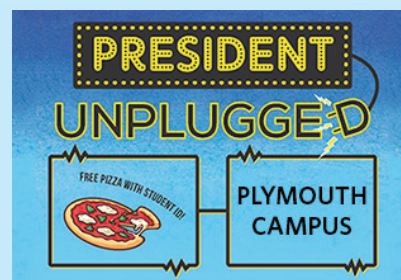
Human Services Club members (from left) Cathalina MacDonald, Amanda Diodato, Mikala Greenough and Karis Callanan visit one of the Plymouth Fire Department stations to show their appreciation with "Gratitude Baskets."

If interested in more information or becoming a member, the Plymouth campus Human Services Club meets weekly on Tuesday at 2 p.m. in Room 216. You can also visit us at [facebook@hsvclub123](https://facebook.com/hsvclub123) or contact us at plymouthHSC@qc.quincycollege.edu.

We also work with the Quincy campus Human Services Club, which can be reached at quincyHSC@qc.quincycollege.edu.



**April 5, 2017 from Noon-2 p.m.
Room 214 B**



**April 11, 2017 at Noon
Krovitz Library**

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The QC Voice Staff meets several times a semester at various times and locations during the school week in Presidents Place.

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The QC Voice

SEE your name in print. WRITE an article or two or three. BECOME a part of the Quincy College Community!



HELP WANTED!

Looking for
Writers, Reporters & Photographers
to join the Staff of
The Quincy College Voice
student newspaper.

Here's a chance to hone your communication, interviewing, writing and photography skills and make your **VOICE** heard as you report on news events and feature stories affecting Quincy College and students on both the Quincy & Plymouth campuses.
All levels of experience are welcome.

If interested and for more information, please contact QC Voice Advisor Al Young at:
qcvoicenews@gmail.com

SPRING 2017 GRADUATION DEADLINE MARCH 24

The Registrar's Office announced that the Spring 2017 Intent to Graduate Application period will close March 24, 2017. Students must submit a \$150 graduation fee with the application. They may apply online through the QC website Student Portal or in person at the Registrar's office on the second floor of Presidents Place on the Quincy campus. Students can also apply at the Front Desk of the Plymouth campus. The Spring Commencement will be held May 26, 2017 at the South Shore Music Circus in Cohasset, Mass. For more information, contact Jenny Chan, Registrar Associate, at 617-984-1638 or at jchan@quincycollege.edu.

Last Day to Apply for GRADUATION



Class of 2017