

the meridian

THE STUDENT VOICE OF LEHMAN COLLEGE

November, 2016

Bronx, New York

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the meridian

**250 Bedford Park Boulevard West
Student Life Building Room 108
Bronx, NY 10468**

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lehmanmeridian@gmail.com

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Editor in Chief

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Max Kulchinsky
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Office Manager

Jennifer MacKenzie
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Writers: Abrian De Luna, Ayesha Depay, Ashley Francis, Juan B. García, Leah Liceaga, Yara Palin, Juan Rodriguez, Margarete Rodriguez, Rupa Tharay

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Lehman Student Assaulted and Staff Member Robbed

By Juan B. García



Through the first doorway on the right is the Shuster Hall office where the robbery occurred.

A Lehman student and staff member were victims of assault and robbery on campus on Sept. 6 and 22, respectively. The first victim was a female student who was grabbed by her arm and harassed by an unknown male at approximately 8:05 p.m. across from Gillet Hall on the steps leading from the college walk to the student cafeteria.

The victim reported the incident to Public Safety on Sept. 8 but did not want to file a police report. “She just told us that she just wanted to make sure that the campus is safe and that it won’t happen to any other female student on campus,” said Department of Public Safety director, Fausto Ramirez. The victim could not get a good description of the aggressor. “We searched the [surveillance] videos and we couldn’t find anything. We also placed an officer there for two weeks in a row in the evenings just to stand by in that same area,” continued Ramirez, “to see if anybody came up with us with information.” However, no one did.

The second victim, a Lehman staff member, reported to Public Safety on

Sept. 22 that an unknown male had entered the Office of Veterans and Military Affairs on the second floor of Shuster Hall and took \$760 in cash from her unattended purse at approximately 2:50 p.m.

“I was helping a student and I heard someone came in,” said the staff member, a coordinator for the Office of Veterans and Military Affairs. “It’s normal for people to come in and out of the office. I just peeked my head out and said, ‘Hey, can I help you?’ and I saw the guy’s shoes.” Though she never saw his face, she saw him leaning toward her purse.

As he was going through her purse, she approached him from the back of her office and realized he was stealing. She screamed and chased him down the hall, all the way to the basement, and outside the building while yelling, “Hey, stop him! He has my purse,” unaware that the robber had only taken her cash.

The chase continued onto Goulden Avenue where three male students heard her yelling and chased after the robber,

but stopped because he pulled out a gun. By the time Public Safety was called, the robber had fled the scene. Nobody was physically hurt. Video footage from Shuster Hall revealed a snapshot of the robber, an older man. Public Safety forwarded the information to NYPD detectives of the 52nd Precinct. Through facial recognition software, the identity of the suspect was revealed.

The suspect proved to have been active elsewhere in the Bronx. Two days prior to that incident in Shuster Hall, he had entered three rooms in Bronx Community College and taken cash from purses of three staff members, according to Ramirez. Out of the three victims, only one filed a police report. The match was discovered when Lehman Public Safety compared footage from their security cameras with pictures provided by Bronx Community College, and the perpetrator turned out to be the same man.

Public Safety also found out that the same individual had struck at Lehman before. “We did arrest that individual back in 2012. We got him only for trespassing because he was going around Shuster Hall and someone called and said a guy looks suspicious,” said Ramirez. “When we grabbed him, we ran his prints and we hit it for criminal trespassing, and when we did a warrant check on him, he came up with a warrant for domestic issue.” At that time, Public Safety took the individual over to the 43rd Precinct, where a domestic warrant was out on him. “But it looks like he came back out again and he does the same thing all over again,” continued Ramirez. The robber has a record of twenty-five arrests for burglary, robbery, and domestic issues.

To help protect one other against such threats, Ramirez recommends that students devise a buddy system, stay alert, remember to take common sense precautions and report immediately any suspicious person or activity.

Thousands Protest Trump's Election

By Margarete Rodriguez

At noon on Saturday, Nov. 12th, approximately 5,000 people marched from the Union Square Greenmarket towards Trump Tower at 725 Fifth Avenue in protest of Trump's election to the presidency. With helicopters circling above,

protestors held fists and signs in the air and chanted against Donald Trump's stands on immigration, women's reproductive rights, and LGBT+ rights. Some of the most popular refrains included, "Racist, sexist, anti-gay, Donald

Trump, go away," "white silence is compliance," "we reject the president elect," "and not my president." Other chants called for the abolishment of the electoral college. Protestors' signs spoke for themselves.





