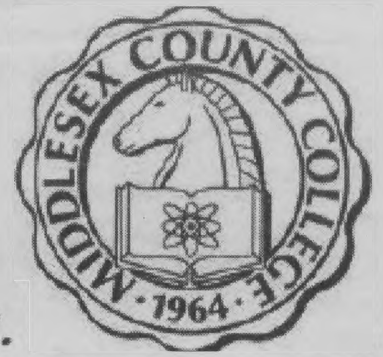


# QUO VADIS



Volume 49: Issue 2

September 19, 2012

Your Paper. Your Voice.

## AT&T Gives Interns a Glimpse of the Real World

By Victoria Belen  
Staff Writer

In Middletown, New Jersey, AT&T Research and Development offers a wide range of communications and information services. This includes from industry leading networks, cloud computing, to mobile applications, and entertainment services to millions of users all around the world.

ATT's open collaborations with universities worldwide enable researchers to solve pressing problems faster with a new set of eyes producing valuable results to ATT, to science and to the society at large!

ATT works with individuals on technical staff members on research projects for 11 weeks with a designated ATT team. Students worldwide at the end of their

term present their work leaving with experience students can carry out in their everyday lives. Middlesex College student, Victoria R. Belen, Princeton University student, Thomas J Zdyrski, and Rutgers University Student, William C. Cheng, experienced ATT's 11 week internship this past summer.

"The ATT experience as an intern for 11 weeks was very interesting. I got to see all the work behind-the-scenes," Zdyrski said. "If I had to tell fellow students about working in such a huge company, I would give them this advice: 'Always, always keep an open line of communication to ensure that everyone understands



AT &T con't on page 6

AT&T collaborates with universities worldwide to offer students an internship within the corporation.

## MCC Librarian Aims to Inspire Students with Her Experiences

By Kim Silva  
Staff Writer

Those that frequently visit the College library in the afternoons and evenings certainly recognize Adriana Kuzyszyn. Adriana Kuzyszyn marked her one year anniversary with Middlesex country college. Although not originally intending to pursue a career as a Reference Librarian, Adriana's circuitous path eventually directed her to integrate her affinity for teaching and assisting students in an academic environment. She considers herself a service-oriented individual who enjoys working with people, especially the diverse student population of our school.

Adriana initially had the opportunity to teach when she attended Rutgers, where she graduated with a triplemajor in History, Political Science and Art History. She was accepted into the FIGS program (First Year Interest Group Seminar) in her senior year. As an instructor, she was responsible for creating a syllabus and adhering to a rubric for a semester, in a course similar to our Student Success Course, but with an Art History concentration. It was during this time that Adriana developed a fondness for teaching, but she was still undecided about a career.

"I knew I would go to graduate school after undergrad, but I still did not know what I wanted to do", she said. "I had never thought of Library Science." While attending New York University in a Master's Program for World History, Adriana met a student at NYU who was also enrolled in a dual degree program at Long Island University. Adriana's friend happened to be studying Library Science, this course was not offered at NYU.

Intrigued by this dual degree program concept, Adriana also chose to pursue Library Science simultaneously with World History, thus graduating with two Master's Degrees.

"It was this serendipitous meeting that guided me to consider becoming a Librarian", she explained, "It changed the course of my life."

Since Adriana also majored in World History, I asked her what period in time she would visit if she had the opportunity. While at Rutgers, she wrote her thesis on Medieval Monastic Rules, and she was impressed by the amount of self-sacrifice that the monks endured while dedicating their lives to this solitary lifestyle. While studying abroad in Italy, Adriana toured two Benedictine monasteries, and was enthralled with the scenery and the beauty of the area.

Traveling is one of Adriana's interests. She just returned from a 16 day trip to Ukraine and Russia. Although she had previously visited Ukraine twice, it was the first time she saw Moscow and St. Petersburg. The trip had deep sentiment, as Adriana has a Ukrainian heritage, and she cherished the opportunity to journey to a land reflective of her background. She also likes to read popular fiction, including current bestsellers.

Born and raised in Middlesex County, Adriana feels right at home at the college. When I asked her about the future of libraries, Adriana's passion concerning the importance of librarians was evident.

