

College Center Evacuated Due to Smoke Alarm

By Kim Silva
Staff Writer

For the second time in a week, a main building on campus had to be evacuated.

On Wednesday, Dec. 5, at approximately 11:30a.m., the fire alarm sounded in the College Center and an announcement instructed all in the building to leave immediately for a fire emergency.

The students and faculty of Main Hall experienced a similar incident on Wednesday, Nov. 29 for exposure to a chemical irritant, but this evacuation was the result of a smoke alarm that detected a possible incendiary source in Cafeteria A.

As the Edison Fire Department parked in front of the College Center, College Police joined in as they both approached the building to investigate the cause.

An administrative source revealed that there was a problem in "Zone 7" which is in Cafeteria A, the pizza kitchen.

A firefighter asked the police officer if he knew the cause of the alarm.

Student Kevin Scupp, 19, of Perth Amboy said he and friends were sitting in the front section of College Center where the movies are shown.

"We heard the fire alarm and we just wondered what was going on, but no one panicked."

Jennifer, 20, of Metuchen, also a student, was in the same area, eating lunch with her friends.

"The fire alarm went off, and we wondered if we really had to get up", she said. "We were at Main Hall too when the alarm rang."

As the building was cleared for re-entry, students went back to lunch in Cafeteria A.

Employees of the cafeteria gave no comment as to the occurrence, and asked not to have a picture taken.

Benjamin 18, of Colonia, was in Cafeteria A with friends as it was being evacuated. "We were playing a card game, and as we were leaving we saw smoke and something was burning."

Donald Drost, executive director of Facilities Management said,

"The smoke detector was activated in Cafeteria A, but we do not know why. We have reset it, and it will be replaced."

After about 25 minutes, the building was determined safe to reoccupy.



Firefighters entering the College Center. Photo by Diana Diaz

Blue Colt Vibe Magazine Accepting Submissions

By Victoria Levi
Staff Writer

The staff of The College newspaper invites all students, faculty and staff to submit their writings, photography and illustrations for the next issue of the Blue Colt Vibe magazine, which will come out in April, 2013.

Submissions can include, but are not limited to, fiction, non-fiction, short stories, poetry, and columns as well as fitness tips, sports articles, fifty-word rants on any topic, and anything else that might be interesting and related to The College.

The deadline for written pieces is Sunday, Dec. 16 at midnight. Photographs and illustrations can be submitted until Sunday, Dec. 23.

Students are welcome to join the Quo Vadis club on Campus Cruiser to submit their work or simply e-mail it to quovadis_newspaper@hotmail.com. The College will also hold a release party in the spring for the Quo

Vadis staff and those participating in the magazine.

The Blue Colt Vibe magazine is fun and glossy and it incorporates original stories on various topics.

Your submissions will determine the content of the issue. Stories and poetry do not have to be recent; something previously written that you would like to see published is acceptable. It can also be something written for a class this semester. There are no page limits and all topics are welcome.

Also, having your work published is an asset to a resume, especially for students interested in writing, journalism, public relations, media or communications.

It can also just be a fun thing to surprise your family and friends with.

We at Quo Vadis are looking forward to seeing your work. The stage is yours!

Hanukkah Celebration Held in College Center

By Victoria Levi
Staff Writer

The Social Committee, part of the College Center Program Board, will host a Hanukkah celebration in the College Center Main Lounge today, Dec. 12.

The celebration will start at noon and continue for an hour and a half.

The celebration is held to recognize the Jewish holiday by providing music, entertainment and traditional Hanukkah food.

The David Gordon Orchestra will perform traditional Jewish songs as well as upbeat jazz and current songs.

There will be challah bread, potato latkes and knishes, rugelach and gelt among the refreshments, thanks to the Retail Services Corporation who are providing the food.

There will be kosher products as well, yet it should be noted that The College Center kitchens are non-kosher.

Dreidels and menorahs will also be included in the event, although the actual lighting of

the candles will not be possible because of fire safety guidelines.

Hanukkah, according to about.com, commemorates the miracle of the day's worth of oil that lasted for eight days when the Maccabees had to purify the Temple in Jerusalem.

Therefore, the menorah is lit every night for eight nights. Also, it is traditional to eat fried foods such as latkes and fried jelly-filled doughnuts because Hanukkah celebrates the miracle of oil.

The dreidel, also a symbol of Hanukkah, is a four-sided spinning top with Hebrew letters which children spin while trying

to guess which letter the dreidel will stop on.

