



FOREVER BETTER

5th Edition - July 2019



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EXCURSIONS
SAFETY CORNER

Lifelong
LEARNING

Dear Members of the LIBI Community:

I would like to extend an end of spring, beginning of summer greeting to the entire LIBI community.

As graduation approaches, I would like to remind everyone that our new venue for the 51st LIBI commencement is the bucolic and wonderful campus at our new partner school, Concordia College. Earlier this year, Chairman of the Board, Mr. Leon Lee, and I signed the agreement that enables our LIBI students to move seamlessly into Concordia's high-quality four-year programs. LIBI students can start here and graduate from Concordia in as little as 36 months. On July 26 our students will receive their degrees on the Concordia campus and get a taste of their potential futures. We are excited about our future, as this is one of many similar programs in the works that enhance student outcomes. Expect MANY amazing photos from our Concordia-hosted commencement.

It seems that this is a summer of milestones:

- **June 6** marked the 75th anniversary of one of our nation's finest moments, D-Day, where the United States rallied with allies to land on beaches to liberate a continent from evil.
- **July 20** marks the anniversary of another landing our nation achieved, the 50th anniversary of the Lunar Landing.

These moments serve as reminders of what a truly 'United States' can achieve. Boys who landed on French beaches were not that concerned about local political differences in 1944. In the same vein, a nation in the midst of civil rights turmoil and the Vietnam War in 1969 collectively turned to their televisions to watch Neil Armstrong step onto the surface of another world. For a moment, almost every American forgot the conflicts to root for the three Apollo 11 astronauts. Bottom line: the people of this nation can come together to support great things.

Admittedly our Federal Government, despite these two milestones (and many others), tends to make many mistakes. Washington has a bloated bureaucracy filled with inefficiency, not to mention a \$20+ trillion debt balance that continues to grow.

However, I point to the Pell Grant program as a cornerstone of Federal Policy that is—on balance—another great achievement of the nation, as it reallocates wealth into a real investment: the education of youth. Taxpayers seem to be forced to support this huge portion of waste. Launched in 1972 by Senator Claiborne Pell (a World War II Coast Guard Veteran), the grant that bears his name is actually a true investment.

A vast majority of LIBI students are able to achieve their dream of an associate degree because of grants, with the Pell Grant comprising the majority of the aid, followed closely by NY State TAP. Without these investments by the American people and New York residents, our students would be either in significant amounts of debt or completely unable to attend the institution at all. We know how productive our graduates are, and in retrospect, applaud the volumes of knowledge we as a postsecondary institution shared with them. This is not achievable without the Pell program.



Let's not forget, as June slips into July, we are celebrating Pride Month, a celebration of the diversity and acceptance that makes New York great. The parade that concludes this month is a resounding tribute (by 3 million people) to the community that this year marks the 50th anniversary of the Stonewall Riot. These events formed the foundation of the recognition of civil rights of all Americans, regardless of sexual orientation.

July is a big month. I wish all of you and your loved ones a fantastic Independence Day holiday and look forward to our first graduation ceremonies at the campus of Concordia College in Bronxville.

Sincerely,

Monica W. Foote
President

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NO MORE PLASTIC STRAWS!



| Written by Ronald Murray

The 1970's saw a major change from naturally biodegradable products to plastics. It was not only mass-produced; plastics were also mass-marketed as a new and improved product for its durability over paper and glass. However, the one thing not thought of at the time was the affect plastic would have on the environment. Plastic would become a major concern years later, when it was discovered that it takes hundreds of years to break down. Laws too, would be enacted, which led to required recycling. However, straws would somehow escape these laws and continue to be thrown away, ending up in landfills, on beaches, parks, roadways, sewers, and anywhere else they would happen to be tossed. For the estimated 500 million straws used every day, most will wind up in our oceans where they will kill marine life.

Knowing this, I can remember how things used to be before the widespread use of plastics.

There were paper bags, paper straws, and glass, the biggest problem we had was how to dispose of the glass. Then practically overnight, every major store and restaurant, scampered to get on the bandwagon, not only to save a ton of money (plastic was a great deal cheaper), but because of the convenience and durability of plastic. The argument (as if one was needed) was that paper bags broke easily; if liquid leaked inside the bag, the paper bag would get wet and this would also cause it to break. Plastics were almost instantaneously preferred by retailers and consumers alike. Moreover, since plastic was such a hit for or bags, people began asking why it couldn't be used for other products, such as a replacement for glass bottles. Unfortunately, it would take years before anyone would become concerned about the impact plastics would have on the environment.

When we get rid of what we consider garbage, most of us do not think about what happens to it thereafter, nor do we concern ourselves with how our waste junk, rubbish, garbage (whatever you call it) hurt the environment. Nonetheless, the more I looked into this, the more confusing it became. When we recycle, it does not mean all items are actually recycled. While it might sound confusing, one of the things I found out, is if we throw out plastics that are considered dirty, it is discarded as not recyclable. There are certain plastics that cannot be recycled, and plastic straws are among them.

Things You Think Are Recyclable But Really AREN'T!

<https://cleanriver.com/12-items-that-arent-recyclable/>



Plastic Bags – If you want to recycle your plastic bags, your best bet is to take them back to your local grocery store to be re-used. Otherwise, used plastic bags require a special collection system and processing equipment that most regional recycling programs don't offer.



Plastic Bottle Caps – Some municipal recycling programs will not accept plastic lids, tops and caps. These items are not made of the same plastics as their containers, and that particular plastic is considered less valuable on the market.

Greasy Pizza Boxes – Pizza boxes can be recycled but only if they are CLEAN! They are made from corrugated cardboard which is recyclable. However, most pizza boxes have food debris and a lot of grease. The grease prevents the paper fibers from binding during the recycling process and this results in a poor quality paper product.



Plastic Clamshell Containers for Produce for Take-Out – These items are tricky because they are #1 PET thermoform and need to be heated at a different temperature and therefore must be recycled separately. These types of containers come in different shapes and materials, so it is difficult to train personnel at recycling centers on how to properly sort them.



Keurig Coffee Pods – These once-used coffee pods may seem convenient, but they are produced out of #7 composite plastic which is not recyclable in most places, and in order to be recycled, the aluminum lid must be removed. How can something so small be such a pain?

Plastics Straws and Mixers – Plastic straws and mixers are made from polypropylene, a byproduct of petroleum, a fossil fuel that requires an incredible amount of energy and natural resources to extract and refine. Plastic straws are filling up our oceans and possess a severe threat to wildlife.



Biodegradable (a word everyone should be familiar with), is a substance or object capable of being decomposed by bacteria or other living organisms. This means items like paper, plant products, grass clippings, food scraps, cotton, wool, wood, human and animal waste, and (sorry to be gross), remains from living things, including humans. However, the rate at which items break down can be very fast or can take hundreds of years. <https://www.thebalancesmb.com/how-long-does-it-take-garbage-to-decompose-2878033>

The problem with plastics is they can take anywhere from ten to one thousand years to decompose, including the plastic bags we use every day. Let us look at how long other popular used items take to decompose:

- **Plastic Bottles** can take 450 years or more.
- **Disposable Diapers**, 250-500 years to decompose in landfills.
- **Aluminum Cans**, 80-200 years in landfills to completely decompose.
- **Glass** – If glass is thrown away in landfills, takes **MILIONS OF YEARS** to decompose and according to some sources, it doesn't decompose at all.
- **Paper Waste** two to six weeks in a landfill to completely decompose. Recycling saves a lot of landfill space.
- **Food Waste** depends on the type of food. Normally, an orange peel takes six months, but an apple core or a banana peel takes around one month to decompose.

Not everything is recyclable, RECYCLE IT OR NOT?

<https://www.google.com/search?client=firefox-b-1-d&q=plastics+that+cannot+be+recycled>

If a plastic does not have a recycling symbol on it, throw it in the trash to avoid contaminating the recycling stream. Bubble wrap, shopping bags, and other plastics also may be donated.

Recycling centers have the equipment to process these plastics, and there are plenty of manufacturers willing to buy them.



Polyethylene Terephthalate

Soft drink bottles, water bottles, peanut butter jars, salad dressing, cooking oil, and many cleaning products.



High Density Polyethylene

Milk and juice jugs, bleach, laundry detergent, shampoo, motor oil, some retail bags and trash bags, some yogurt and butter tubs, and cereal box liners.

These plastics are recycled into new plastic containers, tote bags, fleece clothing, carpet, furniture, paneling, pipes, lumber, benches, fencing, dog houses, and picnic tables.

They are becoming more commonly accepted as technology improves and the market for these plastics grows.



Polyethylene Terephthalate (SOFT)

Food take-out containers, microwaveable trays, and plastic cups.



Low Density Polyethylene

Most grocery store bags, plastic wraps, frozen food bags, bread bags, six-pack rings, squeezable bottles, and aseptic packaging.



Polypropylene

Yogurt containers, straws, fast-food syrup containers, disposable diapers, disposable cups and plates, ketchup squeeze bottles, some baby bottles, and outdoor carpet.

