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Members of ISO rally alongside other protesters.

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Lehman's International Socialist Organization joins Anti-Trump Protests in D.C.

By Ashley Francis

Over inauguration weekend, Lehman's International Socialist Organization (ISO) coordinated a trip to Washington D.C. to protest the first day of Donald Trump's presidency. Students were able to travel there for just \$20, arriving in D.C. before sunrise on the morning of Friday, Jan. 20.

The ISO has only been on campus for one semester but the number of student members has risen to about 30. They participate in the struggles for justice and liberation today and ultimately for a future socialist society with social ownership and democratic control of means of production. When it comes to Donald Trump's slogan "Make America Great Again," the ISO doesn't particularly agree with that vision.

"The United States was never great for people of color, women, workers, and other oppressed and exploited people," said member Ellie Hamrick. "I think they don't know their history very well."

Trump is "one of the most dangerous presidents of all time," said Joseph Perez, a Lehman student studying computer science who is very candid about the policies. "With his cabinet selections, it is apparent his plans will move forward."

As the bus set off for Washington D.C. after midnight from the city that never sleeps, excitement filled the young crowd. For participants, the trip was an opportunity to express their dissatisfaction with the outcome of the election and to exercise their freedom of speech.

Once ISO members were off the bus and on the Metro, heading towards Shady Grove with only two stops until Gallery Place Chinatown Station, the number of riders traveling with them increased, crowding like rush hour when exiting the train. On the downtown streets, many vendors were selling memorabilia of the historic day focused on a controversial figure.

As the country's 58th presidential inauguration began, with businessman Donald Trump sworn in as our 45th president, about a mile away another event was making headlines. Lehman students and other Bronx and New York City residents joined thousands who came from across the country to fight for their beliefs. As the crowd calmly waited to get past the barricades, many held signs poking fun at Mr. Trump's tasteless moments.

A sign read "Don't Grab My Pussy" in reference to controversial comments made by President Trump in a 2005 recording with Access Hollywood in which he spoke about groping, and kissing women in attempts to seduce them. "Whatever disgust we felt for Election Day, we have to keep feeling that way to stay involved," said Joanna Upton, 37, a resident of Upstate, New York, as she held up the sign.

Approximately ten ISO students waited with other protesters and supporters in a long, bunched up line to get inside the United States Navy Memorial. Since the ISO has several branches across New York that participated in protests, these events gave Lehman students the opportunity to meet with other members from elsewhere. "For us this is a way make connections and come out a stronger organization," said Ellie Hamrick, 25, an anthropology professor at Lehman College, as she waited on line to get inside the Memorial.

More students traveled out the next day for the Women's March on Washington, which according to the Associated Press, ended up attracting roughly half a million participants, with up to 2.5 million nationwide, making it the largest demonstration in US history. Lehman student Perez commented



Joe Landry, left, and Joanna Upton wait to enter the US Navy Memorial.

that the march was, “easily the biggest protest I’ve ever seen or been a part of.”

During the Friday protest, the ISO group got the chance to hear speakers from different backgrounds who addressed the crowds with bullhorns to capture the crowd’s attention. Mothers of children who were killed by police brutality got to express anguish. Chants of “No hate, no fear, immigrants are welcome here,” rang through the crowd to express frustration with how Trump treats those that come to America. Trump had made it well known throughout his campaign that he intends to swiftly make changes to reduce immigration. He frequently proposed a complete ban on Muslims entering the United States, and attempted to implement one immediately after taking office.

Vieira, 57, who is not a supporter of Trump, said that she came out from Los

Angeles to support a family member who is an immigrant, gay, and middle class. Despite facing a Trump administration, her family member is a supporter of our new president. With a sign that read, “The rights of the minority should never be subject to the whims of the majority,” she described how the education system will fail. “Public schools are not at the level they should be.” She emphasized they will take funds away from public schools.

The reality that we were entering a new era hit me after seeing a man selling Barack Obama memorabilia on the corner of Seventh Street NW and E Street. When asked what separates him from other vendors that were selling Trump products, he replied “Barack Obama is a people person.” Trump, he added, is the complete opposite.