"Since there is more information than ever before, librarians are needed to help individuals figure out what information is useful. Although the setup may be different, a librarian is necessary to



MCC Reference Librarian, Adriana Kuzyszyn, while on a 16 day trip to Ukraine and Russia. Photo by Adriana Kuzyszyn

help students navigate their research." Her insight into the nature of library science proves that she is dedicated to her profession and the students she assists. And as far as challenges, Adriana sees them in positive terms. She realizes that our diverse campus

requires customized instruction to meet students' needs, and she enjoys that part of her work the most. "That is the fun part", she said. "Being able to interact with students through the day is what I love most."

Adriana inspires those to explore

various educational channels, in an attempt to determine a career. With her impressive academic credentials, please visit Adriana at the reference desk to answer any questions with an assignment.

Visit us @ [www.quovadisnewspaper.com](http://www.quovadisnewspaper.com)

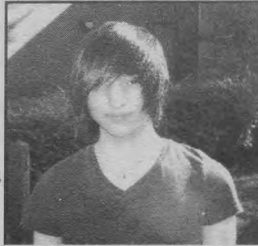
## Person-On-The-Street

By Kim Silva  
Staff Writer

“What is the best advice you would give to incoming students?”

“Pay attention and try to remember everything you learn.”

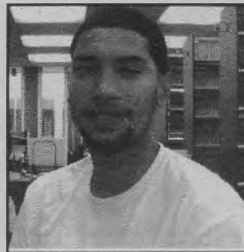
-Stephen Kavallaris



“Never sit in class and wait---speak up if you have any questions. Don't wait until it's too late.”  
-Katherine Owens

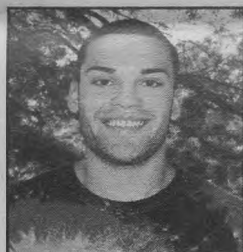
“Prepare yourself! Read a lot—you can never read enough. You never know when you might need a good quote for a paper.”

-Jeramie Argueta



“Find and explore the different available student resources, like the library, counseling services, and tutoring services.”  
-Niki Amin

“Stay in the library and keep up with your studies.”  
Samuel Bermudez



## Middlesex Visits Baltimore “Star Spangled Sailabration”

By Maria Thanos  
Staff Writer

Students at Inner Harbor, Baltimore expressed their feelings of freedom and courageous bravery at the Bicentennial Celebration, or as most referred to it as the ‘Sailabration.’ At this event many friends surrounded Chesapeake Bay area spending time in this historical and spellbound place holding memories and hope in America.

Maria Gomes, an alumni student and Frederiki Thanos, a freshman student at Middlesex County College said,

“It is beneficial if not intriguing to understand the true meaning of valor and pride, if one doesn't visit this historical site.”

Gomes added, “It is worthwhile to visit this once in your lifetime. It's an experience you will never forget. Our country is faced with international threats, and other economic problems that everyday Americans deal with.”

The significance of this event through tough times gave us our nation's anthem and repelled the British Military from American soil once and for all. 40 international ships which once included warships at the Inner



Harbor, Fells Point and North Locust Point were interesting to walk on their decks.

The salty sea air was invigorating with the beaming sun above. My favorite was the 270-foot Mexican vessel called Cuauhtemoc and the USS Constellation. The USS Constellation is a 38-Gun Frigate this is permanently subsided in the Baltimore Inner Harbor.

It was truly surreal, words cannot express the awe you could feel nor the history you could learn. The crucial battle at the 5-pointed, star shaped Fort McHenry in Baltimore on September 14, 1814, led to Francis Scott Key penning the ‘Star Spangled Banner’ a prominent barrister and writer.

I recommend you visit the Baltimore Aquarium and Hard Rock Café with Rock n' Roll music served up with local dishes and sandwiches that linger on with sweet memories. Hurry and grab a piece of inspirational history served up with various events until September 14, 2014 – official 200th Anniversary.

## Police Blotter

**Arrest** - Edison Campus 09/06/12 02:09 PM

Subsequent to a random lookup, the suspect was taken into custody on an outstanding warrant. This case has been closed.

**Motor Vehicle Accident** - Parking Lot #4 09/06/12 03:10 PM

Vehicle #2 was backing out of a parking space and backed into Vehicle #1 causing damage to Vehicle #1's front bumper. Vehicle #2 sustained scratches to its back bumper. This case has been closed.

**Possible Missing Person** - Edison Campus 09/05/12 05:00 PM

An individual reported that she could not locate her son with whom she had plans to meet with on campus. A physical description of the missing person and a photo were obtained. As the search was about to be conducted, the mother advised Headquarters that she had found her son and no further assistance was necessary. This case has been closed.

