



## Child Care Hosts Parade

**By: Christopher Bohorquez**  
Staff Writer

The College's Child Care Center held its Halloween parade, which allowed the students to walk around in their costumes around the campus, on Oct. 30 at 10:30 - 11 a.m.

The children walked to the College Center and by the Johnson Learning Center (JLC). While walking, the kids had their own individual bags and were given candy and treats from the staff. By the JLC, the children stopped walking and made space on the sidewalk to form a little runway. Every child in each class walked down individually to show their costumes.

Mary Jo Tivenan-Mackintosh, who is the Director of the Child Care Center, organized the event. "Last year, we went to several offices with the kids. This year, other offices wanted to participate so it seemed easier to have us in one location so the kids don't have to walk so far. And it really worked out; the weather was nice, the kids were excited and they got little treats, mostly non-food items, just so we don't have to worry about food allergies," said Tivenan-Mackintosh.

The children dressed up in a variety of costumes. Mason Magner, another student of

the Child Care Center who is four years old, dressed up as Mickey Mouse because he loves that character. Mia Rocha, another student of the Child Care who is five years old, dressed up as the character Mel from the popular Disney Channel movie "The Descendants."

The children's teachers also dressed up. Lisa Catino dressed up as Mario, the Nintendo mascot. Jennifer Richards dressed up as a crying baby by putting on pink pajamas and having a picture of a crying baby as a mask.

The parents were then asked about their thoughts on the parade. Liz Carlton, who is a parent of one of the students, said, "It was adorable." Tiffany Wilson, another parent, said, "I thought it was fabulous, a lot of fun and the kids enjoyed it."

Tivenan-Mackintosh said, "I'd like it to be a tradition. I think it's nice for the children, the parents, and the administration to sort of celebrate with the kids."

The Child Care Center is located at Edison Hall Room 184B. For more information, contact Tivenan-Mackintosh at [MTivenan-Mackintosh@middlesexcc.edu](mailto:MTivenan-Mackintosh@middlesexcc.edu) or call 732-906-2542.

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Photo Courtesy of Christopher Bohorquez

Children from The College's Child Care Center walked around campus in their costumes and collected candy from staff members.

## Club Hosts Halloween Party

**By: Megan Thompson**  
Front Page Editor  
& Roque Cabrera  
Staff Writer

The Office of Student Activities, the Social Committee and the Student Government Association hosted the daytime Halloween Party in the College Center's Cafeteria C on Monday, Oct. 26 at 11 a.m.

Kevin Dalina, Ode Hoppie and Patricia Daly were in charge of the event. Food, music and prizes were provided at the event. All of the food, which included pizza, cupcakes and candy, was provided for free by the Social Committee and the Student Government Association. A DJ provided the music and the prizes consisted of tickets to Great Adventure. Students entered for a chance to win the tickets by donating to Land for the Homeless, which is a charity to help homeless people within the area, said Dalina.

The College's Exitium Step Team also performed.

There was another Halloween Party on Oct. 30 from 6:30 - 10 p.m., which was also hosted by the Student Government Association,

the Office of Student Activities and the Social Committee.

Students were required to present a school I.D. to get in the door, said Dalina.

Students from the Social Committee, the Student Government Association and Kick-Start worked hard to set up the party. The Social Committee helped provide the party with food, decorations and prizes.

Halimat Oshun, President of African Student Association and Executive Vice President of Student Government, Diana Fuentes, a member of Student Government, Kick-Start and Vice President of Student Affairs, and Modupe Bello, Vice President of Student Government, booked the cafeteria for the party.

Oshun said that she was excited to have the party

and more people would attend this party than the last party.

Fuentes led in buying the decorations and worked on the flyers that advertised the party.

Bello filled out a form to book the room and ordered all of the party's decorations and candy from Party City.

Birane Toure, Treasurer of the Student Government Association, was responsible for

getting the money for Party City and made sure the checks were done three weeks in advance.

Toure said that the management for the party was done well and everyone did their share of work to make sure the party was at its best.

Ryan Torres, Publisher of the Student Government Association, promoted the party by handing out flyers and getting people to sign up.

During the party, there was a costume contest. Prizes for best costume included rewards from The College's Blue Colt Bookstore and Six Flags tickets.

The DJ who played at the party was Gary Davis. He played different genres of music and took any requests from the audience.

Students can find a full list of upcoming events hosted by the Office of Student Activities, the Student Government Association and the Social Committee on The College's website and Facebook.



Photo Courtesy of Megan Thompson

Many clubs participate in the Halloween party which includes a DJ, contests and prizes.

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## The College Honors Veterans

**By: Melissa Kurtz**  
Managing Editor

Students and faculty took part in celebrating Veterans Week at The College during the week of Nov. 9 through various events and activities to honor those who served and are still serving our country.

The Center for Veterans Affairs and The Office of Student Activities scheduled events for students and faculty to participate in during Veterans Week.

To kick off the week on Monday, Nov. 9, there was a flag rising event at the College Center, with a flag that has been flown over the U.S. Capitol immediately followed by a guest speaker, New Jersey Deputy Commissioner of Veterans Affairs Raymond Zawacki. After his presentation, there was a Meet and Greet with Commissioner Zawacki and the official opening of the Student Veterans of America Warpaint art exhibit in the Performing Arts Center's Art Studio. The College is the first venue to display this art outside of the National Veterans Center in Washington, D.C.

Throughout the past several weeks, there have been collection boxes located throughout The College's campus for the students and faculty to donate specific items that can be shipped to military members overseas. On Tuesday, Nov. 10, between 11 a.m.- 2 p.m., these items were packed so that they could be sent to our service members who are not home for the holidays. Along with these items,

