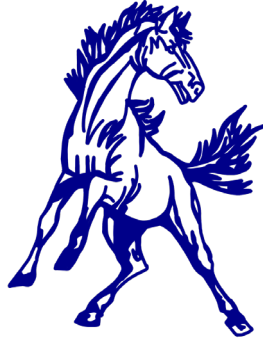


# Quo Vadis



# Library Celebrates Black History Month

By Amanda Clark, Managing Editor  
Illustration by Amanda Clark

The library services department will screen "Fighting For Respect: African American Soldiers in World War I" on Feb. 23 at 2 p.m. via Zoom.

Assistant Library Director Tammy Shaw said, "Participants will be introduced to the experience of African American soldiers and the juxtaposition of defending a country while experiencing discrimination and hatred from that country."

"This documentary of the story of African Americans in France captures the plight of African American soldiers who fought in WWI, receiving the Croix de Guerre military decoration from France, while still fighting discrimination and hatred at home in America," said Shaw.

Shaw said all participants will join the Zoom meeting, and then once they join, they will be provided with another link to view the 55 minute film while they stay in the Zoom call.

Shaw said there will be a discussion that will take place after the film's viewing, and professor Timothy Hack of the history and social sciences department will assist her with the facilitation of the discussion.

"I intend to discuss the paradox many black soldiers felt fighting for freedom abroad, yet living in a segregated north and south," Hack said. "I would also like to discuss the response of white society to the arrival of Black soldiers when they returned home."

Communications Alumna Franchesca Rodriguez said this event sounds like it would be informative to learn more about the African American soldiers who fought for the country and deserve to be respected.

Shaw said they determined having "Fighting For Respect: African American Soldiers in World War I" to be the film to celebrate Black History Month by having the library services department work with several entities to determine which film will be screened.

"First, the staff identifies several movies that support the monthly theme and that the library services department has a license to show, Shaw said. "We then provide the movie title and associated information to the SGA who selects their top choice. Once the SGA has identified their top choice, we send the selections to academic departments that might have an interest in participating in the event."

Hack said he will be promoting the "Fighting For Respect: African American

Soldiers in World War I" viewing and discussion throughout his department to further get the word out about the event. He looks forward to helping facilitate the discussion afterward.

Nursing major Julian Pesantes said the event sounds like something everyone should attend to widen their views on history and help educate themselves.

Shaw said the library will also have three different books on display to celebrate Black History Month.

Shaw said students can read the different books anytime they come to the campus, whether it's during a break between classes or just to come and read the books.

"Two are physical displays that can be found in the library. One features children's and young adult books featuring Black authors or experiences and one called 'Check your Bias,'" said Shaw.

Shaw said the third book that students can view is a virtual book displayed on their website that features a collection of memoirs that exemplify the Black American experience.

The virtual book display can be found at the following link:

<https://bit.ly/MC2022libraryBHM>.

In addition to the displays, Shaw said the library's featured book will be by a Black author or about the Black American experience each week.

The Zoom link for the Watch it Wednesday event is [bit.ly/libraryservicesmc](https://bit.ly/libraryservicesmc) and can also be found on the Middlesex College calendar website at the following link [bit.ly/AASWWI](https://bit.ly/AASWWI).



An illustration of an African American soldier from World War I

The Middlesex College Library's collection of memoirs include

- "Hunger: a memoir of (my) body" by Roxane Gay
- "Coming Through the Fire" by C. Eric Lincoln
- "Brothers and Keepers" by John Edgar Wideman
- "Men We Reaped" by Jesmyn Ward
- "Air Traffic" by Gregory Pardlo
- "Triangular Road" by Paule Marshall
- "Unprotected" by Billy Porter
- "Just As I Am" by Cicely Tyson
- "What It Is" by Clifford Thompson
- "Shaping Memories" by Joanne Veal Gabbin (Editor)
- "Harlem Speaks" by Cary D. Wintz
- "The Same River Twice" by Alice Walker
- "The Yellow House" by Sarah M. Broom
- "How We Fight for Our Lives" by Saeed Jones.

All of these can be found at the following link

<https://bit.ly/MC2022libraryBHM>.

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### Corrections

Quo Vadis promptly addresses all errors the faculty advisor receives. If you have any comments, questions, concerns or notice any errors, contact Melissa Edwards at [medwards@middlesexcc.edu](mailto:medwards@middlesexcc.edu).

In Volume 59, Issue 3 published on Wednesday, Feb. 9, on the last page of the paper the dates for the Aspiring Authors Corner prompts were inaccurate. The correct dates were Feb. 13 and Feb. 20.

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Students interested in reading our weekly newspaper can sign up for weekly emails to receive a copy of our newspaper and other online content.

### Campus Hours:

#### Bookstore:

Monday - Thursday: 8 a.m. - 4 p.m., Friday: 8 a.m. - 3 p.m.

#### Cafeteria:

Monday - Thursday: 7 a.m. - 6 p.m., Friday: 7 a.m. - 2 p.m.

#### Counseling Services:

Monday - Thursday: 8 a.m. - 5:45 p.m.

