

## Agencies Offer Safety Information

By: **Roque Cabrera**  
Staff Writer

The Health and Safety Fair, sponsored by The College's Health and Safety Department, was hosted on Oct. 8 from 10 a.m. - 2 p.m. in College Center, Cafeteria C to educate students about their physical and mental health.

Gwen Strokus, coordinator of Health and Safety, and Judie DiMaio, manager of Health and Safety, coordinated the Fair.

The Fair educated the staff and students of health issues such as personal safety, product safety, food safety, financial safety, sexual safety and mental safety. It aimed to increase students' awareness of safety of the body and the home.

Various different agencies participated in The Fair. Some of them were Edison Domestic violence, New Jersey Division of Fire Safety, Osia, The College's Counseling, Dental, and Health groups.

Each agency had its own table filled with pamphlets and snacks. Health Source Chiropractic and Progressive Rehab did a stress break massage to help pinpoint the cause of stress. The Middlesex County Office of Health Services promoted emergency

preparedness. Their links program disseminates information from Federal and State to local community. The Health and Safety table promoted storm water awareness and the Dental Program taught

the students the importance of maintaining good oral health.

New Jersey Division of Fire Safety taught students about fire safety and promoting the use of fire alarms. They set

up a visual aid called Sparky's Hazard House. It resembled a house with many fire safety violations. The house filled with smoke and sparked to show students how easily a fire could start.

Jerald Clark, the Public Information Assistant of Southern New Jersey, said, "Statistically, a fire, in nearly 80 percent of the cases, [start] between 11 p.m. and 7 a.m."

The Environmental Protection Agency (EPA), taught students about lead poisoning and pesticides as well as informing students on how to deal with roaches, bedbugs, and mold.

Because it was National Depression Awareness Day, the Counseling and Career services informed the students on stress management and depression.

"What we are doing at our table is just giving some educational information about stress management about depression and we are doing online screenings based on how you are feeling. We do this every year," said Sheema K. Majiduddin, Counselor at the Department of Counseling and Career Services.

The Fair has been hosted by The College for 15 years.

DiMaio said that the Fair is educating the students on a lot of different topics and that students can get to interact with different agencies they may not get to see.

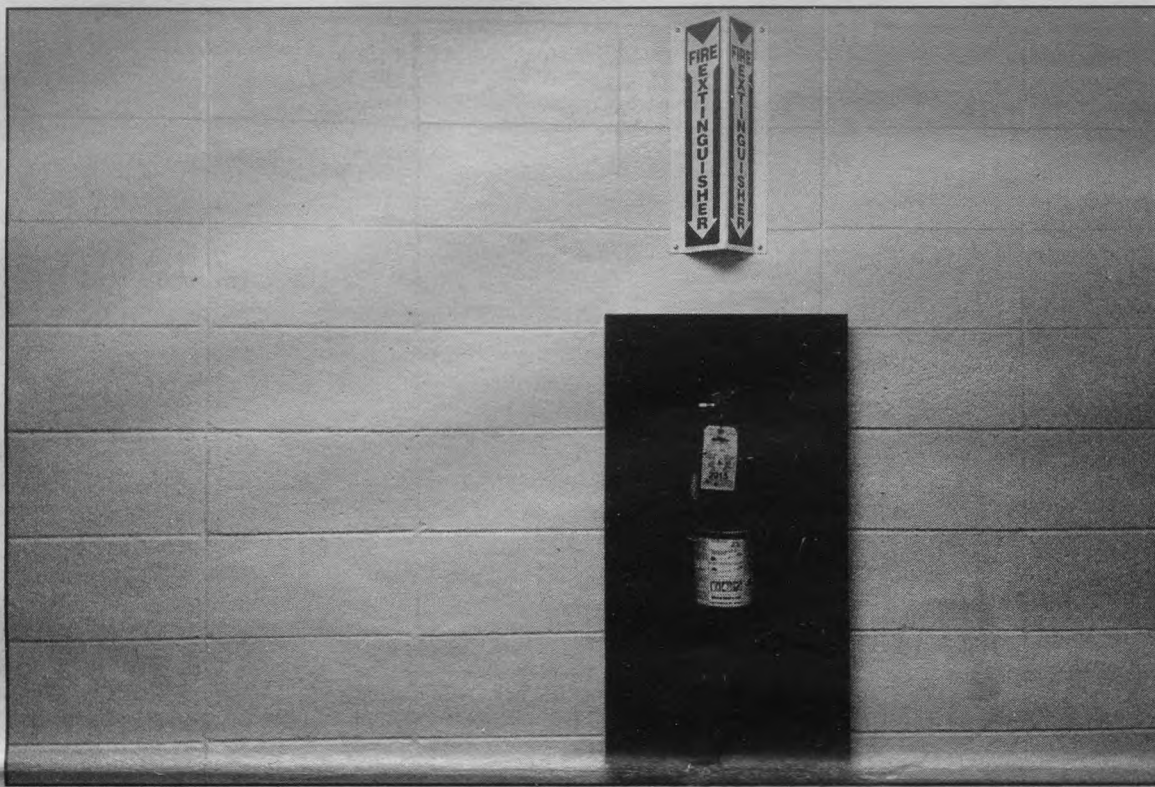


Photo Courtesy of Paige Bollman

New Jersey Division of Fire Safety taught students about fire safety.

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## Roosevelt Park Holds Dog Walk Fest

By: **Megan Thompson & Christopher Bohorquez**  
Health & Science Editor & Staff Writer

The Canine Companions for Independence (CCI), which was founded in 1975 according to their website [www.cci.org](http://www.cci.org), hosted the Dogfest Walk 'n Roll for the first in New Jersey in Roosevelt Park in Edison, N. J., on Oct. 11 from 11 a.m.-3 p.m.

This is an organization that matches service dogs to children and adults with a variety of disabilities, except for blindness, said Linda Strauss, a volunteer for CCI. The organization is dependent on over 1,000 volunteers nationwide who raise the puppies voluntarily for 18 months.

Strauss said, "[The] organization is reliant of a network of about 1,000 volunteers nationwide who raise the puppies voluntarily for about 18 months, and they bring them to training and get them socialized."