Bronx Residents Take to Polls on Election Day

By Abrian De Luna, Margarete Rodriguez, and Ayesha Depay

November 8, 2016 was the Election Day many were anticipating: the day for Americans to cast their ballots for the next president of the United States. Throughout the day, we asked people at two Bronx polling sites, as well as students on campus, how they felt about voting in the election



Lehman student Carlos Alonso said, “As the son of undocumented immigrants, it means a lot. My vote represents more than myself—my parents, friends and neighbors. There’s a lot at stake—the supreme court and the senate.”



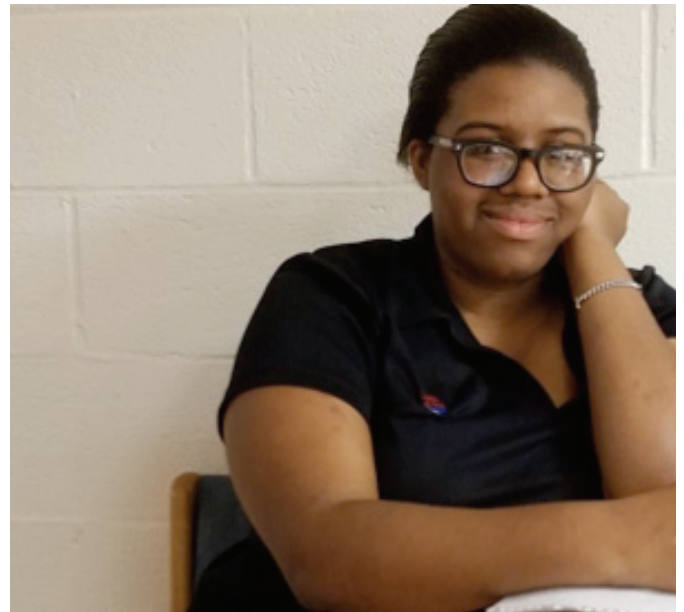
Voting in congressional district 14, Dennis Pooler says that this election, “means that I am partaking in a world where I can tell my [future] daughter she can be president”



David Rivera, whom came along with Pooler to vote jokingly (but also seriously) said, “If it doesn’t help with my student loans I don’t care”. At least he still did his civic duty and voted.



Leon Shaikh said, “This is actually my first time voting here---not only here---in my life. I actually voted for Hillary because I’m so excited about her because of the way she talks, and the plan she has, that’s basically so beautiful.” Rahena Shaikh said, “I’m just really excited too.”



At 8:52 p.m. Millicca E. Michell at the Results Live said, “I jokingly call it the apocalypse, but in all seriousness, it’s kinda scary because I don’t know where this country is going. While Hillary does her low points with whatever emails and such, she has good points as well where you have Trump who has really bad points, isn’t really good at explaining his ideals, and why certain things are a problem, and makes me realize how racist and bigoted some people are in the U.S. which scares me as a minority. So I can only vote for the lesser of two evils that appeals to me, which is Hillary Clinton.”



Source: Jennifer Mackenzie

Around 2am EST the presidential election was called. It was announced that Donald Trump won the election (as of now having 290 of the electoral vote to Clinton’s 228). Seeing as how 59% of New Yorkers, as well as 56 million Americans voted for Hillary Clinton, this is a huge upset for our country. It has sparked outrage all over the country with many taking action to the streets with protest.

This result has also filled many Americans with anxiety and fear. Muslims, immigrants, women, the LGBT+ community, people with disabilities and people of color, have all been deeply affected by Trump’s racist, sexist, islamophobic, ableist, homophobic, transphobic (the list goes on) rhetoric. To combat the trepidation riddling our fellow New Yorkers post sticky notes in subway train stations with messages of hope.

On these post its you can see messages that read, “we will get through this,” “I stand for hope, diversity, tolerance, love, peace, optimism, acceptance, [and] advocacy,” “we will survive,” and many more encouraging messages that show a sense of solidarity amongst New Yorkers. In a time of high political tension it is important to convey to those who feel targeted by the system that’s supposed to protect them, that they have allies. We must express to them that they are valued American citizens as well.