They usually play a pot of gelt which is chocolate coins covered in gold-colored tin foil.

The College has celebrated Hanukkah for the past 31 years, according to Patricia Daly, Director of Student Activities.

"It's a wonderful celebration and people seem to enjoy it, whether they are Jewish or not," said Daly.

She said that there has been an on and off Jewish club at The College throughout the past couple of years, but there is no such club at the moment.



Photo courtesy of Blue Mountain Blog

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Author Introduces First Book About Her Beloved Son

By Kim Silva
Staff Writer

The Blue Colt Bookstore hosted an event on Wednesday Dec. 5 at noon for College staff member Gabriela Rozalia (Jurick) to introduce her first book "I'm Still Standing", that chronicles the untimely passing of her 21 year-old son and her own subsequent life-threatening illness. She writes with candor and sincerity; the reader will empathize with Rozalia as she recounts a series of events that changed her life and her family's life. "Friends encouraged me to write a book," she said.

It reads like a heartfelt conversation with a best friend and her self-deprecating style has a familiar and comfortable tone. Rozalia has been employed by the College for nine years; she is the Physical Education Coordinator, as a secretary for the HPER, the Health and Physical Education Department.

With three children and her husband George, Rozalia is a busy working mom, like so many others. Her son Michael was the oldest child; in 2005, he was 18 years old and working as a delivery person for the local pizzeria, after having attended the College briefly.

While crossing Green Street in Woodbridge on March 31, 2005, Rozalia writes "a Pathfinder SUV struck him driving at a speed of 45 mph in a 25 mph zone. The vehicle had no headlights, therefore Michael



Author, Gabriela Rozalia. Photo by Kim Silva

didn't see him, and he did not see Michael." When the police called her home, Rozalia was finishing with the dinner dishes and preparing for work the next day, an ordinary night. When she and her husband arrived at the accident scene, Michael had already been transported to Robert Wood Johnson University Hospital in New Brunswick with a traumatic head injury. She said, "The neurosurgeon, Dr. Shepard, told us that the situation was as critical as critical gets. I prayed for the doctor to be able to take care of Michael."

In the book, Rozalia writes a poignant letter of gratitude to the doctor that must be read. At 11:30 p.m. they were allowed to see Michael, and "he was covered in bandages." After 62 days

in the hospital, he came home, but it was a lengthy recovery with many medications and physical therapy; he also had to wear a plastic helmet for protection.

In October of 2006, with Michael continuing to improve, Rozalia had a minor gynecologic procedure; she was shocked to when he doctor told her she had cervical cancer. With the immense responsibility of caring for Michael, her family, and work responsibilities, Rozalia stayed strong and positive. "You know a lot of people who have been through this and they were fine," she told herself.

She had to endure rounds of chemotherapy and radiation for the next several months, but again

she viewed it as time she and Michael could spend together, now both healing. Michael was employed at the College, working in the warehouse in Facilities Management. It was 2007. Rozalia said, "Michael had such charisma; everyone loved him including Don Drost." As Michael acclimated to a typical daily routine and Rozalia herself regaining health, it appeared that life was returning to normal. Michael was awarded a small settlement in June of 2008, and he drove to his attorney's office one afternoon. As he approached the building, his cherished black Dodge Durango was involved in minor car accident.

Although both cars were totaled, neither Michael nor the other

driver had any injuries. Rozalia and her husband brought Michael home, and although he wanted to go out that night, both she and husband suggested he stay home. As he reclined on the sofa to watch a movie with his dad George, he quickly fell asleep.

About 7:30 the next morning, George attempted to wake Michael up. Rozalia was upstairs putting on her makeup, and her two teenaged daughters were getting ready for school. She heard George cry out and Rozalia raced downstairs, starting CPR on her beloved son.

The EMTs arrived and transported him to the hospital, and Rozalia said, "He was pronounced dead on the way." This is a story of an extraordinary mother who fought for her son's recovery; recuperated with him, and still tended to her family, despite the overwhelming tragedies that consumed her life. "This is the first time I am speaking publicly," Rozalia said.

Her book will be published professionally in March 2013 by Tate Publishing and will be available on Amazon.com. Michael is on the cover of "I'm Still Standing", a black and white photo, taken at night, with his back to the camera, and outstretched arms embracing the world.

Copies are available at the bookstore to share her story of inspiration, courage and healing. Rozalia firmly believes in what she calls "the power of love."