Volunteers train and socialize the dogs and hand them into one of the six regional centers in the nation. The dogs are then trained more intensively to be matched with a person with a disability. Applicants are invited to the regional facility where they are housed free of charge when they get approved.

Here, they will be matched with a service dog. However, the dog that an applicant will receive, which will be handed over by the former volunteer who raised and trained the service dog, remains anonymous until the graduation ceremony.

"[It's] a wonderful organization that matches the service dogs with children and adults with a variety of disabilities, except blindness," said Strauss.

According to Mike Savarino, a graduate who received

a service dog, his dog, Akirra, picks things up for him, carries things, opens doors and if he wants something on a counter that is too high she'll get it for him.

At the festival, there were several activities for both the dogs

and their human companions. For the dogs, there was paint stenciling, bobbing for apples, an obedience competition, an agility course and a canine costume contest and parade. For the owners, there was face painting and a doggie kissing booth where a participant can receive loving affection in the form of dog kisses. There was also a walk kick off at the beginning of the festival; here, the owners and their companions took a half hour walk along the trail around the lake.

A service dog demonstration was run by Amanda Otteni, an apprentice instructor at CCI, along with her dog, Tango. They demonstrated the various jobs a service dog can perform, such as pulling and picking up the laundry, picking different objects up for a person and pushing a wheelchair. The agility demonstration allowed dogs to take a try through an obstacle course.

"The event was really well-planned out. They had a lot of activities for the dogs. The staff was very informative, and Zoe [my dog] had a great time!" said Beth Scutto, a participant at Sunday's Dog Festival.



Photo Courtesy of Christopher Bohorquez

The first dog walk fest in New Jersey was held in Roosevelt Park.

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## Child Care Center Hosts Breakfast

**By: Haley Cafarella**  
Managing Editor

The College's Child Care Center held a Back to School Breakfast for the children and their parents in Edison Hall Room 184B on Sept. 30 and Oct. 2 from 8:30- 9:30 a.m.

This event allowed parents to meet with their children's teacher face-to-face. "Some parents are only able to drop-off and pick up their children," said Mary Jo Tivenan-Mackintosh, Director of the Child Care Center. "This breakfast is a great opportunity for parents, especially parents who are students, to have a face-to-face meeting with the teachers and get an idea of what the curriculum for the year is like." The breakfast started with an explanation of the Child Care Center's Creative Curriculum. According to the Child Care Center's website, "[The Creative Curriculum] is a researched based hands-on learning approach that utilizes children's natural curiosity to question the world around them."

Parents will not find a set lesson plan because lesson plans depend on the children's interests and questions from the previous week. Parents were also introduced to new a feature of the Child Care Center's educational program: the Family Component. According to the flyer that was handed out during the breakfast, the Family Component allows parents to view lesson plans, activities and teacher's anecdotes. The

parents submitted their e-mail addresses so the teachers can send them an e-vite. The parents then set up their own password and can access their child's progress.

The teachers mentioned ideas for activities that they plan on doing throughout the year. Lisa Catino's class will be conducting a building study. She plans on walking around the campus with her students so they can observe and

study buildings. "I will walk around campus with the students, and they will bring pads with them so they can draw the buildings they see," Catino said. "This activity is great for them because it teaches them about math, science and expands their vocabulary." The breakfast ended with the children participating in circle time, which allows them to be creative with music, movement and more.

For more information about the Child Care Center and its Creative Curriculum, contact Tivenan-Mackintosh at Mtivenan-mackintosh@middlesexcc.edu and call 732- 906-2542 to sign-up your child for classes.

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Photo Courtesy of Haley Cafarella

Parents and children enjoy a breakfast with their teachers during the Back To School Breakfast.

## Students Hold Time Management Workshop

**By: Megan Thompson**  
Health & Science Editor

Inbarasi Sathlyamoorthy, a nursing student and peer mentor at The College, and Mirly Paul, a recent graduate at The College

and a peer mentor at The College, held a time management workshop in Johnson Learning Center room 137 on Oct. 1 to teach students how to manage their time wisely and sufficiently on a college level.

Dr. John Dunning is the advisor who was in charge of the workshop along with coordi-

nator Lori Johnson. Sixteen students attended the workshop.

There was a PowerPoint presentation and packets were handed out as a supplement to the presentation. Topics that were discussed included defining time management, discussing the five ways in which time is wasted in college, discussing the many different ways a student can avoid time wasters, listing the six steps a student can use to keep in check with a schedule or planner and stay on top of assignments, and discussing the steps a student must take in order to study properly.

At the end of the presentation, the mentors handed out packets and allowed the students to take three to four minutes to fill out a personal time survey packet. This activity allowed students to calculate how much time they have left during the week to study after hours spent in class, at work, socializing, grooming, and getting adequate amounts of sleep and allowed them to further assess what steps they need to take and what they may need to sacrifice in order to obtain enough time during

the week to study sufficiently.

Sathlyamoorthy said, "Try to have a schedule. Don't be afraid to change it as you go. If you know [something] isn't working for you, change it and try to do something that works for you." According to the two facilitators, the time management workshop is an opportunity for students to understand what they may be doing wrong in terms of studying and what they can do to fix it. Paul said, "It's you knowing what needs to be done and you're deciding and planning how you're going to do it and how it's going to be done. That's really all time management is."

The College will be hosting a "How to Stay Motivated" workshop on Monday, Oct. 5 at 11 a.m. For a full list of workshops, students can pick up a schedule with a full list of all workshops at The College from the counseling and career services department in Edison Hall room 100.