Or via email at: [counseling@middlesexcc.edu](mailto:counseling@middlesexcc.edu)

#### Food Pantry:

<https://www.middlesexcc.edu/student-life/food-pantry/>

### Middlesex College Library and Tutoring Services Website

#### Library Building:

Monday-Thursday: 8 a.m. - 8 p.m., Friday: 8 a.m. - 5 p.m.

#### Learning Lab:

Monday - Friday: 9 a.m. - 4 p.m.

#### Library Research Help:

Monday - Thursday: 8 a.m. - 8 p.m.

(8 a.m. - 4 p.m. in person and online; 4 p.m. - 8 p.m. online only),

Friday: 8 a.m. - 4 p.m. (in person and online)

#### Tutoring:

Monday - Friday: 9 a.m. - 8 p.m.

(9 a.m. - 4 p.m. in person and online; 4 p.m. - 8 p.m. online only),

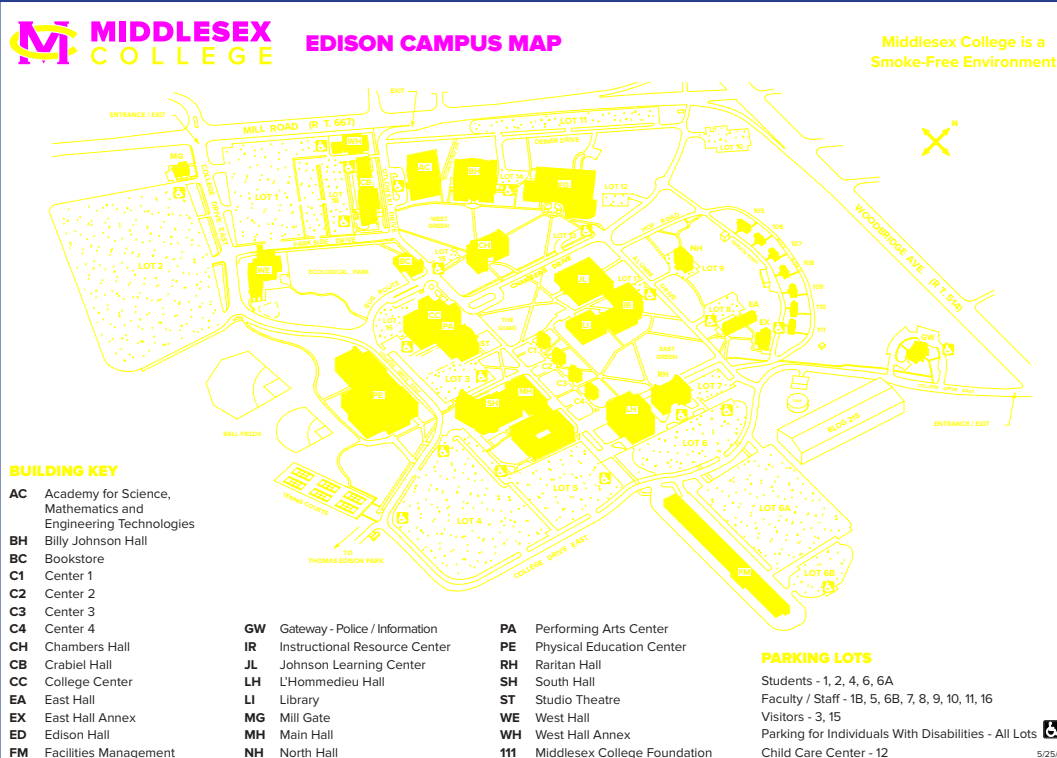
Saturday: 9:45 a.m. - 4:30 p.m. (online only)

#### Testing Center Office Hours:

Monday-Wednesday, Friday: 8:30 a.m. - 5 p.m.,

Thursday: 8:30 a.m. - 8 p.m.\*

\*closing at 6 p.m. if no evening appointments



**Emergency Phone:**  
**732.906.2500**

**School Info Line:**  
**732.906.2555**

**Police/Fire:**  
**911**

**Suicide Prevention:**  
**800-273-8255**

**Non-Emergency Phone:** 732.548.6000  
**x3500**

### Lost and Found:

All items lost on College property are processed through the Lost and Found division located in the Gateway Building and managed by the College Police Department. All items are held for 90 days prior to being re-classified, auctioned or discarded.

Found property will be accepted at the College Police Department 24 hours a day, seven days a week. Additionally, you can drop off found property to any office within the campus. Staff members of the campus are directed to contact the College Police immediately for the item(s) to be turned into the Lost and Found division.

Lost and Found items can be retrieved most days between the hours of 7 a.m. and 11 p.m.

Missing property can be reported here:  
<https://www.middlesexcc.edu/campus-police/lost-found-division/>



## College Provides Virtual Transfer Help

By Nathaniel Thompson, Staff Writer  
Roman Fabbriatore, Staff Writer  
Illustration by Amanda Clark

Middlesex College is helping students transfer to a four-year university. Middlesex College counselor Lafayette Smith is hosting a transfer information session Tuesday, Feb. 15 from 5-6 p.m. over Zoom for all Middlesex College students.

Smith said sessions are held in the fall and spring, and the event will be co-hosted by his associate Ivory Luke, a Middlesex College advisor.

The transfer advisor, Elizabeth Pajauis, has been helping students transfer to four-year universities for years.