**Fire Alarm Activation** - Physical Education Center 09/04/12 06:30 PM

A fire alarm was activated in the P.E. Center boiler room. After being reset, the alarm activated again. A contractor working in the boiler room determined that the cause of the alarm was from one of the boilers blowing CO into one of the smoke detectors. This case has been closed.

## Quo Vadis Staff Box

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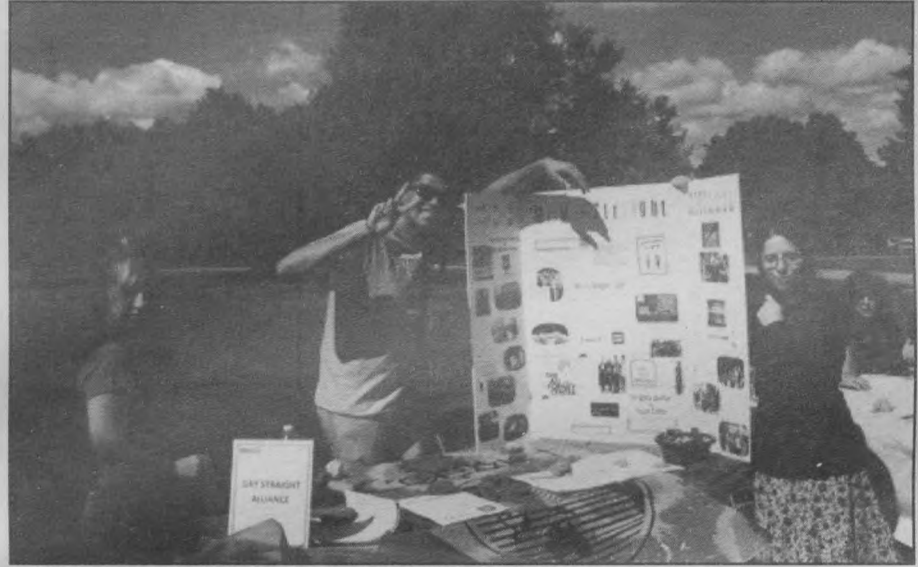
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## Highlights from Student Activities Fair



The Book Club. Sept. 10. Photo by Monica DuFour



The Gay-Straight Alliance. Sept. 10. Photo by Monica DuFour



The Anime Club. Sept. 10. Photo by Monica DuFour



The PTR. Sept. 10. Photo by Monica DuFour



The Karate Club. Sept. 10. Photo by Monica DuFour



The Blue Colt Radio. Sept. 10. Photo by Monica DuFour



The Biology Society. Sept. 10. Photo by Monica DuFour



Students getting free lunch. Sept. 10. Photo by Monica DuFour



Bird's Eye View of all the students at the fair. Sept. 10. Photo by Monica DuFour

## Blast To The Past

By Diana Diaz  
Staff Writer

New Jersey's only Drive-In movie theater is a unique attraction that can be shared by the whole family. Customers experience a vintage feeling while watching popular movies.

Delsea Drive-In, located in Vineland, is only one hour away from the college, using Exit 29 of the Garden State Parkway South. Customers can see two movies with admissions costing \$8 per car. The movie schedules are shown in Delsea's website, [www.delseadrive-in.com](http://www.delseadrive-in.com).



John DeLeonardis, M.D. owner of the theater said,

"It's a fun experience to have with your grandkids and the younger generation. Lots of parents come up to me and tell me that it brings them back to their youth. Plus, with movies costing over \$13, here you can see two movies inexpensively.

Everything is in place: the gently sloped parking spaces, the endless sneak previews, and enough lawn chairs to fill a Jersey beach."

## Battleship Gets High Reviews

By Victoria Belen  
Staff Writer

Battleship directed by Peter Berg, stars Taylor Kitsch, Alexander Skarsgard, and Rihanna that premiered Friday, May 18. If you enjoyed John Carter, Transformers, and even Alien V Predator, Battleship is a 5 out of 5 star movie!

This movie is action packed! Based on Hasbro's classic combat board game, 2012's Battleship brings the board to life in combat through sea, land, and air! Two brothers and a fleet of ships are armed to take on a destructive alien force unknown to harm earth.

This movie shows scene after scene of adventure, fantasy,

and comedic aspects to this jaw-dropping film. You won't be able to take your eyes off the big screen! The movie takes place in this time era, and the amount of destruction that goes on is beyond belief.