Increasing Greek Crisis on Euro Zone Seen First Hand

By Maria Thanos
Staff Writer

Having gone to Greece to take care of a personal matter, I also wanted to report on conditions due to the Euro Crisis. After viewing the situation, I was grateful to be an American. Greek citizens are facing unemployment at a rate of 36.7% on paper, while others have given up altogether and the suicide rate is escalating due to the corrupt politicians and other manipulative countries.

In collaboration with Alpha News live polls: 77.4 % of salaries have decreased, 36.9% are 90 days delinquent, health care insurance has been canceled and 60.2% are insecure about future employment. Misuse of government funds paid to major contractors, friends and family has left a bitter pill for Greeks to swallow. I witnessed some children telling their fathers, "Please don't buy me a chocolate bar, since we have to pay the bills and bread is more important." I felt so ugly, as a human being

to see how humanity has evolved to allow the fittest and eager fools of governments to destroy families by robbing them blind. Elections will not help; it just costs the people more debt added to the bailout at 124% to be paid by 2020.

France had to give a list of the names of officials, lawyers and corporations to the Greeks government to determine where 260 billion euros went that left the country from 2009 to the present. 32 billion euros came to America without ever being taxed.

Oh my God, perhaps we can send the Internal Revenue Service over there, because it's going to get bloody with talk of revolution, but I think it needs another 7 years until Greece becomes a safe haven for illegal workers that are hurting the country in burgeoning numbers.

They walk over the borders, or pay the Turkish smugglers to bring them by boat in the Aegean, Ionian, and Mediterranean Seas. Nonetheless, the



Photo by Maria Thanos

Greek government should not obey Germany on housing all these undocumented immigrants, which is why Germany doesn't want them to emigrate to their country—it's use and abuse or perhaps 'Big Fish Eating the Little Fish'.

Another scandal involved social security payments to those who did not deserve it. 400,000 citizens were collecting monthly retirements checks fraudulently so that no one would catch on for the last 12 years, which is primarily why they are faced with

losing with losing their beloved Greece country to the highest loan shark, the International Monetary Fund.

I took to the streets with my camera and pad to ask people how they felt about the crisis and got some interesting answers. A college student, Georgia Papanikolaou said, "The demand for a better Greece, where western civilization started and an improved taxi system must be enforced to catch the thieves and not to have political asylum of getting away with murder, mean-

ing tax evasion." I asked them if the future will be positive, and she gasped, with beaming blue eyes at me in a strong tone of voice. She said, "There is a future in alternative energy like wind and solar power, as well as harnessing the rich copper mines that Greece is sitting on, instead of dirty deals with other countries exploiting them. I was so flabbergasted—it seemed surreal. Georgia's friends, Olga and Anna also agreed that there is a major 'brain drain' of young students leaving Greece for a better life.

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Then I asked four young adults sitting on a bench at Park Square in Lamia City how they endure the deep cuts from their paychecks. They said, "Do you have 60 euro cents I can borrow for the bus? I've been unemployed for the last 2 ½ years and the government does not care, but the church feeds us daily with a soup style kitchen and donated clothes they offer." They continued.

"We are hoping for a change and not being too, too liberal with the form of democracy, because the minority rules and the majority are tricked into hypocrisies of Big Brother." Two of them were swaying with dilated pupils. Afterwards, I asked two men from whom commented on how they liked being in Greece, when another gentleman who appeared to be in charge came up to me from behind and demanded to

know who I was I told him I was covering events for a story. I mustered strength and told him I'd buy a music CD's (black market trade) if he could say the truth to me. Gabriel, Nathan, Michael said life was best back in Africa, but did not have enough money to pay for the boat ride. I inquired if they had flown into the country and they said no—only by boat; so what were they doing there?

They said, "It's easy to come to Greece and have a nice life." I realized they were illegally in the country to achieve a better lifestyle, like many others, but I feel like it's a little like New York City with pluralistic views. This would never be condoned in Germany, the way I saw Frankfurt and Munich with austere law and order in every facet of life. They are holding Portugal, Italy, Ireland, and Greece & Spain in captive of their debt ceiling. While in the airport, I struck up a conversation with Basilis, a reporter for Focus Magazine,

third best weekly German and European magazine.

He said "Greece is not going to improve; all of the past to present leaders are selling off their country with Swiss accounts and dirty businesses, while the citizens are paying for it with blood and sweat. Look around you, there's much corruption, and a new deal went through but no one is supposed to know!"