These plastics are recycled into things like plastic lumber, floor tile, trash cans and liners, compost bins, shipping envelopes, plastic brooms, rakes, trays, hair brushes, ice scrapers, bike racks, battery cables, and signal lights.

Almost never recycled. (But always check)

It is difficult to recycle these plastics into other products, and in some cases, just not economically feasible. Always check with your local recycling facility, because some cities do accept one or more of these codes, and as technology improves, more cities are expected to follow.

Polyethylene Chloride



Plastic wraps, some cooking oil containers, peanut butter jars, blister packs, window cleaner, detergent bottles, shower curtains, vinyl pipes, flooring, and home siding. (#3 plastic is known as PVC or vinyl.)

Polystyrene



Styrofoam cups & plates, clamshell carry-out containers, foam egg cartons, building insulation, disposable cutlery, some over-the-counter medicine cases, and CD cases. (#6 plastic is known as polystyrene, or the trademarked "Styrofoam".)

Bisphenol A and Others



Some plastic baby bottles, sippy cups, three and five gallon water jugs, lids, sunglasses, nylon, signs, medical storage containers, some plastic cutlery, and any toys or electronics that are only partly plastic.

Years ago, after watching a documentary on how plastic six-pack holders can kill baby animals or disfigure them, I started cutting them up before throwing them away, and I still do it to this day.

<https://video.search.yahoo.com/search/video?fr=yfp-hrtab-s&p=plastic+straws+in+the+ocean+in+turtles+noses+clip#id=53&vid=538555f6c40afe5296a1d89aa32f8b8c&action=view>

This video makes me more determined than ever, to help stop the production of plastic straws. It is unbelievable how we take things for granted and don't realize that plastic waste is not just polluting our environment, but also killing marine life.

If you do decide to watch this video, please understand that my purpose is not to gross you out, but instead let you know why the LIBI Student Stores (in Flushing and NYC) will be phasing out plastic straws.

The more environmentally safe options are paper straws, edible straws, straw straws (all natural grain stalks), real whole bamboo stalks, glass straws, hay straw (made from wheat), or no straws at all.

Times continues to change, and concerns for the environment continue to expand. New York City is now part of a small list of states that soon will ban "single-use plastic bags". This does not mean that plastic bags are out altogether, only the single-use plastic bags. Recently, major restaurant chains have started to look at alternative solutions to using plastic straws, and the LIBI Student Stores will also continue to look for a less expensive alternative over plastic straws.

By the end of 2020, the LIBI Student Stores will no longer provide plastic straws. This might mean there may be only two options (depending on cost); not having straws or having to pay a nominal fee. Plastic straws, (like all plastic products)

are harmful to the environment, and as you are aware, many fast-food restaurants are phasing out plastic straws and replacing them with straws that are environmentally safer. Plastic products like bags and straws became immensely popular due to its low-cost operational expense for almost all retail establishments starting in the 1970s; however, like anything new, sometimes only time will tell just how bad it is for us, the environment, animals, and marine life.

With plastics, there is still a lot that needs to be learned.



LIBI VISITS CONCORDIA COLLEGE

| Written by LeKeisha Banks

Hello LIBI Bloggers!

My name is LeKeisha Banks and I want to share with you my experience at the Concordia College visit. On **Friday – March 29, 2019**, Mr. Ronald Murray, Ms. Ashley Guo, and I took LIBI graduates and students to Concordia College to meet the faculty and to tour the campus.

In case you are not aware, LIBI has partnered with Concordia, a Christian-based college that will assist all LIBI graduates in obtaining their bachelor's degree. Concordia College is located in the nice quiet town of Tuckahoe, NY. The travel on the Metro-North was pleasant and a short commute from Grand Central Station.

We were met at the station by Mr. Albert, Concordia's Rep and colleague. Upon arrival, we were amazed at how big the campus is. They have a dormitory for students which I thought was so cool for a local college. It's normal for colleges that are far away to accommodate students with room and board.

They also have an enormous library that students can utilize for most of the day to complete their assignments. During the tour, we visited their Art Gallery, which was a delight. There were all kinds of beautiful pictures that students created. They have an onsite food court to accommodate students so they do not have to leave campus. How amazing is that, especially in cold weather?

Concordia College is a great investment for your future. For all who are interested in attending Concordia, please visit their campus, and become part of the LIBI-Concordia legacy.



TRIP TO GEORGE WASHINGTON'S HOME IN MOUNT VERNON, VA

| Written by Julia Scalia

Saturday – April 13, 2019. As the saying goes, “April showers bring May flowers.” Despite the heavy downpour, nothing could dampen the resolve of 30 faculty, students, and guests heading today to Mount Vernon, VA.

Sponsored by the NYC Retention Committee, with grateful thanks to Professors Buncom, Orderson, and Scalia, our annual excursion brought us to historic Mount Vernon, VA – home and estate of our nation’s first President, George Washington. We departed from 232 West 40th Street by motor coach. While on the road, the stress-free, jovial atmosphere quickly made us forget the rainstorm left behind us.

As an unexpected treat during our travel, each attendee was given a free raffle ticket, hoping to win one of the following special-edition magazines:

1. *Secrets of Harry Potter* (20 Years of Magic)
2. *She Persisted* (Moments of Courage, Strength, and Rebellion in the Fight for Feminism)
3. *Star Trek* (Inside the Most Influential Science Fiction Series)
4. *The 1960s* (The Decade When Everything Changed)
5. *The Art of Optimism* (34 People Changing How We See Our World)
6. *The Founding Fathers of Silicon Valley* (Exploring 60 Years of Innovation)
7. *The World of Marvel*
8. *The Year in Review* (2018)

Congratulations to our 8 winners, mostly students and guests. Prof. Scalia presented her winning prize, *The 1960s*, to President Foote the following week in honor of LIBI’s 50th anniversary in 2018.

Before we knew it, some 4.5 hours later, we arrived in Mount Vernon to a sunny 73° temperature where our tour guide welcomed us. As it neared noon, we were given a voucher (included in the ticket price) for lunch. Within the hour, our tour of President Washington’s estate began. Just from



a quick span of our surroundings, one notices an impressive home and acreage overlooking the great Potomac River. Who would not want to own a piece of heaven when you are a stone's throw away from the 'beach'? Priceless! The cherry blossom trees were in full bloom, aligning the pathway of the grounds leading to President Washington's home.

First on the agenda, we went to see the film on 'Washington's Won/Lost Battles'. Triumph for then General Washington and his troops never came easy. Most were fought in cold, deplorable weather conditions, and many died. Giving up was never an option if they hoped to be free from British tyranny. And with the last battle won, the proud and brave Americans declared their independence on July 4, 1776, nearing our nation's 243rd birthday.

Our tour continued to the bricked slave quarters which housed the women and children. Their only furniture consisted of bunk beds and a few windows in which to look out over the grounds they were responsible to upkeep.

PROUD OF THE NAME 'WASHINGTON'

| Written by Jahquan Washington

I am a student in Professor Ritchie's College English I class. After attending the Mount Vernon, VA trip on **April 13, 2019**, I wanted to recall some of my experiences and hoped to gain two(2) AEU credits writing for the LIBI LOG.

I chose the George Washington sculpture because it is a history of my last name, Washington. Washington is a name that was given to my ancestors because they were slaves. Young Washington was 11 years old when he inherited ten(10) slaves from his father. He ended up having 112 slaves by the time he became our first U.S. President. His wife, Martha Washington, owned 200 slaves when her late husband, Daniel Parke, who died in 1757, left her a life interest in his estate which included the slaves. President Washington believed that harsh and bad punishments could backfire if you did not motivate workers with encouragement and rewards.

I chose George Washington's Plantation because after visiting it, it means a lot to me. My ancestors were slaves on this plantation; they worked inside the house as (Inside Slaves). They worked seven(7) days a week from sun-up to sun-down, and they had to stay in the house doing laundry, cooking, cleaning, or tortured by the slave owners if something were not done right. There were **Outside Slaves** as well who worked very hard in the field, working

Next, we visited the home of 'Lady' Mrs. Washington, in character. She enacted, in full period attire, her life with General and later elected, President George Washington; how she cared for his men who considered Mrs. Washington their mother away from home; and how she was proud to call these brave men her sons.

Toward the end of the tour, we stopped at the souvenir store where many purchased items to remind them of today's historic visit. As we got back into the motor coach heading for our trip home, we dined on pre-arranged, most delicious Firehouse Subs. Given more time, just relaxing and enjoying the majestic, aesthetics of Mount Vernon, appreciating the legacy of President George Washington and his hard-fought role in securing freedom for our nation, and the inviting breeze along the Potomac, are more than enough reasons for a return visit. It was a rewarding and educational day we will not soon forget.

We owe a special thanks to Librarian Arguelles who spearheaded the ticket sales in Flushing. We appreciate the support of our attendees today.



six(6) days a week, 18 hours a day. They only could be outside; they could not go inside for any reason. They had to have permission when to stop working by, as the slaves referred to him, General George Washington.