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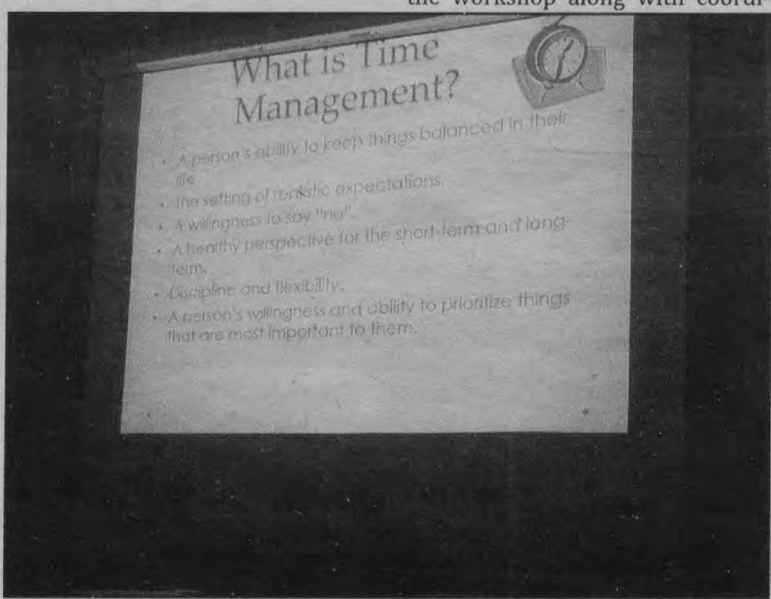


Photo Courtesy of Megan Thompson

A power-point presentation is used to explain concepts of time management.

### Upcoming Events

**Monday, Oct. 19**

Information Session- A clear pathway to enrollment from 5:30 a.m. - 6:30 a.m. in College Center Café C

Lecture by Marty Essen: Cool Writings from 11 a.m. in College Center Cafeteria C

Health Tech Check from 11 a.m. - 12:20 p.m. in Instructional Resource Center, room105

Stress Management at 11:15 a.m. in Edison Hall, room 100

**Tuesday, Oct. 20**

How to Talk to Employers at 12:30 p.m. in Edison Hall, room 100

**Wednesday, Oct. 21**

Lunch-N-Learn Wellness Meet and Greet from 11 a.m. - 2 p.m. in College Center, rooms 319-321

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**Come to the Quo Vadis Meetings!**  
**We meet every Wednesday at 11 a.m. in College Center Room 316 See you there!**

## Scouts Host Haunted Woods Walk

By: **Monica Sudfield**  
Staff Writer

The scouts from Pack 67 and Troop 167 will host the Annual Haunted Woods Walk-through in Old Bridge on Oct. 16-18, 23-25 and 30 from 7-10 p.m. or later to raise donations for the Old Bridge Food Bank by accepting non-perishable food items as admission.

Barbara Nyhus, the organizer of the Annual Haunted Woods, said, "This is not a rinky dink little scare just because it is presented by scouts."

She also said that past visitors have told her, "I can't believe how good this

is; it's better than some of the places we've paid money for."

"That it is such a great thing for the community," Nyhus said.

Over the last few Halloweens, the Haunted Woods Walk-through has collected a lot of food, especially last year; they brought so much food to the Old Bridge Food Bank that the shelves were completely filled, Nyhus said.

According to Haunted-woods.com, visitors attending the Walk need to "Be prepared to be scared."

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Non-perishable foods collected during the Annual Haunted Woods Walk-through will be donated to the Old Bridge Food Bank.

Photo Courtesy of Az Nyhus/ Haunted-woods.com

## Sanchez Performs at the Latin Dance Expo

By: **Haley Cafarella & Julia DeLello**  
Managing Editor & Staff Writer

Camila Sanchez, a Salsa instructor from Scarlet Mambo Latin Dance Studio, held a Latin Dance Expo in The College's Performing Arts Center on Oct. 5 from 11 a.m.-noon, in honor of Hispanic Heritage Month.

The first performance of the Expo was a Salsa routine. The dancers in this routine were Sanchez and her partner, Butherly Lubin. Before they performed, they explained to the audience the Salsa originated in New York City in the 1970's. The dance has many variations to it because it is a social dance that is meant to be performed in a nightclub. It is an intricate partner dance that is filled with a lot turns and fast footwork. The music that was played was rhythmical and filled with percussion instruments, and the costumes that the dancers wore were traditional Latin ballroom costumes that dancers

wear at ballroom competitions. After the performance was over,

the dancers mentioned that tickets for the trip to see the Broad-

way play "Wicked" on Nov. 5 will be on sale starting Oct. 13 at 9:30

a.m. in the Blue Colt Bookstore.

During the second performance, Sanchez and Lubin danced the Bochata, which is a social dance that originated in the Dominican Republic. As with the Salsa, the Bochata is a fast-paced, intricate dance.

For the third performance, Sanchez and two other female dance instructors performed a choreographed Latin dance to show the competition performance side of the dance instead of the social side seen in nightclubs.

Sanchez teaches Salsa for free every Thursday at the Perle Nightclub in New Brunswick at 9 p.m. "Ladies are free before 11 p.m.," Sanchez said. "So they can try it out, and if they like it they can actually come take dance classes at my studio in Edison."

For more information about Sanchez's Salsa lessons, go to [scarletmambo.com](http://scarletmambo.com).

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Sanchez and her partner danced the Salsa and the Bachata together.

Photo Courtesy of Julia DeLello

## Anna Todd Announces the Release of Two New Books

By: **Kristen Calderoni**  
Health & Science Editor

I've expressed my love for Anna Todd's "The After Series" many times before. Just three weeks ago, Todd made a huge announcement that she will be releasing two new books. Cosmopolitan.com released an article explaining what Todd's two new books are about. These books are about "After" characters already talked

about before in her series. They will follow Tessa's best friend and Hardin's step-brother, Landon Gibson. The books are set for release in June and August 2016, and they are titled "Nothing More" and "Nothing Less". These two new books will show Gibson's life in New York City after he decides to leave Washington in search of new adventures.

Todd said that she is very excited for her readers to hear Gibson's story. To her, it does not matter if her readers have already read "The After Series" or not be-

cause she knows that people are going to love her story. "He's kind and fiercely loyal, and when he falls in love, he loves hard," Todd said about Gibson's character.

Just recently, I skimmed through my "After" books and wondered if Todd will ever write a book about any of the other characters from her books or just keep writing about Tessa and Hardin. As if she's reading my mind, she announces she will be releasing two more books. When I found out, I squealed with joy. Two years ago,

Todd was writing on Wattpad, and now, her life has changed drastically. Towards the end of 2016, she will have seven books published at the age of 27. She is also making about six figures from her books, which is incredible.

