

By Patrickia Duncan, Staff Writer

By Hina Naqvi, Core Staff

By Nathaniel Thompson, Managing Editor

QUO VADIS

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WEEKLY STUDENT NEWSPAPER OF MIDDLESEX COLLEGE

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Scholarship Opportunities Open Up

By Estejani Calderon, Managing Editor



Photo Courtesy of Pixabay

Having some form of aid could better help students graduate

The Middlesex College Foundation opened their scholarship applications on Oct. 17 to help qualified students pay for their schooling.

Exclusive Director of the Middlesex College Foundation, Lisa Kelly, said, "The foundation is a separate 501C3. We are a non profit organization [and] our mission is solely to support the college."

The Middlesex College Foundation offers over 130 scholarships to students. All of the scholarships available have different qualifications, meaning students are eligible to get multiple scholarships as long as they meet the requirements. The foundation supports students in different ways such as organizing fundraisers and food pantries.

"The foundation puts the application out and works with the reviewers... we make recommendations... [then] the financial aid office makes the final decision," said Kelly.

Business major Christian Bernabe said, "I have never really tried to apply for scholarships but seeing how many options are open really makes me rethink applying again."

The foundation has given away over \$17 million since it started 56 years ago. "Last year we gave out almost half of a million dollars in scholarships," said Kelly.

Students can apply for scholarships by going on to Canvas and clicking on the link in announcements or going to the MC student payment plans where it gives the option to apply for scholarships, said Kelly.

"[There are] 135 scholarships in total. It fluctuates every year. Some years there can be more, some years there could be less. On average we have 135 active [scholarships]," said Kelly.

According to an information flier provided by Lisa Kelly, one of the scholarships is the Drumbore Scholarship that was started this year by close family and friends to the late Keith Drumbore who was a professor at Middlesex College and the advisor for the Quo Vadis newspaper from 1995-2003. The Drumbore scholarship is a scholarship that is referenced to students who are Quo Vadis members or a part of the newspaper in some way as well as any writing or English majors. The scholarship will be giving out a minimum of \$2,000 to each recipient

over the next six years.

I would like to get a scholarship for living in Perth Amboy if that's possible. I would also like to see if I could also get one for being an athlete," said Bernabe.

Although the window to apply for the scholarships opened Oct.17, the window will remain closed after Dec. 1. The foundation will not be reopening the applications at all after Dec 1. "It is a hard stop," said Kelly.

The scholarships are in a generated system, which is the reason why there will not be a reopening of the window after Dec. 1. If the window is opened again for a person to submit their application it could throw off the sequence and eligibility for the other applicants. "Take your time and answer the questions. Even [if] it's the easy question. The reviewer is going to take a chance and look at your response. Folks that applied already in the fall I would encourage to check the application and make sure everything is up to date," said Kelly.

According to "The Professor Keith Drumbore '81 Annual Memorial Scholarship," "The scholarship award is renewable to the recipient(s) during the following semester if the student continues to meet the criteria."

"Something important for students to know is that this money is not coming from a bank. This money is coming back from people who believe in students who are alumni and want to give back. People believe in you and want you to succeed. The foundation's goal is to give the money to the students who qualify. These are people who are choosing to give their money to people who [they] believe are the future, who say here take what we have and do more," said Kelly.

Kelly said it is important to note that whoever applies for the MC Foundation scholarship must be sure that their application is accurate and up to date and that they also submit the application by pressing the submit button.

If there are any questions about the application, its process, or how to access it, reach out to the foundation at foundation@middlesexcc.edu or at their phone number 732-906-2564.