I found this movie to be absolutely spectacular. To the casting, scenery, dedication, and teamwork makes this movie is amazing.

If you are a fan of fantasy, action, and movies in general: this movie will not let you down!



## Poetry Corner

By Maria Thanos  
Staff Writer

### THE WALL

Oh wall looking at me so tall-  
How on earth can you call-  
Making me just stall at your sight.  
Am I here to bite at my lies,  
as I prepare to fall;  
If I were to bear a fight-

Some say if you crawl rightup,  
then you may face your fears-  
Without coming to fears, for to err is human  
And to forgive is divine.

Can only be done, once you push a wall,  
that stands in the way,  
may you call it a border that is persistent in  
its ways-  
Just had to be hauled out of your way.

For it is the good you set-  
But never bet; it will not come to call  
when you fray from a wall.

By Kim Silva  
Staff Writer

### A Self-Explanatory Declaration of An Intelligence Quotient

Brains do not come in colors  
It is called "gray" matter for a reason  
So do not judge me by my hair  
because my brain is not blond.



## The Chernobyl Diaries is a Scary Good Time

By Victoria Belen  
Staff Writer

The Chernobyl Diaries, directed by Bradley Parker, stars Jesse McCartney, Jonathan Sadowski and Olivia Dudley that premiered Thursday May 24. If you enjoyed movies like Chronicle, Cloverfield, Quarantine and Paranormal Activity; the Chernobyl Diaries is a 5 out of 5 star movie!

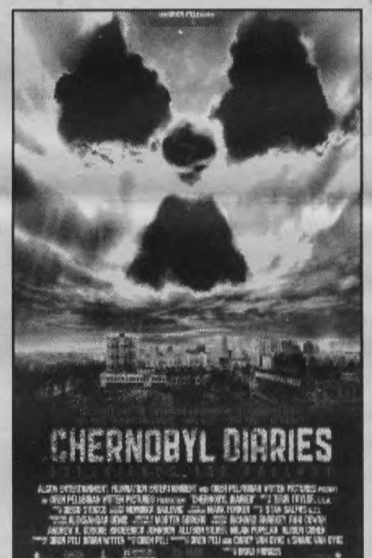
This movie is scary good! A group of tourists hire an "extreme" tour guide to take them into the Chernobyl town deserted since the nuclear reactor 25 years ago. Ignoring warnings and strange outlooks, the group takes a chance leading them to a death-bounding end.

This movie has you gripping at your seat and wondering, "who's next?"

I found this movie to be very entertaining. You'll see that the movie very much takes place today and the things these tourists see are bizarre and intimidating. It makes you wonder, how daring are you to go somewhere you are not supposed to?

The suspense and the ending of the movie is a real shocker.

If you are looking for a movie that will take you on a ride to the inside look of Chernobyl, this movie will not let you down!



## Celebrate Hispanic Heritage

Monday September 24th  
Live Band: Raul San Miguel y Su Orquesta  
College Center- Cafeteria C  
11:00 a.m.

Tuesday September 25th  
FILM: Spanglish  
Showtimes: 11 a.m. & 2 p.m.  
College Center - Main Lounge

Thursday September 27th  
Lecture: "Las Tres Caras Lindas"  
Speaker: Dennis Febo  
College Center- Corral  
2:00 p.m.

Tuesday October 2nd  
FILM: In the Time of Butterflies  
Showtimes: 11 a.m. & 2 p.m.  
College Center- Main Lounge

Thursday October 4th  
Hispanic Heritage Month Game Show  
Featuring: Latin Jazz Ensemble  
College Center- Cafeteria C  
11:00 a.m.

Wednesday October 17th  
FILM: West Side Story  
College Center- Main Lounge  
Showtimes: 11 a.m. & 2 p.m.

Thursday October 18th  
Theatre Trip: Evita

Bus leave Lot 2 at 5 p.m.  
Tickets on sale starting 9/25 at 9:30 a.m.

On sale for staff, faculty and alumni by lottery starting 10/9

Students: \$30

Faculty/Staff/ Alumni: \$35

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## Psychology Analyzes a Classic Fairy Tale

By Maria Thanos  
Staff Writer

Have you ever compared yourself to a superhero or princess in past fairytales? Whether at college or everyday lives, they sometimes depict our own lives or even those of friends. Well, make no mistake, life is not harder, or has it even got worse as some suggest; we are just more open about it. Our wants and needs are very much the same, if not better, but it is the choices we utterly ought to postulate!