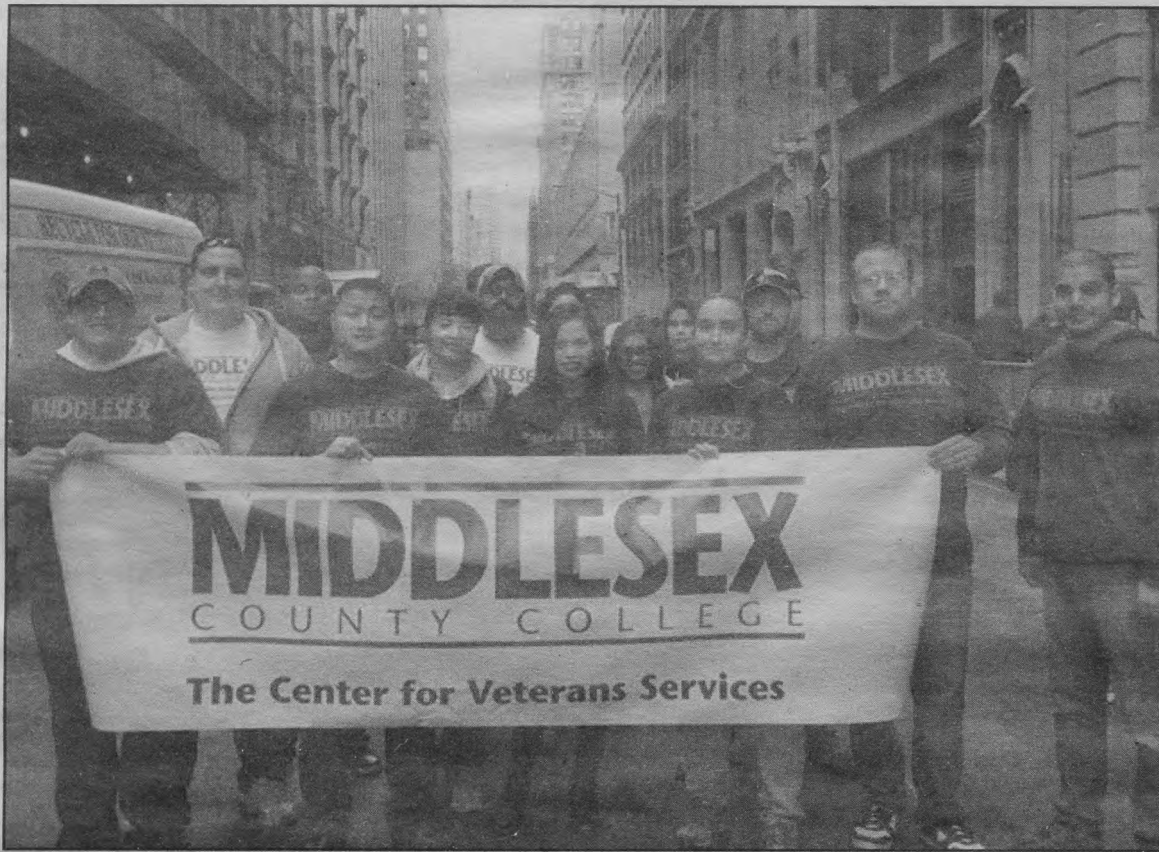
there were letters and pictures that have been written and drawn by Edison Township school district students to thank our service members for doing what they do.

The President of the Veterans and Service members Association, Robert Giorgi, said that on Wednesday, Nov. 11, students, staff and faculty are participating in the Veterans Day Parade in New Brunswick.

Giorgi also said there will be a screening of "The Hornets' Nest" in the College Center's Corral Restaurant on Thursday, Nov. 12 at 11 a.m. The documentary is about an actual military action in Afghanistan, said Giorgi. To introduce the documentary and to answer questions after the showing, a Question and Answer session will be held with a Marine who participated in that action.

Army veteran and alumni of The College, Robert Rivera, stated that participation in these events is a way to bridge the gap between veterans and their fellow students. All students, faculty, staff and the public are invited to participate in any or all of the activities.

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Veterans visit New York City, last year.

Photo Courtesy of Ode Hoppie

## College Students Plays in 'Milkmen' Band

**By: Haley Cafarella**  
Managing Editor

Two students who attend The College, Brian Hughes and Anthony D'Arcangelo, along with Ben Thieberger, are in the New Brunswick-based band, Milkmen.

Hughes plays the bass and sings; D'Arcangelo plays the drums; and Thieberger is the band's lead vocalist and guitarist.

"The band started maybe a year and a half ago in New Brunswick," said Hughes. "At the time, I was a Rutgers student and I was in another band, and my roommate wanted to start a band. So he gathered a drummer, and I kind of watched them grow over the course of eight months until my band collapsed, and then I filled the void that they always needed."

The band has many musical influences, including punk rock, jazz, funk, math rock and classic rock, but does not like to stick to one genre of music. "We all like punk rock a lot," Hughes said. "We also like jazz music, and we kind of just blend those two when we write." The band has

been compared to The Strokes because of their willingness to not stick to one genre of music.

They mostly perform in New Brunswick, but they have branched out to other venues

and have performed in Philadelphia, Pa., and Long Island, N.Y.

"We play in New Brunswick a lot," Hughes said. "My favorite basement venue in New Brunswick is my house, which

is the bomb shelter. We are notorious for throwing big shows, drawing big crowds and just having a lot of fun. We've been doing that for a couple of years now."

Over the summer, Milkmen recorded an album of 11 songs in the Kaleidoscope recording studio in Lancaster, Pa. The album is still in the stages of being mixed and mastered, so the band hasn't released any music yet. The band hopes to release their album by the end of the year and to tour around the New England region in early 2016.

They recently performed in Long Island on Nov. 6 and in a venue in New Brunswick on Nov. 7. They are booked to perform at Bard College on Nov. 20 and in New Brunswick on Nov. 21.

For more information about the band, 'Like' "Milkmen" on Facebook, follow @MilkmenBand on Instagram and e-mail them at Milkmenbandnj@gmail.com.

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Photo Courtesy of Martin Alonso

Hughes plays the bass and sings in "Milkmen".

**Calendar of Events: Thursday, Nov. 12** - Veteran's Week Program "WarPaint" Art Exhibit 10 a.m. - 6 p.m. in the Studio Gallery, Veteran's Week Program: Movie Screening of "The Hornet's Nest" at 11 a.m. in the College Center Corral, Ingredients for Success at 2 p.m. in Edison Hall Room 100 **Friday, Nov. 13** - Trip to see the Cleveland Cavaliers vs New York Knicks at 4:30 p.m. **Saturday, Nov. 14** - Health Program Information Session from 10 - 11 a.m. in the College Center Corral **Monday, Nov. 16** - MCC Board of Trustee Meeting at 9 a.m. in the Chambers Hall Boardroom, Veteran's Week Program - "WarPaint" Art Exhibit from 10 a.m. - 6 p.m. in the Studio Gallery, Native Pride Dance Troupe at 11 a.m. in College Center C, Master Student: Cultural Leadership from 11 a.m. - 12:20 p.m. in the Instructional Resources Center Room 105, Stay Movitvated at 11:15 a.m. in Edison Hall Room 100 Transfer for Business Majors at 11:15 a.m. in Edison Hall Room 100 **Tuesday, Nov. 17** - Radiography Career Day from 8:30 a.m. - 2 p.m. in Crabel Hall Brunswick Rooms 1 and 2, Veteran's Week Program - "WarPaint" Art Exhibit from 10 a.m. - 6 p.m. in the Studio Gallery