List of Scholarships Available

- A. Mahmud Family Annual Scholarship
- Alfred A. Miller/NJ Transportation Memorial Endowed Scholarship
- Alfredo and Antoinette Donato Endowed Scholarship
- Amboy Foundation Annual Scholarship
- Anjali Ghosh Memorial Endowed Scholarship
- Ann Goodwin Memorial Scholarship
- Anna Morgan Memorial Scholarship
- Anne Stevens Memorial Scholarship
- Arthur Goodman '68 and Alison Arnold Goodman '68 Endowed Scholarship
- Baker Family Annual Scholarship
- Barbara A. and Samuel E. Wike Endowed Scholarship
- Barbra Siperstein Endowed Scholarship
- Blaah Battaglia Family Scholarship
- Bori and Edith Berkow Memorial Scholarship
- Bristol-Myers Squibb Company Biotechnology Scholarship
- Brunetti Foundation Scholarship
- Butterfly Migration Annual Scholarship
- Carol A. Siperstein Memorial Endowed Scholarship
- Colleen and Michael A. Maroney, Jr. Endowed Scholarship
- Congressman Rush Holt & Dr. Margaret Lancefield Annual Scholarship
- Csizarik Family Endowed Scholarship
- Dalal Family Foundation Endowed Scholarship
- Daugherty Family Endowed Scholarship
- David J. Lynch Equitable Annual Scholarship
- Debbie and John Bakum Endowed Scholarship
- Debra Ann Glazer Memorial Endowed Scholarship
- Delta Dental Annual Award
- Designer Greetings Annual Scholarship
- Dorothy I. Good Endowed Scholarship
- Dr. Diane Z. Wilhelm Memorial Scholarship
- Dr. Joann La Perla-Morales Scholarship
- Dr. Margarete K.M. Driver Memorial Endowed Scholarship
- Dr. Rose Channing Danzis Endowed Scholarship
- Dr. Sidney Danzis Memorial Scholarship
- Elizabeth Chezmar Memorial Scholarship
- ENK Solutions Annual Scholarship
- Ernest A. Johnson Memorial Endowed Scholarship
- Excellence Endowed Scholarship for Part-Time Students
- Florence and Gilbert Finne Scholarship for Women in Engineering and Technology
- Frank D. Visceglia Endowed Scholarship
- Frank R. Steele/H.O.N.O.R. Endowed Scholarship
- Freeholder Director David B. Crabiel Memorial Scholarship
- Gattupalli Sarojini and Kondapi Radhamma Memorial Endowed Scholarship
- Goldelie and Stanley Schneider Memorial Scholarship
- Habib American Bank Endowed Scholarship
- Harry Payne Annual Scholarship
- Honey Family Scholarship for Community Service
- Ian Smith Memorial Scholarship
- ITServe Alliance - FinacleSoft Inc Annual Scholarship
- ITServe Alliance - HallMark Global Technologies Inc Annual Scholarship
- ITServe Alliance - NAM Info Inc Annual Scholarship by Vinay Mahajan
- J. Craig Putnal Memorial Masonic Lodge Endowed Scholarship
- James Mikusi, Jr. Annual Scholarship
- Jerome F. Katcher, CPA and Estelle Katcher Business Achievement Award
- Joan D. Sulva Endowed Scholarship
- Joan N. Goldman Annual Scholarship
- Joanne Fillweber Annual Nursing Scholarship
- John J. Gutowski, Jr. Memorial Scholarship
- John P. Mulkerin Endowed Scholarship
- Johnson & Johnson Health Technologies Scholarship
- Joseph Klegman Memorial Scholarship
- Julia B. Krisza Memorial Scholarship
- Karma Foundation Scholarship
- Lakeland Bank Annual Scholarship
- Larry L. Cohen Memorial Scholarship
- Learning Resources Scholarship
- Lieutenant Colonel Willard Blohm, US Army and Lieutenant Arch Updike, US Navy Scholarship
- Lori S. Marciniak Nursing Memorial Scholarship
- L'Hommedieu Family Scholars Program
- M&T Bank Scholarship
- M. Campbell Annual Scholarship
- Margaret Chang Scholarship
- Marianne Lewerth McGarrity Memorial Endowed Scholarship
- Marion and Norman Tanzman Memorial Endowed Scholarship
- Maris and Mary Alexander Memorial Endowed Scholarship
- Mary Braun Memorial Annual Scholarship
- Mary Braun Memorial Endowed Scholarship
- Mary E. Trickle Endowed Scholarship
- Master Sergeant Franklin T. Wilson Memorial Annual Veteran's Scholarship Fund
- Menlo Engineering Scholarship
- Michael Hogan Memorial Scholarship
- Michael J. David-Wilson, MS, CFRE, AFP, Endowed Scholarship
- Middlesex College Alumni Association Scholarship for Academic Excellence
- Middlesex College Alumni Association Scholarship for Dependent of a Middlesex College Alumnus
- Middlesex College Foundation Awards
- Middlesex College Minority Entering Student Scholarship
- Middlesex County Association of Realtors Scholarship
- Middlesex County Fraternal Order of Police Scholarship
- Morris and Mildred Siperstein Memorial Endowed Scholarship
- Murray Geltzer Scholarship
- Nagarajan-Iyer Family Annual Scholarship
- Nancy Yusko Peters Endowed Scholarship
- Newwiesinger Foundation Annual Scholarship
- New Brunswick Housing Authority Endowed Scholarship
- New Jersey Association of Women Business Owners Scholarship
- Newman Petti Family Scholarship
- Northfield Bank Foundation Annual Scholarship
- Old Bridge/Sayreville Rotary Endowed Scholarship
- Organization of Latino Unity Scholarship
- Pawan K. Seth Memorial Endowed Scholarship
- Platon Annual Scholarship
- Professor Elliot Pasternack Endowed Scholarship
- Professor Jeffrey Hochbaum Memorial Endowed Scholarship
- Professor Keith Drumbore '81 Annual Memorial Scholarship
- Professor Robert Urbanski Annual Scholarship
- Provident Bank Foundation Endowed Scholarship
- Prudential Endowed Scholarship
- Robert and Josephine Zifchak Memorial Endowed Scholarship
- Robert J. and Elaine L. Ciatto Endowed Scholarship
- Robert Sydney Needham Memorial Scholarship
- Ron Romano Academic Achievement Award
- Ronald G. Rios Charity Trust Fund Scholarship
- Rosemary Esteves Memorial Scholarship
- Rotary Club of Greater New Brunswick Annual Scholarship for Veterans
- Rotary Club of New Brunswick Annual Scholarship
- Sam Landis Memorial Endowed Scholarship
- Shailesh and Dr. Bharti Shah Endowed Scholarship
- Shirley Zall Memorial Endowed Scholarship
- Southpole Foundation Annual Scholarship
- SPC Michael L. Gonzalez Memorial Scholarship
- Stanley Spikes Memorial Endowed Scholarship
- Stephen "Pete" Dalina Memorial Endowed Scholarship
- Steven B. Rosengarten Memorial Scholarship for Current Students
- Suseela D. Botlagudur, M.D. Endowed Scholarship
- Swathi Prabhakar Memorial Annual Scholarship
- Switzer Foundation Annual Scholarship
- Telcordia Pioneers, Chapter 99 Endowed Scholarship
- Theivakumar Family Endowed Scholarship
- Timothy & Theresa Holt Scholarship
- Trammel Crow Company Annual Scholarship
- Walter and Louise Sutcliffe Foundation Scholarship
- Women's Rehabilitation Group of New Jersey Annual Scholarship
- Zoraida Calvo Scott Endowed Scholarship

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This semester Quo Vadis will release three print issues themed : Diversity, Seasonal And End of Year/Next Steps

Visit quovadisnewspaper.com to sign up

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:

West Hall: 9 a.m. - 9 p.m.
 Library: 9 a.m - 9 p.m.
 Computer Center: 9 a.m. - 9 p.m.
 Testing Center: 9 a.m. - 9 p.m.
 Cafeteria: 9 a.m. - 9 a.m.
 Counseling Services: 8 a.m. - 4:30 p.m.
 Food Pantry: <https://www.middlesexcc.edu/student-life/food-pantry/>