Try comparing your existence, as I have critically summarized the real story based on the book "Riverside Anthology of Children's Literature 6th ed."

First of all, the physical needs are vitally important for Cinderella, food, water, and a place to sleep, even though it was a cold drudgery of the kitchen and lying at night within the cupboard, as

a makeshift bed. Secondly, her safety needs, as a sense of security were not met, especially when she was abused by her elder step sisters, whereas being limited to go outside and only to live in the shadows, as if she never existed when the Chamberlain came a calling for the winter fest ball at the palace, and her sisters would lie of her existence.

Then thirdly, she was not loved. Instead, her kin treated her as a vagrant and never treating her as family; so how could Cinderella ever function in reality when she was not exposed to family bonding. In fact she was pinched, beaten and scowled at as if she was the fault for everything, when all she did was just try to please them. It is utterly a shame to be borne and not to be loved or accepted. Especially since she was perhaps born out of sin and had come to terms to accept her fate, optimism was inherited

as she would turn eighteen and soon change her environment. This would not have manifested if it had not been for her fairy godmother, who had christened her as a baby, only to forget her until she was ripened at age.

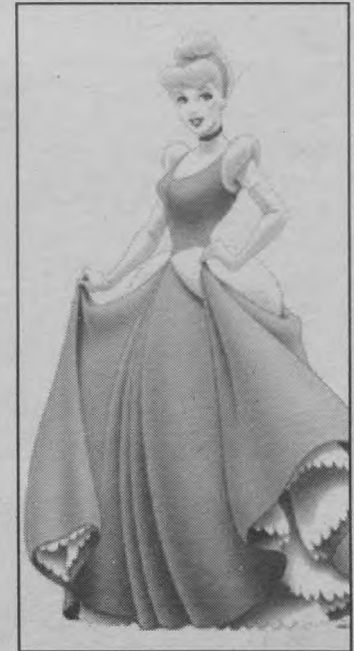
Could this have been a blessing in disguise? There is no simple answer, but in retrospect she would dream that hope in the short days of winter and the cold gloomy nights that some sense would come about to be brave and accept some love or desire to be human. After all, is this not what we become when we blossom into maturity, that some happiness is attained when you have lived in pain, looking from a windowpane for a glimmer of hope on a starry night?

In addition, it would make sense of the chaos that Cinderella is dealt with, but that what society has already deemed upon her. In other words, Abraham Maslow's hierarchy of needs that

you ought to struggle from the bare necessities of life, entailed with some sufferings in order to appreciate life and reaching one's mastery status, which brings about achievement and a sense of self-esteem. In reality, Cinderella might not have evolved to be who she is, if she had not endured the cruelty, while being able to accept the facts as they were.

In conclusion, she was good natured, ultimately to be indoctrinated as a complete, mature, loving anthrop through the reality of self-actualization. Finally, she lives happily ever after and when they tried to make it a living hell for Cinderella, fate took care of her sisters. Whereas, having engineered a pragmatic understanding of life, thus to be bestowed as royalty in the palace with her hero, the prince, would then call to her beckon. After all this is what humans need, is to be loved and cared for, which in turn may be given back, but

the moral is in place from birth, to an extent, even when life throws you some curve balls, just like it was for the enchanting Cinderella.



## MCC Finishes New Parking Lot

By Justine Durham  
Staff Writer

As police officers waved cars down towards the park on just the second day of school in the fall of 2011, I knew that parking that semester was going to be a nightmare. The idea of taking a bus from the parking lot to the main campus had me questioning if I was at Rutgers or Middlesex County College. After a year of parking wars and constant aggravation, MCC finally put a stop to parking nightmares by reconstruct-

ing lot 6A and lot 2 to accommodate students. The first week back to school in 2012 had a much calmer vibe. As I drove to school, I no longer had to worry if I was going to catch the bus that brought students to class. The parking renovation didn't magically add more lot 1 spots, which all students hope to snag, but knowing there are enough spots in lot 2 or 6A, even if they seem like miles away, is an accomplishment. Now, parking at Middlesex is one less problem students need to stress about.