Many faculty members started working remotely at the start of COVID-19, changing the overall process of helping students transfer.

Going from face-to-face meetings to needing to put questions in writing was a difficult transition for some students.

Pajauis said, "Before this time, a student would make an appointment, show up and say 'I want to transfer, what do I do?' and from there I had to pull the surrounding information out of them like - what major, what schools are of interest, what is your GPA, and on from there. I'd have to hope the student was listening to what I said (often not) so they would be able to go home and actually complete their college applications."

Smith said everyone needs to know what courses to take at Middlesex to graduate and transfer.

"My schedule allowed for six 1-hour appointments per day / 30 students on a busy week. Now, answering questions via email, I assist many more. In January, I answered 345 emails," Pajauis said.

"Working from home was very

different. Students had to put their concerns and questions in writing and for some, this was a very difficult task. But I used the same approach with my answers as I did when we met in person," Pajauis said.

Smith said he will help students investigate four-year universities, and he wants people to be a part of his workshop experience so he can make the transferring process easier.

Pajauis said, "The actual mechanics of transfer remained the same; decide what to major in, identify what colleges offered that major, determine if the student's GPA is in the range of having a serious chance of

admission

consideration or not and if not, be honest with them and help them make other choices."

Some students expressed concerns about the time of the transfer information session event.

Victoria (Lee) Miller, a first year sociology major, said a work shift interfered with the event.

Another student, Sara Roman, a second year Allied Health major, said the event interferes with dinner hours.

"The most common questions center around the steps to follow, university prerequisites for varied majors and how and when to request their transcripts be sent to colleges. Students also ask which college is the 'best' for this or that. My answer is always the same, there is no best. Best is personal. Best is whatever college fits that student's needs and expectations and makes the student happy. That one is the best," said Pajauis.

Middlesex College business student Daylin Washington said he feels very good about the process.

"I used to stress a lot about the process of transferring, but I am more comfortable now. This school has made it easier for me to transfer to Rutgers after I finish my spring semester," Washington said.

Smith said to reach out through email at [lsmith@middlesexcc.edu](mailto:lsmith@middlesexcc.edu), or schedule an appointment with his office, either through Zoom or at Edison Hall Room 100.

Smith said students should look on the following link for their Middlesex College Infonet for event

details <https://bit.ly/MCtransfer>.

Students that want to transfer can make the process easy for themselves by just using a transfer process handout that is provided by

Pajauis.

You can reach Middlesex College transfer advisor Pajauis by emailing: [epajauis@middlesexcc.edu](mailto:epajauis@middlesexcc.edu) or calling 732-548-6000 x3490.



An illustration of a student holding her diploma and acceptance letter to her next college.

## Calendar of Events

To be able to click the links, please download the PDF file.

To do so, click menu icon on the top left, click on Downloads and then click Full edition.

After the document opens click the download icon on the top right.

Feb. 18

**Student Government Association Elections Intention Forms Available Virtual**  
The intention forms for students to apply for the four positions on the Student Government Association will become available on Feb. 18. The positions are President, Vice President, Treasurer and Secretary.  
For more info email [Student\\_life@middlesexcc.edu](mailto:Student_life@middlesexcc.edu) or go to [this link](#)

Feb. 21

No classes

Feb. 22

**CELT: Temple Teaching Round-up: New Ideas for Equity in the Classroom Virtual 2-3 p.m.**  
Couldn't attend the conference? Join Middlesex College faculty as they share insights and information from this year's Annual Temple University Conference of Teaching Excellence, Teaching for Equity: Making Meaningful Commitments for a More Just Future. Faculty colleagues will discuss ideas garnered from the conference, and everyone will leave the session with new strategies to bring equity and social justice to your classroom.  
A Zoom link will be sent the day prior to the event.  
More info [here](#)

**New Brunswick Center: FAFSA Workshop Virtual 6-7:30 p.m.**  
An opportunity for students to have step by step advice as they complete their FAFSA.  
More info [here](#)

**Women's Basketball Game Physical Education Center 5-7 p.m.**  
Home Game, Middlesex College vs. County College of Morris  
More info [here](#)

Feb. 24

**Student Government Association Public Meeting Virtual 2-3 p.m.**  
Attend the first Student Government Association public meeting of the Spring 2022 semester. Students can bring up concerns to the members and see what they are planning for the semester.  
Sponsored by: Student Government Association  
Zoom info [here](#)  
For more info email [Student\\_life@middlesexcc.edu](mailto:Student_life@middlesexcc.edu) or go [here](#)

## Replenish Raises Food Donations

By Jason Linder, Staff Writer

Replenish, a food bank in Middlesex County, is accepting food donations at public libraries throughout Middlesex County Monday-Friday from 6 a.m.-2 p.m. to help people with food security.

Director of Replenish, Jennifer Apostol, said, "In 2020 with the pandemic, we doubled the amount of food we received and distributed."

Middlesex College student Mason Kelly said, "I would donate canned good and ramen because they don't expire fast and will last longer."

"They are receiving the food that they need. It is also a good way to raise awareness in the community, and it shows that people care," he said.

First year student Timothy Vitale said, "People who don't have access to food won't go hungry."