Outside Slaves had it rough being out there in the cold or heat. They had clothes they needed to wear for only a year. These included one(1) pair of shoes, two(2) pairs of socks, one(1) pair of jeans, and one(1) jacket. I had the privilege of talking to an (Outside Slave), in character, but it was very hard for me to listen and to see what the slaves went through back in that time. He and his siblings were born on that plantation, but they got separated. He worked outside with his father who he really did not see from day to day. The other siblings were in the (Inside Slave) quarters with their mother who was in control of the laundry. It was very hurtful to see that, but I felt honored to know about my history and how powerful my name, 'Washington' is. Slave master or not, I am thankful.

I am very happy I had the opportunity to visit Mount Vernon, VA with my instructors, classmates, and friends.

JEWISH REFUGEES IN SHANGHAI

| Written by Julia Scalia

Our field trip to the **Mapleton Public Library** in Brooklyn, NY on **Thursday – May 16, 2019** was a memorable event by relevance of subject, providing us an opportunity to attend the final day of public viewing. Ms. Julia Scalia, accompanied by students Jing Jing Chen, Yan Lin, and Xiu Fang Zou from Ms. Eman Alhumaidi’s ESL007–Writing II class, watched from front-row seats the documentary film: ***Jewish Refugees in Shanghai***.

For nearly 90-minutes, the documentary takes place in Germany during Hitler’s reign of terror from 1933–1941. His hatred of Jews caused widespread panic, and many Jewish families feared for their lives and knew fleeing Germany was their only option. The Nazis burned down Jewish synagogues and smashed the windows of Jewish homes. For the brave who ventured to leave their homes, first had to appear in front of the Gestapo, one by one if permitted to leave, signing ‘withdrawal’ papers to board the next steamer out of Germany. Their passports were stamped with the red letter J, meaning Jewish. With the cost of freedom, Jewish families were forced to relinquish everything, including their money, property, car, and home. They barely had \$1.50 (US equivalent) each to their name. A most riveting passage in the film was a mother holding dearly to her three small children. She stood up to the Gestapo and made a deal with him. She bravely explained that if they were to be killed, to kill her first as she did not want to see her children die in front of her. Although unbelievable, the Gestapo was moved by her plea and allowed her to sign her withdrawal papers. It did not matter the status of the individual because some were lawyers, professors, and merchants. Who in attendance could not be moved when hearing the survivors (or what was passed down to their descendants) re-live their experiences for the world to hear, and not to forget the indecencies against humanity? Survivor, Michael Blumenthal eventually migrated to the US, became a naturalized US citizen (1952), and the 64th US Secretary of the Treasury under President Jimmy Carter (1/23/77– 8/4/79).

Even if permitted to leave, where would the Jewish families go? They were banned from entrance into the United States, England, and France. Only Shanghai, China was willing to take in these Jewish refugees from Germany. The



Chinese gave them shelter (some 30-40 people in a single room), taught them how to cook using their hand-made utensils, even allowed the Chinese children to play ‘tops’ with the Jewish children. The Chinese did not call this charity, but more an understanding of people accepting each other as a way of life, no matter the circumstances or cultural differences. About 500 Jewish families became refugees in Shanghai, totaling some 30,000. Through the years following the mass exodus to Shanghai, Jewish men married Chinese women and Jewish women married US servicemen. These extended families from around the globe meet annually in Shanghai to remember what they meant to each other, to see new generations as a result of their survival, and to appreciate the freedom that was hard-fought in a world that perhaps one day will know no intolerance of one’s ethnicity or religion.

For the rejected Jewish families by the Gestapo, those who had nothing to give up in return, were sent to concentration camps, forced to work long hours, and if too weak to continue working, were sent to and died in the gas chambers.

Viewing the film forced us to think about our own biases, to realize that the world would be a better place for all if we only stopped to focus on what each of us can do to make a difference in the life of another. As President Kennedy stated in his inaugural speech in 1961, “Ask not what your country can do for you – ask what you can do for your country.”

VISIT TO THE TENEMENT MUSEUM

| Written by Frank Leone

May 23, 2019

Creaky old stairs, dark empty rooms, lingering mute desolation from long ago! Where are the ghosts? Instead, in the sparse sunlight streams, 12 students from LIBI appear along with Ms. Adriana Arguelles, Mr. Ronald Murray, and Professor Frank Leone, invaders from the present. Here is where, over a hundred years ago, the Gumpertz Family lived the hard life of poor immigrant tenants whose dreams of success and citizenship led them across the ocean to this dismal abode to labor in hope and gratitude in their new home – America. This is the Tenement Museum.

Here without the modern appliances and comforts, they labored and loved and struggled. Our guide invited the students to compare their own living arrangements to these apartments where there were no refrigerators, microwave ovens, or toilets, not to mention running water. It was here where hardship failed to discourage the new arrivals, but rather inspired them to improve their lives through perseverance and hard work. Here is where the challenges demanded hope and the optimism of dreams, not the despair of poverty. This is where many of our ancestors raised families and learned with determination the ways of the “new” world, having left behind loved ones and the comfort of familiarity. But the new language and the difficulty of adapting to the new culture gave them cause, not for complaining, not for surrendering or for self-pity, but for trying harder.

Here tourists and teachers, students and historians glimpse into the past to be reminded that life always brings challenges, that success rarely comes without effort, and that it always can be worse than it is. And that in fact, it clearly was.



VISIT TO LOUIS ARMSTRONG HOUSE MUSEUM

| Written by Ronald Murray



On **Wednesday, June 5, 2019**, a group of students from LIBI, along with Adriana Argüelles and Ronald Murray, visited the Louis Armstrong House Museum, located at 34-56, 107th Street Corona, Queens. This is the actual home where the iconic Louis Armstrong (also known as Mr. Satchmo), lived with his fourth wife, Lucille Wilson, from 1943 until his death in 1971. Born August 4, 1901 in New Orleans, Louisiana, Louis Armstrong would break color barriers through jazz and his ever-lovable personality. Although Louis Armstrong did not finish public school (dropping out by grade five), he went on to write two autobiographies and many of his own songs.

The students were given a bit of trivia about this house. Louis Armstrong's wife had purchased the house for \$8,000 in 1943, without telling her husband for eight months. The reason was that she was afraid he would not approve, since he traveled a lot and she thought he would not have considered settling down in one place. However, he would fall in love with this house, and irrespective of being very famous and prosperous with the ability to purchase a much larger and prestigious home, he refused to move. As the tour guide pointed out, he loved his home, the children who played on his stoop, his neighbors and the neigh-

borhood, so much, that he dedicated a song amply titled, ***What a Wonderful World.***

The students were given a tour that included the room where Louis Armstrong actually composed music, his living room or (as it was known) the international room with items from around the world, the master bedroom, and the kitchen, which had been designed with the personal touch of his wife who loved lots of cabinets painted in her favorite color. It is fas-



cinating that after being built so many years ago, the kitchen still looked modern, especially the double stove. I always found the kitchens in any home to be my personal favorite and this one is right up there among the ones in which I would have loved to be given the opportunity to prepare meals, since the tour guide mentioned everything was still in working order, just turned off. The tour guide also mentioned that what is now the breakfast nook was originally the master bedroom, with a king-side bed and nothing else (the room looked to be no larger than 12x12 square feet).

This modest house was built in 1910 and made a national landmark in 1977, under the control of Queens College. The group was given the opportunity to learn that across the street is where the Louis Armstrong Museum is being built and where many of the artifacts now held at Queens College will be moved by 2020, when the new location is opened.

She told how the house was to be turned into a museum, and 750 tape reels were found of personal recordings by him, his wife and friends. This gave the curators the opportunity to set up accommodations that allowed playing excerpts of these tapes throughout the house in different rooms, at the push of a button, allowing Louis Armstrong himself to tell his own story.

Sadly, in later years, Louis Armstrong had to use a chair lift (still attached to the stairs), to reach the upper floor, after suffering three heart attacks. His dedication to his fans and music continue to perform. He would die of a heart attack on July 6, 1971 at the age of 69, a month short of his 70th birthday.

Lucille Wilson Armstrong was born in the Bronx in 1914, lived in Corona, Queens, and decided she wanted to move back; ergo, the reason she purchased the house. Moreover, her generous nature and dedication to the dream that her husband would never be forgotten, was instrumental in keeping his memory alive by donating her home, as it was when they lived there



along with other items including his most famous and legendary icon of all, his trumpet.

Mrs. Armstrong must have been as great a person as her husband and a wonderful person to know and to appreciate. The tour guide informed the group that the house next door, owned by a very close friend and neighbor, willed her home to the Louis Armstrong House Museum. Mrs. Armstrong passed away on October 13, 1983 from heart failure.

This warm and elegant home continues to radiate pleasantness as you pass from room-to-room and says a lot about Louis and Lucille Armstrong. They were individuals in which you only can imagine were down to earth and who did not let fame go to their heads. They both remained true to those around them. To live with celebrity status and secure enough to walk among the general public says a lot about their character. They are definitely people I would have liked to meet. I recommend if you are ever in Corona, Queens, visit the Louis Armstrong House Museum.