Emergency Phone:
732.906.2500

Non-Emergency Phone:
732.548.6000 x3500

School Info Line:
732.906.2555

Police/Fire:
911

Suicide Prevention:
800-273-8255

Edison Campus:
732-548-6000

New Brunswick:
732-745-8866

Perth Amboy:
732-906-7755

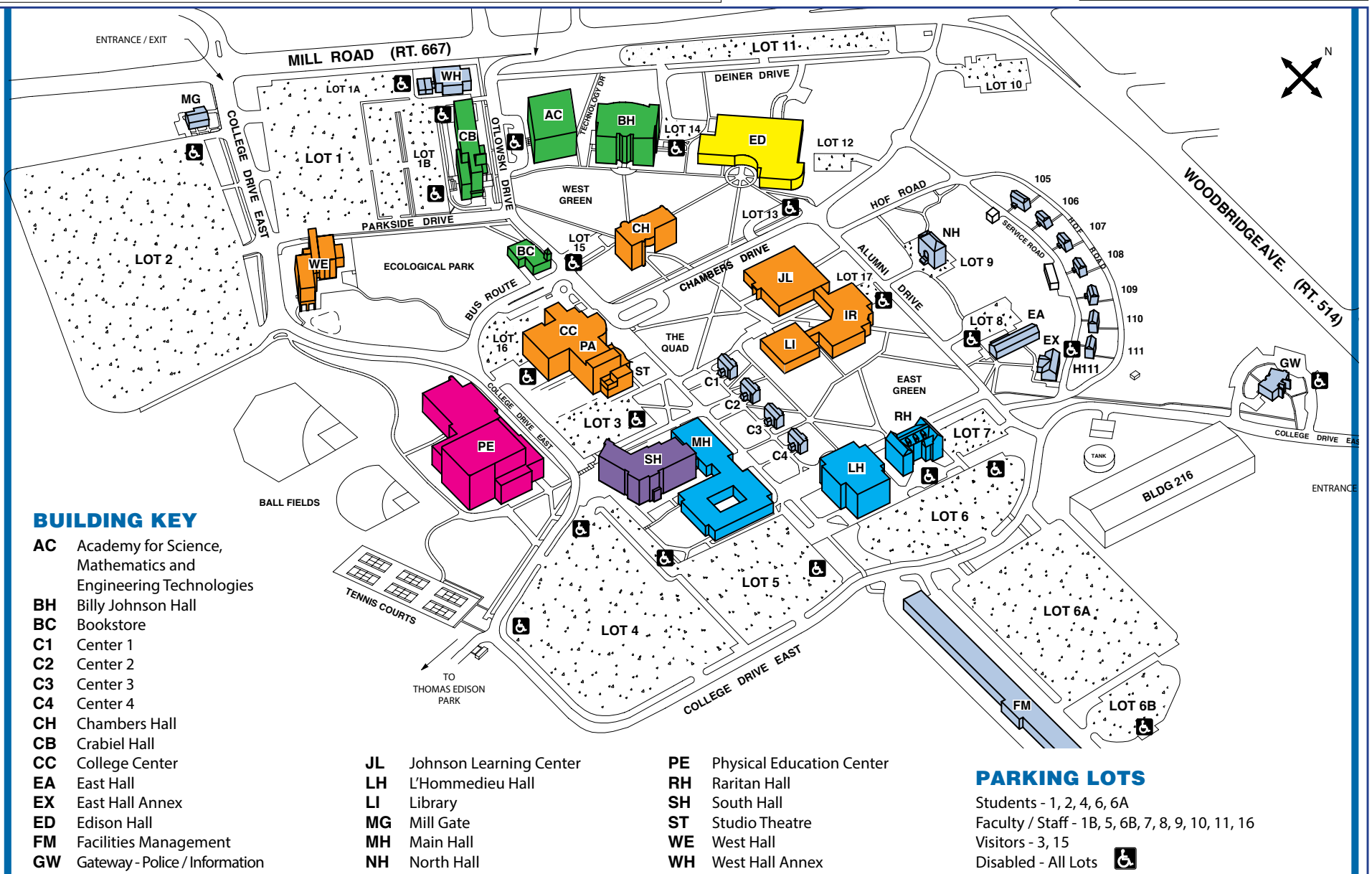
Click Map to view in web browser

Faculty Adviser

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Corrections

Quo Vadis promptly addresses any and all errors submitted to the faculty adviser. If you have comments or concerns on the accuracy of our reporting, send Melissa Edwards an email at medwards@middlesexcc.edu



Healthcare Provides Many Beneficial Opportunities

By **Patrickia Duncan**, Staff Writer

Middlesex College has healthcare professional program applications, such as dental hygiene, radiology and nursing, open now through Jan. 15. They are on campus for students of interest and community engagement.

“Our health profession programs—dental hygiene, nursing, and radiography, especially dental hygiene and nursing—do a lot of community outreach in terms of engaging with the community,” said Donna Howell, Acting Dean of the Business, STEM, and Healthcare department. “Earlier this week, we just had a program here in the dental hygiene clinic. There were three-year-old students from Head Start programs who came for dental evaluations.”

Howell explains the goal for the programs. “The nursing clinic does the same thing. They are very involved with the community in terms of doing outreach. These programs are also for students currently in the program. It gives them exposure not only in terms of doing their class-

work, their labs and their clinical rotations in the hospital. This is also a separate thing, engaging the community. It’s a new avenue that they would see otherwise, if they didn’t do that,” she said.

Howell also talked about the financial aspect of the programs. “The programs don’t charge for these services. It is something given back to the community. For all of the selective programs that I described, we have partnerships with many hospitals and clinical sites in the area. This is so that our students have the opportunity to go out, learn and practice the trade that they are going to need to do in preparation for when they actually have a job,” said Howell.

Howell said, “Healthcare in the United States is very short of nurses, dental hygienists, radiography technicians, and we are preparing these students for jobs that pay very well and are very fulfilling. Most of our students, by the time they graduate, have jobs lined up. We also have open houses every semester. Anyone

who comes to campus has the opportunity to see what programs are available to students not only in my division, but for all the programs on campus.”

Spencer Clarke, a dental hygienist student, said, “Healthcare and STEM are industries that are not as heavily affected by economic sways. We may likely be heading into some sort of recession in the economy. That’s usually not good for the type of jobs that young people normally like to work. If you want to work in customer service or things like that, those are jobs that get kept so they can form the money up to a CEO somewhere. That doesn’t happen in healthcare. I think you can command better wages and you have a little bit more job security.”

Oscar Rojas, Middlesex student, said, “As a student interested in the radiography program that Middlesex offers, Middlesex does in fact do a lot to help students. I constantly receive emails over the various free programs; programs that are very helpful in preparing students for the healthcare field.”