She is also in the process of making "After" the movie, which is hopefully coming out in 2016 or 2017. The book, "Before" is coming out Dec. 8, which already has my nerves all excited because I want to know about Hardin's life before he met Tessa. With all of my excite-

ment, I already have special spots saved on my book shelf for when these books are released. Todd is my favorite author, and she inspires me so much with my writing. She makes me want to fulfill my dream of going into publishing and eventually writing books of my own.

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### "Between Two Worlds" By: Ute Burke

And after all these years of longing for home,  
the time has come, as it always does,  
to heal most wounds,  
and home doesn't beckon as much,  
and you feel new roots grabbing hold for you in your surroundings.  
When you do go back to visit, you realize that  
the familiar roads are not as wide and smooth,  
and the house you grew up in is not as big,  
and the fashion not as up-to-date  
as you remember.  
Your parents are old, the old ones gone,  
and the young - don't know you;  
nothing stayed the way it was.  
And one day, the time will come when  
you have lived in the New World  
for as long as you have lived in the Fatherland,  
and then,  
where do you belong?

### "Drowning From You" By: Layne Cribb

Just as I was sinking  
You pulled me up  
Only for you to see  
I wasn't the mermaid  
That you wanted to keep  
You threw me back  
Only for me to start sinking  
and the water submerged me  
And my body was sinking low  
I didn't want to breathe anymore  
my lungs were still working  
And my thoughts were still going  
But just when I realized  
That I wasn't enough  
I wasn't what you wanted  
I started drowning  
Not from the water  
But from the words you said

## Poems Wanted!

Quo Vadis Newspaper would like to offer students to submit their poetry for our Poetry Corner.

To submit poems,  
email Haley Cafarella at:  
[Haleylc6196@portal.middlesexcc.edu](mailto:Haleylc6196@portal.middlesexcc.edu).

## Students Plant Rain Garden to Prevent Run Off

**By: Roque Cabrera**  
Staff Writer

A Rain Garden was planted in front of Main Hall to stop Run Off water. The Garden was put together by students from The College and works to help the environment.

The Natural Science Department was in charge of the Garden.

"I would be the person who was in charge and getting the grant for it and then the students were the ones that worked on putting it in...the grant came through [The College] through the Retail Service Corporation" said Claire Condie, teacher in The College's Science Department.

Students from the summer Geology class and the Earth Science Club worked to put the Garden together and maintain it.

The Garden was planted in front of Main Hall because the pathways are impervious services, meaning that rain water cannot get through to the ground. When it rains the water collects left over garbage and pesticides and carries them down the drain and into our oceans.

"Run off is the leading cause of beach closures in the jersey shore [they are also responsible for] fish kills and algae blooms. So if we stop run off from entering into our infrastructure into our...pipes then it will keep our ocean's water cleaner," said Condie.

The Garden collects the water from the surface of the pathways and seeps it back into the ground.

"The purpose of the Rain Garden is to stop... run off from rain water that would carry any garbage, pesticides, or animal waste. It is to make it infiltrate into the ground before it hits the storm drain...that is the point of a rain garden ...to stop run off water and to get the water back into the ground," said Condie.

"The (DEPA), the Department of Environmental Protection, and...the (EPA), the Environmental Protection Agency, they recommend that Rain Gardens go in to try to stop run off," said Condie.

Plants for The Garden were bought The College's retail grant and Condie, provided students with tools.

"Plants were bought underneath the grant or the retail services on campus and the tools were mine," said Condie.

Rain Gardens attract butterflies and bees and they add natural beauty to their sounding areas. "...not only do they help recharge your aquifers but they also help beautify an area...if you like flowers and butterflies," said Condie.

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Photo Courtesy of Paige Bollman

Summer Geology Class and Earth Science Club put together the Rain Garden to prevent run off from rain water to enter storm drains.

## Revealing a Correlation Between Climate Change and Immunity

**By: Tara Canavera**  
Alumni Writer

A study issued in May, in the journal called Nature Communications reports for the first time

that medical authorities see a direct association between the change in weather and our genes, including

genes that affect immunity.

The Centers for Disease Control and Prevention (CDC) have long known that certain diseases, such as cardiovascular disease, Type 1 diabetes, psychiatric disorders, and autoimmune diseases, are linked to climate change. Seasonal changes also affect the way our immune system functions, as well as changes in the makeup of our blood and fat tissue.

Lead researchers from the University of Cambridge, Xaquín Castro Dopico and Marina Evangelou, said "seasonal changes have affected all life forms, as exemplified by seasonal physiology and behaviors across plant and animal species."

An excess of 16,000 blood and fatty tissue samples were examined from individuals living around the world in both the northern and southern hemispheres. The study specialists detected that "thousands of genes were expressed differently — meaning when they became active in a cell or tissue — during certain seasons. The types of cells found in the blood also changed according to the season." The study determined that nearly 25 percent of our genes alter depending on the time of year.

One finding that the scientists were chiefly focused on

was the gene ARNTL, which was revealed to be more active in the summer months. Past research in mice reveals that this gene suppresses inflammation, the new finding probably means that inflammation in humans is higher during the winter, increasing our odds for getting a host of diseases.

The second, and more unexpected, finding: A group of genes that play a role in our reaction to vaccination was more active throughout the cold weather months. This conclusion implies that some vaccinations may be more effective if received during the winter.

In a press release from the University of Cambridge, Mike Turner, head of infection and immunobiology at the Wellcome Trust, stated "This is an excellent study which provides real evidence supporting the popular belief that we tend to be healthier in the summer. Although we are still unclear of the mechanism that governs this variation, one possible outcome is that treatment for certain diseases could be more effective if tailored to the seasons."