Apostol said, "It's very impactful for the people who are receiving the food because it alleviates a lot of stress and burden from their daily budget."

"If they get the food from us they don't have to go food shopping and

spend so much money on food. They can divert those funds to rent, or utilities or medication, so it allows them more flexibility with their budget," she said.

"I absolutely love what I do. I love the people I get to work with, the volunteers I get to engage with, and knowing that what we are doing is having such a tremendous impact on so many people," she said.

"It's a very meaningful job, a very rewarding job, and I'm glad I get the opportunity to do this."



## Center Hosts Note Taking Event

By Ryan Cardenas, Staff Writer

The New Brunswick Center will be hosting a virtual study habits and note taking event for students that will be held on Feb 16 from 5-6 p.m.

According to the announcement online, this event will help students to create helpful note taking and study strategies to aid them in their academics. Enrollment services assistant Nicole Scavone said that the study habits and note taking workshop is only open to Middlesex College students.

"Taking good notes is what will make the students successful academically, and it'll help them in the long run," said student Alex Jex.

"If a student has a hard time taking notes, I would recommend them taking the workshop and future workshops involving note taking and study strategies to help them," said student Kenny Brady.

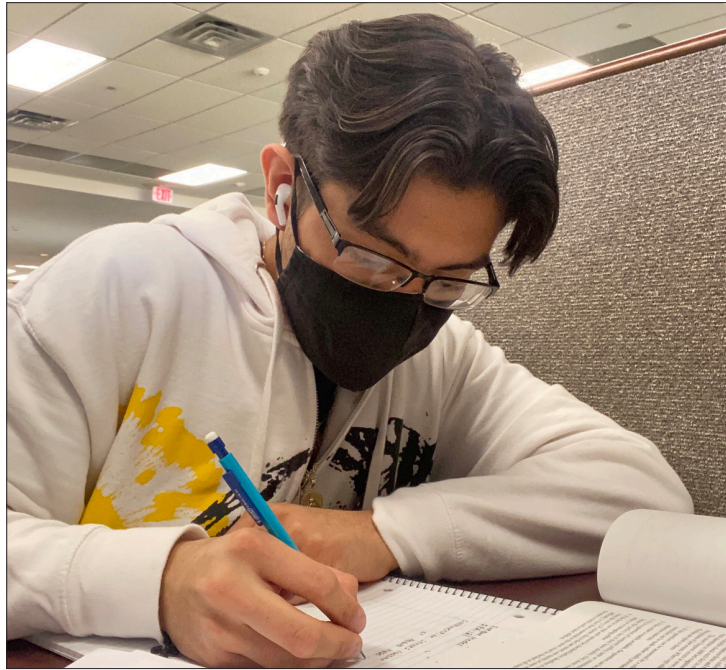


Photo by Enrique Mendel

A photo of Enrique Mendel studying and taking notes

## COVID-19 Affects College Athletics

By Adonis Jones, Staff Writer

Photo Courtesy of Coach Michael McClendon II

Middlesex College sports teams have been able to go about day to day activities, despite the campus shut down due to the Omicron

Middlesex Men's Basketball Head Coach Michael McClendon said, "Our sports team was able to still hold practices on campus.



A photo of the Middlesex College basketball team

Variant.

Middlesex College Director of Athletics Rocco Constantino said, "There have been games that have been canceled due to teams from different schools not having enough players eligible to play; however, this has been a non-occurrence for Middlesex."

Constantino said, "There has not been a shutdown of any sports team due to COVID-19, and I believe that is a testament to the procedures we have in place, as well as diligence from our students, coaches and athletic trainers."

Coinciding with not having our games shut down, sports teams have been able to carry out normal practice procedures fluently, said Constantino.

We had to follow strict protocols daily and make sure our practice times didn't run over into another team's practice time. We tried to avoid having all the teams in the P.E. Center at once."

As for the baseball team, Coach Christopher Mooney said, "We were able to successfully start up our spring practice on Jan.15. We have been practicing four to five times per week in the gymnasium as well as the batting cage."

Middlesex College basketball player Malchi Treadwell had some insight on some of the procedures that players and coaches have to follow, including getting tested every two weeks, bringing a vaccination card with everywhere he goes, and having to wear a mask at all times, he said.

## BLACK HISTORY MONTH EVENTS

### Black History Month Trivia

Virtual

Feb. 22, 6:30-7:30 p.m.

Showcase your knowledge of Black history and culture for a chance to win a Stay Connected Prize Pack.

[Zoom info](#)

For more info email [Student\\_life@middlesexcc.edu](mailto:Student_life@middlesexcc.edu)

### Lost Souls Public Memorial Project Exhibit

2 Jean Walling, Civic Center Dr, East Brunswick

Monthlong at the East Brunswick Public Library

Visit the library to view an important exhibit created by the Lost Souls Public Memorial Project

<https://ilove.ebpl.org/blackhistory-month>

### Stories of Slavery in New Jersey

Virtual

Feb. 22, 7-8 p.m.

Celebrate Black History Month with author Rick Geffen as he virtually guides us through his new book *Stories of Slavery in New Jersey*.