## MCC Student Reflects on Childhood

By Maria Thanos  
Staff Writer

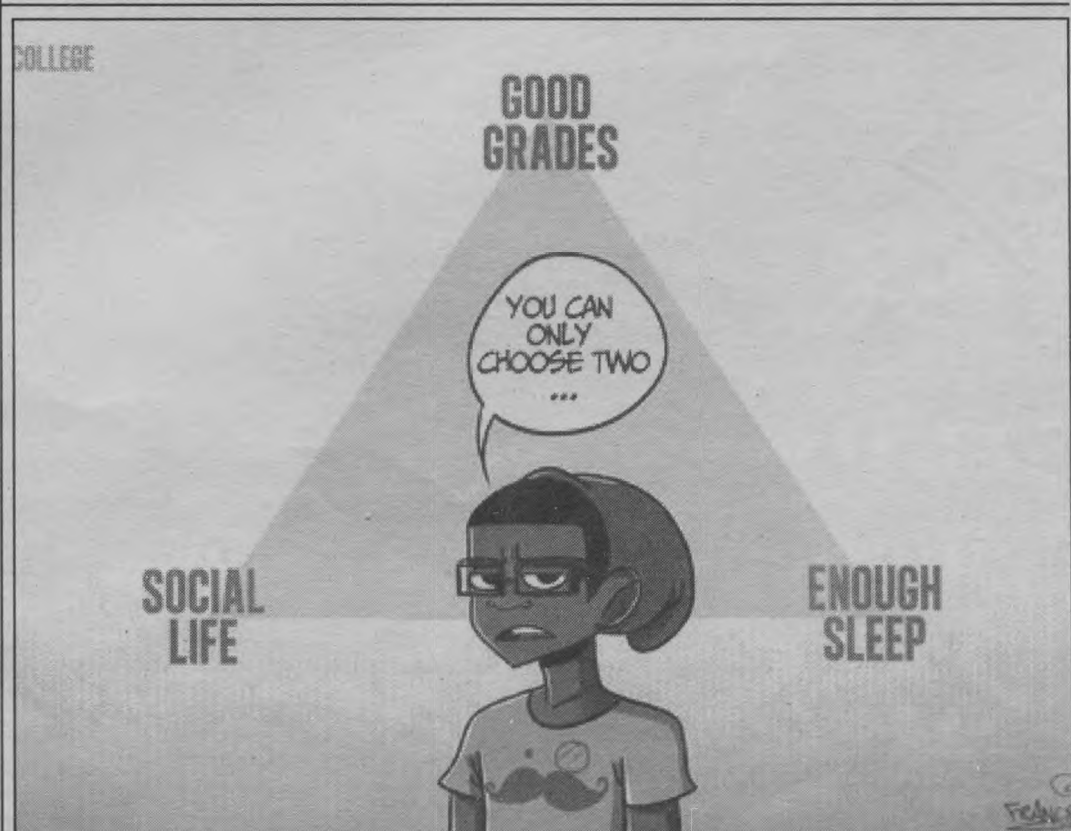
I had to grow up fast. To save our family's real estate properties, I had to quit school, although it broke my heart, since I had always dreamt of being a trial lawyer and an advocate. My father owned a restaurant, and he said he often had to "play politics" with officials. I treasure the precious moments of these experiences. While listening to customers' conversations, I learned and observed aspects of business that helped mold me into the person I am today. Volunteering my time to sustain my family's business built

in me a strong character.

I witnessed the ugliness of society and realized that we alone can shape our own lives and with an optimistic effort, never give into temptation. I prefer to be simple, but I truly miss when I was involved in community affairs, fighting the unfairness of the system.

I was taught briefly at Catholic School that everyday pressures will arise, but to handle them accordingly and never ever giving up. I guess we have to struggle by cleaning tables, serving customers, interviewing university students for server positions and even cooking, as well as helping my parents raise

my four younger siblings. It is alright, nothing is perfect, but as we lay down every night, and thank God for tomorrow. I like to take the time at 3:00 am to look at the stars and appreciate what we have. Notwithstanding, I take it as a blessing in disguise in obtaining the knowledge that no school could fully give me when all these experiences have left bittersweet memories; but they are all mine and no one can ever take them away from me. They have been engraved with blood and sweat in my heart forever, and I would not change a thing if I was to return back in time, because you must forgive to understand who you are to be someday!



By ChillyFranco from DeviantArt

## AT & T *con't from page 1*

ect and goals met in a timely manner.' Most problems come from not knowing what was done and what needs to be done."