Sanders Supporters Make Their Voices Heard During Election

By Yara Palin



Source: Wikipedia Commons

Sanders at a town hall in Phoenix, Arizona.

On Nov. 8, while many Bernie Sanders supporters were deciding whether they were going to vote or “bust,” Republican candidate Donald Trump was elected President of the United States.

“Bernie or Bust” is a term coined to describe the sentiment felt by Americans who favored Bernie Sanders’ presidential campaign and who planned to not support or vote

for Democratic Presidential nominee Hillary Clinton or Republican Presidential nominee Donald Trump. However, other Sanders supporters, including many Lehman students, felt

it was imperative to cast their votes.

During the primaries, while many young voters in New York and across the country were “feeling the Bern,” Clinton beat Sanders in New York State, winning over 80 percent of votes from Bronx County alone, according to a New York Times poll analysis from April. But when Sanders announced on June 22 that it didn’t “appear that [he] was going to be the nominee,” many of his supporters decided that if Bernie wasn’t in the running, they would vote for no one. In fact, his speech at the Democratic National Convention in July drew many boos from his own supporters, a few of whom were left in tears.

In a June 2016 “Bloomberg” article, it was reported that only 55 percent of Sanders’ supporters would vote for Clinton, with 18 percent voting for Libertarian candidate Gary Johnson and 22 percent voting for Trump. It should also be noted that Clinton and Trump were the least favorable presidential candidates in United States history with Clinton showing a 56 percent unfavorability rating, while Trump had 63 percent, according to an August poll from “The Washington Post.”

Seth Rodriguez, a 21-year-old Lehman senior, is one such Bernie or Buster. “Bernie Sanders’ message was authentic,” he said. “No candidate is going convince me to vote for them, not even the Independent candidates.” Rodriguez said he stands by his decision to not go to the polls this November. “Between Trump and Clinton, I don’t think it matters who wins. I think they’re both the same.

And if I vote for someone like Johnson, he won’t win anyways.”

Ana Gonzales, a 20-year-old Lehman junior and Bernie Sanders supporter disagrees. Of the Bernie or Busters, Gonzales said, “They are deluded. Bernie wants everyone to vote regardless if he was the Democratic candidate because he understands the severity of this election.” She adds, “Sanders’ message resonated well with young voters because his platform was based on the actual needs of people instead of imposing his own beliefs or supporting movements for the sake of votes.” Gonzales believes that Bernie or Busters handed Trump the election, since Clinton lost many states by the number of votes Johnson earned.

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- Ana Gonzales,
a 20-year-old
Lehman junior

Twenty-year-old Lehman senior Alondra Abreu agreed, saying, “I was supporting [Sanders] because he was proposing equal pay for women and free education but I wasn’t so surprised when Hillary won [the nomination].” She also noted that a lot of promises from the Sanders campaign may have seemed too idealistic for some voters. “Bernie had some unrealistic goals. It would have been great to have Bernie accomplish his goals but it would have taken him a lot more than four years.” Abreu was also hoping for a Clinton victory.

An October poll from “The Washington Post” projected that 69 percent of Sanders’ supporters would vote for Clinton, while 20 percent would vote for Trump. Bernie Sanders himself had urged his supporters to elect Clinton as president. In a tweet early this October he said, “So when you ask me, where do we go from here? We must elect Clinton as president.” Sanders gave his support to the Clinton campaign, although he did not fully endorse her.

In early October, Clinton came under fire for describing Sanders’ supporters as “living in their parents’ basement” and “not seeing much of a future for themselves.” On the other hand, Trump has tried to win over Sanders supporters by mentioning him favorably during the second presidential debate.

When asked about running for president in 2020, after the results were official on Tuesday night, Sanders said that he is “not ruling anything out.”

There may be hope for his supporters yet.

South Bronx Rezoning Plan Sparks Protest

By Juan Rodriguez



Construction union leaders, members of the faith community, and concerned residents from every demographic and corner of the Bronx joined in protest of the de Blasio administration's ongoing plan to rezone the Jerome Avenue strip into a series of lower and middle income housing complexes. Over 100 protesters marched to an environmental review scoping meeting held by the Department of City Planning at Bronx Community College. The meeting was held by the City Planning Commission to inspect the potential environmental impacts of rezoning Jerome Avenue. The commission is comprised of 13 members, seven of which were appointed by the mayor. Each borough president and Letitia James, New York City Public Advocate, appointed the other members.