ANOTHER BIT OF TRIVIA, which I am sure, had no influence on Lucille Wilson Armstrong's decision to move back to Queens. Nevertheless, many prominent and well known Black artists lived in Queens at that time: Lena Horne, Ella Fitzgerald, James Brown, Dizzy Gillespie, among others.



“

Lucille Wilson Armstrong was a living testament to the strength and ingenuity of women everywhere. Her life is her contribution to the success of one of the world's true musical geniuses.

- Phoebe Jacobs

”

LIBI GOES TO MCU PARK IN CONEY ISLAND, BROOKLYN

| Written by Robert Nester



At 4:00 PM on **Sunday – June 23, 2019**, Prof. Julia Scalia led a group of 20 faculty, staff, and family members into MCU Park to watch a baseball game between her beloved Brooklyn Cyclones and their arch rivals, the Staten Island Yankees. Each attendee received a free BC baseball cap and a ‘Mensch on a Bench’ bobblehead upon entrance to the park.

The weather was absolutely perfect: warm but a comfortable 81° temperature, an azure blue sky, and a gentle summer breeze provided a pleasant viewing experience for our LIBI contingent. Conversation and laughter flowed freely among LIBI’s faithful.

Unfortunately, the Cyclones’ dismal on-field play did not match the outstanding weather – Brooklyn lost to Staten Island by the lopsided score of 11 to 1. The Cyclones’ pitching staff (changed five times during the game) turned in a dreadful performance, allowing nine walks and yielding five extra base hits to the Baby Bombers. The only bright, encouraging “we can catch up” moment occurred at the top of the ninth inning when Cyclones’ #29 outfielder Zach Rheams belted a solo home run.

The Cyclones’ season began on June 14, and their last game ends on September 2. With 66 more games to play, our wish for great weather, better pitching, home runs, and cheering fans will power the Cyclones’ to victory in 2019. *Let’s go Cyclones!*

We appreciate and thank the attendees from NYC and Flushing for supporting LIBI’s annual family outing. We look forward to next season playing against our rival SI Yankees. Whichever team wins, it undoubtedly will be a great day for baseball in Coney Island, Brooklyn.



HUDSON RISING EXHIBIT

| Written by Mariele Hall



On **June 25, 2019**, my Environmental Science class and I went to the New York Historical Society for a guided tour of the Hudson Rising exhibition, an exhibit designed to explore our connection (for better or worse) to the natural world using the history of the Hudson River. It covered more than two centuries of history through art, maps, and artifacts, with the objective of creating an awareness for the role of man in ecological change.

Starting from the 1870s to today, the visitor journeys through the environmental toll that man can take on nature. This exhibit provided us the opportunity to see first-hand how this environmental issue affects New York State.



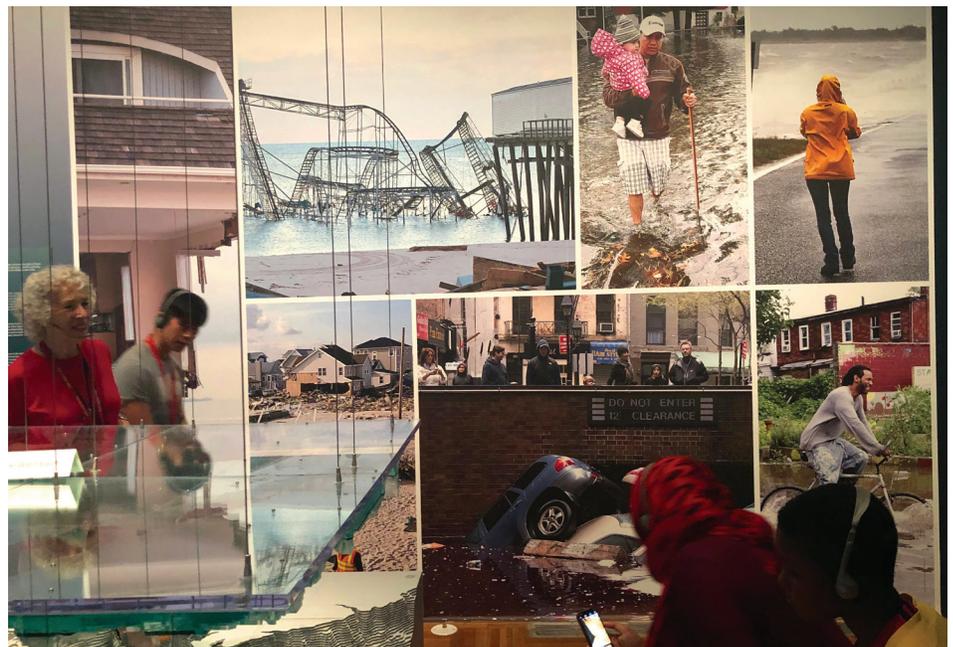
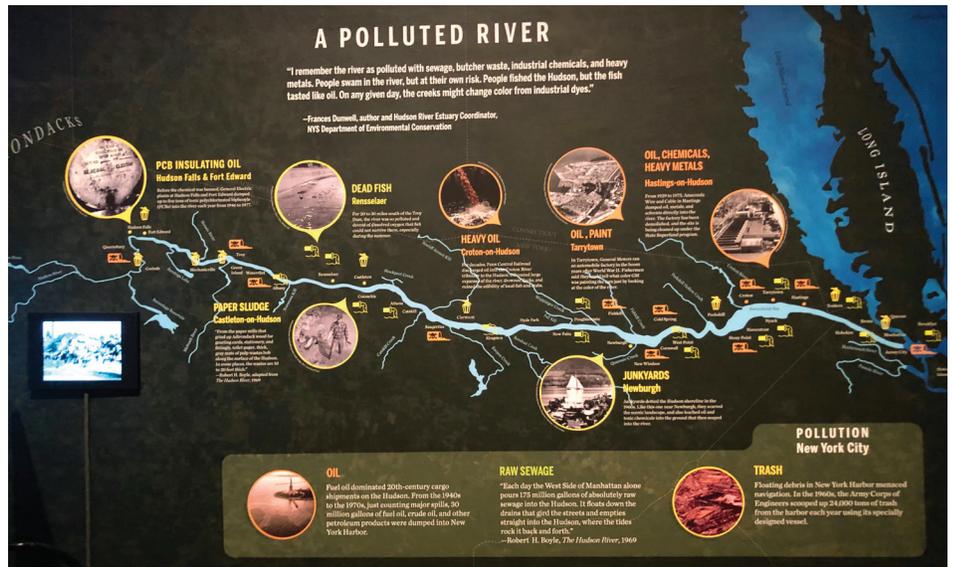
The exhibit began before we even entered the complete exhibit where we were able to see what New York City looked like in one of the original maps.

The environmental facets of this exhibition were contextualized based on the presence of oysters in the Hudson River. The core environmental benefit of oysters cannot be understated, since the oyster can filter up to 50 gallon of water per day. Interestingly, it is its absence and the work to revive oysters that drives much of the Hudson River Rising exhibition. Through the guided tour, my students and I were able to understand the impact of industrialization on the oyster.

Secondly, we also experienced the environmental consequences of industrialization, including toxic chemicals, sewage, and other industrial waste (PCBs) in the Hudson River, leading to its designation as a Superfund site by the EPA. The 200-mile stretch from Hudson Falls to Manhattan's Battery is the largest EPA Superfund site in the country.

The last portion of the exhibit focused around climate change and the Hudson River basin. Climate Change is one of the most dangerous threats to humans. Today, the need to work to restore Hudson River and its oysters has taken on a new significance. Government and citizens, as shown in the exhibit, have begun to work to deal with the long-term impacts of climate change, including the restoration of oysters and the work to stem the impacts of beach erosion on States Island. This was demonstrated through pictures showing the impact of Superstorm Sandy and an interactive video showing an ongoing restoration project in Staten Island.

What surprised me most about this exhibit was the attention to detail and the journey to which a visitor is taken. It allowed my students to connect different classroom topics from cities to climate change and its impacts.



'PICK YOUR PRIZE' RAFFLE FUND RAISER

| Written by Linda Buncom

The NYC Retention Committee is proud to announce that the 'Pick Your Prize' Raffle raised **\$120** toward funding the LIBI's field trip to Mount Vernon, VA on April 13, 2019. Following is a list of the prizes and winners:

	PRIZE	COMMUNITY WINNER
1	Timbuk2 Backpack	Duan Li
2	Android Tablet	Prof. John Morgan
3	Smartwatch	Lan Sun
4	Monthly MetroCard	Beatriz Cordero

The NYC Retention Committee would like to thank the entire LIBI community—administration, faculty, staff, and students—for helping to make this a successful event. We especially wish to thank Ms. Adriana Arguelles who spearheaded sales in Flushing. The continued support of all is appreciated. We look forward to holding similar events in the coming months.

Congratulations to the winners!



MICROSOFT OFFICE 365/2019 TRAINING BY MCGRAW-HILL

| Written by Julia Scalia

Professors Linda Buncom, Maria Garcia, and Julia Scalia attended a Workshop on the newest version of Office 365/2019. McGraw-Hill Education hosted the event on **Friday – April 5, 2019** at Microsoft’s office located at 2 Penn Plaza, NYC from 8:30 AM – 12:45 PM.