Rick's books include *The Story of Shrewsbury Revisited, 1965-2015*; *Lost Amusement Parks of the North Jersey Shore*; *Highland Beach, Gateway to the Jersey Shore, 1888-1962*; *Hidden History of Monmouth County*; and *To Preserve & Protect, profiles of people who recorded the history and heritage of Monmouth County, New Jersey*. He is currently heading up a project called the *New Jersey Slavery Records Index* under the auspices of Monmouth University of West Long Branch, NJ.

More info [here](#)

### Discover Greatness:

An Illustrated History of Negro Leagues Baseball

Feb 2 - May 1

East Jersey Old Town Village 1050 River Road, Piscataway

A traveling exhibit from the Negro Leagues Baseball Museum, "Discover Greatness" features close to 90 framed photographs showcasing the history of African American baseball from the late 1800s to the 1960s.

Link [here](#)

### Art and Story Time:

Why Mosquitoes Buzz in People's Ears Virtual

Feb. 16, 4:30 - 6:30 p.m.

Join the Civic League of Greater New Brunswick for a reading of *Why Mosquitoes Buzz in People's Ears*, a West African Tale retold by Verna Aardema and illustrated by the dynamic married and creative duo, Leo and Diane Dillon. After the reading, create your own wax resist painting with crayons and paint. All ages are welcome.

[Zoom link](#)

More info [here](#)

### Watch It Wednesdays:

Fighting for Respect:

African-American Soldiers in World War I Virtual

Feb. 23, 2 - 3:30 p.m.

Join Library Services in collaboration with Student Government and Student Life as they present a screening of "Fighting For Respect: African American Soldiers in World War I".

Sponsored by: Library Services and Student Government

[Zoom link](#)

For more info email [Student\\_life@middlesexcc.edu](mailto:Student_life@middlesexcc.edu)

### Art and Story Time:

Dancing in the Wings Virtual

Feb. 23, 4:30 - 6:30 p.m.

Join the Civic League of Greater New Brunswick for a reading of *Dancing in the Wings* written by Debbie Allen and illustrated by Kadir Nelson.

This book is loosely based on actress and choreographer Debbie Allen's own experiences as a young dancer of color. After the reading, join us in a dance activity! All ages welcome.

[Zoom link](#)

More info [here](#)



# Middlesex College Survival Guide: Technique Assists With Procrastination

By Michelle Dahl, Academic Advisor

The two common challenges for college students in managing their schoolwork are the feelings of being overwhelmed and the tendency to procrastinate. In fact, that overwhelmed feeling is often the reason why students procrastinate to begin with. Just thinking about the tasks that they need to tackle can generate stress and anxiety. These feelings sometimes make the student want to avoid the work altogether or, at



Photo Courtesy of Michelle Dahl

Michelle Dahl

the very least, make it hard to focus while trying to study or complete assignments.

Sound familiar? It's worth it to try The Pomodoro Technique, which is a simple approach to time and task management.

The Pomodoro Technique was created by a college student, Francesco Cirillo, when he was having trouble studying for a big exam. While struggling to focus one day, he decided to set a timer for a small amount of time, hoping that if he could commit to focusing for just a few minutes, he might get into the studying mindset. The timer that Cirillo had on hand was a kitchen timer shaped like a tomato—pomodoro in Italian—and that is how the method got its name.

To try this method, follow these simple steps:

Create a task list. Write down everything that you need to complete. Group small tasks together. For complex tasks, try to break them down into smaller components. For example, instead of listing "study for statistics exam" think about the indi-

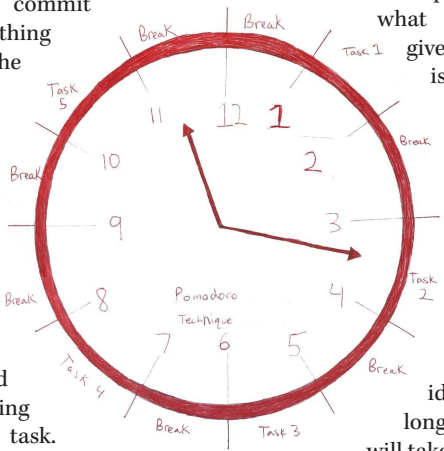
Illustration by Ankush Patel

vidual tasks that it involves and list those instead. That might look more like "review unit quizzes to identify what I got wrong, review unit notes, do practice problems provided by the instructor."

Decide how long your focus time, or "pomodoro" will be. 25 minutes is often recommended, but you can experiment to see what interval works best for you.

Put your phone on "do not disturb" and commit to doing nothing other than the items on your task list during your pomodoro.

Set your timer for the amount of time you've chosen and get to working on your first task. Don't stop working un-



Learn more about managing your time at my upcoming workshop with Lafayette Smith from Counseling Services: Time Management for College Students, Tuesday, March 22, 2 - 3 p.m. in person at the New Brunswick Center, 140 New Street, New Brunswick.

til your pomodoro comes to an end. When your timer rings, take a moment to make a note of what you have completed. Recording what you've achieved gives a sense of satisfaction, and also allows you to see how long it took to accomplish each task. The next time you are planning out your study time, you'll have a realistic idea about how long similar tasks will take. Take a five minute break. You

can answer texts, check social media, take a quick walk, have a snack, whatever you like. After five minutes, set the timer for another pomodoro and get back to work.