Siemens Co. of Germany will create some jobs for Greeks to work for lower wages in producing the electrical cables and wiring for Greece, but they will have full control of using copper mines in Greece and shipping out to Germany, which Siemens has another deal with Mercedes Benz to take pure copper for their business ventures, and the deal was made behind closed doors with Prime Minister Antononis Samaras, and Minister of Economics, Giannis Stournaras, to receive another bailout. It is true that the country is be-



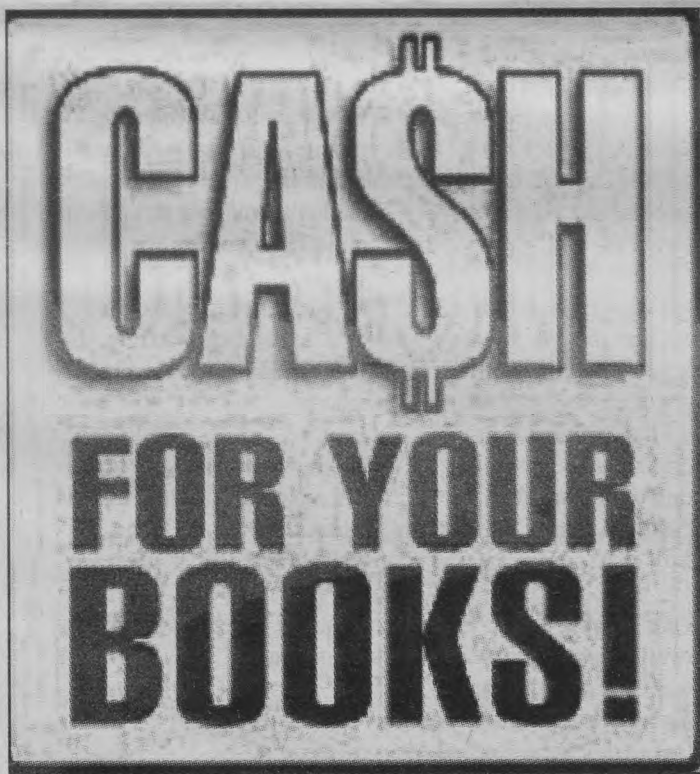
Photo by Maria Thanos

ing sold under the Greek people's noses. "Where is the justice?"

I asked Basilis and he just smiled at me with his feathered grey hair. I sent him an e-mail of Quo Vadis and he added that German finance minister Wolfgang Schäuble is addressing the Bundestag tomorrow. Schäuble will

tell MPs that failure to approve Greece's revised aid package would be a major blow to Europe and the global economy. On a positive note, Schäuble, a fierce critic of Greece, is giving credit to the country's efforts. He said, "Athens has achieved the largest fiscal adjustment in the history of the European Union."

Bookstore Hosts Used Book Buy Back

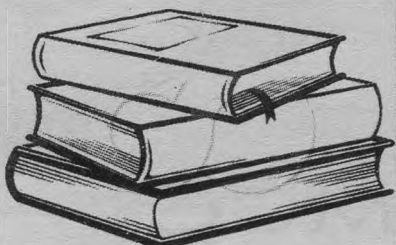


By Aum Kotecha
Staff Writer

The Blue Colt bookstore will be having its used book buy back starting on Tuesday Dec. 11 and it will continue until Wednesday Dec. 19.

The bookstore will be open for buy backs from Monday to Thursday from 8:30 a.m. to 7:30 p.m., Fridays from 8:00 a.m. to 3:00 p.m. and Saturdays from 8:30 a.m. to 12:30 p.m.

For students who can't make to the Blue Colt Bookstore in on campus, Blue Colt Bookstore's website, BlueColtBookstore.com allows students to sell used books back through a service offered by MBS Textbook Exchange.



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Students can access the site and click the "Cash for Books" button. While at the bookstore students can also pick up their books for winter session or spring semester as well.

For more information on the in-store buy back, students can call Blue Colt Bookstore at 732-906-2539 or contact MBS Textbook Exchange at 877-292-6441.

Community Food Bank of New Jersey Looking for Volunteers

By Aum Kotecha
Staff Writer

The Community Food Bank of New Jersey (CFBNJ) distributes donated food and groceries to 1,500 New Jersey charities that feed 900,000 low-income people in 18 of New Jersey's 21 counties.

CFBNJ is located at 31 Evans Terminal Road in Hillside. Volunteers have many options to choose from: they can help by sorting and repacking food for distribution, sorting and assembling children's clothes, and collecting food and turkeys at community food drives or other tasks.