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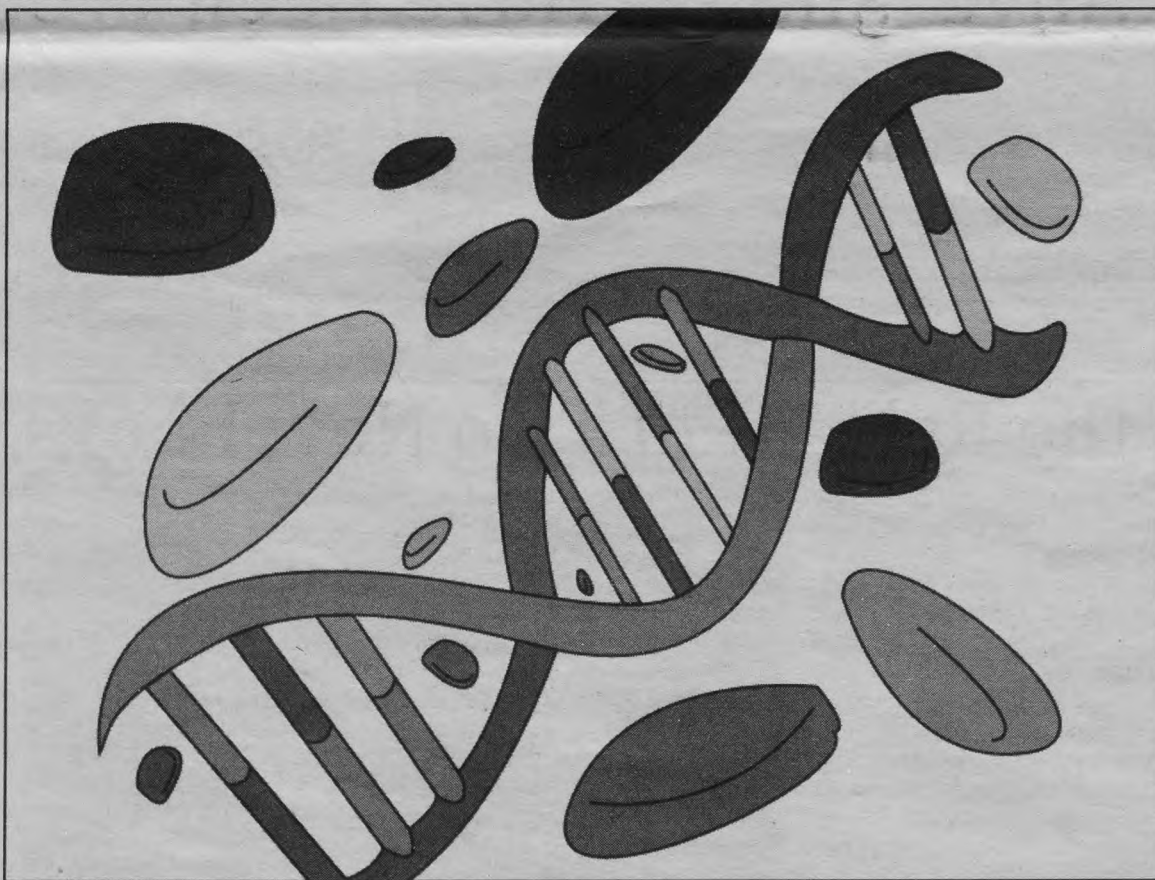


Illustration Courtesy of Daameon Stradford

Medical authorities and lead researchers from the University of Cambridge have found evidence supporting the belief of a correlation between climate and our health.

## The College's Pool Hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45 - 8:45 a.m.	6:45 - 8:45 a.m.	6:45 - 8:45 a.m.	6:45 - 8:45 a.m.	6:45 - 8:45 a.m.	10 a.m. - noon
11 a.m. - 12:20 p.m.	1:30 - 3 p.m.	11 a.m. - 12:20 p.m.	1:30 - 3 p.m.	11 a.m. - 12:20 p.m.	1 - 4 p.m.
3:30 - 5:45 p.m.	3:30 - 5:45 p.m.	3:30 - 5:45 p.m.	3:30 - 5:45 p.m.	3:30 - 6:15 p.m.	

## Reality of Being Hispanic in America

By: **Heaven Mangual**  
Staff Writer

Hispanic Heritage Month lasts from Sept. 15 – Oct. 15. It is a time when everyone with Hispanic roots is recognized for their impact on their community. But, once Oct. 16 comes around, there is a different side to living as a Hispanic.

I am a young Puerto Rican woman. This simple fact alone already confuses many people I have encountered. There are a couple of different reasons why this baffles people. For one, I am expected to live up to a certain standard based on stereotypes. Non-Hispanics are

surprised to learn that I am Puerto Rican because I am light skinned, yet I am not light skinned enough. This leads to the famous question, "So, what are you?" They just have to know because they see that I look white but not white enough to their standards. Once I answer them, their response is along the lines of, "Oh! You're Spanish! You don't look or act Puerto Rican." I must remind them that I am not Spanish, which refers to one being from Spain, Puerto Rico or any other Hispanic or Latino country that is not synonymous with Spain. Although Puerto Rico is where my ancestors are from, I was born and raised in New Jersey. People forget that there is

a big difference between heritage and culture. Heritage meaning obviously your ancestors, and culture meaning the environment you were raised in. Then I ponder to myself about what a Puerto Rican is supposed to look or act like exactly.

When in environments, such as work, there are too many times when a person will just come up to me and start speaking Spanish. I catch a few words here and there, but since I was not raised in a family that speaks solely Spanish, I cannot reply fluently to help them out, and we both end up frustrated at each other. Then, the other popular question gets asked, "Oh, but you are Puerto Rican; why

don't you speak Spanish?" Well, it was kind of hard when I started to become a member of society that was practically all English based.

Around middle school, when students begin to realize more of cultures around them, there were too many times when I could do one simple act and one of my Hispanic peers would say "You're so white," or "You're not a true Puerto Rican."

This is the curse of being a light skinned Puerto Rican in this society. Not being "white" enough, and not being "Puerto Rican" enough.

I do not let it fret my spirits because I embrace it. I take

pride of my heritage with every step I take. I wish to all other Hispanics and Latinos who are in the same curse of not fitting into either standard to stay true to who they are and not let anyone's ignorance get them down; to simply educate them in an effective matter. No matter how others may think we should act, who we are can never be taken away from us, and it will never be. Nunca. Never.