Once you've completed four pomodoros, take a slightly longer break of 10 or 15 minutes.

This simple method can be helpful and effective. The hardest part is making the commitment to try it and stick to your pomodoro intervals. If you give it a try, please email me at [mdahl@middlesexcc.edu](mailto:mdahl@middlesexcc.edu) and let me know how it goes.

To reach Michelle or another New Brunswick Center Academic Advisor, visit: <https://www.middlesexcc.edu/new-brunswick-center/advising/>.

## Juvenile Justice Reform Club Aids Two Juvenile Detention Centers

By Zakiya Forbes, Staff Writer

As students settle into the spring semester here at Middlesex College, many of the norms of student life continue to reshape as COVID-19 is still a part of daily life. In-person classes went virtual for the first two weeks as faculty and students continue to learn to navigate this new normal.

Classes are not the only aspect of campus life learning to adapt. Extracurriculars have also been challenged to adjust, despite many relying on in-person gatherings to shape club content and the impact of their outreach.

This includes the Juvenile Justice Reform Club which extends its outreach to the Middlesex County Juvenile Detention Center in North Brunswick, and the Camden County Juvenile Detention Center, found in Blackwood, NJ.

According to the Juvenile Justice Reform Club's homepage, "Goal is to bring empowering educational programming to detained

and incarcerated youths throughout the state of New Jersey as well as to advocate for juvenile justice reform."

Middlesex College has recently established the Center for Justice-Impacted Students on campus, and the Juvenile Justice Reform Club continues to explore other ways to support those dealing with the challenges of re-entry and those still detained.

Those efforts this semester are set to include a book club, workshops and a spring panel, all with the goal of expanding dialogue and awareness around the current juvenile justice system.

During the first meeting, Julia Spano and Alex Fields shared plans to set up a garden with hydroponic features on the grounds of Middlesex County Juvenile Detention Center are underway, in conjunction with community partners. Fundraisers to further extend the support to affected youth are also in development.

A monthly movie night is being hosted by the Juvenile Justice Reform Club at the Middlesex College Edison campus. These monthly

viewings will hopefully bring added context to the history of the justice system and its ramifications for society at large.

Sona Patel, the secretary of the Juvenile Justice Reform Club, said that the first movie is scheduled to take place on Feb. 18, at 4:30 p.m., and will be virtual. The vice president of the club, Kim Garcia, said an email blast with further details is set to go out to all students this week.

For Issue 6, Quo Vadis will explore the reasons youth detained at the Middlesex County Juvenile Detention Center have expressed concerns over the food quality currently offered by private contractors to the Middlesex County Juvenile Detention Center and how plans for the on-site garden present a practical solution.

To learn more about the Juvenile Justice Reform Club or to get involved, students can send a request using the link: <https://www.middlesexcc.edu/cjis/get-involved/>.



Scales of Justice

Illustration by Delaila Aguilar

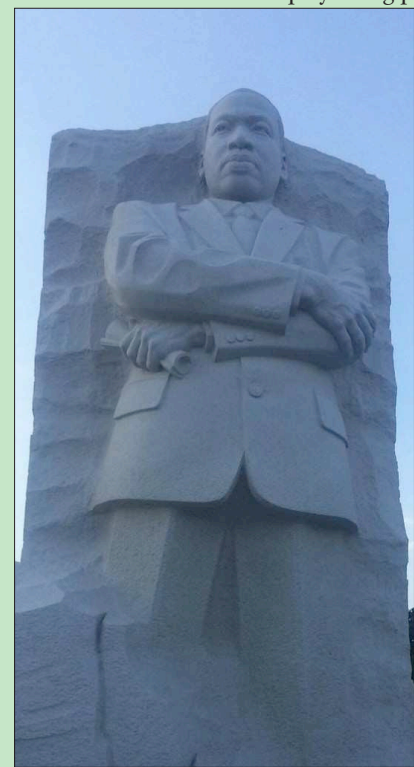
## Black History Month Honors Notable Men and Women of Color

By Savanna Vazquez, Staff Writer

Black History Month is a way of teaching students and people about African American contributions. Every February, people in the United States observe and celebrate Blacks' success, achievements, and history as part of Black History Month. This month also educates the suffrage Black people suffered in history, and advocates for institutional change to have equality.

Some of the notable figures during Black History Month are Martin Luther King Jr., Barack Obama and Rosa Park. Who fought for equal rights for Blacks during the 1950s and the 1960s. He wanted equality and freedom for everyone. King didn't just change the country but he changed the world as well. He was a living inspiration, and even though he is no longer alive, his legacy remains in today's society. King was a firm believer in standing up for himself and teaching others to do the same. He was one of the greatest activists and leaders of the civil rights movement. This is why he's very important when it comes to Black History Month. The election of Obama also plays a big part in Black History, since he was the first ever Black President of the United States in 2008. Parks' refusal to surrender her seat to a white male passenger on a bus ignited the spark which brought about many changes to the civil liberties Blacks did not have.

Black History Month goes beyond recognizing the achievements of Blacks. It tells their amazing stories in a way to make us realize how they impacted our lives. It also makes us realize how our lives would not be the same if they did not take risks to accomplish amazing things. Black History Month is about recognizing the stories of those who made a difference in our world. While some achievements are more notable than others, all of their stories reveal how they helped make the world a better place.