Photo by Patrickia Duncan

Dental Hygiene is considered one of the most important in healthcare

Workforce Development and Lifelong Learning Department Enables Fulfilling Careers For Students

By **Estejani Calderon**, Managing Editor

The Workforce Development and Lifelong Learning department is hosting a healthcare career information session via zoom on Nov. 2 at 10 a.m. so that students are informed about the various options they have if they are trying to find a career job and or want to take program courses.

Recruitment and program manager for the department Workforce Development and Lifelong Learning Martin Schamberger who will be running the information session said, “We talk about all the non credit certificate programs. We also discuss not only the programs but all the fund sources we have.”

Schamberger said, “When people go to college people usually think about getting a degree. [In] our department we help people get a job.”

Joe Alban, a former Allied Health Pre Professional major said, “When I was a Allied Health major, it would’ve been cool to know about the alternative programs the college offers us to get jobs.”

“Although I changed my major and it does not quite benefit me anymore I would like to let former classmates of mine know because what if they are unaware just like I was,” said Alban.

According to Schamberger, The WDLL (Workforce Development and Lifelong Learning) department has programs available to students such as certified nursing assistant, medical assistant, 911 dispatcher, phlebotomy technician, community health worker, EKG technician, pharmacy technician, and medical coding and billing. Next year the department will be enrolling in a new program called mental health technician.

Schamberger said, “Several programs include externships or are available for apprenticeships.”

A way of how the WDLL could benefit a student is “For anyone who is interested in being a nurse you can become a phlebotomist for example,” said Schamberger.

One of the ways in which students

can become more involved with the department is by keeping an eye out for marketing notifications from the president’s office in which they talk about upcoming weekly events, said Schamberger.

“It’s a good Segway into the career,” said Schamberger.

Healthcare career jobs is not the only area the department focuses on.

Schamberger said, “We also do training for employers to increase the skills of their employees. We offer High School Equivalency (formerly the GED), English as a Second Language (ESL), computer classes, Personal enrichment, culinary/cooking classes, ceramics, Sign Language, accounting, Welding, Supply Chain and Project Management, etcetera.”

For any questions, comments, or concerns on how to get more information about the programs available or the session itself contact the Workforce Development and Lifelong Learning in Crabiell Hall or Martin Schamberger at mschamberger@my.middlesexcc.edu.

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.

Nov.
9

Employer Recruiting: Prince William County Police Department

10 a.m. - 2 p.m.

Middlesex College Field

Prince William County Police Department will be on campus in the lobby of Main Hall to talk with students about internships, police officer and cadet positions.

Contact: mvogel@middlesexcc.edu

New Jersey City University Transfer Admissions Representative

10 a.m. - 2 p.m.

Middlesex College Field
Repeats weekly (to Dec. 14)

Meet with a Transfer Admissions Representative from New Jersey City University in the College Center.

Contact: rgaviria@middlesexcc.edu

Nov.
10

Felician University Transfer Admissions Appointment

9 a.m. - 2:30 p.m.
Virtual

Link: <https://graussob-mcc.youcanbook.me/>

Schedule a one-on-one virtual appointment with the Felician-Middlesex College counselor to learn more about Felician University and our programs.

Felician University offers three bachelor’s programs in partnership with Middlesex College:

**Business Administration
Psychology
RN-BSN**

We also offer 60+ traditional undergraduate majors to choose from!

Coffee & Conversation with Dr. Cakmak

1 - 2 p.m. monthly

Repeats monthly (to Dec. 8)

Business & Computer Science Chairperson Dr. Cakmak will be available to answer students’ questions regarding majors, classes, careers and more.

Contact: acakmak@middlesexcc.edu

Climate Change Demonstrates Many Outcomes

By Hina Naqvi, Core Staff

Whether I agree or disagree with the question “Is climate change real?” I can see the change in weather over the years. When I came to the United States in 2006, I visited Canada for the first time in September of that year. I remember the fall colors. Over the years, fall gradually moved from September to October and November. Chilly weather used to be in June, but that has changed. Over the last decade, it has been pretty evident that the climate is changing.

Isn't it natural? Then why do some people say it is a hoax? Aren't they able to see around themselves? There are many signs, such as sweltering weather. This past summer in Europe, we all witnessed how heat waves had affected many Europeans.

This July, while I was walking around my community, I was surprised to see a tree showing signs of fall. All the leaves were turning dark and most of them had fallen. The owner was outside, and she said it was happening due to less rainfall, and the trees were dying.

As a Pakistani-born citizen, I had to write about the recent flooding that happened in primarily rural areas of Pakistan, which has made headlines. Pakistan faced the most catastrophic floods in its history. Around 33 million people have been displaced. According to a scientific study, climate change has played an integral part in heavy rainfall that has flooded many areas of Pakistan. More than 1500 have died. For the

past two years, Pakistan's monsoon rains have increased yearly. No one can predict how hard it will be because of climate change.

The irony is that the mainly affected areas are underprivileged. The New York Times reported on October 2, 2022, in a news article, “Battered by Floods and Trapped in Debt, Pakistani Farmers Struggle to Survive,” that farmers have lost cotton and rice harvest fields. Each year, farmers would get loans from landlords to buy fertilizers and seeds. In return, they cultivated crops. With their earnings, they repaid the loan. But now, all their summer harvest has been ruined.

Now they will wait for the water to recede to harvest wheat for spring. Due to heavy floodwaters, the cataclysmic combination of heavy glacier melts and monsoon rains, it is difficult for them to see crops this season, possibly increasing their debt.

One of the farmers, Mairaj Meghwar, 40, in the Sindh province, said, “Our life goes like that — singling into debt, not earning money to pay it back, and then we do it again.”

Pakistan's geographical location is at risk and bears two weather systems. One brings high temperatures and drought, which causes a heatwave in March, and the other brings monsoon rains. The Indus river swelled during monsoons and became the reason for flooding.