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## Evil is the Root of Violence in America

By: **Zack Jellison**  
Staff Writer

I was not planning on writing about this, nor how can we plan on to. I am talking about what happen at Umpqua Community College in Roseburg, Ore., on Oct. 1 where nine people were murdered in cold blood and several others wounded by a mentally-ill gunmen. Another school and community forever altered by malice and evil. Once again, America must wrestle with what happend and how to move ahead

from another mass shooting.

"There have been 142 school shootings in the U.S. since 20 children and six adults were killed at Sandy Hook Elementary School on Dec. 14, 2012" according to a recent LA Times article; that shooting struck a chord in the nation's conciseness and sparked a debate about gun control and mental illness in this country. Since then, we had mass shootings at the Washington Naval Yard, Charleston and Isla Vista. Now, Roseburg now being added to a long list of schools and communities that were the grounds of unspeakable malice and

of bloodshed. Yet, we are trying to wipe away a permanent stain.

We have talked about solutions and there have been little results. One can go and look to Connecticut and see the tough gun legislation that were passed under Governor Dannel Malloy in the months after the Sandy Hook massacre.

We can also say that we removed the Confederate Battle Flag that was raised to resist the civil rights movement in front of South Carolina state capital building in Charleston following a horrible mass shooting in a historic-black church this past June. Yet, why does

it seem in America that we are having these massacres frequently?

We can turn to a quote from Mahatma Gandhi about evil, "I object to violence because it appears to do good, the good is only temporary; the evil is permanent."

Gandhi's quote does apply to every aftermath of tragedies. We mourn, pray, and give a hand to strangers and those pictures taken appear on the news. However, that's only for a short amount of time and then we go back to our old habits. Gandhi could have turned his pacifist movement to end colonial rule in India into a violent crusade; it

would justify doing what he did. But, likely it will be marred by the permeant stain of lost and malice. The survivors and the victim's families of Charleston, Sandy Hook and now Roseburg all have a permanent mark that evil left on them as a constant reminder of what happened and what was lost on that day.

The problem of evil is it leaves a permanent mark, and there are people with malice who know that.

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## 'What A Time To Be Alive' Should Have Been Free

By: **Eddie Fu**  
Managing Editor

Drake and Future's joint album, "What A Time To Be Alive," was a major event in the music industry. Rumors and hype on social media stoked anticipation for the project, which debuted on a special episode of Drake's Beats 1 radio show, OVO Sound Radio. After the free preview, the album was only available for \$9.99 on Apple's iTunes store and exclusively on Apple Music streaming service — for the first week, at least — which costs \$9.99 per month. The question is, should they have charged for what even Drake has called a mixtape?

Admittedly, the sales of "What A Time To Be Alive" reveal this strategy worked. According to Billboard, its first week of 375,000 equivalent album units (combined traditional sales and streaming units) places it as the third-largest debut in 2015, behind The Weeknd's "Beauty Behind the Madness" and Drake's own "If You're Reading This It's Too Late."

However, "What A Time To Be Alive" was allegedly completed in less than a week, which is reflected by the mediocre quality of the final product. It sounds more like Drake hopped on some throwaway tracks left over from Future's recent album, "DS2," rather than a true collaboration. The mixtape is executive produced by

the Future affiliate, Metro Boomin, while only two songs are produced

by frequent Drake collaborators, "Live From The Gutter" (co-pro-

duced by Boi-1da with Metro Boomin) and "30 for 30 Freestyle"

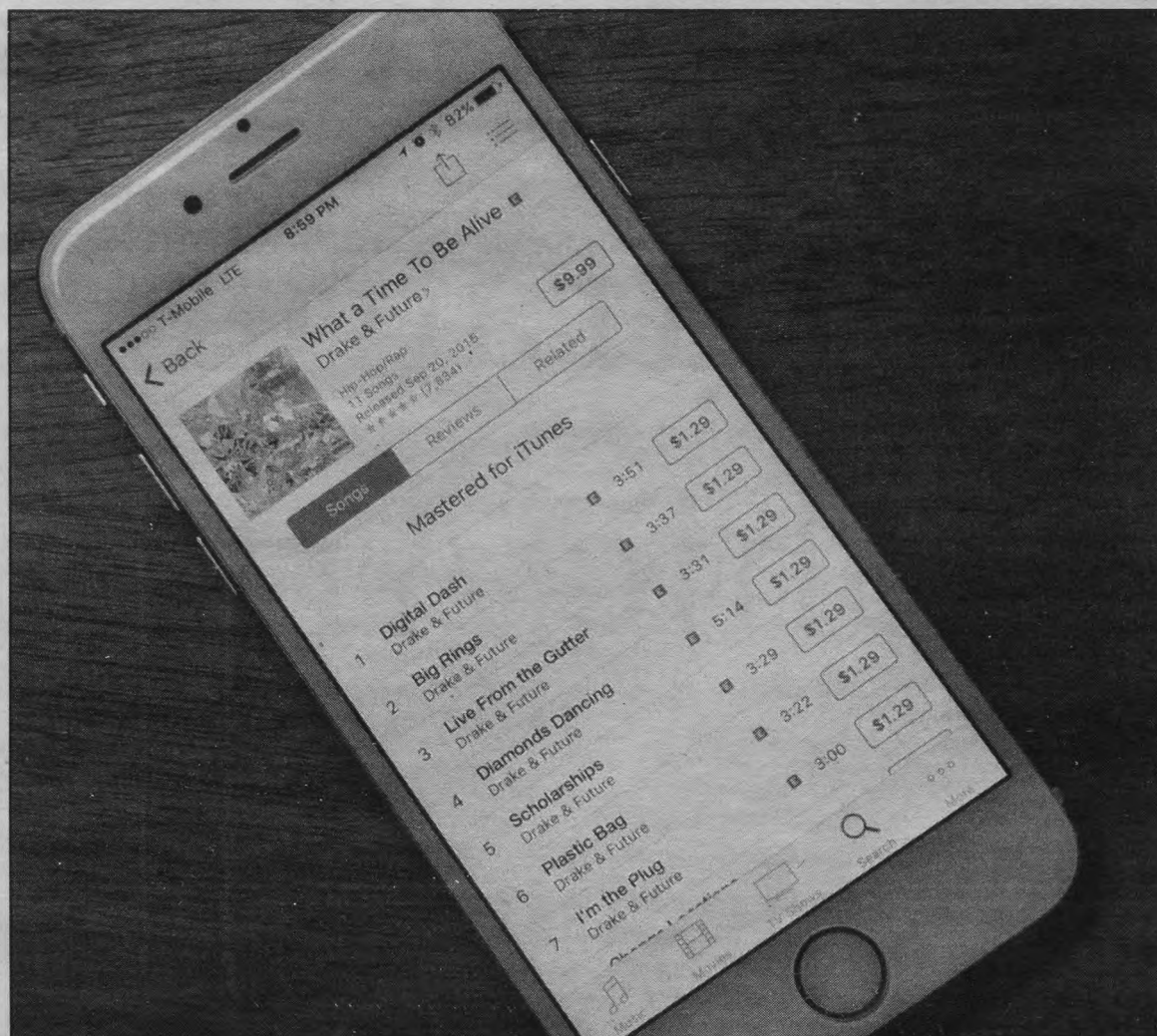
(produced by Noah "40" Shebib).