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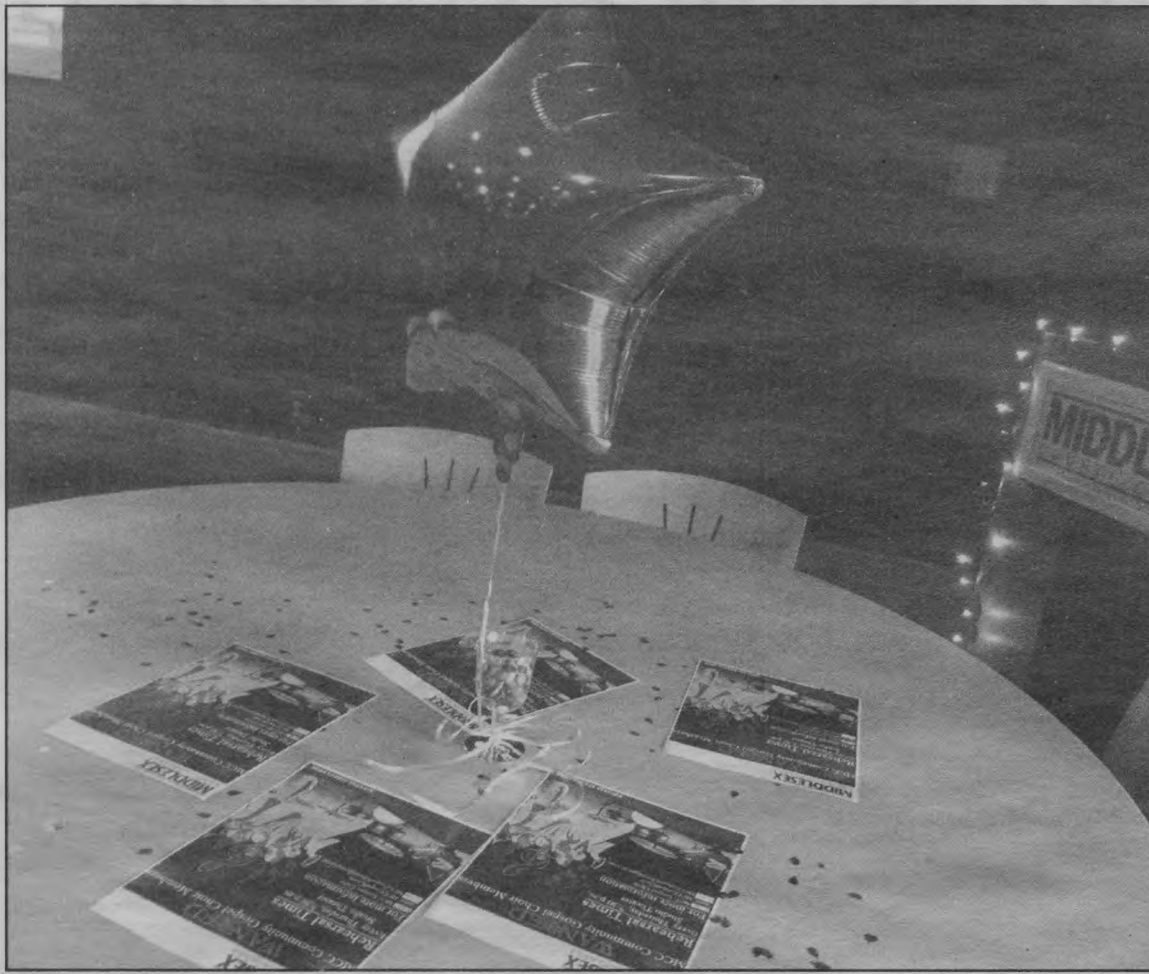
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**Come to the Quo Vadis Meetings!**  
**We meet every Wednesday at 11 a.m. in College Center Room 316 See you there!**



## Students Perform in Gospel Choir's Fundraiser



The decorations at the Gospel Choir's "Gospel Karaoke Poetry Slam" fundraiser are the choir's colors: blue, white and gold.

By: **Haley Cafarella**  
Managing Editor

The Gospel Choir hosted "The Gospel Karaoke Poetry Slam" fundraiser in the College Center's Corral Restaurant on Nov. 2 from 10 a.m. - noon.

The choir passed around a sign-in sheet to record the attendance of the event, and the performers signed a separate sign-in sheet to state the name of the song or poem that they planned to perform or recite. Original songs were performed acapella, and the instrumentals for covers of songs were provided from YouTube.

"The atmosphere of the event was set with dim lights and strung pin lights," said Barbara Roberts, the Gospel Choir's Founding Director and President. "The menu of items that were sold included candy apples, apple pie, sweet potato pie, pecan pie, cookies, cinnamon bun cupcakes and more."

Many of the choir's members attended the event. They performed the gospel song "Smile" together. Roberts performed the song "Alabaster Box" by CeCe Winans.

"This song tells my life's story," she said. "It is very dear to my heart." She also read an original poem titled

"Music is the Air I Breathe." Maurice Easter, a member of the choir, played a few songs on the saxophone. The choir's vice president, Kirti Sharma, read an original poem titled "I Listen."

Sharma helped to plan the event along with Tanais Perez, the choir's secretary, Jasmyn Byrd, the choir's technical director, and Maria Ramos, the choir's treasurer.

"If it were not for the help of my wonderful co-advisors, Denise - Crawford Johnson and Max Hill, Jr., I'm not sure if it could've happened," Roberts said. "They give me and this choir more support than anyone could ever be deserving."

Ode Hoppie, the assistant director of the Office of Student Activities, and Kevin Dalina, College Center Specialist, also helped out with the event.

"I would also like to give God all the credit for master minding the entire event," Roberts said.

The choir continued their fundraiser with a bake sale in the College Center's lobby on Thursday, Nov. 6 from 9:30 a.m. - 12:20 p.m.

For more information about the Gospel Choir, contact Roberts at [mccgospelchoir@gmail.com](mailto:mccgospelchoir@gmail.com).

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Photo Courtesy of Paige Bollman

## Adele Prepares Her Comeback with New '25' Album

By: **Eddie Fu**  
Digital Media Editor

"Hello, it's me."

With these three words, English singer Adele officially announced her return ahead of the Nov. 20 release of her long-awaited album, "25." The first single, "Hello," received universal acclaim from music critics and fans alike, debuting atop the Billboard Hot 100. The music video for the song was also a success, breaking the Vevo record for most views in a 24-hour span, previously held by Taylor Swift, and reached 100 million views in the shortest time, previously held by Miley Cyrus.

"I was wondering if after all these years you'd like to meet."

"Hello" entered the top of the Digital Songs chart with over one million copies sold in the first week, quieting concerns about whether Adele could still succeed in an industry which has drastically changed since 2011, when she released her previous album, "21," and sold 31 million copies worldwide.

"They say that time's supposed to heal ya, but I ain't done much healing."

This is where the song's

lyrics veered from the truth. Adele is back, but she is no longer dealing with heartbreak. Instead, the 27-year-old singer is now in a serious relationship with Simon Konecki, the father of her three-year-old son, Angelo. She took a hiatus from music to raise Angelo and live away from the public spotlight.

In an interview with Rolling Stone magazine, Adele said, "My career's not my life. It's my hobby." She wants to be able to return to the spotlight and release music, but then go back to a private existence. According to the singer, the "level of attention is frightening, especially if you don't live around all that showbiz stuff."