Although Pakistan contributes less than 1% of the global greenhouse gasses that warm the planet,

its geography makes it highly vulnerable to climate change. (BBC)

“As the world warms, glacial ice is melting. Glaciers in Pakistan's Gilgit-Baltistan and Khyber Pakhtunkhwa regions are melting rapidly, creating more than 3,000 lakes, the UN Development Programme told BBC News. Around 33 are at risk of sudden bursting, which could unleash millions of cubic meters of water and debris, putting 7 million people at risk.” (BBC report)

Some studies showed that human-caused warming had contributed to this extreme rainfall. Friederike Otto, a climate scientist at Imperial College London, said, “The country might have experienced disastrously high rainfall this year without global warming. But it's worse because of climate change. And especially in these highly vulnerable regions, small changes matter a lot.”

Moreover, people from all walks of life have helped the needy. Overseas Pakistanis have gathered large sums of money and sent it to the local organizations supporting the affected. The UN also sent help. Special Envoy Angelina Jolie, a UNHCR diplomat (United Nations High Commissioner for Refugees), visited Pakistan. She urged the decision makers to focus on the significant displacement crisis, as people had to flee their homes.

While some people who disagree with climate change should keep in mind that scientists always believe in pieces of evidence, not opinions, the data shows that human activities such as burning fossil fuels have

warmed Earth's surface. Ocean basins are impacting Earth's climate. We should act now and play our part

by using clean energy. We must work together and need to reach net zero carbon emission by 2050.



Color of the leaves changing on the trees



Green leaves on the tree in July

Photos by Hina Naqvi

Soccer Enthusiast Reminisces About Stadium Experience

By Ryan Cardenas, Core Staff

I am a huge fan of soccer. Throughout the summer, teams like FC Barcelona, Real Madrid, Manchester City, Liverpool and many others come to the United States for their pre-season, and I have always tried my best to attend games that are nearby. The one thing I never got to do was see the Peruvian national men's soccer team play. That changed on June 17, 2016.

It was a sunny, hot afternoon and as I was getting ready I was listening to the TV in the background and heard predictions being made about the game. Peru was going against Colombia in the quarterfinals of the Copa America Centenario. As I grabbed my Peru jersey, I held it up and looked at it for a second admiring the dark red color of the jersey, the thin white stripe going across, the logo of the team on the left side of the chest and the brand name stitched to the right.

While driving to the stadium, my uncles decided to put on Peruvian music. At one point it was getting too loud, so I ended up putting on my headphones to listen to music and laid back in my seat to nap a bit before we got there. My smooth and calm music put me to sleep within a minute. I was awakened by my uncle telling me that we were 10 minutes away. I sat up and the first thing I saw was a ton of traffic. There were cars bumper-to-bumper eager to get into

the stadium parking lot. There were cars that had flags attached to their hoods. Once we found parking, I got out and stretched after the 40-minute drive. There were food trucks near the entrance selling Colombian and Peruvian food and the smell of food lingered throughout the venue. My uncles and I went to the line as fast as we could before it got packed. As I was waiting in line, I was able to take a moment to observe the atmosphere around me. There were bright yellow jerseys and white and dark red jerseys all over. There were groups that were tailgating and making food on their grills. There was one grill next to me while I was waiting in line, and all I heard was the sizzling sound it made from grilling the meat. You could hear groups having a laugh while kids were kicking a ball around the lot and hear music playing from other cars in the lot. Some were playing Peruvian and Colombian music.

Once we got our food, we went back to the car and ate because we were starving. We ended up getting Sachipollos, which is fries topped with hotdogs and chicken. We were given a green sauce, which was a bit spicy, and a white sauce which was similar to mayonnaise. It was a bit runny, but overall it was pretty good. Once we finished, we started to head out to get into the stadium. There was this group of Peruvians who wanted us to tag along and carry huge Peru flags inside and we agreed.

While we were walking with a huge flag, other people tagged along as well. This caught the attention of Fox Sports and they asked if they could take a picture of all of us. Once that happened, we went straight inside the stadium, which was huge inside. From what I remember, we had to go up four levels for our seats. As we took the escalators, we saw that on one side the Colombians were singing their national anthem and the Peruvians were singing their national anthem on the other. Our seats were at the very top of the stadium. I was able to see everything easily. I heard horns and cheering from everywhere. There were flags waving all around the stadium. Once the players started coming out, the crowd started cheering continuously. Once the Peruvian national anthem started playing, all the Peruvians started singing as loud as they could. At one point I felt the ground shaking because of how loud everyone was singing and the same happened when the Colombian national anthem played.

The game remained scoreless for all 90 minutes and it went to penalties. Peru and Colombia made their first two penalties. Miguel Trauco for Peru stepped up to take the third penalty. He shot to the left side of the goal, which the keeper saved for Colombia to keep the lead. Colombia scored their fourth penalty, and it was all up to whoever was next to take the penalty for Peru to keep

the shootout going. Christian Cueva went to shoot the ball, it went over the goal. It was game over for Peru and Colombia qualified for the semi-finals in the tournament. There was disbelief from all the Peruvians in the stadium. Some fans were crying

and some were enraged. At first, I was upset, but it did not take away from the experience I had. I got to see my national team in one of the biggest tournaments in the world and it will not be the last time I'll see them play in the U.S.



Person holding a Peruvian flag while entering the stadium

Photo by Ryan Cardenas

Editorial Policy

The views expressed in the Quo Vadis publication are those of the individual and are not necessarily those of Middlesex College, the editor or any other staff member.

The editor reserves the right to edit any article to fit the format of this publication without altering the motive, intent or direction of an article.

Alterations may include, but are not limited to, alterations in style, grammar, spelling and length. No article will be published with demeaning or insulting content.

Anonymous or content with pseudonyms will not be published.

Submissions do not guarantee publication. Judgements are made in the sole interest of libel exposure and common sense.

QUO VADIS

Marie Kondo Tidies Up in 'Sparking Joy'



Photo Courtesy of Trevor Clarke

In Netflix's "Sparking Joy," Marie Kondo shares her tidying-up wisdom with three businesses in need of decluttering.