Martin Luther King Jr. monument

Photo by Savanna Vazquez



## Student Discusses Thoughts About Black History Month

By Hina Naqvi, Staff Writer

While I was working on the assignment to write on Black History Month, I had many ideas, such as why not a review on the movie “Do the Right Thing” directed by Spike Lee, or maybe “Green Book” by Peter Farrelly. Both these films have some tragic moments related to unfair treatment of Black people, which made me deeply sad. So I decided to write something to celebrate and pay tribute to some of the courageous Black personalities, as well as the lifelong lessons I learned from the sayings of influential Black people from history.

I will start with a beautiful quote

from former First Lady Michelle Obama. She said, “History has shown us that courage can be contagious and hope can take on a life of its own.” This is very accurate as only hope can help change how people of color should be treated equally. Color of skin, race and ethnicity should not matter. When we share the same sky, earth, and stars, what makes some people superior and inferior? While God has created this world without any boundaries, it’s the man (humans) who have created walls—the walls of religion, race, ethnicity, rich and poor.

Exactly 10 years ago on Feb. 12,

2012, a young boy named Trayvon Martin was killed only because he was Black and he appeared suspicious to a man named George Zimmerman. Later, his killer was freed. We lost hope, but then we saw it became a movement to protect innocent Black lives. And now when George Floyd was killed in May 2020, justice was finally served, when his killer, Derek Chauvin, was incarcerated.

While seeing these events around us, I sometimes try to find out the reasons for our existence on Earth. The answer is we are to be tested on the puzzle of conflicting forces that can be learned through knowledge of wisdom. Ultimately, it will distinguish between what is right and what is wrong. It seems easy, but since we all are very divided, it is hard to explore the valid reason for our existence. Only hope can brighten our future. As an immigrant, I am hopeful that my daughters will make us proud as American citizens.

My favorite poet and civil rights activist Maya Angelou said, “I’ve learned that people will forget what you said, but people will never forget how you made them feel.”

As the camera rolled and I traveled into my past I recognized that, yes, it was true when some people’s attitude towards me was not sound. Later on, the moment of realization was how I treated people in return. Did I ever make anyone feel wrong from my attitude? I wouldn’t repeat how I was treated in some instances. That is the lesson I learned.

Moreover, the most beautiful quote from Nelson Mandela I read was, “I have spent more than 20 years in prison, then on one night I decided to surrender by signing all the terms and conditions of government. But suddenly I thought about Imam Hussain (as) and Karbala movement and Imam Hussain (as) gave me strength to stand for right of freedom

and liberation and I did.”

For those who don’t know Imam Hussain (as), here is a brief introduction about him. Imam Hussain (as) was the grandson of last prophet of Islam, Prophet Muhammad (Peace Be Upon Him) He was martyred in the plains of Karbala, Iraq. He was the revolutionary leader who stood in the face of justice and sacrificed his and his family’s life. His legacy inspires millions, such as Nelson Mandela, Mahatma Gandhi and others.

These quotes tell us how all the influential people in history have had the same ideology when dealing

with injustice and tyranny. They always stood against tyrant leaders, and later won. In my small world, my pen is my strength. Through my opinion and thoughts, I am trying to convey my vision while standing strong.

Lastly, in a nutshell, only one thing can bring all together if we stop “hate.” As Dr. Martin Luther King Jr. rightly said, “Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.” I wonder how people carry the burden of hatred and transfer it to the next generation. Life would be easier if we only loved each other.



Martin Luther King



Trayvon Martin

Illustrations by Savanna Vazquez

## Writer Reflects on Childhood Memories with Western Movies

By Hina Naqvi, Staff Writer

Visiting the past is always a pleasure for me. Whenever I am sitting alone, I travel into my past. Several events have had an impact on my present life. Just recently, when I had a chance to take an exciting course of ‘Introduction to Film,’ I sudden-

ly found out the love for Western movies was always there since my childhood. What surprised me the most was the fascination I developed for some of the great films such as “Gone with The Wind,” “Magnificent Seven”, “The King and I, Cleopatra”, “The Great Escape”, “The Bridge on the River Kawai”, and many more.

As a moderate and a very traditional family living in the outskirts of Karachi, I was the fourth child of my parents. I was the one for whom my parents, especially my grandmother, expected a boy to be born this time. But then, I was born. As I grew older, I was more like a Tomboy of the family. Residing in a small town in Karachi, which had approximately 10,000 people in the 1980s, my father was a Head Acquisition Advisor at the Library of Congress situated in the American Consulate Karachi.

My interest in watching movies came from my father. When I was in second grade at the age of seven, I still remember waiting for the Saturday Night Cinema, where we could watch the latest old and new Hollywood movies. As much as my father liked to watch movies, my mother never liked them. There was a reason for her detest. Our whole clan, my cousins, and my sister, who I always play with, tried some stunts from the movies.

I still remember roaming and run-

ning around the nearby streets with cousins and sisters was a fun activity. The more I enjoyed, sometimes playing like the character in the TV series “Chips” to playing like Yul Brynner. There was a scene in “The Magnificent Seven” when the brothers ride on the horses. I thought, why not play that with my clan. So, I decided to take Goa takiya, round pillow, horse.