Facilitators:

McGraw-Hill Education:

- Michelle A. Lopane – Executive Learning Technology Rep. (Carmel, NY)
- Brian Sylvester – Senior Portfolio Manager (Ellisville, MO)

Our facilitators, Michelle and Brian, introduced themselves and the roles each would perform during today’s presentation. Michelle has worked at McGraw-Hill for 32 years, the majority as a trainer/facilitator for the various editions of Microsoft Office. Brian has worked at M-H for 7 years as a textbook editor, with 15-16 years in the industry.

During our open dialogue, Michelle and Brian asked that we provide any concerns we had about what textbooks we were using, if not necessarily M-H’s, what we would like to see improved and/or included in future editions of Microsoft Office. The floor was not quiet, as each of us, in turn, offered suggestions that most probably we were forced to accept as is, when using the previous editions. Following is a summary of **Needs and Challenges** after we brainstormed:

1. E-book implementation
2. ESL students
3. Different learning styles / individual choices
4. Anticipate student needs / immediate feedback
5. Easily access explanations / research / videos (trusted sources)
6. Computer access vs. cell phones
7. Tech asset / resource / device management & affordability
8. Version control / updates (for instructors & students)

Another most noteworthy feature of today’s workshop was M-H’s demonstration of their version of an LMS = **SIMnet®**, translated **Keep I.T. SIMple!** In addition to the main menu topics allowing for uploading of lessons, homework assignments, taking exams, links to videos, etc., SIMnet allows any



one instructor (who has a similar student in other courses) to change the ADA Multiplier to 1.5 (as an example for longer hours on an exam), which automatically will change all the student’s current courses for his or her instructors during that semester. SIMnet is also an interactive ‘learning’ tool whereby students are awarded a ‘**BADGE**’ credential: **White** [for a single completed chapter] or **Purple** [for completion of a Unit]). There is no grade assessed to these badges, only that the student successfully completes the chapters. The **Yellow** badge, the ‘capstone’ assignment after a full topic (Ex. all of Word) is completed, is awarded to the student if a grade of 90% or higher is received. Additionally, after the successful completion of a chapter, each student is awarded a Certificate which shows the level of topics the subject covers and what jobs are available nationally to which they can apply.

Unanimously we inquired whether instructors can ‘earn’ M-H badges as well. This not only covers a substantial number of instructor-required PD credits, but tells our students the importance of mastering the skills they are taught in the classroom. Equally important, students can reflect on their resume the ‘badge’ color earned through McGraw-Hill, a leading higher education textbook publisher. The **DRAWBACK** here, however, is that to use SIMnet, the school must be using their Office 365/2019 textbooks. Currently for our COM100 and COM200 courses, LIBI uses the Shelly Cashman series. Should we decide on the possibility of changing textbooks for both courses at a subsequent Area meeting, and the majority of instructors vote in favor, then we need to

bring the suggested textbook revision before the Curriculum Standards Committee to approve the change.

The topic of customizing a textbook to meet the needs of our students met with mass appeal. If using M-H's textbooks, we could customize any textbook with the chapters we want for each course, including a Table of Contents followed by the course Syllabus and Assessment Rubric. This is a big plus since the textbook for the 2019 edition is quite large, containing both introductory and advanced topics. We have the option of 'creating' our own chapter titles and content (with LIBI's sign-off for authorship), and/or using chapters from other M-H textbooks to complete a textbook. Once created and approved, M-H will assign the book its own ISBN. Undoubtedly, this looks like a doable option for LIBI instructors.

To summarize the final feedback from this lively discussion group, our **Enhancements, Requests, and Suggestions follow:**

1. Advanced videos for capstone topics / courses
2. Translations for other languages in Show Me (interactive simulations in SIMnet)
3. Badging credentials for instructors
4. Coach students on how to use / promote credentials

As this was our first introduction to Office 2019, the time spent with other educators, and with McGraw-Hill who brought us together, was an invaluable learning experience. Each attendee received a free tote bag and M-H's Instructor's edition of the Microsoft Office 365/2019 textbook.

LIFELONG LEARNING

| Written by Linda Buncom

As a teacher, I must keep my skills sharp. To do that I take courses in computer science, business subjects, and teaching methods. In 2017, I embarked on a lifelong learning experience to complete an online Master's Degree in Information Technology with a specialization in Database Design at Southern New Hampshire University, graduating on **Sunday – May 12, 2019**. This was a new experience in learning because I am old school. All of the classes I took before were in a traditional school environment with an instructor leading the way.

Like my students, I had to juggle family, social, and work obligations while learning new material, studying for finals, and writing the dreaded multi-paged research paper with citations in my own words. Whether you are a student looking to earn a degree to provide better for your family, or an instructor seeking to improve your skills to reach more students, this road is one that requires long hours of hard work and sacrifice. You work extremely hard for a period of time. You lose sleep, miss out on family and social events, and work a full-time job to pay the bills. This task seems impossible. Let me ask the age-old question, *"How do you eat an elephant?"* The answer is, *"You eat an elephant one small bite at a time."* This is how you complete your degree. You do it one textbook at a time, one test at a time, one research paper at a time, and one course at a time. Before I knew it, two (2) years had passed and I earned a master's degree with advanced skills that I can share with others.

While on my journey, I built a network of family, friends, and colleagues who cheered me on when I needed inspiration, and held my feet to the ground when I slacked off my studies. I encourage you to do the same. When you become

frustrated or doubt the value of the goal, take a step back and look at what you achieved so far. By enrolling in school, you decided to work a plan that will give you the rewards you seek. If we stop learning, we stop growing, and we know what that means!





LIBI'S VITA PROGRAM 3 YEARS AND COUNTING

| Written by Dianne Orderson

We here at Long Island Business Institute are proud to report on another successful year of offering free tax help to individuals and families who earn \$55,000 or less, in the preparation of their income tax returns. LIBI's Volunteer Income Tax Program (VITA) was established in 2017 by accounting Professor Dianne Orderson at the Manhattan Campus and business Professor Oster Bryan at the Flushing Campus. Each year, we save our tax filers thousands of dollars in tax filing fees. Between both campuses, we've generated over \$1,000,000 in both Federal and New York State refunds.

The VITA program is sponsored by the Internal Revenue Service and is celebrating its 50th year in existence. The initial idea for the program came from a professor at California State University name Gary Iskowitz in 1969. Each year by partnering with the IRS, we recruit students to work in the program. Training takes place during the fall semester with actual tax preparation for clients taking place in the spring during the months of January through April. Our volunteer preparers become IRS certified in relevant tax law.

By volunteering to participate in VITA, our students gain valuable experience in tax law as well as many soft skills such as time management, leadership, and customer service. In the beginning of the program, students are often reluctant to ask questions because they fear being embarrassed. As a result they spend unproductive time trying to figure out the answer to a question that could be easily resolved by asking the right question. They learned that they are not expected to know everything and that it's ok to ask. This is a valuable experience that they carry into the work place as a new hire.

Our student volunteers learn to interact with a diversified group of clients while maintaining a professional demeanor. The skill of recognizing when pertinent information is missing is a key business skill, but academic education sometimes conditions students to believe that all needed information to solve a problem will be neatly presented to them. By participating in this program, students learn to think outside of the box.

The program at the Manhattan Campus would not be a success without the assistance of Professor Nadia Veliz who owns and operates her own tax business. Professor Lesmond

at our Flushing Campus goes to great lengths to help Professor Bryan run a smooth operation year after year. I am especially proud of our LIBI graduate, Yibin Liu, who has not only earned his bachelors in accounting but returns each year to LIBI to participate in the program. All of our students have been essential in making our sites successful and I applaud them.

The VITA program provides LIBI with a meaningful way to be socially responsible while uplifting its image in a positive way to our surrounding community. I am already planning for next year's tax season.



SPRING STUDENT CONFERENCE

| Written by Daniel Kennedy

Saturday – April 27, 2019. Long Island Business Institute held its annual Spring Student Conference at the Manhattan Campus. Fifty packed students started the day at 10:15 AM with Ms. Kat Connelly, Manhattan Branch Manager of Dress for Success Worldwide. Dress for Success is an international not-for-profit organization that empowers women to achieve economic independence by providing a network of support, professional attire, and the development tools to help women thrive in work and in life. Ms. Connelly was well received by both men and women in the audience. Students signed up for volunteer work and had the opportunity to get fitted for professional attire.

After lunch was served, Mr. PK Kersey, CEO of “That Suits You” began his upbeat words of support. Mr. Kersey spoke about C.H.O.I.C.E.S. for not only men, but for women as well. The men were fitted for full suits after the conference. Ties also were also handed out to every student with a demonstration of how to make a knot for a tie. It was an eventful day. Both presenters were inspirational for our LIBI students to succeed in life.