The protesters marched in opposition of what they view as the City's plan to gentrify commercially viable sections of the South Bronx. Julio Cunioz, a Jerome Avenue local, explained why they were protesting. "We are asking Mayor de Blasio to not rezone Jerome Avenue. According to him, [the rezoning] would include affordable housing, but [yearly rent] would range from \$35,000 and higher. In this area, nobody has that kind of money so we are demonstrating in case the rezoning

"We need to make sure that [the rezoning] benefits people who actually live in the South Bronx today."

- Julio Cunioz, a Jerome Avenue local

takes place to demand the people in the area have good jobs, security, and [affordable] housing. We need to make sure that [the rezoning] benefits people who actually live in the South Bronx today." An estimated 20 percent of the planned complexes will qualify as affordable housing.

Local 79, New York City's Construction and General Building Laborers Union, joined the protest in support of increased affordable housing and access to unionized construction jobs, should the projected rezoning take place.

Protesters, led by local union and faith leaders, rallied on the corner of West Burnside and University Avenues and marched to the college's main entrance while chanting, "Fight! Fight! Fight! Housing is a right! Neighborhoods are under attack! Communities--- stand up, fight back!" The de Blasio





A substantial police presence accompanied the anticipated protest.

administration plans to rezone Jerome Avenue from 167th to 184th Street.

Protesters kept their spirits up in the near-freezing 40 degree temperatures through rallying chants. Near the gates they were ordered to enter in single file and the elderly were asked by campus security to enter first. Their bags were checked at the reception hall. This long process prevented many protestors from attending the entire hearing.

It took two hours to seat the protesters. Registered speakers were allowed a meager three minutes to speak for or against the rezoning plan. The protesters were lively; every prepared statement against the rezoning plan was met with overwhelming cheers, chants, and applause. Statements for the plan were not. Union leaders, local business owners, and residents of the South Bronx took turns communicating their views on the

proposal. Jackson Strong, a member of Community Board 4 which covers the neighborhoods of Highbridge and the Concourse, spoke in opposition to how the de Blasio administration plans to fund the rezoning. "My issue is not that the city wants to make it legal to build housing. My issue is that we renters are the ones that are paying developers to build this housing. The money that these developers are taking to build this proposed housing is money that we need for our school system, our transit system, and our parks." His statement was met by thunderous applause from the demonstrators.

The Jerome Avenue scoping committee members remained stoic as each speaker presented their prepared three-minute speech. The committee was inattentive, chattering amongst themselves and regularly leaving their seats while the South Bronx community voiced their concerns. Jerome Avenue property owners, with few apparent roots in the local community, voiced their support of the rezoning plan, positing that the rezoning would likely increase nearby property values and draw in more local business.



Junot Díaz Speaks Out on Immigration, Neoliberalism, and the Role of Art

By Juan Rodriguez

“It’s an interesting time to be an artist,” Junot Díaz told a packed auditorium on Oct. 4 at the Middlesex County College Performing Arts Center in Edison, New Jersey. “It’s an interesting time to be an immigrant artist, and it’s a very interesting time to be a Dominican immigrant artist. Whether we’re talking about Santo Domingo or the U.S., we can’t decide who’s out-trumping who.”

Díaz, the critically acclaimed author of “Drown”, “The Brief Wondrous Life of Oscar Wao”, and “This Is How You Lose Her”, shared these reflections as part of his keynote lecture in honor of National Hispanic Heritage Month. Born in the Dominican Republic, Díaz immigrated to Parlin, New Jersey to live with his father. In 1995, three years after completing his bachelor’s degree in English at Rutgers University, he earned his MFA from Cornell University, and today teaches courses in creative writing at MIT while working as fiction editor for the “Boston Review.” In his speech, Díaz wove together subjects as diverse as global anti-immigration politics, the Black Lives Matter movement, struggling through college as a poor student of color, and living under the rule of a dictatorship.