Our house was a two-story building and there was a mezzanine floor. The room’s roof had a water tank. I used to go to that roof by using a wooden ladder. The distance from the bottom to the top was almost five feet. While playing and recreating the scene, we all were on the round pillow as if we were on horses. When I sat on the cushion, I suddenly jumped, without realizing I would hurt myself. As soon as I realized I was on the concrete ground, I started crying and hurt my leg.

One can imagine why my mother did not like for me to watch movies. My mother did not allow me

to watch movies for at least a few months, but sometimes I snuck in the drawing-room (another name for living room) where we had a four-leg old fashion black and white TV. The room had a blue Iranian carpet with black flowers on the side and one sofa set with a black coffee table.

The fascination of watching Western movies and idealizing western heroes and heroines became a reality when I landed on the plains of New York. Almost sixteen years back, when I touched the grounds of the U.S.A. I was in awe while seeing foreigners (Americans). That was the most common word used by the international community in Pakistan. For at least the first few years while living in the suburban city of St. James in Long Island, whenever I saw white or black people around me, I couldn’t believe my eyes. For me, they were the characters from the movies I watched during my childhood. I feel unconsciously there was a desire and a dream to be an American, and it came true.



Photo by Hina Naqvi

Hina Naqvi played make-believe using pillows as horses to act out their favorite scenes.



## SCHOLARSHIPS FOR UNDOCUMENTED STUDENTS

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- Applications close **Feb 28th, 2022**

**Visit: <https://www.thedream.us/>**

**Attend the  
Quo Vadis General  
Virtual Meeting every Friday at 11 a.m.  
QV is hosting a fun meeting to inform students  
about how to contribute to the student  
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newspaper activities and contests!  
We also want to learn more about what you want to read!**

### **Zoom Link:**

GENERAL CAMPUS MEETING FOR THE QUO VADIS STUDENT NEWSPAPER  
Time: 11 a.m. Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/91584139436?pwd=dG01Tm5vcFJlYkZRTTVVRiQTZzellWQT09>

Meeting ID: 915 8413 9436  
Passcode: 890442



## Jokes of the Week:

**Question:**

Do you know what the foulest thing in the water is?

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**Question:**

What music instrument is a locksmith?

---

**Question:**

What furniture wouldn't make a great coach?

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*Knock, knock*  
 "Who's there?"  
 "Bet."  
 "Bet who?"

---

*Knock, knock*  
 "Who's there?"  
 "Arrr."  
 "Arrr who?"

---

*Knock, knock*  
 "Who's there?"  
 "Hare."  
 "Hare who?"

---

***Find the answers on our website here!***

## Poem

### *Dinner Time*

By Delaila Aguilar, *Managing Editor*

Whether it's the crackling pops  
 from a frying pan,  
 Or the classic dings of a  
 microwave,  
 Both indicate a wonderful time  
 of day,  
 Dinnertime.  
 A warm air fills the kitchen,  
 especially when the oven is on.  
 All hungry stomachs hurry to  
 the table,  
 Eager to eat, eager to feel full.  
 All excited to enjoy their last  
 meal of the day  
 Before they go to sleep.  
 Unless they sneak in some  
 dessert.

## Weekly Horoscopes

Do you know anything about the Chinese zodiacs, Aries? They're similar to Western astrology with twelve signs. However, you'll have to investigate which of those signs are representative of you!

Be careful not to be too comfortable this week, Taurus. Sometimes your sign falls into the trap of being complacent, but don't fall for it! Keep up with your productivity and consistency in your progress towards your goals.

Need some advice about work this week, Gemini? Don't be afraid to put your curiosity to work; you may end up making a new standard for your job to follow.

This week Cancer, explore the concept of empaths to discover an important aspect of yourselves. There are six types: emotional, physical, intellectual, spiritual, geomantic, psychometric, and earth.

Did you know Leo, that zodiac rule certain houses? They're meant to tie the affinities of the signs to topics set for the house. Go find out what the fifth house means for you!

Are you interested in astrology, Virgo? If you are, look at the meaning of the planets in the solar system like Jupiter. Did you know it is associated with luck and good fortune?

Did you know that zodiac signs are associated with an element? Libra is known for the air element, but as for why, you'll have to find out for yourselves?

Do you know what it means to have your ruling planet be Mars, Scorpio? It enables your sign to be more attentive and strategic, which is great for using your skills sneakily.

Are you aware of what element your sign is, Sagittarius? The answer is Fire, which is why you find your beliefs leaning towards truth, authenticity, enthusiasm and honesty.

Here's a fun fact for Capricorn about your stellar constellation. It's associated with a mythology story from the middle of the Bronze Age relating to the Sea-Goat. It refers to how the Babylonians would name the sea as Goat Ea, who was a god of water, wisdom, and creation.

Want to know what tarot card is associated with Aquarius? The card is called the Major Arcana: The Star, displaying a star-filled night sky with an angel-like water bearer with a pitcher being poured.

How well do you know yourselves, Pisces? Did you know Pisces is fish in Latin? Either way, this week is a good time for you to expand your knowledge through a new language!