However, Adele is prepared for her return. She sticks to a warm-up routine to protect her throat, after undergoing surgery for a vocal hemorrhage in 2011. Adele is also getting in shape for the inevitable tour. She told Rolling Stone that she is going to the gym to "get in shape for [herself]" and that she likes "doing weights."

Adele also took extra time to get "25" right, gaining valuable input from legendary producer Rick Rubin. According to Rolling Stone, Rubin said, "I stressed the most important thing was to

be true to her voice, even if that took longer and was more work."

And so, Adele spent two months in Los Angeles working with various songwriters and producers, including super producer Max Martin, who has made hits for Taylor Swift, Katy Perry, Britney Spears, N'Sync, The Backstreet Boys and many more.

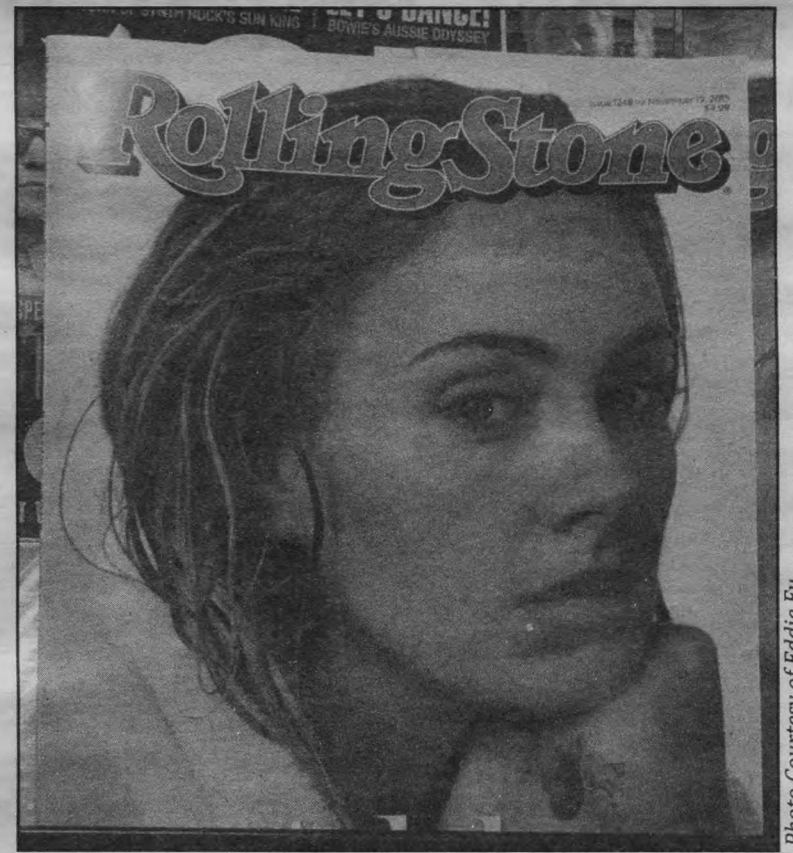
As a result, Adele has updated her sound from the anachronistic "21." According to Rolling Stone, collaborator Paul Epworth said, "It's almost like she's trying to beat everyone else at their own game." If this statement is true, the music industry should be very, very scared.

According to the Guinness Book of World Records, Adele was the first woman in the history of the Billboard Hot 100 to have three simultaneous top 10 singles as a lead artist, and "21" became the longest running number one album by a female solo artist in the history of the UK and U.S. album charts.

With a newly modernized sound adding to Adele's appeal, the singer is well-positioned to set even more sales records. Indeed, according to Billboard, industry projections for first-week sales of "25" range from 1.3 to 1.8

million copies. With the success of "Hello" in hand, Adele is poised to take over the industry once again.

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Adele poses for the Nov. 19 issue of Rolling Stone.

Photo Courtesy of Eddie Fu

### Poems Wanted!

The Quo Vadis Poetry Corner is open for submissions. Please submit your poetry to Haley Cafarella, the Arts & Entertainment Editor at: [haley6196@portal.middlesexcc.edu](mailto:haley6196@portal.middlesexcc.edu)

### "Out of Time" by Kristen Calderoni

I'm out of time to do anything  
It's too late, too late now.

I looked into the mirror and said  
I have no more time. Don't you understand?

My reflection said, yes you do.  
And I said, No how don't you see?

My reflection said, calm down why don't you?  
And I said, no I can't.

My reflection took a glance at me and said,  
you're out of time.

### "A Hectic, Crazy Crash to Get a Spot" by Kristen Calderoni

The sun shining bright, and the wet touch of dew on the grass,

the leathery feel of the inner car door handle,  
the engine roars and I'm off to get an education.  
I pass the misty Spring Lake sloping down the hill,  
the light that turns red and I know I'll be late.

Turning down the street I see the plant-covered fence,  
concealing the eery house.  
A kid shows off to his friends as he successfully performed  
a back flip.

Not focused, I feel a joy inside me shoot through my veins  
A hectic crazy crash to get a spot,  
and I'm the cause of it all with two other people,  
trying to get the same spot we all desire.



## New Health Warning Explained

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

The World Health Organization (WHO) has made it known that processed meats can cause colon cancer after scientists reviewed over 800 studies that looked at the link between the consumption of red meat and the risk of certain cancers. The panel of 22 scientists categorized red meat as a carcinogen.

There is a connection between eating processed meat and an increase in stomach cancer, as well as a positive link between red meat and cancers of the prostate and pancreas, according to findings published online on Oct. 26 in the journal, *Lancet Oncology*.

These findings have led to many unanswered questions, such as: What should we do now that we know that processed meats could cause cancer? What are we supposed to be eating for lunch now at work and school? Should we go to a strict vegetarian diet?

To answer these questions, Live Science turned to two experts. "The WHO's data showed that a person who eats a little bit less than 2 ounces of processed meat a day, which is equal to one small hot dog or about two slices of salami, is 18 percent more likely to develop colorectal cancer

than someone who eats none," said Alice Bender, who is a registered dietitian. Processed meat is any meat that has been preserved by smoking, curing, salting, or adding harmful chemical preservatives, Bender adds. Processed meats include cold cuts from the local deli counter consumed by most people. Red meats include pork, beef and veal and also fall under the cancerous category but are not consumed by most people in the United States. Cooking these meats at high temperatures by grilling or frying them can form more cancer promoting chemicals, such as heterocyclic amines (HCAs).

There are many ways to reduce the risk of getting cancer from processed meats. One way is to turn to a vegetarian diet. However, if someone is having difficulty doing so, they can just cut down on meat in their diet. A resolution could be made to only eat meat at a certain time of year, such as on holidays and at parties. It is recommended to eat no more than 18 ounces of cooked red meat weekly. Staying active and eating a healthy diet is the best way to reduce the chances of getting cancer.