Cheng gave a chuckle and added, "Yes, especially since you cannot always meet with everyone to tell them face to face your accomplishments or what you need. Participate in status meetings; update frequently, and also keep in mind emails and calls are essential to keep a line of communication up. And don't forget to go to lunch with your co-workers, it helps build trust!"

For more information about ATT opportunities visit [www.research.att.com](http://www.research.att.com)



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## EXPRESS YOURSELF: The Tri-State Writers' Workshop at Middlesex County College

Join accomplished, professional writers as they explore their creative world and give you tips on how to be a better writer. These experts will work with you in a very positive, supportive environment designed to stoke your creativity. This one-day workshop will help you clarify your thoughts and help you put them on paper. Workshops include poetry, essays, playwriting, and short stories as well as on how to get your work published. Most of the presenters are faculty at Middlesex County College and published authors.

Below is a preliminary list of workshops. New ones will be added to the website as they become available. Signup online; we will email you a complete schedule about two weeks before the conference so you can pick with workshops you'd like to attend.

### Fees

General Public \$75 in advance; \$80 at the door  
\$35 students

Special rate: teachers who recruit 5 students are invited to attend free. Call 732-906-4250 for details.

Saturday, October 27, 2012

Crabiel Hall  
Middlesex County College

Edison, NJ

9 a.m.-4 p.m.

### Workshops

"Writing About the Law," Ronald Goldfarb.

"Writing for the Stage and Screen," Ben Marshall

"Writing the Research Paper," Melissa Edwards

"Writing About Nature," Gertrude Coleman

"The Memoir," Shirley Wachtel

"Poetry Workshop," Emanuel di Pasquale and Frank Finale

"How to Teach Creative Writing to Children," Melissa Edwards

"Poetry and Power," Hank Kalet

## Attend the Tri-State Writer's Conference

### Express Yourself

**Location: Crabiel Hall**

**Oct. 27 - Only \$35 for Students**

**9 a.m. to 4 p.m.**

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**FALL II semester begins September 24**

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## Goals Galore as Colts Trio Earn a Brace

By Matthew Shumaker  
Staff Writer

Milltown- On September 6th the Men's Soccer team returned to Crabiel Park for their Home opener against Lehigh Carbon County Community College.

It took no less than ten minutes for the Colts to bury the ball in the back of the net as Middlesex Freshman Christopher Green broke through the oppositions back line in the 9th minute. However, Green was unable to add to his tally due to cramping in the 2nd half, and was subsequently substituted.

Later on in the 16th minute, Sophomore Sammy Giraldo ripped a shot from 20 yards out, which caught a deflection off of the opposition, and resulted in a goal

Before the end of the second half, Colts Freshman Karen Gasparayan put one past the keeper, who would later earn another

goal in the second half. This sent Middlesex into the break with a comfortable 3-0 lead.

After the referee blew for the 2nd half to start, it took some time before a change in score occurred. But finally, Lehigh beat the Middlesex goalkeeper in the 58th minute as Freshman Michael Baskin found the back of the net.

Fortunately, the Colts were quick to answer as Sophomore Captain Michael Parillo drove the ball towards net, which was deflected, and sent flying into the air. Freshman Diego Moretta had enough tactical awareness to position himself perfectly to head the rebound into the back of the net.

Moretta would be the 2nd Colts player to earn a brace as he would score again in the 72nd minute.

More calamity ensued for Lehigh in the 77th minute as the goalkeeper went to punch away

a cross sent in by a Colts player, which landed right on the forehead of Sean Haugh who sent it whizzing between the sticks.

In the 85th minute, freshman Alejandro Hinestrosa displayed some fancy footwork as he dribbled through some Lehigh defenders and slotted it past the keeper. Then, sixty seconds later in the 86th minute; Captain Michael Parillo hit them with the second of both barrels as he sent a screaming shot into the upper corner of the net.

Just when you thought the Colts were finished, Hinestrosa would add insult to injury as he displayed more fantastic ball control, beating the keeper once again.

The game finished 10-1 in favor of the Colts. Now with all of the goal scoring, it is easy to forget about the fantastic work of the back four for Middlesex. Highlighted by the play of Mike



Coach Sherif speaking with his team  
Photo By: Matt Shumaker

Parillo and man of the match, Sean Farrell, the defense came up with stop, after stop with the exception of the one goal.

Farrells quick feet, excellent ball control, bursts of acceleration, and consistent passing earned him man of the match honors from Coach Zizo Sherif and assistant coach Kal Radwan.