Woman poses as Donald Trump in the role of Putin's bride at the protest.

Bronx Lovers Share their Recipes for Keeping Love Strong

By Shivani Boodhoo

Passion is the spice that gives a romantic relationship a kick, but according to three Bronx couples, how it continues to burn is the real test of a partnership.

“When you first get together you’re two horn devils,” said George Beach, 63, “and sex is the biggest thing going because you haven’t had it before and you’re really into it. It’s a new relationship. You go from hello, how are you, to holding hands, to a more intimate relationship and you advance. It’s a natural progression of life.”

He and Angelina Beach, 60, got married in 1995, having known each other for five years previously. His favorite things about his wife are her intelligence, the sparkle in her eyes and the fact that he can talk to her. She loves that he is smart, reliable, responsible, and always there for her. Both agree that passion goes up and down in a relationship, especially when you have been married for quite some time.

“It diminishes, then picks up again. We have been together for a very long time and there are times when it was not as passionate as it was in the beginning, but love is still there,” said Angelina.

According to Sonja Lybomirsky, it is not surprising when passion fades in a relationship. In “Psychology Today,” she writes, “If we obsessed, endlessly, about our partners and had sex with them multiple times a day---every day---we would not be very productive at work or very attentive to our children, our friends, or our health.” Humans want variety, she argues, and when that fails, the passion decreases. Therefore, couples must work at their relationship to keep surprising the other and discovering something new about each other.

George D’Jesus, 23, and his girlfriend Roze Rahim, 21, have been together for 10 months now, and both agree that passion changes as a relationship progresses.

“After a while it plateaus but that’s not a bad thing,” said D’Jesus, a body piercer who is studying to be a sleep technician. “We get comfortable and getting comfortable is all part of being in a relationship.”

Rahim, a makeup artist at Sephora who is studying to be a midwife, thinks that “at first when couples realize how in love they are, the passion hits its highest point. Everything is extremely emotional, the couple connects on many levels, and they constantly express their love for each other.” Over time, she said, “the passion should stay the same, the only thing that will change will probably be how often they express those feelings.”

Her thinking echoes the work of Helen Fisher, an anthropologist from Rutgers University who states that there are three stages of love: lust, attraction, and attachment. “Three related chemicals in the brain, dopamine, norepinephrine, and serotonin play a role in romantic

passion,” Fisher writes. Her research suggests that “romantic love is associated with dopamine and other closely related neurotransmitters, and...is primarily a motivation system rather than an emotion,” in which the brain connects passion with happiness, hope, and the goal of “emotional, physical, and spiritual union” with one’s partner.

D’Jesus and Rahim keep their passion going through communication. For D’Jesus, effort is everything. He still takes her out on cute dates, talks to her about her favorite things and does not give them an opportunity to get bored with one another. He cherishes her willingness to keep pushing forward while never letting work consume her; she prizes how expressive and loving D’Jesus is, and how he constantly tries his hardest for the people and things he loves.

D’Jesus keeps trying, he says, because a lot of people forget that a relationship is “a constant thing.” His advice to new couples? “Always keep trying. Sometimes the best things in life are the hardest to obtain. Make sure you listen to one another! You’re someone’s partner, be there for them and love them with all of your being.”

Rahim agrees. “You don’t stop doing the small things that make the person happy. You still go out of your way to make them smile. Do your best to make sure at the end of the day, they’re okay.” For her, the most important thing is “to communicate. Things will fall apart very easily if something is making you upset

and you don’t let your partner know.”

For Stephanie Campusano and Peter Sarmiento, persistence is also key. The couple has been together for over three years. Campusano, 25, is currently studying film at Lehman and Sarmiento, 26, just graduated with a B.S. in forensic science.

For Campusano, passion “is that intensity that keeps you connected and devoted to each other, [and] keeps everything fresh between two people. I think it fluctuates for circumstantial reasons, but it never stops as long as you still want the person. Things at times can slow down, sometimes that distance can spike things up when you do get time to be together again.” She values that Sarmiento is “the most thoughtful person she knows,” and always takes her feelings into consideration.

