

CUNY Chancellor Goldstein Speaks to LaGuardia Faculty

By Staff

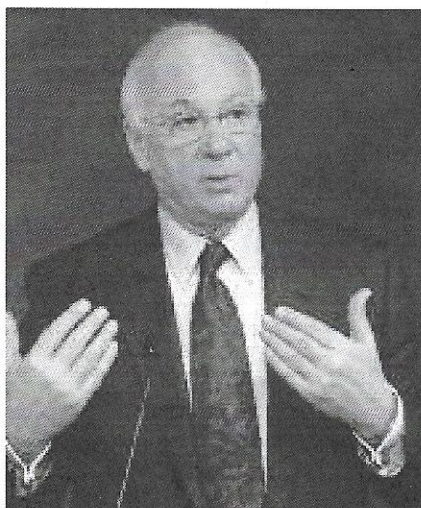
Recognizing the remarkable work that LaGuardia has done in transforming the lives of its students, CUNY Chancellor Matthew Goldstein urged a group of new and veteran LaGuardia faculty to continue playing a vital role in encouraging students to stay in school and obtain a degree.

"It is important for you as educators to do whatever you can, given the formidable challenges that our students have today, to convince them to work as hard as they can, to stay in college and get a degree at this institution or transfer to another institution," he said. "Retention and graduation matters."

It matters, he said, because more and more studies are linking education to economic mobility. He cited a recent study by the Pew Charitable Trusts demonstrating that a student in the lowest fifth of earners who graduates from college has a 19 percent chance of joining the highest fifth of earners in adulthood, and a 62 percent chance of joining the middle class or better.

At the February 20th visit, attended by some 65 faculty and administrators, Dr. Goldstein had an opportunity to share his vision for CUNY and its community colleges, and to field questions posed by faculty.

In his speech, he also addressed the grim economic realities facing public higher education in general, and CUNY in particular. "We are at a very pivotal time in the United States," he said. "There has been a regression from



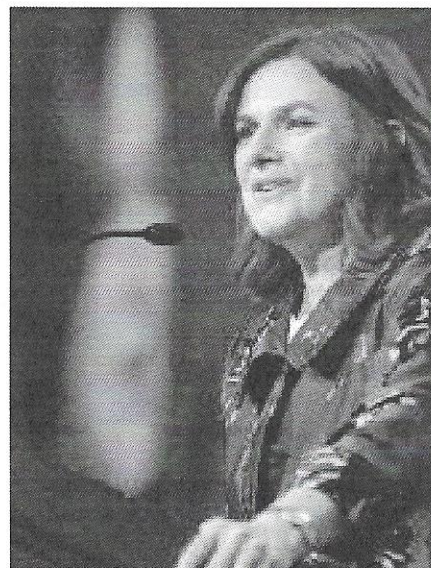
Chancellor Matthew Goldstein addresses LaGuardia faculty during his visit.

supporting public higher education."

To counter this movement, he said, CUNY is actively spreading the message to government officials and private donors that now it is time to invest in CUNY. "Major public universities are aggressively accelerating ahead of CUNY and SUNY," said Chancellor Goldstein who pointed to University of Texas at Austin, University of Michigan at Ann Arbor and many of the University of California campuses. "That is because their states have understood for decades that in order for the states to prosper, a sustained and predictable investment must be made."

He said that Governor Elliot Spitzer is
Continued on page 2

PRESIDENT MELLOW DELIVERS PRESTIGIOUS ROBERT H. ATWELL LECTURE AT THE AMERICAN COUNCIL ON EDUCATION CONFERENCE



President Gail O. Mellow delivers the Robert H. Atwell Lecture at the American Council on Education Conference.

By Staff

President Gail O. Mellow delivered the Robert H. Atwell Lecture at the American Council on Education Conference making her only the second community college president to deliver this prestigious lecture in its 90-year history.

At the February 10th conference held in San Diego, President Mellow addressed 1,500 higher-education leaders from around the nation with her lecture entitled, "Each and All: Creating a
Continued on page 2

Chinese Club Celebrates Lunar New Year

By Kenneth Yin, Lecturer, Education and Language Acquisition Department

The LaGuardia Chinese Club celebrated the Lunar New Year 4706, which is the Year of the Rat, by participating in several campus and community activities in January and early February.