CFBNJ is open Monday through Friday from 9:00 a.m. to 4:00 p.m. in the winter and

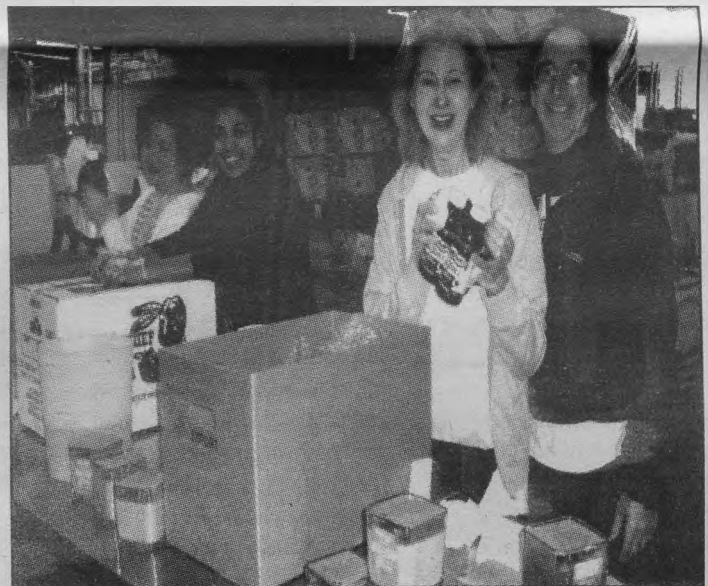


Photo Courtesy of: njfoodbank.org

in the summer Saturdays 9:00 a.m. to 11:00 a.m. Information on monetary donations and vol-

unteer positions can be obtained through their website at www.Community.NJFoodBank.org.

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Surrender Latin and American Café: The Best of Both Cuisines

By Kim Silva
Staff Writer

Woodbridge has a relatively new addition to its varied restaurants: Surrender Café, located at 691 Amboy Avenue.

With its generous parking and ample seating, this restaurant will celebrate its year anniversary at the end of December. It serves breakfast, lunch and dinner.

Surrender Café is owned by the husband and wife team, Desiree and Marcos Marroquin, who are also the chefs of this Puerto Rican-style menu. Angelo Solivan, 41, of Woodbridge, a frequent customer said,

"The food is excellent, and I've been coming here ever since they opened. The empanadas

and the Cuban sandwich are the best."

Decorated in vibrant colors of yellow, orange and red, the café has several booths that line each wall, along with a large table for 8 and a counter area.

As the menu states, "we serve fresh Home Made food daily."

Please be patient because each meal is prepared and cooked to order.

Appetizers include empanadillas (3) for \$5.95, banana boats, which are sweet plantains stuffed with beef or chicken for \$5.95, or mozzarella sticks that are \$3.95. The portions are plentiful. Steak omelets with jalapenos, Spanish omelets and pancakes are some of the breakfast choices.

A lunchtime menu suggests Philly steak and cheese (\$8.95), tuna melt for \$6.95, and ham and melted cheese sandwich with lettuce, tomato, mayo, onions and pickles for \$6.95. Tacos, crispy quesadillas, and burritos are also available.

If you plan to eat in the restaurant, you are greeted with a basket of warm nacho chips and a spicy homemade salsa that will easily have you ask for more.

My husband often has pollo guisado, which is a chicken stew served with rice and plantains. Side dishes are separate, and the menu offers red or black beans, tostones (fried green plantains), maduros (fried sweet plantains) and yucca al'ajillo in garlic sauce.

Classics like mashed potatoes, homemade French fries and steamed vegetables are also available.

Ms. Marroquin has always loved to cook. "I always wanted to own a restaurant since I was a little girl," she said. "It has always been a dream of mine.

My husband also encouraged me, because he used to say everyone loved my food.

The most popular dishes are roast pork, skirt steak and empanadas." Server Ambar Alberto, 18, said, "It is a very nice environment. I love my job, the staff and the owners. It feels like home when I am here."

Alberto also pointed out that the homemade flan, a crème caramel desert is also a preferred dish.

The Home News Tribune newspaper awarded Surrender Café with a Reader's Choice award for 2012, featuring it as one of the best Latin food restaurants in Middlesex County.

It is conveniently located with attentive staff, reasonable prices and freshly made food.

Those presenting a current College ID will receive a 10% discount. The phone number is 732.636.2300; the website is www.SurrenderCafe.com and you can "like" them on Facebook.