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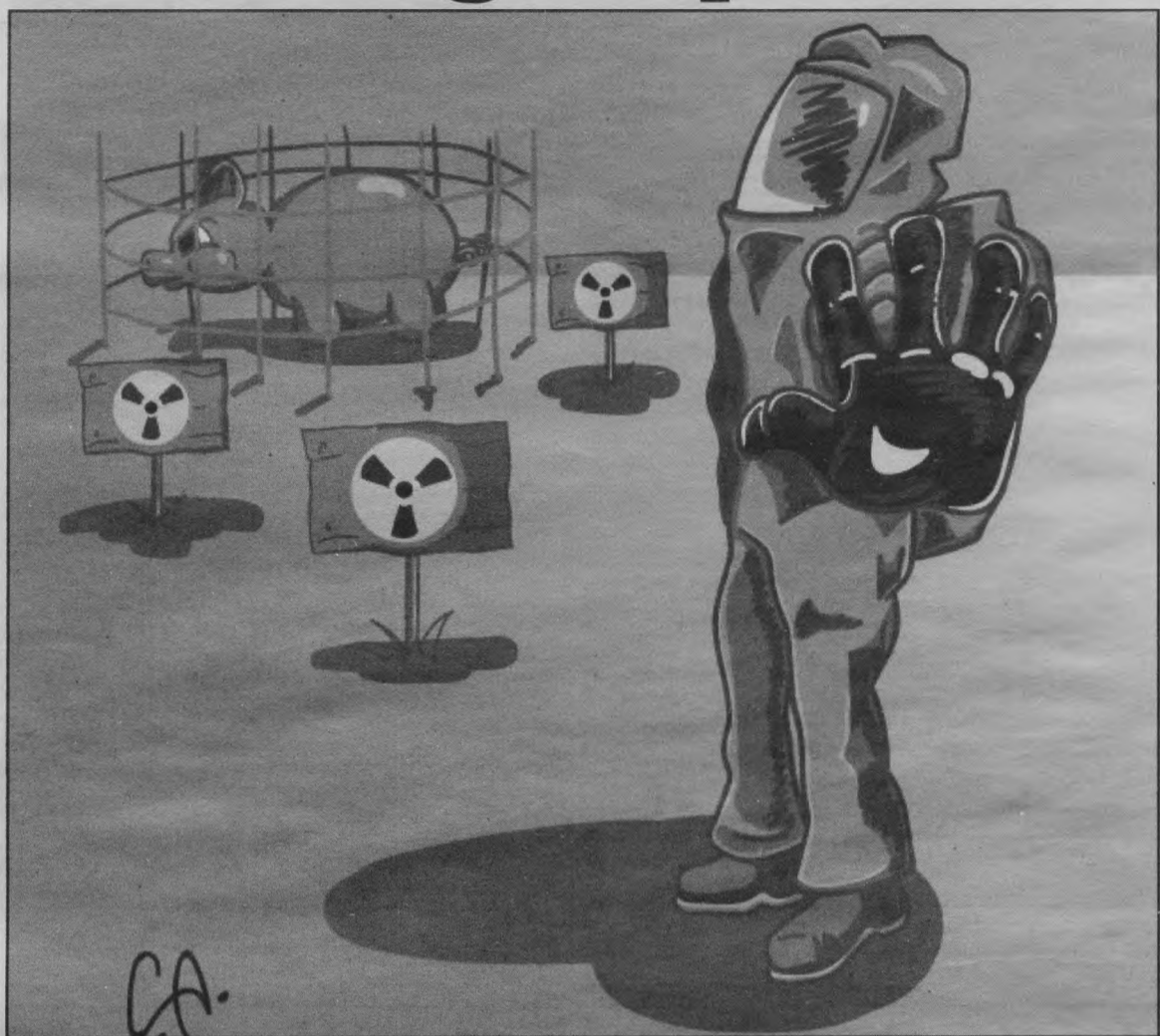


Illustration Courtesy of Daameon Stradford

There is a connection between eating processed meat and an increase in stomach cancer.

## People Benefit from Honey Consumption

**By: Tara Canavera**  
Alumni Writer

This week, we will discover the health benefits of honey. It is best to use local honey. As always,

check with your healthcare provider before trying any treatments, even natural ones. Never give honey

to anyone who is under a year old.

The ancient Egyptians made offerings of honey to their gods and used it as an embalming fluid and a dressing for wounds. Today, honey is used for its anti-bacterial and anti-inflammatory properties. Holistic practitioners deem it one of nature's finest all-around remedies.

In a Norwegian study, 59 patients suffering from wounds and leg ulcers - of which 80 percent had failed to heal with conventional treatment - were treated with unprocessed honey. All but one of the cases showed remarkable improvement following topical application of honey. "All honey is anti-bacterial, because the bees add an enzyme that makes hydrogen peroxide," said Peter Molan, director of the Honey Research Unit at the University of Waikato in New Zealand.

It is used to soothe coughs. A 2007 study from Penn State College of Medicine that involved 139 children found that buckwheat honey outperformed the cough suppressant, dextromethorphan, in calming nighttime coughs in children and improving their sleep. The Mayo Clinic notes

that honey could be an inexpensive way to avoid low white blood cell count due to chemotherapy. In one trial, 40 percent of cancer patients who were known to be at risk of neutropenia (very low blood count) had no further episodes of the condition after taking two teaspoons daily of therapeutic honey during chemotherapy.

Many people swear by honey's ability to lessen symptoms of seasonal allergies. This has not been proven in studies, but experts say that honey can contain traces of flower pollen. Exposure to small amounts of allergens works as good treatment to combat reactions.

According to the National Honey Board, honey contains "small amounts of a wide array of vitamins and minerals, including niacin, riboflavin, pantothenic acid, calcium, copper, iron, magnesium, manganese, phosphorus, potassium and zinc." This means that the use of honey instead of sugar provides you with more nutrients for your calories.