Both Drake and Future have set a precedent of charging for mixtape disguised as albums. In particular, Drake's "If You're Reading This It's Too Late," which the Canadian rapper himself called a mixtape, has been one the biggest albums of the year, while Future's "56 Nights" was initially a free download, but is now available for purchase on iTunes.

The truth is, both Drake and Future can afford to give away albums. Not only is Drake a best-selling artist, but he has his own radio program as a promotional tool, and even his own festival, OVOFest. Future is one of the most sought after performers, with audiences reciting lyrics from his mixtape and album tracks alike.

"What A Time Alive" could have been a gift for Drake and Future's biggest fans. Instead, it comes off as a money grab which was put together just to raise both artist's profiles even further. Rather than taking their time to release a high quality joint-album, they took the easy route. Rumors have long persisted about rappers Kendrick Lamar and J. Cole working together on an album. Hopefully, they will take their time if the project actually materializes.

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Drake and Future's collaboration project showed minimal effort from both artists.

Photo Courtesy of Eddie Fu

### Editorial Policy:

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**OUR CAMPUS IS**

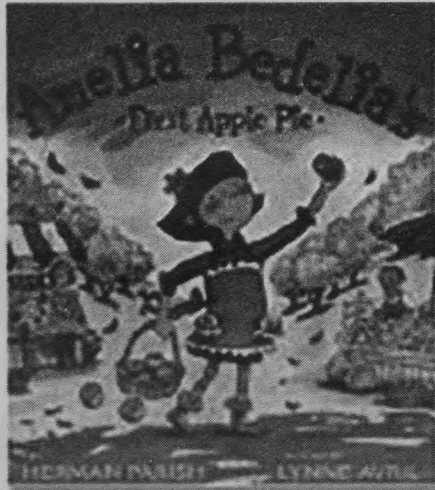
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**Adventures with Amelia: MCC Reads**  
**Saturday, October 24**  
**9:30 a.m. to 1:30 p.m.**

Middlesex County College  
Edison, NJ

*Featuring Herman Parish, the author of the popular Amelia Bedelia book series.*

Middlesex County College's Democracy House will host a Make a Difference Day Program designed to encourage kids to read. Children age 4-10 are invited to visit the campus, hear from the author of the popular children's book series Amelia Bedelia, enjoy refreshments, and have fun. The first 100 children who register will receive a copy of an Amelia Bedelia book, which can be autographed by the author that day.



Herman Parish, who conceived the Amelia Bedelia book series created by his aunt, Peggy Parish, brings the character to life with wacky wordplay, anecdotes about his aunt, and insights into his writing process. He will also hold a workshop just for parents on how to encourage their kids to read. MCC faculty and students will also pair up with kids to read together.

This Make A Difference Day grant was provided by Garnett Co. Inc. / Home News Tribune.

Visit [www.middlesexcc.edu](http://www.middlesexcc.edu) to register.  
Registration limited to 100 children

**SUCCESS STARTS HERE**

# MCC Open House

Thursday, October 29  
from 6 p.m. to 8 p.m.

Edison, NJ

## Goalie Overcomes Brain Surgery

By: Stephen Ur  
Sports Editor

The Colts women's soccer goalkeeper, Caroline Juba, has done well this season guarding the net. She has a record of thirty saves in the last two games. However, the story behind Juba is more than just a record. In the summer of 2013,

Juba returned to her South River home, where she passed out from dehydration. Her parents took her to the Robert Wood Johnson hospital, where doctors ran several tests on her. They discovered that she had a benign tumor in her left cerebellum, the part of the brain that controls balance and coordination. They are still unsure what happened to this day, according to Juba. "They called

it an episode," she said. Juba had surgery on Aug. 22, 2013, to remove the tumor. She spent the next two days in the Intensive Care Unit (ICU). After her short time in the ICU, she spent a few weeks in the adolescent wing, followed by two weeks of rehab at Bristol Myers Squibb, the children's hospital connected to Robert Wood Johnson. "The worst part real-

ly was just fighting my brain, when all I wanted to do was rest and sleep. I had to push myself to do small things like sit up or walk around the room once. What I went through made me the person I am today," said Juba.

Juba was forced to miss soccer during her senior year at South River High School. Her doctor told her that she wouldn't be able to run track or even hurdle again. However, Juba defied the odds and ran track her senior year.

While she didn't get a standing ovation when she returned, the people of South River did take notice.

"Everyone knew and respected it [...] people visiting and teachers home schooling me before I could return to school. There is also a quilting club in my town and they hand-crafted me a 'healing' quilt, which is beautiful," said Juba.

Juba has done an amazing job as goalkeeper this season for the Blue Colts. However, she does not plan to become a professional soccer player.