They are open Tuesday through Sunday from 8a.m. to 9p.m. and closed on Monday; they also offer delivery and take-out options

Design Intern Discusses Upcoming Winter Apparel For The Season

By Jennifer Koff
Staff Writer

As the brisk chill of winter approaches, a question arises: how to maintain a fashionable look under multiple layers of sweaters, puffy coats and sweatshirts? Fashion should never take a back seat to comfort.

For winter hath no fury like a fashionista scorned. Alexis Walsh, intern for designer Alexander Wang, sat with me to discuss this season's styles. Wang was also just appointed creative director for the fashion house Balenciaga.

Alexis was wearing a sheer maroon blouse with metal embellishments on the shoulder, loosely tucked into a leather knee-high mini with a pair of Doc Martins.

With such an aesthetically pleasing ensemble, I was compelled to ask her: as right hand to the Alexander Wang fashion empire, what were the leading trends that were not only fashionable for

young men and women, but manageable for this bitter, unforgiving weather? I am most drawn to color, which leads me to my first question.

"What I love about this season's colors is that they're completely unisex," Alexis said. "Universally accepted colors in any pallet would be Pantone colors.

"Pantone colors for this season would be minx/chai (a light, soft taupe), or an English green (a bright green similar to a granny smith apple).

She continued to explain how colors this season also take a darker turn including charcoal, dark navy and oxblood/wine (a deep red). As a fashion enthusiast myself, I believe that the soles of your feet should match the soul of your body and mind.

With that sentiment, it was time to dive into shoes. "Motorcycle boots or short leather booties are perfect for winter, whether in snow or just going out," she said.

To obtain your perfect combat/biker boot or short leather bootie, there is no need to look to Harley Davidson .Nordstrom's or Macy's (Baker's for ladies) are your shoe destinations for the perfect boot. "Accessories play a really big role in any outfit this season," Alexis said. "Metal embellishments are found on almost every blouse, especially if it is sheer. As far as wrist wear goes spikes are in! They can work for guys or girls.

Punk and grunge are definitely coming back." Thrilled with this notion, I was waiting for the punk style and my currently sported "grunge punk and grunge style are perfect for going out or going to class, giving you a casual yet "hard" look.

"Otherwise," she said, "layered silver neckwear is also a way to go."

When it comes to accessories, pieces should be able to withstand normal use, while still in a reasonable price range I asked how to stay warm yet stylish in

cold weather.

Without any hesitation, the fashion forward gears in Alexis' mind began to churn. "Leather and fur coats are definitely in, especially leather for guys and girls!"

For those of you who oppose the use of real furs and leathers, you're sure to find an endless selection of faux leather coats in chain stores such as H&M, Forever21 or Burlington Coat Factory. Add a circular, thick knit scarf to accompany your armor when facing this

East Coast winters. Alexis said, "It doesn't hurt to layer sweaters under you some form fitting, leather or cotton, leggings for girls and a dark colored trouser for guys. Sometimes, fashion can be kind of like an onion," she said while my brow began to furrow with confusion.

"Onions are layered, able to be peeled away, or cooked in various ways. Any garment should be as adjustable and lenient whether layered or solo. But,

think of your outfit as a meal. An onion serves as a functional addition to a recipe for almost any main course, right?" I nodded in agreement, actually beginning to be enlightened by this odd analogy. "Well, the main course is supposed to be the most anticipated; your ensemble should satisfy your appetite.

You have to find the right recipe to be fashion forward, but incorporate your taste." Although this fashion guru's vision is as authentic as her own style, I can completely concur.

Your outfit, from head to toe should be a delicacy as it is devoured, digested, and remembered.

Who knows, maybe your new-found recipe for fashion stardom can inspire a fashionista or stylish sir near you Never trade the opportunity to create a warm ensemble for the boredom of just "keeping warm."



Illustration By: Victoria Belen

A COLT'S LIFE AT MCC

Victoria Belen

The Case for the Intervention in Syria

By Jonathan Finnerty
Staff Writer

Syria, the once beautiful country bordering Turkey and Iraq, faces impending danger. President Assad (or Dictator Assad), is destroying this country with Saddamist zeal. America, along with the rest of the free world, should be doing everything to topple this government and truly assist a people with need.

Damascus is the oldest occupied city in the world, and by occupied, I mean tyrannical dictator has wrestled from the hands of the populace. Bashar al-Assad needs to be dealt with, and dealt with now. Syria, the birth-place of the phonetic alphabet, the place where Alexander the Great once trekked, and the Roman Emperor Alexander Severus called his place of birth. Syria, a land with much history and importance, also contains something so profound, that it would be desirable to protect it: Human Beings.