As Sarmiento puts it, “The feeling remains the same; however, the actions may change as people grow or the relationship.” For his part, he loves Campusano’s ability to always try to find the good in everything. Campusano and Sarmiento were both stumped over how they kept the passion going. They honestly couldn’t think of how they did it. Their advice for new couples is to never go to sleep mad, to own yourself and your relationship, and to allow yourself to express emotions with no restraint. Their point is that this is your relationship so work at it and don’t give up.

After more than two decades together, Angelina Beach stated, “It’s not easy, you have to work at it. Keep it going and don’t

think that when the passion is not burning like it used to that it is all over. You just have to talk and rely on each other.”

Mr. Beach added, “You get adjusted to each other, and everything is just not worth fighting over.”

When asked about how they keep the passion going, Mr. Beach jokingly responded, “Keep having more kids, the family gets bigger.”

“No, no. It just happens,” said Mrs. Beach. “We go out to dinner, we have fun, we play little tricks on each other. We go back to being young in certain ways. He brings me flowers, wines and dines me--and I wine myself!” she says laughing.



George D’Jesus and Roze Rahim. Credits to Rahim.



Angelina and George Beach. Credits to Mrs. and Mr. Beach.

Lehman College's Office of Community Engagement Guides Students to Service

By Leah Liceaga



Denny Santos, assistant director of the Office of Community Engagement & New Student Programs with volunteer Alimata Leila Due draoge.

Lehman's Office of Community Engagement & New Student Programs (OCE & NSP) will be tabling for the New York City Half Marathon during the month of February in the college cafeteria, looking for volunteers to help out during the event. The half marathon will take place in Manhattan on March 19.

The goal of the OCE & NSP is to teach members of the Lehman community responsibility. Assistant Director Denny Santos said they want to show students the "whole picture" and learn about their community. Students also fill out a reflection sheet after they volunteer, which asks them to write out what they have taken away from their experiences.

Santos, who has been with the office for over a year, said, "My favorite moment of working with the office is offering a Spanish orientation for the parents of incoming

students. It was a real boost for me."

Other past events include the Acacia Festival with the Acacia Network, a pre-Christmas party for children and their families who otherwise would not have access to such a gathering. Presents were supplied by the Acacia Network and wrapped by Lehman volunteers, and Santa Claus made an appearance, taking pictures with the children.

In the spring semester, the OCE & NSP will work with the group Part of the Solution (POTS) to provide volunteers to help serve food to those who come to their door. POTS is an organization dedicated to helping the Bronx's poor that provides mail services, a legal clinic, case management, and holiday meals and gifts.

Amy Olsen, associate director of the office and CUNY Service Corps manager, said that students who volunteer receive

something in return when they give to others. Not only do they get to enjoy the feeling of helping people and making them happy, they also create significant memories to look back on later in their lives.

Natalie Thomas, who is currently in her second year with the office as a volunteer, said, "Whether I see student volunteers put a project together or participate, I am reminded of what it means to be humane. Sometimes we tend to forget what that entails, which is putting others before oneself."

Looking back on her experiences, she also commented, "My experience in the office has been great. As a pre-med student, the nature of the work I do is not medically related. However, I will take away the importance of becoming aware and developing my sense of global citizenship in my future medical career."

Is Money Diverting Students from Their True Passion

By Ashley Francis

Growing up, many kids dream of becoming athletes, doctors, or police officers. Nobody thinks about how much they will get paid, only about how cool the job is. But when it comes to following your dreams as an adult, how does one do so if that job doesn't pay as well as others? Economics do weigh on college students' minds when they are deciding what they should study for the next few years---but despite the appeal of a high paying job, many Lehman students choose to follow their hearts.

Exercise Science, is not a popular major, but for Jose Fernandez it will lead him into his dream career as a fitness trainer. "It's not about the money," Fernandez, a senior, emphasized. In 2014, Exercise science doesn't rank in top ten popular majors according to "USA TODAY College." His interest in the field, which

focuses on human movement through a range of sciences, was sparked through volunteering at a nursing home. According to the Bureau of Labor, the salary of a prospective fitness trainer can fall as low as \$8.33 per hour, but Fernandez wants the major to lead to a job in the healthcare field.