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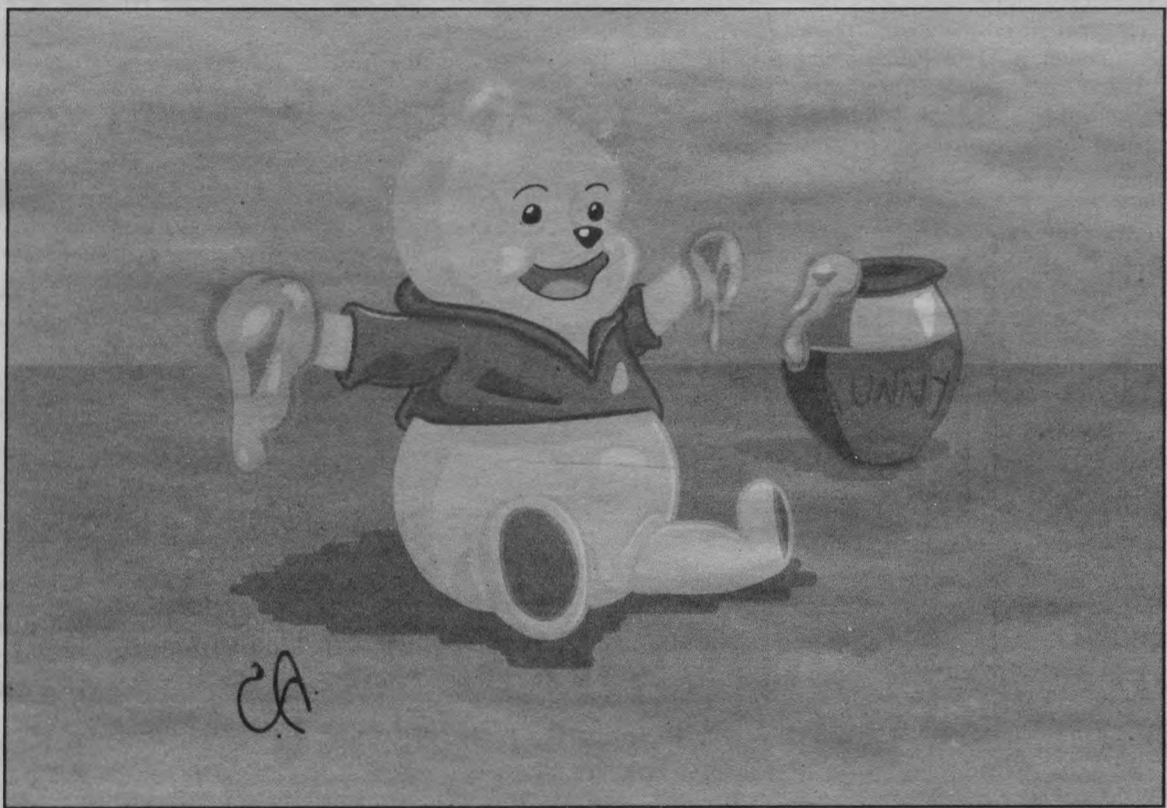


Illustration Courtesy of Daameon Stradford

Honey contains "small amounts of a wide array of vitamins and minerals."

## 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
11a.m.-12:20p.m.	1:30 - 3 p.m.	11a.m.-12:20p.m.	1:30 - 3 p.m.	11a.m.-12:20p.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.	



## Caitlyn Jenner is an American Hero

By: Mallory Nathan  
Editor-in-Chief

When Caitlyn Jenner made her debut earlier this year, officially reintroducing herself to Hollywood as a transgender woman, she seemed to be welcomed with open arms. Fellow celebrities and the general public alike voiced support for Jenner, commending her for her bravery. Of course bigots didn't miss a beat, but their noise felt like a dull roar in comparison.

That is, until it was announced that Jenner was chosen to receive the Arthur Ashe Courage Award at the 2015 ESPYs.

Overnight, photos of disabled soldiers and cancer patients went viral, each one attached to an indignant caption: "THIS is courage!" and "Where are THEIR awards?" Even those who manage to quietly pass through political climates were suddenly under the impression that this was an injustice; that a transgender woman could not possibly be the most deserving of recognition; that there had to be a more deserving candidate somewhere--*anywhere*. And although the awards have since come and gone, the debate is still a prominent, often polarizing, thread in our culture: Should Caitlyn Jenner *really* be called a hero?

There was a time when the same question sought no discussion—but at that time, we only knew Bruce. As a record-breaking athlete, Jenner catapulted into the heart of American history and heroism with ease. There was no one more worthy of the title in 1976, when she took the gold medal at the Olympic Games and the slot as Associated Press's Male Athlete of the Year. The image of Jenner's victory lap, muscles bulging beneath a red, white and blue track suit, was hung as honorably as the flag itself across every front page. She was the very embodiment of masculinity.

Fast-forward to 2015, and Jenner is gracing the cover of *Vanity Fair* in a silk corset, full makeup, and asking that America "Call me Caitlyn."

There are a multitude of reasons why people would have trouble accepting Caitlyn. To most of us, being transgender is a foreign concept, and it's natural to reject what we don't understand. Perhaps if Jenner had not been who she was in the 70s, her identity would be easier, or at least less pertinent, to grasp. But since we now must *learn* to understand why Bruce, one of the most beloved male icons, was never actually Bruce at all, our perspective on gender as a whole must shift.

For the transgender

community, this representation is crucial. As we keep them in our peripheral, Trans women live with a 1 in 12 chance of being murdered, and more than 50% of Trans youth will have had at least one suicide

attempt by their 20th birthday. Because of Caitlyn Jenner, that reality has come into conversation more than ever before. Because of Caitlyn Jenner, invisibility is no longer an option. Because of Caitlyn Jenner,

lives are being saved—whether you'd like to call her a hero or not.

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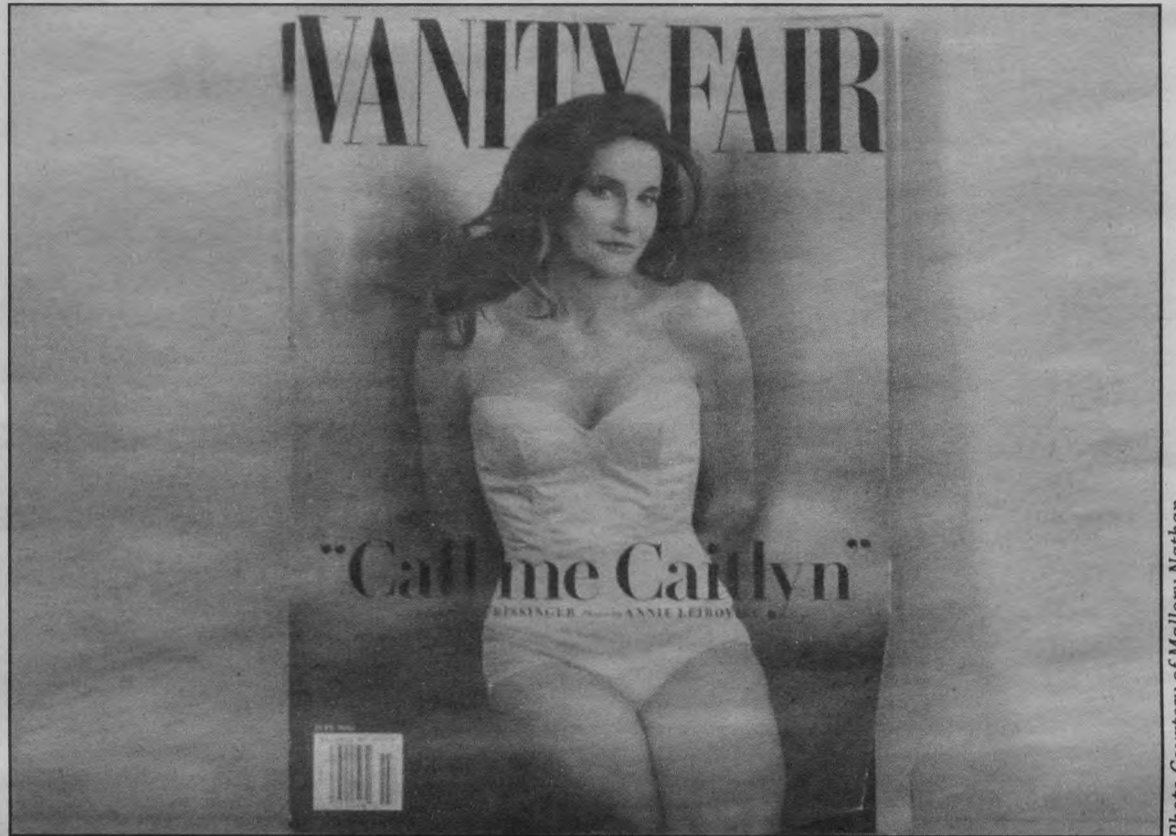