A summary of the day’s agenda and presentations follows:

SPRING STUDENT CONFERENCE AGENDA

Saturday – April 27, 2019 | 10:00 AM - 2:00 PM

10:00 AM – 10:15 AM	Sign in/Registration Welcome Remarks
10:15 AM – 11:30 AM	Dress for Success Presents Kat Connelly Manhattan Branch Manager Dress for Success Worldwide
11:30 AM – 11:50 AM	Lunch
11:50 AM - 1:15 PM	“That Suits You” PK Kersey , CEO Presents: C.H.O.I.C.E.S
1:15 PM - 2:00 PM	Suit fitting for Men (“That Suits You”) and Women (Dress for Success)





ONE STUDENT'S 'REVIEW' FOR SUCCESS

| Written by Herman Ye, *LIBI Student*

My name is **Herman Ye**. I had the opportunity to attend **LIBI's Spring Student Conference** on **April 27, 2019**. It was a rewarding experience for all students who attended, with guest speakers from Dress for Success for the ladies and "That Suits You" for the gentlemen. Overall, both speakers discussed the key importance of dressing well for interviews and future business endeavors, all of which is an important factor in life wherever you go. Dressing well is ideal for anyone looking to make a good, first impression.

For the ladies in attendance, Dress for Success provided them with vouchers they can use, to stop by their Manhattan location to get an entire outfit suitable for interviews and professional attire – a welcome relief for those on a budget since their program and merchandise are free of charge. The speaker also mentioned they offer even more options, like classes or educational courses on learning more about business attire and how one literally should "dress for success". This was great information learned and time well-spent on a Saturday.

For us gentleman, speaker Mr. P.K. Kersey was inspirational to say the least. He talked about his time working a few years before deciding to start his own non-profit organization, "That Suits You". It is an organization solely dedicated to help men in need or looking for employment opportunities by providing them with a full suit. Mr. Kersey also brought along some suits with him to provide men who paid a small fee for the conference – well worth the cost as we got to leave with a suit jacket and pants. As a bonus, Mr. Kersey provided measurements for future use, as tailored suits are a keen desire for any well-dressed man.

The student conference was a success, with valuable insights delivered to those who attended. Workshops with guest speakers do not come often, but it is an honor to listen to those who are willing to come to our college and address me and my fellow classmates, while providing keen resources relating to our future success. I look forward to other events and workshops at LIBI, and hope more students take advantage when these opportunities are offered.

MAYBE

(ODE TO THE LADY WITH THE RED HAT)

| Written by Patrick Cottingham

Maybe she loved or was loved
Once, twice.
Maybe it was a man
Or a woman
Or she was bullied,
Prodded,
Pushed
Into thinking she didn't count.
That girl with the funny stare
Funny hair,
Whatever it was that made the boys
ignore her.

Maybe the more they pushed
The more she pushed back
Attack, attack, attack.
Away they went,
A temper machine instead of a tem-
pered being,
That patient flower she hoped to be,
Waiting to open the gates of those
feelings
Tranquil, soft, calm as the moonlit sea.

Maybe a lapse in life brought her here,
Where she sits,
Fussing over worn clothes in a busy
subway,
Scowling at people bustling in, out of
the car,
As they glare at her calloused hands,
Weathered face,
Nails cracked, skin wracked,
As she stares at the idle bits of flesh
dangling from her legs and hands,
Somber eyes betraying a soft soul.

Maybe she saw too much,
Something that challenged her young,
fragile mind,
A daunting task that pervades,
Even with the invading frozen mists
Sneaking in between subway stops,
Bringing the outer misery inside,
Penetrating her clothes, her skin,
Heart, soul, all affected by a cold and
windy presence.

Stand clear of the closing doors please.

Make room for the frigid air,
A reminder how cold it must be out-
side,
Where she'll end up, as usual,
Wrapped in a discarded Frigidaire box
Wind whistling through the cardboard
shell
As it circles the church again and again,
Getting colder
And colder,
Biting through the creases as night
crawls to dawn.

She looks at her collection of junk – our
junk not hers –
Neatly ordered in two old shopping
carts,
Pretending that she too, is busy
Working
Planning
Arranging,
But really delaying the inevitable.

Maybe it was a day like today
In a place like this,
On her way to an actual destination,
Or maybe she suddenly realized some-
thing
Saw something,
Heard something,
Maybe she lost her job,
Or her perception for reason.

Maybe something skewed her mind,
crossed her line
Changed the way she saw us,
Saw herself,
And just said
Fuck it, I quit.

And forgot to stop quitting.

Maybe she left a family, a home
A dog or a cat or a ferret,
Or she left nothing and wanted more
of nothing,
To wander with her red felt hat perched
on her head, holding in her dense,
kinky hair,

Rolling her gathered cart with one
broken wheel,
Cursing, talking, mumbling.

But we judge nonetheless
We sneer, wish she'd go away,
Disappear.
Stop making us uncomfortable.

Maybe we'll understand
That not so long ago
She was us
Sitting, absorbing, calculating her busy
day
Instead of wondering
How will I survive the bitter cold
After the MTA cops throw me out
Into the street at three in the morning
And I have to find food,
A bathroom,
A quarter here, a dime there
For a small coffee,
With them little Greek images on the
cup
Four sugars please
So I'll feel fuller longer
And have the strength
To pull these damn carts
Down to the Bowery.

We watch as she adjusts her red hat,
And judge,
Analyze,
Then look away
Or pretend to sleep
While we conveniently forget,
But secretly understand.

Nobody wakes up like this on purpose,
Thinking lofty thoughts on dirty side-
walks.

Will we?
Are we mere steps
From being victims of ourselves?

Maybe not.

Then again...
Maybe.



HEIDI SCHRECK'S 'CONSTITUTION' COMES TO BROADWAY

| Written by Julia Scalia

It was a breezy and sunny blue-sky day on **Saturday – May 25, 2019**, when Professor Scalia, along with a sold-out matinee audience, saw the play, **What the Constitution Means to Me**, at the Helen Hayes Theatre on 44th Street and 8th Avenue, NYC.

Both as author and lead performer, **Heidi Schreck** enacted her experiences throughout the play as a 15-year old high school student from Wenatchee, WA who was a 'Constitution' prodigy. This was quite a feat of recall since Ms. Schreck is now in her 40s. The stage was a replica of the American Legion Hall where annual speech and debate competitions took place. The stage's master of ceremonies and time-keeper, actor **Mike Iverson**, instructed Heidi to select (eyes closed) one Amendment from a box and to discuss its purpose, with free-expression included, for a maximum-12 minutes...but nothing could hold her back. Although well versed in all Amendments at that time, Heidi enjoyed the 9th and 14th Amendments the best. After selecting the 14th Amendment, Heidi was elated and proceeded to speak, word for word, the entire 14th Amendment's four Sections. She was amazing, not only in flawless delivery, but the fact was that this was coming from a 15-year old who, undoubtedly, perfected memorization skills into her 40s. Heidi placed first in many speech competitions, very grateful that the prize money she won during her high school years paid her full college tuition.

Not surprising, however, Heidi related to the audience well. For two hours, without intermission, Heidi treated us like the family she could talk to during those adolescent years. She described what her hang ups were using light humor and never for a dull moment did Heidi forget we were not family, but an audience mesmerized by the impeccable and often traumatic details of her young life. Heidi explained that while in college, she had an abortion, and could only think about the horror her grandmother had endured while growing up in Germany. Even her mom was abused, but she had the will to fight back and to leave a bad situation. Amendments for the moment out of the picture, Heidi did not hold back jabs to the men in attendance, when she questioned, "How would you feel if the Constitution (9/7/1787) were written by women"? Laughs and



screams from the women were deafening, followed by a recording Heidi played of Justice Ginsburg who stated, "We the PEOPLE know we are equal when there are 9 women on the bench." And to think, where would the men be if it were not for women bringing them into this world?

The final scene came when Heidi introduced actor, 15-year old **Rosdely Ciprian**, a high school student from NYC, who debated Heidi on the issue, "Should the current Constitution (with all its Amendments) be scrapped?" Heidi voted to abolish the current version since the input of women was excluded when the original Constitution was created. She claimed that women waited until the 19th Amendment was passed in 1920 to vote, 'or to have any say in substantive matters'. In direct opposition, Rosdely voted to keep the Constitution as is, mainly since the time from our independence in 1776 to 1787 took 11+ years in the making. Without order, too much chaos will continue to exist and what law of the land would hold all PEOPLE accountable? And the latter coming from a 15-year old, or is this great play-writing, or both?

I thoroughly enjoyed the play. I left wondering how questions similar to these were unthought-of during the (long-awaited) Constitution's creation. So we never will forget its importance to a new and expanding country, everyone in the audience received a miniature version of **THE CONSTITUTION of the UNITED STATES OF AMERICA** as a keepsake.

MENTAL HEALTH & FIRST AID CERTIFICATION TRAINING

| Written by April Robinson

The mental health program is given by the City of New York and is one of the initiatives of Mayor Bill de Blasio's wife, Chirline McCray. Mental Health First Aid is an 8-hour certificate workplace mental health training program, mandatory for all LIBI faculty and staff. Long Island Business Institute has a diversified population of students, faculty, and staff. The training occurred on February 25 and 28 at LIBI-NYC (2–4 pm) and on March 25 at the Flushing campus (9 am–4 pm). Therefore, we have created an educational environment conducive to meeting the needs of the community that we serve.