On January 25, five student club officers, together with LaGuardia faculty and staff members, attended the Twenty-Sixth Annual Fund-Raising Dinner Dance of the Flushing Chinese Business Association (FCBA), Inc. Presiding over the gala, to bid farewell to the Year of the Pig and welcomed the Year of the Rat, was Peter Koo, President of FCBA and member of the LaGuardia



Attending the FCBA celebration were, from left to right: Jing Ni, Ding Lin, Jiang Lei, Shu Hong Chen, unidentified FCBA member, Peter Koo, another unidentified FCBA member, Melody Min Sei, Angela Wu, Jenny Zhu, and Kenneth Yin.

Foundation Board of Directors. In the Chinese zodiac, the Rat (or Mouse) begins the sequence of animals in the twelve-year cycle; the Rat is considered witty, charming

and able to amass great wealth.

The LaGuardia celebrants at the FCBA gala included student officers of the Chinese Club and faculty and staff members. The Chinese Club officers in attendance were Ding Lin, President; Melody Min Sei, Vice President; Shu Hong Chen, Secretary; Jing Ni, Treasurer; and Lei Jiang, representative to the Student Advisory Council. Student leaders were accompanied by Angela Wu (Accounting and Managerial Studies Department), Caridad Zegarra (Grants Development Office), Mauricio Zegarra (Business Office), Jenny Zhu (Office of Institutional Research), and myself.

The club held a festive event on February 5 featuring a martial-arts demonstration, Chinese musical performances, traditional Chinese cuisine and special holiday-themed prizes. Co-hosting the celebration were club members Shu Hong Chen, Ding Lin, and Melody Min Sei.

As the faculty mentor for the Chinese Club, I invite all those interested in learning more about this student club to attend one of the open meetings scheduled on Wednesday afternoons in the spring semester 2008.

Finding Your Way to a Healthier You: Starting Today

By Amy Ma, Nurse Practitioner, Health Service

Since **March is National Nutrition Month**, it is a perfect time for LaGuardians to assess their diets and physical activity.

The food and physical activity choices you make every day affect your health—how you feel today, tomorrow, and in the future. You may be eating plenty of food, but not eating the right foods that would give your body the nutrients you need to be healthy. You may not be getting enough physical activity to stay fit and burn those extra calories.

Whether your goal is to lose a few pounds or to feel better about yourself, you need to start now by:

- > making smart choices from each food group.
- > finding your balance between food and physical activity.
- > getting the most nutrition out of your calories.

The best way to give your body the balanced nutrition it needs is by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs. Here are some tips for a balanced diet:

Focus on fruits. Eat a variety of fruits—whether fresh, frozen, canned, or dried—

rather than fruit juice for most of your fruit choices. For a 2,000-calorie diet, you will need two cups of fruit each day (for example, one small banana, one large orange, and one-quarter cup of dried apricots or peaches).

Vary your veggies. Eat more dark green veggies, such as broccoli, kale, and other dark leafy greens; orange veggies, such as carrots, sweet potatoes; and beans and peas.

Get your calcium-rich foods. Get three cups of low-fat or fat-free milk—or an equivalent amount of low-fat yogurt and/or low-fat cheese (one and one-half ounces of cheese equals one cup of milk)—every day. If you don't or can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.

Make half your grains whole. Eat at least three ounces of whole-grain cereals, breads, rice, or pasta every day. One ounce is about one slice of bread, one cup of breakfast cereal, or one-half cup of cooked rice or pasta. Look to see that grains such as wheat, rice, oats, or corn are referred to as "whole" in the list of ingredients.

Go lean with protein. Choose lean meats and poultry. Bake it, broil it, or grill it. And vary your protein choices—with more fish, beans, peas, nuts, and seeds.

Faculty Auction...

Continued from page 9

Sacino and Arlene Spinner.

Also working on the event were Ron Paynter, Vanda Fields and Vivian Melendez in the Business Office; Bobby Lowmark and Ivan Sanchez of Building Operations; and Vincent Cousin of Student Life and Development. Karen McKeon and College and Community Relations helped in planning and setting up the atrium for the auction. Luis Gonzalez, Robert Monegro and Edith Torres were instrumental in planning the technical aspect of the auction that included the plasma screen advertisement. A special thanks must be made to President Mellow for supporting this event, and to Faculty Council Chairperson Sally Mettler for all her encouragement.

The auction would not exist if it were not for the faculty and staff of LaGuardia who make the donations and participate in this grand event. I want to thank each of you for giving the students the opportunity to broaden their minds while achieving their educational goals at LaGuardia. ▀