## Captain and Coaches Share Words of Wisdom

By Matthew Shumaker  
Staff Writer

Speaking with Michael Parillo, the Captain spoke of his satisfaction by his team's performance.

"We're a big family; this game is very team-like. It's not individual, it's a game of art, and everyone is moving on the field it says a lot, it's just passing and moving the ball... besides that I like the way the guys moved, and coach actually put me up top today so I was kind of happy."

Assistant coach Radwan talked about what he would like to see in the next game and discussed their strategy,

"Coach and I have a curriculum [that] we're working on. We're working on getting the team to play the South American style of short passes on the ground. We're looking for the team to combine, from right to left [and] back to front... We definitely are looking to [build] more stamina and endurance, our guys in the midfield are lacking in stamina and endurance. We

definitely need to work more on the one-touches. Coach and I put the plan in, to tell the guys how to get to the goal. Once they get to the 18, [it's their job] to shoot and score, it's their job now. It's at their feet now, not ours. But our job ends by the 18... So we just need to enhance our short passing on the ground, speed play, and transitioning from attacking to defending."

Coach Sherif shared some insight on his coaching strategy and his qualifications as a coach,

"Most of these kids, before they come here, [aren't] disciplined. So I try to teach discipline before I teach soccer and I explain to them, Soccer is mine, I've played all my life. I played professionally and I played in the 1990 World Cup."

Middlesex's play was quite impressive throughout the day, showing the ability to capitalize off of the oppositions mistakes, and take full advantage of scoring chances. The squad's next fixture is an away game on September 13th against Raritan Valley Community College at 3:30pm.

## Five tips for staying in shape during the school year

By Anthony Scalia  
Staff Writer

Now that the school year has officially begun, students might find it more difficult to discover time in their schedule to get into the gym and burn off those unwanted calories. To help with this struggle, here are five tips to help keep your summer body in reach.

1. Keep a solid diet: Having time to exercise is going to be scarce for most, so to really keep yourself in balance, get on a low fat diet. This diet doesn't have to be high protein or anything that would aim for during a regular workout routine. Simply keeping away from fast food, eating your fruits and vegetables and limiting your desserts can help you keep your body in tack.

2. Don't forget fundamentals:

Benching, squatting, dead lifts and curls are workouts that require time, a buddy and space. Although these workouts are great for anyone looking for a serious workout—you can get a decent workout by remembering your fundamentals: push-ups and sit-ups. These might not give you the mass and size you crave, but they will help you keep your body used to a workout every night. Best of all, these don't require a lot of time, a lot of space, or someone to help you.

3. Avoid Alcohol: Beers are empty calories, giving you nothing back and hurting you just as much as junk food. If you don't have time to consistently run or get in the gym, avoiding alcohol is something you must really strive for to be successful in maintaining a good build.

4. Keep Active: Calories aren't burned only on a treadmill or elliptical. You might not have time for those activities but make sure you are doing something other than sitting on your couch. Household chores can constantly make your body move and will help you keep busy while getting you up and off your seat.

5. Plan your schedule: You will have downtime during you week. You might have some classes later in the day, you might have some days off; when it comes down to it, you get out of it what you put into it. Anyone who tries hard enough to plan their days, weeks, months and year will find success in their planning. Whether you plan to run before class or after, go to the gym during your break or at night, if you plan it you are already one step ahead of the battle.

## Sports Schedule

### Men's Soccer Schedule

Thu	Sept	13	*Raritan Valley Community College	H	3:30pm
Sat	Sept	15	*Brookdale Community College	H	12Noon
Tue	Sept	18	*County College of Morris	H	3:30pm
Thu	Sept	20	*Atlantic Cape Community College	H	3:30pm

### Women's Soccer Schedule

Thu	Sept	13	*Raritan Valley CC	H	3:30pm
Sat	Sept	15	Howard CC Tournament	A	TBA
Sun	Sept	16	Howard CC Tournament	A	TBA
Tue	Sept	18	County College of Morris	A	3:30pm
Thu	Sept	22	*Montgomery CC	A	12Noon

### Cross Country Schedule

Sat	Sept	15	Dukes Inv.	Cumberland CCC, Vineland, NJ
Sun	Sept	16	Queensborough Invitational	Van Cortland Park, Bronx NY
Sat	Sept	24	Cedar Crest College Invitational	Cedar Crest College, Allentown, PA