While Juba does not see herself becoming a professional athlete, she would like to coach her own soccer team.

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Photo Courtesy of Middlesex County College

Goalie, Caroline Juba underwent brain surgery in 2013.

## The Men's Soccer Team is in a Slump

By: Stephen Ur  
Sports Editor

The Blue Colts men's soccer team has lost three straight games in which they have not scored a single goal.

While the offense has not put up any numbers, the defense has given up a lot of them. The Colts have allowed 12 goals in the three straight losses, including six in their Oct. 1 loss to Ocean County College.

Five of those goals were scored in the first half of that game.

Jonathon Rivera, the Colts men's soccer forward, said that the struggles are due to lack of communication within the team.

"We have the ball, but when it comes to moving up as a team, we tend to be divided," Rivera said. "Defense stays back and then we have the rest at the top. When we lose the ball, there's a huge gap in the middle, and we're left bad positioned. We also aren't really creative. Once we get it in the opponent's third, we don't know what to do with the ball."

The Colts have attempt-

ed 30 Shots on Goal (SOG) and have not come away with a goal, which is a 0 percent goal percentage in the last three games.

Rivera also said that the only way that the team can improve and make a possible late season push is more communication, aggression and dedication.

While goalies Isaac Blagoee and Benjamin Rojas have recorded 21 saves in the three games, they have also allowed the 12 goals. For Blagoee, this stat is very frustrating.

"How would you feel if you were in the back of the net?" Blagoee said. He also

said that he only has one wish. "I try my best and so does everyone [else]," he said. "That's all I ask for."

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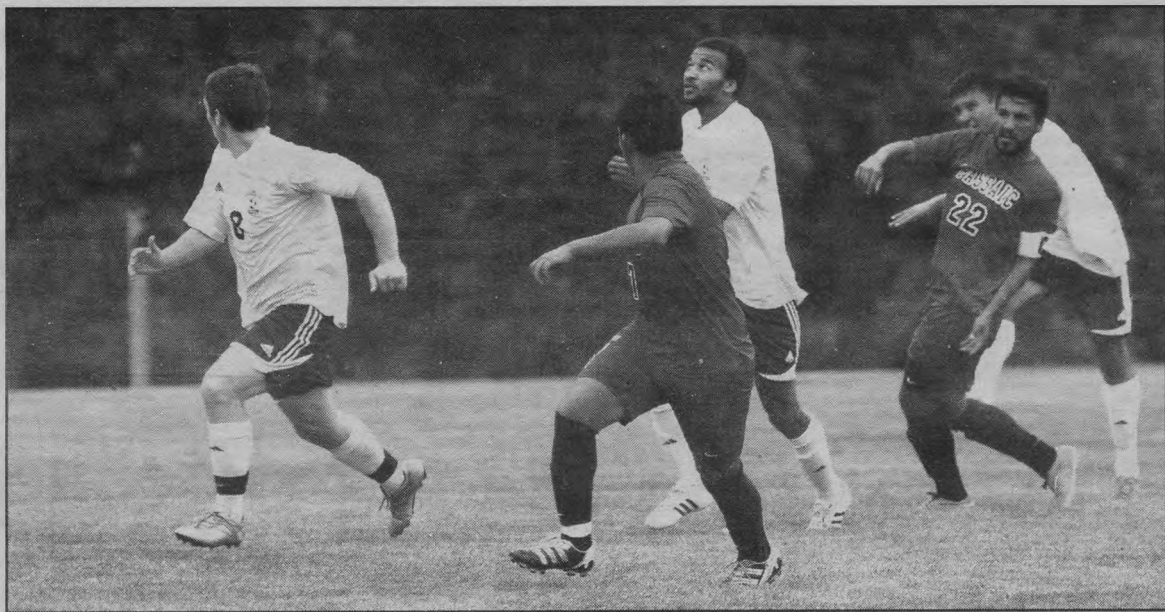


Photo Courtesy of Middlesex County College

The men's soccer team have not scored in three straight games.

## Coach Mooney's Takeaways on Baseball

By: Stephen Ur  
Sports Editor

The Blue Colts' men's baseball team played in what head coach CJ Mooney called a "pre-season" from Sept. 9 - Oct. 4. Mooney called it a pre-season because statistics and scores during the fall play are not recorded and do not count.

He said that the fall play is to just see who can impress and which players could possibly start during the spring semester.

The Colts finished the short season with a 2-2 record,

defeating Baseball Warehouse and Queensborough Community College and losing to Burlington and Northampton. Three other scrimmages were cancelled due to rain.

Mooney was impressed with the pitching more than anything during the fall session. "That was clearly our strong point as the pitchers seemed a little bit ahead of the hitting," he said. "the pitchers seemed really focused and understood the message that we were trying to send to them of working quick and throwing strikes to the defense in the game."

As the pitching game

shined, the batters struggled. "They were taking on a lot of good pitchers while in a hitter's count that they have been driving for base hits if they were aggressive," Mooney said. He also said that this is a minor negative and can be fixed once hitters get more repetitions and swings.

Mooney mentioned two players that stood out to him during the fall. Hirofumi Kato, the Colts' lone Japanese player, did not allow a single hit during his pitching appearances. Anthony Colletti, a transfer student from Kean University, will be compet-

ing for the starting job at third base, as well as a pitcher position.

With the fall session over, the baseball team will now come together in what Mooney calls a "study hall/weight room" every Monday, Thursday and Friday from 6-7 p.m. and 7:30-8:30 p.m. They will also continue their fundraising efforts toward the team's trip to Myrtle Beach, SC to kick off the baseball season this coming March.

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## Upcoming Games

**Oct. 15**

Men's Soccer vs. Burlington County College at 3:30 p.m.

**Oct. 17**

Men's Soccer vs Leigh Carbon Community College at Noon

Women's Soccer at Mercer County Community College at Noon

Women's Volleyball First Round of Playoffs TBA

**Oct. 19**

Women's Soccer vs Cumberland County Community College at 3:30 p.m.

**Oct. 20**

Men's Soccer at Northampton Community College at 3:30 p.m.

Women's Volleyball Second Round of Playoffs TBA