Life experiences like Fernandez's may change a student's perspective and inspire them to grow to love some other field. As a child, Pedro Vasquez wanted to become a NASCAR racer and baseball player. After getting his B.A. in English there came a point when he just wanted a job---any job. He got hired as a teacher's aide at a preschool, a position with a yearly salary of about \$20,000. Vasquez started to love his job and decided to pursue a master's in early childhood education. "As time went by I moved into an assistant [role],

then I decided to go to school to become a teacher," Vasquez explained about what drove into his new-found career. Currently, he is a head teacher at the preschool.

Many students don't end up where they envisioned themselves, but some enter college knowing what they want to do in life and acting on it. At a young age, Lehman student Nicole Smith always knew wanted to be a teacher. She is in the last year of her master's in Early Childhood Special Education, which in New York City earns an average salary of \$54,000. At a young age, she always knew wanted to be a teacher. Teaching in Special Education can be a difficult task for some because you're dealing with students of various disabilities. Smith, however, stresses importance of following your passion. "If you do what you love," she said, "you'll never work a day in your life."

When Textbooks Get Pricey Lehman Students Get Creative

By Abrian De Luna

Buying textbooks can be expensive. According to the National Association of College Stores, textbook prices averaged as high as \$145 in Spring 2016, and students were willing to spend up to \$165. The cost of books may seem minor compared to tuition and other fees, but it is big enough to become a financial strain, as shown by the analytics analysis of the College Board. According to their research, a student from a four-year public campus like Lehman spends an average of \$1,250 in total on books and supplies over the past year. This cost is even more of a hardship considering statistics from

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the National Center for Education. It reports that between 2014 and 2015, 91 percent of Lehman's undergraduate students received some form of financial aid, showing that students need all the help they can get in the financial department.

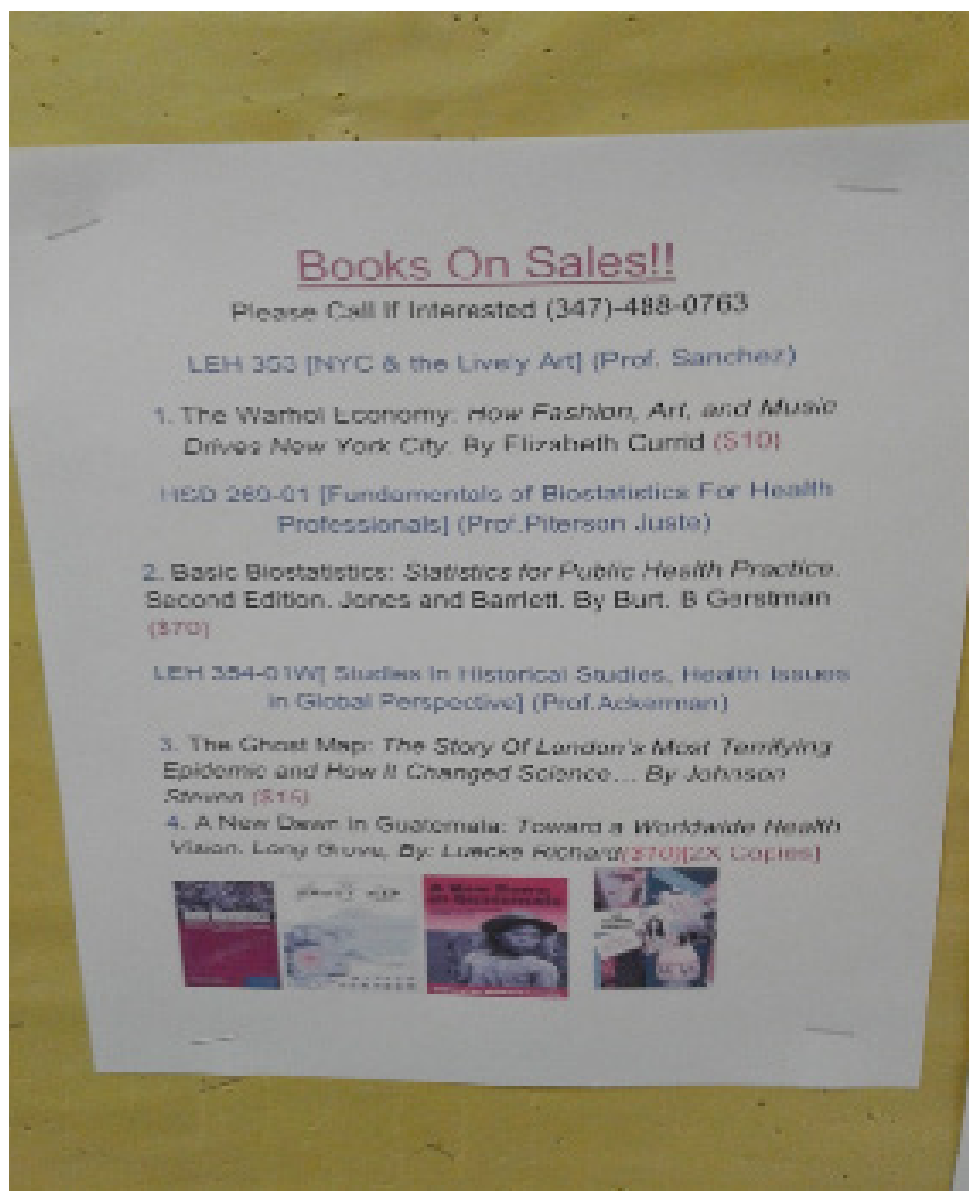
To try to minimize the dent in their finances, students tend to buy used copies, rent, or find digital versions of what they need. Elizabeth Lara, who majors in history and minors in education, gets her textbooks from Amazon, check.com or from Lehman's bookstore. "I think they can be very pricey. I had a professor last semester whose books cost more than \$70, but that was rare," says Lara, who avoids buying textbooks if she can help it. "Most of the time I rent them. If not, I keep them because I'm too lazy to sell them back."