Photo Courtesy of Mallory Nathan

Caitlyn Jenner does not have to be everyone's hero to be a hero.

## Hip-Hop Culture Isn't What It Used To Be

By: Eddie Fu  
Managing Editor

Wu-Tang Clan's classic debut, "Enter The Wu-Tang (36 Chambers)," drastically changed my music listening habits when I bought it during my senior year of high school. The combination of the group's unique sound, use of kung fu movie skits and tag-team rhyming hooked me on an era of hip-hop during which there was an unprecedented stream of groundbreaking albums.

It gave me a voracious appetite for hip-hop releases of the same quality, and those albums were easy to find. With the Notorious B.I.G., 2Pac, Nas, Big Pun, Jay Z, DMX, Snoop Dogg, Dr. Dre, Mobb Deep, Outkast and Eminem at the peak of their careers, there was no shortage of classic material. And when I needed more, I could go

back in history with N.W.A., Public Enemy, A Tribe Called Quest, Gang Starr, Run DMC, Eric B. & Rakim, and Boogie Down Productions.

Sometime during the mid 2000s, however, my love for the genre began to wane. Jay Z retired (temporarily, of course), Eminem was releasing subpar albums like "Encore" and artists like Young Jeezy, T.I., Fabolous and Juelz Santana were not quite on the same level as their forebears.

As a result, I lost the passion I once had for the genre—and the culture. I never stopped listening to hip-hop completely, but no longer kept up with blogs and stopped reading the magazines. The music started moving further and further away from the sound which appealed to me in the first place, which made me feel left behind.

Take Future, for example. His combination of singing and rapping emphasizes style over

substance, which is fine—I understand the appeal of songs like "You Deserve It" and "I Won"—but I will never connect with his music the same way I did with "Enter The Wu-Tang." It's too different from the sample heavy, lyric focused hip-hop which I fell in love with.

However, I have come to realize that while most hip-hop no longer strikes a chord with me, it is important that the genre continues to evolve through disparate styles—in a way which continues to make it the predominant sound of the mainstream. All that matters is hip-hop continues to thrive, regardless of how I feel about it.

Thankfully, there are still artists who are doing new things which I am still able to appreciate. Run The Jewels has found tremendous success by combining the indie cred of rapper-producer El-P and pedigree of former Dungeon Family artist Killer

Mike. At 40, both artists are more popular than ever because El-P's signature futuristic, Bomb Squad-inspired production and rapid-fire flow somehow meshes with Killer Mike's powerful, bombastic rhymes. They are hip-hop's Odd Couple, and the perfect example

of why I will never fall completely out of love with the genre; there will always be a hip-hop artist somewhere making music I love.

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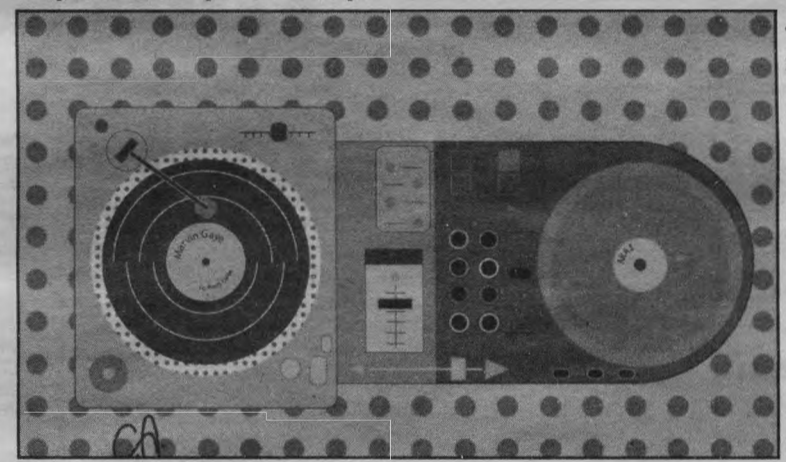


Illustration Courtesy of Daameon Stradford

Hip-hop has grown as a genre, and apart from a generation.

## Eating Disorders Should Not Be Our Punchlines

By: Jeannee Auguste  
Staff Writer

In today's society, eating disorders are still an issue. Anorexia, bulimia and binge-eating are more than just common eating disorders—they are real and serious medical illnesses that affect not only food intake, but one's behavior and health, coming with

life-threatening consequences.

According to [nationaleatingdisorders.org](http://nationaleatingdisorders.org), there have been a number of factors for eating disorders: from genetics and psychology, environment and culture, and even social media. The National Institute of Mental Health and National Eating Disorders websites also include signs, symptoms and treatment. Even though females are more commonly affected by

these eating disorders, males also battle these illnesses. I remember a few years ago, a Disney television show made a joke about eating disorders when there are still others out there struggling with the issue.

When I was a kid growing up, I also remember that television shows such as *Degrassi*, *That's So Raven*, *Lizzie McGuire*, even *Braceface*, have dealt with the deadly effects of eating disorders. In these

episodes, often one or more of the main characters would have insecurities about their weight. At first, it would start off as a diet, and by the middle of the episode, they would start to develop an eating disorder. These special episodes showed that eating disorders not only affect the person, but also their friends, family and the people around them.

These episodes taught me that I should be comfortable

with my body and to never crash diet. What happened to these kinds of episodes—the ones that would teach us about eating disorders—instead of ones poking fun at them, because it's nowhere near a funny topic.

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# Quo Vadis Meetings

*Wednesdays - 11 a.m.*

*College Center*

*Room 316*



## Women's Soccer Season Ends

By: Stephen Ur  
Staff Writer

The Blue Colts women's soccer team finished their season with a record of 8-9, advancing all the way to the Region XIX Final against Brookdale. This season was one that saw many players being out due to injury or returning from injury.