When asked to opine on increased anti-immigration policies in the United States and abroad, Díaz asserts that governments are deflecting blame for their disastrous neoliberal policies onto immigrants. “As we’re either squeezed for work, squeezed for consumption, or squeezed because there’s simply no space for us in these neoliberal economies, the communities that are most afflicted are looking for answers, and unfortunately the answers they’re falling for is that immigrants are the problem.”

He further lambasted mainstream news outlets for misrepresenting the nuances of anti-immigration sentiment. “We’re seeing this issue unfolding on a planetary level, but it’s either not being covered, or it’s being covered in the most reductive, moronic way. Immigrants are taking our jobs; last time I checked neoliberal economic politics are taking our jobs.” We’ve become “addicted”, he continued, to simplistic answers.

The audience, comprised mainly of minority students, attentively nodded in agreement. They were visibly caught off guard by his unassuming presence. He wore a pair of jeans and sneakers, and had a baseball cap sticking out of one of his coat pockets. This was not expected from a critically acclaimed author, but the audience seemed to find it endearing.

Morris Davis, a senior at Lehman, asked Díaz about gentrification in New York City. “I’m originally from Washington Heights. I see new businesses popping up and new people moving in. It does bother me, but I am a business student.

It makes sense that they would want to make a profit and raise rents, but should I accept that?” Díaz responded tactfully, “The destruction of any community due to the forces of transnational capital—I don’t think that’s cute.”

Díaz admits that he feels uncomfortable being labeled as the voice of the entire Latino community, noting that his---and everyone else’s---perspectives are too limited to effectively speak for such a large demographic. The artistic process, he posits, overshadows the experiences of the individual. “It’s a complete accident of art that people can connect to it across vast distances and across vast time. It is the power of art that, as long as you have access to the language in which a novel or a poem or essay is written, this thing can inhabit you, and it can enter into a relationship with you. And so this is very powerful. This is art’s magic.”



Junot Díaz presents his keynote lecture at Middlesex County College.

Remembering Fordham Resident Edgar Allan Poe

By Leah Liceaga

October 7 marked the 167th anniversary of the death of renowned poet Edgar Allan Poe, at the age of 40. More than a century and a half later, the Fordham resident's writing is studied as part of American literature curricula in numerous classrooms, including those at Lehman. However, many have forgotten that Poe---a resident of what is now the modern-day Bronx in his later years---faced much hardship in his everyday life right in our neighborhood.

This atmosphere of gloom is evident in one of his most famous poems, "The Raven," told by a man grieving the loss of his beloved, Lenore, in which a raven flies into his room and utters the word "nevermore," signaling the beginning of his descent into madness. Another famously dark work by Poe is his short story, "the Telltale Heart," in which the protagonist murders an old man because he despises his victim's "vulture's eye" and wishes it gone. His guilt, however, leads him to confess his crime. Lehman English Professor, David Hyman, describes Poe as "The great American writer of darkness and terror. His works are so influential that he can be said to be the father of at least two enduring genres of fiction--- the detective story and the modern day horror story."

Though Poe's literary works were well received both in his lifetime and in the years that followed, daily life for him was marked by considerable instability and poverty, partly because the sales of his poems and stories failed to support him financially. This forced Poe and his family to move constantly before settling in the Bronx. This financial hardship likely contributed to his problems with alcoholism, which also cost him a job



Poe Cottage, where it previously stood on Kingsbridge Road, before being moved to its current location in 1913.

"Poe is a master of meter."

**- Olivia Moy,
Lehman English
Professor**

more than once. Indeed, one of Hyman's favorite Poe poems, "The Bells," was written in the small cottage on Kingsbridge Road, not long after Poe's wife, Virginia, died from tuberculosis.

She passed away in this cottage, which is now situated on 2640 Grand Concourse, Bronx NY after being moved from its previous location on Kingsbridge Road in 1913. Her passing affected Poe deeply;

some have suggested because she was one of the sole stable elements in his life. One of his final poems, "Annabel Lee," was written in their cottage, and critics have speculated that it was inspired by his wife. Published posthumously, it is written in the voice of the deceased Annabel's lover as he reflects on their relationship. Lehman English Professor, Olivia Moy, said the poem is "one of the most beautiful and haunting uses of anapestic feet in the English language. Poe is a master of meter, and his lilting beats capture the rocking waves of water in this poem. You can hear it in her very name---'Of the beautiful Annabel Lee . . . In her sepulchre there by the sea.'"