Currently, we live in a time where mental illness, drug use/abuse, and domestic violence are on the rise and are prevalent in numerous communities. Thus, we need to provide our students with a holistic approach to education and learning, which includes mental health and wellness.

We serve a student body of young adults who may suffer from or know someone who suffers from mental illness, drug abuse, and/or possibly domestic violence. It is imperative that faculty and staff here at LIBI are qualified through training to approach, listen to, give re-assurance, provide information, and encourage students who may be suffering from mental health, a substance use problem, or a crisis to get help.

Additionally, one of our goals is to provide our students with the necessary resources they need to succeed academically, economically, and mentally, and to enjoy a good quality of life. For us to be able to achieve our goal, it starts with good mental health. Therefore, educational training on mental health and wellness is an essential tool that assists faculty with achieving that goal to ensure positive student outcomes.



NALOXONE TRAINING

| Written by Ronald Murray

On **Wednesday, May 8, 2019**, LIBI staff, faculty, and administrators were trained on how to use Naloxone (also known as Narcan). Because LIBI likes to be at the forefront in providing for, and being prepared for, all potential emergencies, we were trained in opioid overdose prevention. With the continuing increase in the number of deaths due to opioid use, LIBI believes in being ready. Disasters and emergencies do happen, whether on campus or off, so it is always a good idea to know as much about what to do, if confronted.



The trainer pointed out that although there was an increase in Doctor Prescription opioid medications, the drugs on the street with the same name, are not the same as what a doctor prescribes. He enlightened everyone about how the drug Fentanyl has flooded the market because it is a lot more potent than morphine, and a lot more dangerous.

He explained the different effects drugs have, what mixing drugs can cause, and how Naloxone can help save a life. He pointed out that Naloxone is not harmful and will not hurt if taken, even if the person is not overdosing on opioids. Understanding the opioid crisis is important, and knowing what to do is equally important.

The trainer explained in detail how to administer Naloxone, and before ending, everyone present was told they will be given a Certificate of Completion card. Many also obtained a kit and signed additional paperwork, told always to carry the card with them, as proof, that they are authorized to administer Naloxone.

The trainer was thorough, entertaining, and captivating. Everyone felt the training was essential and well-worth it.

If you are abusing drugs, help is available.

USEFUL INFORMATION

- **Alcoholic Anonymous**
<http://www.aa.org>
- **New York Intergroup**
www.nyintergroup.org
Phone: 212.647.1680
TDD: 212.647.1649
FAX: 212.647.1648
- **New York Official Central Hispania De AA**
Phone: 212.348.2644
FAX: 212.348.2689
- **Adult Children of Alcoholics**
<http://www.adultchildren.org>
Adult Children of Alcoholics is an anonymous Twelve Step program of women and men who grew up in an alcoholic or otherwise dysfunctional home.
- **Al-Anon Family Intergroup of Greater New York**
<http://www.nycalanon.org>
The Al-Anon organization helps families and friends of alcoholics.
Phone: 212.941.0094
Fax: 212.941.6119
- **New York Nar-Anon**
The Nar-Anon organization helps families and friends of drug addicted persons.
Phone: 1.800.984.0066
- **Focus on Recovery Helpline (alcohol/drugs)**
Phone: 1.800.374.2800 / 1.800.234.1253
- **National AIDS Hotline**
Phone: 1.800.CDC.INFO (232.4636)
- **Department of Health and Human Services Drug and Alcohol Treatment Referral Routing Service**
Phone: 1.800.662.4357
- **Intervention America, National Resource on Recovery**
<http://interventionamerica.org>
- **Short Term Drug Rehab**
24-hour Mental Health Services
Phone: 1.888.653.5557

YOU'RE NOT ALONE

| Written by Ronald Murray

"Why did it happen, why did my love one commit suicide? Why didn't I see what was happening or notice my loved one was hurting?"

The aftermath of suicide leaves everyone wondering.

Sometimes a person reaches out in some way for help, while others may outwardly show they are depressed or despondent. It is those who would just end their lives without any warning that leaves you with unanswered questions which will continue to haunt you and be a major bafflement.

Why?

The first time I learned what the word suicide meant, was when a neighbor who lived in the same building as my family killed herself. I was just a little kid, still in elementary school. It happened one morning, even before we had to get ready for school (that is how fast word spread of her death). My sisters, brothers, and I watched as her body was brought out on a stretcher from the windows of our bedrooms. It remained the topic of discussion all that day and for weeks to follow. This had a major impact on all of us at that time, and to this day, I can still see that stretcher in my mind, being carried from the building.

The second tragedy happened a few years later, to someone emotionally disturbed. I was still very young and attending middle school. It involved a young woman, who actually did not commit suicide, but instead, dangled on the edge of a roof top, eight stories high. She had climbed over the fence, which is placed around the perimeter of rooftops, and was sitting on the edge, swinging her legs and throwing rocks from the roof. She was out there for quite some time; so long that news crews showed up. What was strange about this incident, was that everyone was yelling for her to jump. However, she eventually was talked down. Reporters from both the Daily News and New York Post were there, and the story of the incident along with a picture of her on that rooftop made the front page of the New York Post the very next day. Again, it ends there, I cannot tell you what happened other than the rumors that she was taken to Bellevue's 5th floor. Years ago, anyone who was said to have a mental problem, was taken there.

But unlike this young woman who dangled from the rooftop and put on a show, others lost their lives because they actually jumped without any fanfare or died from a drug overdose (whether by accident, or on purpose, no one would ever know).

Then the day came when I would learn of the death of someone I actually knew, that committed suicide. He was a friend and a neighbor, (his family lived on the floor right above my family). We attended the same schools, straight through

high school. He was extremely smart and had scored the second highest on his SAT exams in the entire City of New York that year. I remember the day the principal of our high school made an announcement over the intercom to congratulate him. However, his life would take a tragic turn and drugs would take over, resulting in his suicide at the age of thirty-two.

A few years after this tragic death, another friend would kill himself. His death would bring back memories of the macabre morning when the body of the neighbor was carried out of the building on a stretcher all those years ago, because this was her son. He too died at a very young age and someone who everyone thought was doing just fine. He had left the neighborhood years earlier to join the Army and the last anyone heard, he had made it a career.

It is so sad, that so many reach a point in life, in which they feel such a high degree of hopelessness. What is it about their lives that brought them to a point where they felt there was no other choice than to take their own life and to commit suicide? Statistics show that "suicide is the 10th leading cause of death in the U.S." This does not include those who attempt suicide as a means of letting others know how desperate their lives have become.

According to the American Foundation for Suicide Prevention (AFSP), over 44,000 people try to commit suicide each year in the United States. In 2015, suicide was the second leading cause of death in people 15 to 34 years of age, and third leading cause of death in children aged 10 to 14, according to the CDC. Men are four times more likely than women to kill themselves, and 77 percent of U.S. suicides are completed by men, the CDC said. This disparity is partially due to men choosing more lethal means to kill themselves: fifty-six percent die by firearm. Women are more likely to attempt suicide by self-poisoning.

"Women more likely to attempt suicide, and men more likely to complete [it]," Campo said.

<https://www.livescience.com/44615-suicide-help.html>

Still, how do you prevent suicide from happening, when there are no outward signs and so many actually go through with it, leaving us wondering why they killed themselves.

Several months ago, a friend called me, very upset and confused as to why her friend's son (who she knew, personally), committed suicide. He was just twenty-five, and everyone, his family, friends and co-workers, were extremely shocked when they learned of his death. He showed no outward signs of being depressed or despondent. Everyone who knew him felt that his life seemed to have been moving along just fine; he had a longtime girlfriend, a job that he liked, and was considered to be a very handsome young man. Then (out of the

blue) one day, a member of his family came home to find that he committed suicide.

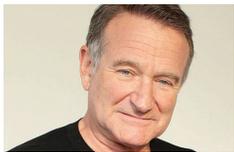
It just never seems to end. There are many reasons why people commit suicide, the most common of which includes being bullied to a point that the person simply cannot take it any longer. Depression is another reason. (Having that persistent feeling of hopelessness that just will not go away). Then there are those which include loneliness, being sexually abused, drug and alcohol abuse, terminal illness, having a very low self-esteem, and many others.

We all heard the saying “**money can’t buy happiness**”, then say to ourselves, “**I know it would make me feel a whole lot better.**”

Well, in recent months there were a number of individuals whose lives, on the outside, seemed perfect. They had careers that looked rewarding because they were making lots of money and had celebrity status, but yet they committed suicide. This tells us we need to rethink that phrase and start realizing that money truly does not buy happiness.



KELLY CATLIN, the Olympic cyclist, died in her campus dorm at Stanford University at the age of 23, as the result of taking her own life.



ROBIN WILLIAMS committed suicide at his home in Paradise Cay, California at the age of 63.