Head Coach Ted Fiorentino said that his goal for this season was to advance further than they did last season.

They went into the first round game against Montgomery College as an underdog because

Montgomery had a record of 8-4 on the season going into the game.

Being an underdog, however, never bothered Fiorentino. "We did feel that most games we were going in as underdogs, simply because of the lack of players," he said. "But I think after the first four or five games or so, we never really thought about how many players we had. This was our team now, and we just went out and did what we needed to do."

Ciara Alston scored two goals and added an assist as the Colts pulled off the upset against Montgomery College by a score of 4-3. They were looking to advance to the National Junior College Ath-

letic Association (NJCAA) Division III Soccer Championship with a win over Brookdale Community College at Berkeley Heights, N.J., in the Region XIX Women's Soccer Finals, but were crushed by the Jersey Blues 11-0.

This season was successful in terms of advancing to the Region XIX Finals and the team's statistics. They shot the ball 55 times in the 17 games that they played, scoring 40 of those 55 times, which is a goal percentage of 72.7 percent.

Combined, the two goalkeepers, Caroline Juba and Emma Amaya, recorded 185 saves, 104 of which came in the month of October. Amaya record-

ed 24 saves in their loss to Brookdale in the Region XIX Finals, the most in any game all season.

Fiorentino said that he and assistant coach Adrienne Giordano will take a week's rest before going out to local high schools to begin their recruitment process for next season. As for the players, they will take a month's rest before beginning open gym workouts one or two nights a week.

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The Blue Colts women's soccer team finished their season with a record of 8-9.

Photo Courtesy of Annette Ballina

## Soccer Team Loses in Region XIX Final

By: Stephen Ur  
Staff Writer

The Colts women's soccer team was matched up against the Brookdale Community College Jersey Blues at Berkeley Heights, N.J., in the Region XIX Final on Oct. 31.

This game had a lot on the line for both teams because the winner would advance to the National Junior College Athletic Association (NJCAA) Division III Soccer Championship from Nov. 12-15 in Toms River, N.J.

The Colts' Coach Ted Fiorentino had a message for his

team before the game. "I told the players that we cannot back down to them even though we are playing 8 v. 11," he said. "We have to stay strong, never quit trying. I told them that they earned the right to play in the Region finals and no matter what happens no one can take that away from you."

The scoring began in the 16th minute when Brookdale's Heather Arbachesky scored off of a pass from Simone McEnough.

Endila Radoncic scored a goal off of an assist from Alexandria Montefinese 31 seconds later to make the score 2-0, Brookdale.

Ashley Cafarella record-

ed the next two assists for Brookdale, with the goals coming from Brittney Ramsey and Arbachesky, who scored her second goal of the game, and the Jersey Blues lead by a score of 4-0 at halftime.

The next score didn't come again until Aubrey Jones scored the fifth goal for Brookdale at the 75th minute to bring the lead up to 5-0. Arbachesky scored the next two goals, bringing her total for the game up to four, and the Colts trailed 7-0.

Jones scored the next three goals for the Jersey Blues in a four-minute span, and Meredith Parleman scored the final

goal to put the icing on the championship cake for the Jersey Blues.

The Colts' defense struggled throughout, especially their second goalkeeper, Emma Amaya, who allowed almost half the number of goals (11) as she did saves (24). The Colts' offense struggled just as much. They were only able to shoot the ball toward the goal four times, including only once in the first half.

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## Women's Basketball Player Returns to the Court

By: Stephen Ur  
Staff Writer

The Blue Colts women's basketball team's point guard, Marisa Daniels, is the lone returning starter on the team this season. The other starters who were on the team last season, including Jennifer Shereyka, Alexandra Becker and Quorea Pearyer, who scored 1,000 career points, have transferred out of The College.

Not knowing any of the new players did not distract Daniels because her mind was set on something else. "I just went into practice on the first day with an open mind and positive attitude, looking forward to the season ahead," she said.

Last season, the lady

Colts made it all the way to the Region XIX Finals and lost to Cumberland County College. This season, Daniels and the new squad will be looking to advance past the Region XIX Finals and into the NJCAA Division III Basketball Championship.

Daniels said that she was impressed by what she saw on the team's first day of practice. "I was excited about the talent the new girls had to offer," she said.

Being the only returning starter from last season, leadership will also be a key for Daniels in helping her team succeed.

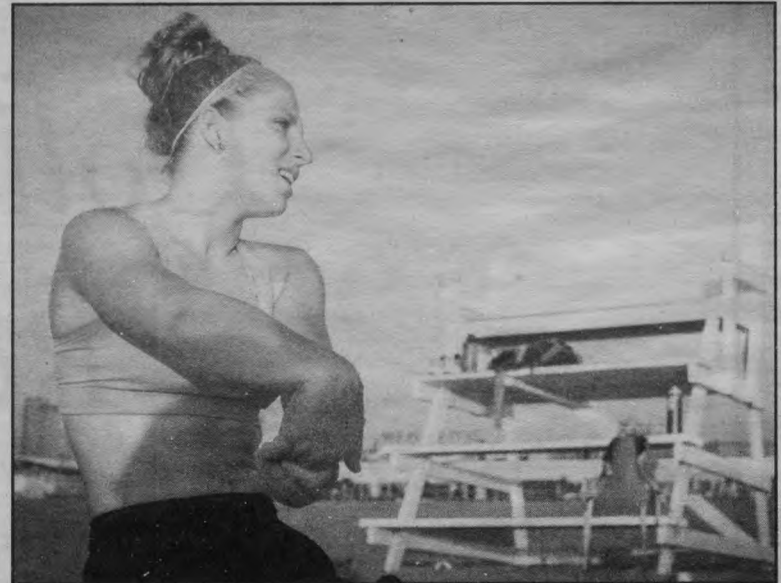
"My leadership stems from my work ethic and my positive attitude," she said. "Also, being a point guard, I control the tempo of the game, therefore, leading my teammates on the court, always

helping and facilitating them, whether it be setting screen, cutting through the key, calling plays or getting the ball into our post players."

This is not Daniels' first time around on a basketball court. She played basketball, ran track and played tennis at Edison High School, where she graduated from in 2014.

She plans on graduating from The College in spring 2016, but does not yet know where she will be transferring. She did say, however, that no matter what school she went to, that she will continue to play basketball.

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Daniels is the only player returning from last year's team.

Photo Courtesy of Steven Daniels

### Upcoming Games

**Nov. 10**

Men's Basketball vs Raritan Valley Community College 7 p.m. Home

**Nov. 13**

Women's Basketball at Prince George Community College 6 p.m. Away

**Nov. 14**

Women's Basketball at Hagerstown Community College 2 p.m. Away

**Nov. 17**

Men's Basketball at Union County College 7 p.m. Away

**Nov. 19**

Men's Basketball vs Delaware County College 8 p.m. Home