For those wishing to glimpse the place Poe wrote this and other masterpieces, Poe Cottage is open from Thursday through Sunday, and admission is only \$3 for students.

Meet the Bronx Basketball Team on Wheels

By Ashley Francis



Papa Sow warming up for practice.

The NBA season is around the corner for hometown teams, the New York Knicks and Brooklyn Nets, and fans are excited about a Knicks team that will include Derrick Rose, and Carmelo Anthony. But while the anticipation of that NBA tip-off builds, another competition is already under way in the Bronx that anyone can check out and even try out for: the New York Rollin' Knicks. Yes, that's right rollin'.

Every Wednesday, the West Bronx Recreation Center hosts the New York Rollin' Knicks of the National Wheelchair Basketball Association (NWBA) for open practice from 7:30-

9:30 p.m. The team has players that are confined to wheelchairs due to physical disability, but those who are able-bodied can also participate by using some of the sport wheelchairs to play. There is no age requirement to join, and it is free of charge to participate after the season concludes in March. The team is one of several in New York City, which is home to other adaptive sports as well---including power soccer, flag football, and cycling.

This open-to-all ethic has made the game a way for the disabled and able-bodied to integrate in a team

sport. However, for those considering joining be prepared! According to Rodolfo Guevara, Adaptive Sports Coordinator of The New York City Department of Parks and Recreation, while many able-bodied individuals believe it's not challenging to play in a wheelchair, this is very misleading. "It takes experience," said Guevara.

"It's not easy at all," said Papa Sow, 22, when asked if playing in a wheelchair is easier compared to playing without one. "You have to control the wheelchair, defend, dribble and shoot with a lot of coordination." Sow has been playing for quite some time---since his leg was amputated at the age of 8. Although he now has the ability to walk, he continues to participate in wheelchair basketball.

For people with disabilities, playing an adaptive sport contributes to everyday health benefits. According to the Department of Veterans Affairs, disabled veterans who participate in adaptive sports achieve benefits ranging from less stress to higher achievement in education and employment. New York Rollin' Knicks guard Chad Sussma suffers from Spina Bifida---a birth defect that affects the spinal cord---and has played for team since the age of 14. Playing basketball has improved his overall health. "It helps me physically condition myself," Sussma said, and he credits it for his staying active and, as a result, gaining muscle.

Lehman's New President Plans to Create Opportunities for All

By Abrian De Luna

Lehman has a new president, Dr. José L. Cruz. Creating opportunity for students and getting them involved in their college is his goal. Cruz told the Meridian that he will dedicate himself fully to making Lehman an “engine of opportunity.”

Cruz says, “It’s important to make sure to acknowledge the fact you have benefitted to the opportunities presented and the support given to seize them, because nobody is self-made, and to make the commitment to pay it forward to ensure you are a purveyor of opportunity so that others can benefit as well.” Cruz believes exposure is also important, and wonders what would have happened if he gained more exposure to social sciences as he grew up, although he does not regret his choice to pursue engineering.

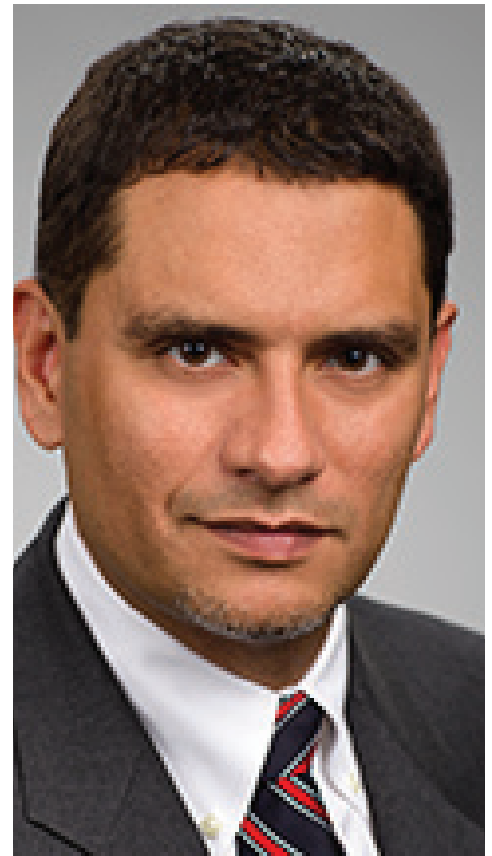
Cruz was born in Puerto Rico and earned his bachelor’s degree in electrical engineering from the University of Puerto Rico, Mayagüez and his master’s and Ph.D. in electrical engineering from the Georgia Institute of Technology. Prior to coming to Lehman, Cruz was provost, vice president for academic affairs, and professor of computer engineering at California State University, Fullerton. He also served as vice president of higher education policy and practice at The Education Trust in the District of Columbia. Cruz was appointed as