By Vivan Huynh, Core Staff

"Sparking Joy with Marie Kondo" is Netflix's latest limited series on tidying your life with organizing consultant and author Marie Kondo. Following the success of the original series "Tidying Up with Marie Kondo" in 2019, "Sparking Joy with Marie Kondo" was released in 2021. Unlike "Tidying Up," "Sparking Joy" only has three episodes, and features a larger focus on workspaces rather than

homes. Kondo is known as the creator of the 'konmari' method which boils down to holding onto items in your life that spark joy and releasing items that do not. The 'konmari' method also has a unique way of folding clothing to store it vertically and greeting any space before you tidy it.

Since "Tidying Up," Kondo, now married and a mother of two daugh-

ters, approaches tidying with families in mind. In "Sparking Joy" she helps a father and son transform their family-owned garden and plant nursery, a business owner of an independent coffee shop and a single mother moving across states. Each episode has a focus on family and connections that form as a result of decluttering. Through the decluttering process, jobs become a joint effort, reliant on involvement from all individuals in a group. Even in the first episode, the owner of the plant nursery enlisted the help of his daughter, who he had not seen for a long time, and they were all able to come together to improve their business. Even for the small cafe owner and single mom, their lives were hectic with the addition of kids to take care of. Using the konmari method freed up their time and energy to devote to themselves and their children.

Each episode of "Sparking Joy" was relaxing to watch and inspiring to see how powerful Kondo's philosophy is. The idea of something sparking joy should be instantaneous. If it does not immediately spark joy, you intentionally release it and express gratitude for how it served you before. The show is heartfelt and recognizes how deeply we feel for the

items we hold onto in our lives. I especially enjoyed the small tidbits interjected between each tidying project, where Marie would give tips on how to spark joy using instances from her own life. For example, she encourages viewers to bring in items that spark joy into their workspaces to inspire and calm them. If one works an office job where they have a desk, having framed pictures of friends, family, or even pets can spark joy.

All of the episodes featured adults with differing occupations and lifestyles. What I would have liked to have seen was Kondo assisting a college student. The konmari method seems to work universally and I would have liked to see it applied to a college student with a more sprawled-out schedule. When I think of most college students, I think of them going to school full-time and usually working a part-time job. Some also live on their own, take care of pets or siblings and maintain a social life. There are many responsibilities a college student has that are unique to their experiences, ones that differ from the unique challenges of a parent. Personally, it can be hard to keep all areas of my life decluttered, and sometimes my car or my room's cleanliness will

fall to the wayside when school gets busy. But when my space is clean, I notice a huge improvement in my mood, ability to focus and time for other areas of my life. Keeping one's space clean is a form of self-care, and also helps maximize time with loved ones, which is an important part of everyone's health!

I asked Sheema Majiduddin, a counselor at Middlesex County College, about why taking care of our health is important for students and faculty. She said, "Emotional, physical and mental health is the most vital part of our well-being. Everyone's version of taking care of their health can look different. For faculty and staff, especially with the colder months coming up, it's important that we take care of our health so that our peers, families and loved ones are protected, as well as ourselves."

If you are looking for something inspiring, easy to watch, sincere and to learn more about how to tidy your life, I would recommend watching "Sparking Joy with Marie Kondo." If you're new to learning about Marie Kondo and her tidying methods, I would recommend starting with "Tidying Up with Marie Kondo." Both of the shows are available to stream on Netflix.

'FIFA 23' Slows Down, Steps Up Gameplay

By Ryan Cardenas, Core Staff

FIFA 23 is a much slower game than FIFA 22, but it has improved on player movement and game mechanics so it can be as smooth and realistic as possible. I have been playing FIFA since 2011 and Electronic Arts (EA) has come a long way with their game development.

In previous FIFA titles, there would be occasional bugs, such as a skill move or a type of movement that is too overpowered, glitches mid game or the game would feel unrealistic. In this year's FIFA game there has been an improvement with gameplay. They have eliminated bugs and glitches, made the game more realistic, but most importantly,

joyed throughout the years, but this year it felt a little different. Compared to FIFA 22, the gameplay feels slow, but smoother and more realistic. You can create your own virtual pro, male or female, and play with your pro in online drop-in matches or create a club of your own and play with the FIFA community. This mode has the potential to be one of the best game modes in FIFA if only EA invested more time in it.

Lastly, the most popular game mode in FIFA 22, Ultimate Team, which is nothing but fun and enjoyable this year. Compared to last year's FIFA, there are more promo cards that come out almost every week, which enlightens the game more and there are more tourna-

high tier rewards to upgrade your ultimate team. It brings back the joy that I had when I played Ultimate Team in 2014.

A new feature they added this year in FIFA is cross-play. Cross-play is the ability to be able to play against other people on other consoles on online game modes like Online Seasons and Ultimate Team. Old generation consoles like the Xbox One and the PlayStation 4 can play against each other if they have the same version of the game. New generation consoles like the Xbox Series X and the PlayStation 5 can play against each other who have that generation of the game.

FIFA 23 came a long way after last year's FIFA. They were able to improve on fixing the game, making it more clean and smooth. On top of that, they listened to community feedback on how to improve the game. Overall, I would give FIFA 23 a rating of nine out of 10. If you haven't tried FIFA 23 yet, I would recommend it without a doubt if you are looking to play a new sports game.

"Compared to FIFA 22, the gameplay feels slow, but smoother and more realistic"

they improved the game modes that the game provides.

First of all, Career Mode got a complete renovation. There are more cutscenes and features depending on what mode you are playing in career mode. In Career Mode, you can pick a player in the game or create your own player and take them to glory. There is also a Manager Career Mode where you pick any team in the game or create your own club, which is a new feature, win trophies and grow your club as a whole.

The next game mode that has seen improvements is Pro Clubs. This is a mode that I definitely en-

joyed throughout the years, but this year it felt a little different. Compared to FIFA 22, the gameplay feels slow, but smoother and more realistic. You can create your own virtual pro, male or female, and play with your pro in online drop-in matches or create a club of your own and play with the FIFA community. This mode has the potential to be one of the best game modes in FIFA if only EA invested more time in it.

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Photo by Ryan Cardenas

A soccer player looks down at a soccer ball on a sunny day.

Essayist Lifts Lid on '60s L.A.