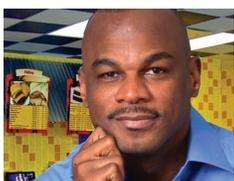
KURT COBAIN struggled with heroin addiction, chronic health problems, and depression. He committed suicide at the age of 27.



ANTHONY BOURDAIN, a celebrity chef and the author of ‘Kitchen Confidential: Adventures in the Culinary Underbelly’ committed suicide in his hotel room in Strasbourg, France, days before his 62nd birthday.



KATE SPADE, a Fashion Designer, died of an apparent suicide at the age of 55.



LOWELL HAWTHORNE, the founder and CEO of Golden Krust Caribbean Bakery & Grill committed suicide inside his Bronx factory. He was 57 years old.

Suicide Prevention, what to look for...

SYMPTOMS

<https://www.mayoclinic.org/diseases-conditions/suicide/symptoms-causes/syc-20378048>

Suicide warning signs or suicidal thoughts include:

- **Talking about suicide** — for example, making statements such as “*I’m going to kill myself.*” “*I wish I were dead.*” or “*I wish I hadn’t been born.*”
- **Getting the means to take your own life**, such as buying a gun or stockpiling pills.
- **Withdrawing from social contact** and wanting to be **left alone**.
- **Having mood swings**, such as being emotionally high one day and deeply discouraged the next.
- **Being preoccupied with death, dying, or violence**.
- **Feeling trapped or hopeless** about a situation.
- **Increasing use of alcohol or drugs**.
- **Changing normal routine**, including eating or sleeping patterns.
- **Doing risky or self-destructive things**, such as using drugs or driving recklessly.
- **Giving away belongings or getting affairs in order** when there is no other logical explanation for doing this.
- **Saying goodbye** to people as if you will not see them again
- **Developing personality changes** or being severely **anxious or agitated**, particularly when experiencing some of the warning signs listed above.

USEFUL INFORMATION

- **National Suicide Prevention Lifeline**
1.800.273.TALK (8255)
- **The Samaritans of New York 24 hours / 7 Days Suicide Prevention Hotline**
212.673.3000
- **Help-Line Telephone Services 24 hours / 7 Days**
212.532.2400
- **Suicide.org**
1.800.SUICIDE (1.800.784.2433)
- **The Trevor Hotline**
24-hour toll-free suicide prevention line aimed at lesbian, gay, bisexual, transgender, and questioning youths
1.866.4.U.TREVOR



CATHERINE LAW

Director of Operations

CATHERINE LAW

My mission in life is to be able to assist individuals to further their education and to be the catalyst of change in their lives.

I joined LIBI on **May 1, 2019** as the Director of Operations. My husband, James, and I are native New Yorkers.

I received a BA degree in Accounting, and an MBA in Business Administration from the University of Bridgeport. I am a Career Coach and Mentor for those who are interested in pursuing the best that they can be. I was good at math in high school, so I decided to pursue Accounting in college. When I graduated, I worked for the New York City Department of Health as an Assistant Accountant and moved to various financial positions through the years. Numbers were numbers and I sat for the CPA and even worked for one of the Big 4 Accounting firms, Ernst & Young (E&Y). After 10 years of accounting/finance, I went back to pursue my MBA in Business Administration and found I wanted to work with people than number crunching. As I completed my MBA, one of my mentors asked if I would work in the non-profit industry and I gave it a shot and wound up being in this industry for another 10+ years building infrastructures of organizations to facilitate their growth. Then an opportunity came up in academics and it has led me to my next 10 years in career services.

My mission in life is to be able to assist individuals to further their education and to be the catalyst of change in their lives. I have worked with thousands of students over my academic career and my greatest satisfaction is when I see them walk across the stage at graduation accepting their degree.

Working in academics and in particular, career services, you need to be a really good listener. Hearing what a student has to say and being able to assist them are the keys to a successful journey in higher education. You also will need to know about job trends, be in contact and in partnership

with industry experts, and always network with other colleges and their career services to collaborate about best practices. In any field, soft skills are also a must-have and according to the National Association of Colleges and Employers (NACE), the key soft skills are: critical thinking/problem thinking; oral/written communications; teamwork/collaboration; digital technology; leadership; professionalism/work ethic; career management; and global/intercultural fluency. To see if career services is for you, I would start off with an informational interview/shadowing. After gathering your information and you find that this is what you would like to pursue, try an internship where it may lead to a part-time or a full-time position, and learn the ropes by growing within the department. For me, I started as a Coordinator, then the Office Manager, then the Internship Manager, and then the Director of Career Services. With my growth within one college, I learned every job in Career Services and it gave me the opportunity to provide students with the best guidance and hands-on experience for successful job placement, and/or continuing their education to the next level. The hurdles for working in career services include the following: upset and frustrated students who are not employed; lack of understanding about Career Services; an absence of constant communication throughout the institution; insufficient student follow-through/follow-up before and after a job interview; and lackluster event participation from students and administration.

Since I am a newbie at LIBI, my current long-term goal is to help build up Career Services, increase job placement by expanding industry pipelines to feed our graduates, to develop internships for each program, and to create industry leader panels where students can network to learn more about their field – *knowledge is power!*

ROLE REVERSAL: STUDENT INTERVIEWS TEACHER

| Written by Prof. Julia Scalia

| Interviewer by Justine Rooney



As Coordinator of the Academic Success Center-NYC, I am accustomed to students arriving daily to request tutoring assistance. It is an all-to-rare occurrence when I am asked by a student if I were willing to be interviewed to support her completion of a PowerPoint presentation required for class. This sounded like fun and I was very happy and honored to oblige. A special thank you is given to **2019 graduating student, Justine Rooney**, who arrived ready with her seven questions. I cannot help the educator in me, but I reminded Justine about applying the **7x7 Rule** (*no more than 7 bullets, no longer than 7 words in each*) when completing her PowerPoint project.

1 What is the favorite part of your job?

Well, I cannot limit it to just one part. Since my daily responsibilities at LIBI include multitasking several roles at the same time, it is important that I remain focused on approaching deadlines. Each role has its perks, whether I am teaching, chairing a Committee, or editing the LIBI LOG. Teaching always is a #1 priority for me. I ensure keeping up with my weekly lesson plans and grading submitted work quickly for updating in Jupiter Ed. Individual tutoring, facilitating AEU workshops, and processing requests for tutoring is time-consuming, but I realize it is the best way to keep my skills in practice every day.



2 What displeases you in general?

I would like to see more LIBI “school spirt” in all of us. We need to become the initiators of change, not wait for someone else to do the thinking, planning, and implementing. We need active participation in events that are planned for everyone’s enjoyment:

1. writing a special interest article for the LIBI LOG;
2. joining us on trips we plan throughout the year, and
3. donating \$3 monthly (3rd Thursday) on Jeans Day, and each Thursday after July 4 through Labor Day, to defray the cost of future trips.

We can do it when we work together as a TEAM!

3 Tell me about your first job.

My first job was as a clerk-typist at Chase Manhattan Bank, N.A. Recruiters from Chase came to my high school in April offering positions to seniors (*I was due to graduate that June*) at their main headquarters in downtown Manhattan. I was thrilled I did not have to worry about looking for a job once I graduated. I started working one week after graduation. I may have lost out on a summer vacation, but the thought of earning my first ‘dollar’ was exciting.

4 Who inspires you and why?

I recall being asked this same question when I attended a *Women in Tech* workshop on Friday – March 8, 2019 at the Civic Center in NYC. The event coincided with *International Women’s Day*.

In no small way can I express my gratitude to President Foote for her generosity in helping us establish the NYC Student Store, her ongoing support in all team initiatives we undertake, and the special care and concern she has for all who interact with her daily. It is easy to emulate the great leader she is.

5 What is your motivation?

It is nice to be recognized for the work I accomplish every day. Just seeing the fruits of my labor translate into a finished task, well done, is the reward itself. Having my skills tested to the fullest means I can put into continued practice all that I learned while earning my degrees and certificates over the years.



6 Do you think you will retire one day?

When the time is right, whenever that may be.

Right now, I have too many skills I do not wish to waste. I am an educator at heart and that is what I prefer to do for as long as I am able. I want to impart that knowledge to LIBI students. I believe in the principle, “Practice makes the Master!” Providing I have the drive and enthusiasm to continue, ongoing– and prospective students will be the greatest beneficiaries of my knowledge.

7 What do you plan to do when you retire?

Two things quickly come to mind:

1. Turn off the alarm clock permanently. Being a deep sleeper, generally I was so tired after the long previous day at school, I slept through the ‘siren.’ Now, whatever mood moves me to action, I will plan the new day accordingly.
2. Adopt a pet. I miss my precious dog, Maxie, who passed away in October 2017. Maxie was my second alarm clock, nudging me to get up, so I could take him for a walk around the block before getting ready for school.

Now retired for good, time is my own...no deadlines, no pressure. I look forward to biking in the park with my new furry friend. Life is beautiful. It is worth living and I cannot imagine being bored in retirement and in all the relaxing days to follow.



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