president this past June by the Board of Trustees at CUNY. After 62 candidates were selected at the national level, Cruz was the only unanimous pick from the 10 chosen by Chancellor James B. Milliken after recommendations from the search committee, trustees, alumni and administrators.

Cruz lauds Lehman’s mission as a part of CUNY to serve as a “vehicle of upward mobility” for traditionally unrepresented citizens of New York, and the fact that it has, for the past 50 years, built a legacy and reputation on behalf of the work it does for the Bronx. “I am a strong believer that these universities, beyond being the stewards of academic disciplines, are the stewards of the place they are in, and so must ensure that the energy and talent of those that work and study at a college be made available to the community that it serves.”

“Colleges and universities, beyond being the stewards of academic disciplines, are the stewards of the place they are in.”

— Dr. Jose L. Cruz, Lehman’s third president



President Cruz is the third president that Lehman has had following Leonard Lief and Ricardo Fernández.

Cruz believes that the Bronx is undergoing a renaissance, citing the economic investment that has gone into the borough as well as the drop in unemployment rates. In light of this, he wants to help Lehman accelerate this process responsibly because growth in an urban setting brings many instances of “unintended consequences” such as gentrification that need to be dealt with. “My hope is, and I know that this will be true, that Lehman College has a leading voice in ensuring that yes, we want progress, but that it is responsible progress.”

Cruz also praises the strength of Lehman’s community, saying, “It’s a diverse community, very inclusive. They have just provided me and my family the warmest of welcomes, and we’re very excited to be here.”

Top Five Stressors for College Students

By Rupa Tharay



Work can pile up faster than you think.

Whether it's being number 137 on line at Financial Aid, or writing that 20-page research paper, the stress and anxiety school gives us can be hard to manage. Fear not, however, step one is to identify these stressors and form a game plan so you can ace those finals and watch your favorite TV show---without pausing in the middle and yelling out, "Crap!"

1. School

Of course school is the number one stressor for first time college students---this is a brand new environment! The workload is greater and there is a lot more to lose (you know, that tuition you pay every semester). If you find yourself stuck academically, take

advantage of Lehman's tutoring center, as well as the writing center, located in the Old Gym Building. You're paying for these services---use them to your advantage!

2. Work

Education can be expensive (I bet you flinched at the thought of your \$200 textbook you won't ever use again), and not all of us were fortunate enough to secure a full ride through school, so it makes sense to hold a part- or even full-time job. Remember though, a job and a career are two different things. You may want to shift your focus on what's more important---your job or your education---if the two begin to overlap.

3. Relationships

Whether it be familial responsibilities or finding time to spend with your partner, maintaining relationships can be difficult. Lehman student Zelda C. Mdachi said, "I avoid people who stress me out. If someone consistently causes or adds stress to my life, I limit the amount of time I spend with that person, or I end the relationship."

College is about expanding your network, so don't feel bad if you trade in Debbie Downer for Positive Paisley.

4. Organization and Time Management

A good way to stay on top of your game is to keep a planner. You'll be able to strategically plan when you're looking at a physical copy of your schedule, due dates, and obligations---especially in the event that you lose all the data on your phone.

5. Emotional and Mental Well-being

Responsibilities, as well as college work, can add up and trigger depression, anxiety, and second thoughts. Remember, though, Lehman's Counseling Center, located on the first floor in the Old Gym Building, has a staff that's willing to work with you and help you. Counselor Mary at the counseling center suggests taking the time to care for yourself first. You should never, ever feel alone when there is a robust network of people who are cheering for you---you just need to find your champions.