By Vivan Huynh, Core Staff

If you frequent bookstores as much as I do, you may notice that there seems to be some disagreement about where to sort author Eve Babitz's books. One bookstore will sort their collection of her books under fiction, another will sort it under essays, and another will sort it under memoirs. This is not a result of the books being misshelved, it is rather a collective puzzlement over what category her books fall under. More than just her books, most people do not know what to make of a woman like Babitz.

Even while spending the entirety of the book "Slow Days, Fast Company: The World, The Flesh, and L.A.," in her perspective, it is difficult to really pinpoint a woman as complex as she is. "Slow Days, Fast Company" is a collection of essays chronicling California in the 1960s with each essay covered in Babitz's glittery semi-fictional perspective. All of the stories are of her own experiences, but the way she has written them give way to the glamorous eyes through which she sees the world. Reading this book can be likened to being swept up in love—it happens quickly, it devours you and it makes every day monotony difficult to get through when you know the world Babitz paints is awaiting you.

Even if Los Angeles is a tangible place, the way Babitz beholds it creates an otherworldly essence around it. I would liken the experience Babitz provides for her readers to an exceedingly charming alien asking you to come visit Mars. As a lifelong California native, she makes observations about the people she meets and how LA has infiltrated their ambitions, for better or for worse. Her writing is whip-smart and aloof. She is almost flippant about the high profile lovers (including the likes of Jim Morrison and Harrison Ford) that come in and out of her life, unaffected by the success of her first book ("Eve's Hollywood"), and most

of all deeply introspective disguising as distant.

It's not difficult to fall in love with Babitz through her work. I had always had a special interest in the 1960s and felt it was a time in America when the nation had reached its boiling point. However, reading "Slow Days, Fast Company" is nothing like reading your highschool history textbook. As involved as she is in the world of tastemakers, actors, musicians, artists and bohemians, among others, she remains an observer above all else. On the subject of success, Babitz laments, "I did not become famous but I got near enough to smell the stench of success. It smelt like burnt cloth and rancid gardenias, and I realized that the truly awful thing about success is that it's held up all those years as the thing that would make everything all right. And the only thing that makes things even slightly bearable is a friend who knows what you're talking about."

Candid, modest and irresistible, Eve Babitz writes with a voice unlike any other author I had ever read before. It is hard to imagine anyone reading this book and not becoming enraptured by the rest of Babitz's work. Exploring the 1960s dynamics between men and women, success, love, culture, especially within LA, Babitz writes for the whimsical, intelligent, stylish and pensive readers of all generations.

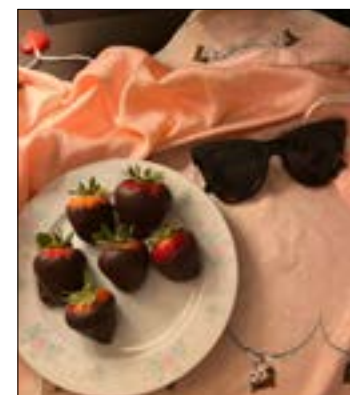


Photo by Vivan Huynh

Babitz's favorite things were chocolate covered strawberries and sunglasses.

Soccer Gives Possibilities For Future Career

By Nathaniel Thompson, Managing Editor

My parents were closing in on about nine hours of driving. I woke up due to the car bouncing up and down. I checked my phone and all I saw was “Verizon 1x” and “No Service” interchanging with each other consistently. I thought to myself, “damn, I’m really in West Virginia”. My cousin Brian was graduating from Marshall University, and multiple family members planned to come see him.

As we were coming close to the house, my pops stopped by the gas station. He got out of the car, and I was confused. An employee was talking to him. Less than two minutes later, I see the pointer near the E sign of the dashboard slowly increase past the middle, all the way up to the F.

I felt as if I was in the matrix. I turned my head and my pops crumbled up a white paper and approached the car. Majority of my life was spent in New Jersey. I never knew it was possible for him to be in control like that.

There was still no reception, and

there were some rough roads. Then, we finally pulled up to my cousin’s apartment. My pops ran over the curb and drove over the grass. I hopped out of the vehicle, and I instantly smelled fresh grass being ruined by the rubber.

I charged up the stairs happy to see my big cousin. We wrapped around each other like a butterfly before they got their wings. He lifted me up like a Lion King movie and asked me about how life is going. After that, I went to unpack my belongings.

Later in the day, my cousin, his roommate, and I stepped outside to the spring breeze. We sat on the porch and started brainstorming on where to go. A light bulb lit in my cousin’s head, and he said, “let’s go get some field work in”.

I only played soccer during recess at intermediate school. Never competitively. He gave me some of his gold and spiky cleats and we went to work. We used a round, blacked out ball. He kicked the ball up flipping the back of his feet and began juggling it. He had snow white Nike

cleats on, and all I could remember is the ball bouncing from spikes to spikes, never coming to an end.

He told me to run over to the hexagon shaped net and I did. As I ran, the turf beads filled into my cleats. They crawled around my foot like I stepped on an ant farm. Cocking his leg back, he charged the kick from 20 feet out and scored. The net was a spider web that just caught his prey. I knew he was a different type of athlete from that.

We continued the rest of the session with wet tee shirts, and damped towels. I was then demanded to take the “final shot”. You can’t leave without good luck! I took a slight jog and charged my right leg forward once I planted my left foot. The ball contacted my foot harder than a stone. The ball sailed all the way onto the track field and the laughter was a concert.

From there on, I discovered an interest in soccer that I never felt. We played FIFA all trip long and it was the time of my life. Having that bond with a cousin that I haven’t seen in a long time was heaven on earth.



A green and black soccer ball

Photo by Nathaniel Thompson

Yoga Instructor Arranges Event At Healing Center

By Vivian Huynh, Core Staff

Bharati Carla, a yoga instructor, will be hosting a “Yoga for Peace and Healing” event at the Hosanna Holistic Healing Center in South Plainfield on Nov. 9 from 11 a.m. to noon.

Sonny Lialios is the owner of Hosanna Holistic Healing Center. According to Lialios, “What makes this event different from a regular weekly yoga class is the short seminar on healing techniques before the class begins.” Lialios said yoga mats will be provided for those without one, beginners are welcome and admission for this event will be \$12.