Starting in Arab Spring, July 2011 was the turning point for the population. After years of

inequality and censorship, local Syrians decided they wanted and deserved, better. Long story short, Army dissenters whirled about on their masters and proceeded to start a revolution. America should help these revolutionaries, much like the French helped our own revolution.

Unfortunately, there is a great deal of piety among some of the dissenting groups. One should take notice the lack of intervention in Egypt and notice which group came out on top. The real groups not bounded by religion or prophets are the groups America should be lending a hand to. Groups like the Arab Socialist Movement, Social Democrat Movement, and various illegal Kurdish parties (a true people without a home) should be the parties with our undivided attention. Pace many liberals who wish not for war but yet cry over the human rights issues, the only way to stop Assad's abuse of the people of Syria is to intervene. The best way to avoid theocracy is to help setup a democratic and constitutional government by supporting secular and progres-

sive parties, such as the latter mentioned.

One must make a decision, either one supports removing a fascist dictator (Assad) and working on the improvement of human rights and providing support to the deserving Kurds, or one supports allowing a bloody civil war, human rights violations, and essentially keeping a dictator and puppet of Russia in power. (One could also look to Russia and pre-liberated Iraq as to where Assad found his tacticians.)

Should one truly care about the health and wellbeing of the world and its people, then one should realize fascism and human rights violators must be dealt with accordingly. War is not always the answer, but sometimes it is the only means to an end, rather than an end to the means. Ultimately, it is the world's duty to protect its inhabitants, imagine if the world sat idly waiting for Hitler to stop his campaign of genocide and imperialism. The choice is yours, free the oppressed or standby and hope for the best.

Farewell to Fall Semester

By Jonathan Finnerty
Staff Writer

Fall is now inevitably and unarguably in decline and winter is now taking prominence. The fall semester is coming to a close as well as my time here at Quo Vadis. That is until next semester, so please place a hold on the applause. Fall semester has been quite the interesting endeavor; with super storms and snow fall; power outages and midterms; history will keep a keen eye on this epoch.

My time here at Quo Vadis has been pleasurable. I have met many interesting people in my occupation here, and I will also be providing a sentimental goodbye. Monica DuFour has been my contact since starting my journalism interests and she has guided my way ever since my induction. Late night e-mails and text messages asking, "Monica, do you think this article is too risqué?" or "Monica, I'm not confident with my vocabulary in this piece, your opinion would be much obliged!" Monica has been indispensable to me and with much gratitude I will see her off to bigger and better things. Cheers to you Monica.

Fortunately, my dearest reader, you will be able to pick up Quo Vadis in spring and indulge in my repertoire (or not, but one can wish). Fall semester also provided me with two professors who have provided me

with unimaginable quantities of knowledge, form, and style. Professor Lipton (history) and Professor Dell'Omo (debate) are seriously maintained in my memory as mentors and superiors. (Please know the difference between being a stool pigeon and someone who is grateful and in-debt, academically of course.) Spring semester holds boundless treasures for me, that is should it replicate the elder semester.

One should also remember the majority in cases of thanks; which would be you dear reader. Thank you for picking up this rag and providing a purpose for my fellow writers and me. Without your unbridled support, I would have no audience to essentially "complain" to or at. One must never forget the readership and as such, I extend my warmest appreciation.

Winter will be a bit tawdry, hectic, and full of holiday cheer (not including yours truly). Please, take this time to reflect on the bright future ahead; to read some books (and hopefully not watch boring television); and spend time with the ones you cherish. I wish to bear upon you a sincere and un-protracted farewell. Enjoy the holidays, yes even that pseudo-Nordic Christmas, and I hope to provide for you next semester.

Always in your service, Jonathan Finnerty

Erin Brockovich Story in New Jersey

By Monica DuFour
Staff Writer

In 2000, the film "Erin Brockovich" came out starring Julia Roberts. It was based on legal assistant Erin Brockovich's expose of a California power company involved in polluting a city's water supply.

This same situation is happening in New Jersey. A DuPont factory operated in Pompton Lakes for several years. The company disposed of toxic chemicals underground. The groundwater in Pompton Lakes is laced with cancer-causing solvents PCE (perchloroethylene) and TCE (trichloroethylene). Sounds pretty bad right? It should be cleaned up, don't you think? It would first need to be designated a Superfund site, which is a toxic site where waste has been dumped. The Environmental Protection Agency would have to make a declaration of this.