Business major Saliou Ndiaye has no real preference as to where he gets hard copies of his texts, but focuses on getting the electronic versions because they are cheap. Ndiaye also has never sold any of his books. "I had a couple of friends who tried it but didn't get much money. Due to new editions, the old ones are useless," he said.

Niko Potiris, who has not decided on his major, deals with textbook costs either by having his family buy his texts for him or renting them from Amazon. In the latter case, he returns them when the semester ends. Potiris finds the prices of the texts he gets to be "highly reasonable."

College professors are also aware of how expensive of an ordeal book buying can be, and try to find their own ways around it for the sake of their students. Lehman English professor William Wooldridge pays "close attention" to the prices for the texts he chooses for his courses, and encourages his students to buy the paperback editions due to their low price. As for textbook prices, he said, "It's getting more and more difficult to find reasonably priced textbooks, especially when publishers release new editions with minor changes as an excuse to jack up prices."

Adjunct instructor Gabrielle Kappes does not assign anthologies, which are typically very expensive in her English literature course and has her students either purchase used copies of the novels and plays they will need from Amazon, or borrow them



A flyer advertising the sale of used books for upcoming classes.

from the library. For example, a new copy of the latest ninth edition of the "Norton Anthology of American Literature" is split across two volumes which cost an average of \$79.38 each on Amazon. Students would need to spend around \$160 to acquire it, and that is before factoring in shipping and handling. A new copy of the eighth edition on Amazon costs almost as half at \$87.73. Professor Kappes said, "I try to be aware and sympathetic to students' financial situations and sometimes give [students] copies of a given week's material because I know they are pricey." Professor Kappes also tries to be more "aware and conscious" of how much the reading

material costs, though she thinks that prices themselves depends on the discipline.

For students, the question remains to buy or not to buy? Lehman student Denise Flores, an exercise science major, makes do in the face of high costs by setting a standard that dictates whether she buys or rents a textbook through Amazon or Barnes and Noble. "If the price is less than \$100, I would buy and if it was over \$100, I would rent," said Flores. So, when she was required to study from a textbook, "Exercise Physiology," which costs \$110 new, she chose to rent instead. The rental price? A cool \$30.