“I’ve been a yoga instructor for about 15 years, but I’m experienced in other holistic practices like meditation,” said Carla.

Salma Benchekeur, an assistant yoga instructor at Hosanna Holistic Healing Center, has been a yoga instructor for five years.

“It’s hard to explain the world of alternative medicine and spirituality to others that aren’t familiar. Basically, we try to explore healing through the mind, body and spirit, not just by looking at a few symptoms and judg-

ing what’s going on with someone,” said Benchekeur.

Carla said, “It’s very rewarding to get beginners in my class that come back and regularly practice [yoga]. [It’s great] to see all kinds of people advance and continue it because it helps them in some way.”

“I started doing yoga as a way to improve my flexibility as a personal goal. I quickly fell in love with it and found it helped me mood wise, and after a few years of just doing yoga, I decided I wanted to get my license to teach [yoga]”, said Benchekeur.

According to the Hosanna Holistic website, they offer other services including spiritual counseling, nutrition classes, and holistic pain solutions.

Rayne Levy, an Exercise Science major said, “Yoga often gets overlooked in the exercise world. People usually think moms do it, but I’ve done some at home yoga and found it really relaxing.”

For more information about the event, contact hosannahc@gmail.com.



A seated sideways fold position

Photo by Vivian Huynh

Watching Basketball Game Changes Viewers’ Perspective

By Adonis Jones, Managing Editor

Have you ever experienced a moment that changed your perspective on a team or a sport you liked? On a typical Saturday, my perspective on basketball changed forever.

I remember it like it was yesterday. I just got home, exhausted from a dreadful baseball game where I struck out two times in the game. The game prior, I struck out three times in my game, so I was in the midst of a slump. Annoyed and tired of my poor play on the diamond, I yearned for an activity to try and take my mind off baseball. As I wandered around my house muddling for something to do, my dad called me into his room and asked, “AJ are

you into basketball?” At the time, basketball was an afterthought, with my main focus being on baseball; however, as I stated previously, a change was vital. Conveniently, the New York Knicks were getting set to play the Detroit Pistons. The Knicks are my dad’s favorite team, and he was as passionate a fan as you would find. Even though I never really sat down and watched a basketball game in totality, I told my dad, “No, but I’ll watch the game with you.”

That decision I made turned out to be one that I’ll never regret. At the beginning of the game, things were normal, both teams were neck and neck and the game was running pretty normally. I had a basic

understanding of the game so there weren’t any surprises that had me confused while watching. As the game continued, I started to realize that it might go down to the wire because both teams were pretty evenly matched. As the 4th quarter started to come to a close, the Pistons held a three-point lead on the Knicks with 15 seconds left. At this moment, my Dad and I were both deflated because star point guard Chauncey Billups hit a clutch three to put the Pistons up by three. Then, in the last few seconds, Knicks star Stephon Marbury hit a stepback three that tied the game, but gave the Knicks an opportunity to take the lead because he got fouled. As soon as Marbury hit

the shot, my Dad and I jumped up and down in enjoyment as if we won the lottery. To cap it off, Marbury hit the game winning free throw, giving the Knicks the win.

Seeing the enjoyment that my Dad and I had watching the game of basketball only drove me to want to play the game. After that game, I told my Dad that I want to be the next Stephon Marbury, and from that moment on basketball became a passion that I loved — hand in hand with baseball.



NCAA Basketball

Photo by Adonis Jones

“That decision I made turned out to be one that I’ll never regret”

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Seasonal Recipe

By Trevor Clarke, Core Staff

At the start of every autumn, as a child my wife used to bake a pumpkin loaf with her mom. Eventually it turned into something of a ritual, with the house-filling fragrance of nutmeg, cinnamon and cloves signalling the transition from summer to fall with far more ceremony than the season's actual first day. We've since incorporated this cozy childhood tradition of my wife's into our shared life as a couple.

The origins of this loaf lie in an old recipe my mother-in-law found in *The Mercury News*. Over the years, it has been amended and transformed, maturing into a bona fide creation of the Lam-Glassman family. With their permission, I've reproduced it below. Perhaps it will become a part of your autumn traditions, too.

This recipe calls for chopped walnuts; chocolate chips are a favorite substitution. It also falls on the less-sweet side of the baked-goods spectrum — sweet tooths are advised to add a quarter cup more sugar.

Karen's Pumpkin Loaf

Ingredients:

- 1 3/4 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 1/2 cup butter, softened
- 1/2 cup sugar
- 2 eggs
- 3/4 cup canned pumpkin
- 3/4 cup chopped walnuts

Instructions:

- Heat oven to 350 degrees. Grease and flour a 9-by-5-inch loaf pan.
- In a medium bowl, whisk together flour, baking soda, salt, nutmeg, ginger and cloves. Set aside.
- Using an electric mixer, cream together butter and sugar. Add eggs one at a time and beat well.
- Alternately add flour mixture and canned pumpkin, beating well after each addition. Using a spoon, stir in walnuts.
- Pour batter into loaf pan. Bake for 65 to 70 minutes or until knife inserted in center comes out clean.



Photo by Trevor Clarke

Each autumn, my wife used to bake this pumpkin loaf with her mom. We've since adopted this tradition as our own.

Jokes

By Ryan Cardenas, Core Staff

What can you steal that won't get you in trouble?

Second base.

How many apples grow on a tree?

All of them.

Why did the fish have a bad report card?

Because all of his grades were under "C."

I kept wondering why the baseball was getting bigger ...

Then it hit me.

What's the golf club's favorite drink?

Tee.

How does the ocean greet the beach?

It waves.

Poem

The Beauty of the Withering Rose

By Tiffany Pham, Staff Writer

In the dead of night, all I can do is gaze up at the stars.

As I do, strength slowly leaves my body. I will be waiting for my sun to come up once again.

I will close my eyes, and hide until daylight comes.

So I partake in a slumber,

One consisting of nothing but nightmares of my regrets.

The smell of sunshine wakes me up.

I'm greeted by your sweetness.

My heart is protected.

I cannot reveal what I truly feel.

I have my thorns to defend me.

Pointless if what causes my demise is my beauty.

In the end, I hurt what I love,

And then I never see them again.

The cruel cycle repeats.

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