Governor Chris Christie doesn't think Pompton Lakes should be authorized as a Superfund site. Over the summer, protestors (including yours truly) gathered in front of the State House to talk about Pompton Lakes. We also brought 10,000 signatures that supported this idea.

Christie said, "Be careful of what we wish for." He felt the cleanup would be better in the hands of local government than the federal government.

Pompton Lakes is also considered a "plume neighborhood" where toxic vapors rise in 439 homes.

The "Erin Brockovich" of New Jersey is Lisa Riggiola, a resident of Pompton Lakes. Her father and neighbor have died of a rare form of leukemia. She also said that nine out of ten houses on her block have had cases of cancer and various other illnesses. She

is also in charge of Citizens for a Clean Pompton Lakes (CCPL).

Residents of Pompton Lakes can't sell their homes in a relocation program.

Edison Wetlands Association, along with the CCPL, is working to raise awareness of the potentially dangerous situation in Pompton Lakes. They've created petitions and protests like the one in this past summer.

When we watch movies like "Erin Brockovich", we see these sad stories and the bad things that happen to people, we just don't think it can happen to us. "Oh well, that was in California, it can't happen in New Jersey."

It does though. Please help Pompton Lakes and its residents, and spread the word to allow Pompton Lakes to become a Superfund site.



The protest outside of the State House. Lisa Riggiola is the woman with the dark hair in the front.

Photo courtesy of Wolfe Notes.

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Season's Greetings

Words from an Alumni: By Michael Hart

My name is Michael Hart and I am an alumni of this college. I am writing about the Alumni Association of Middlesex County College. One of the events I will discuss here is the Art Exhibit that occurred on campus this past October.

It was October 1 – 26 when the Alumni Art Exhibit was held in the College Center. The exhibit consisted of 12 artists. There were pictures, paintings and sculptures. All of the exhibits had a biography of the person.

I had two pictures in the exhibit (one of black and white along with a color photo). I do like photography and it was a pleasure to contribute to the exhibit. It was the first time I had any pictures of mine displayed in an exhibit. The pictures I displayed won ribbons (2nd and third place) in the Middlesex County Fair.

I like to thank Dorothy Bitetto (1969 alumni) for putting the exhibit together and I think she did a great job.

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Person on the Street: How did you stay in shape during Hurricane Sandy?

By Matthew Shumaker
Staff Writer



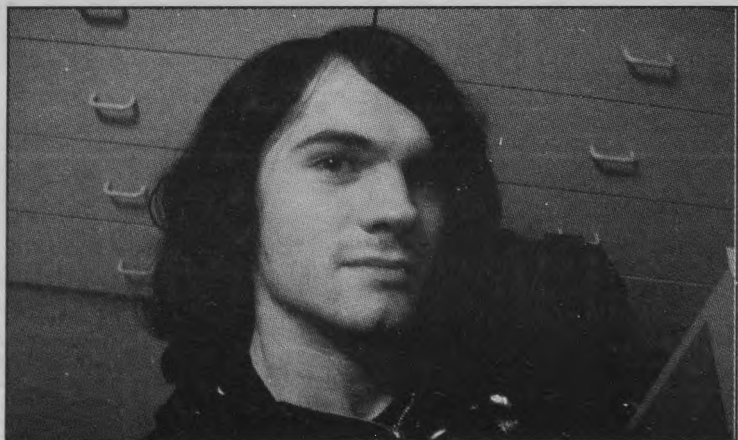
Owen Haye Sophomore, New Brunswick
“I tried to stay as active as possible.”



Rina Mento and James D’Amico, Sophomores, Perth Amboy and Avenell
“Since the elevator was out, I took the stairs. There were 28 one way.” “I wasn’t able to do anything.”



Chezroy Sutherland Sophomore, Edison
“I did pushups, because it was cold outside.”



Jason Cosgrove Freshman, East Brunswick
“I ran, for 20 minutes every day.”

Simple Tips for a Healthy Holiday Break

By Monica DuFour
Staff Writer

That time of year is here again. Thanksgiving passed, and now it’s time for Kwanzaa, Hanukkah, and Christmas. This also means a lot of food that is packed full of calories and maybe a little less time at the gym. But there are some easy ways to control yourself and make healthier choices.

The first easy tip is to use smaller plate when you load it up with food. If you make a full plate on a small plate, you’ll trick your mind into thinking it’s getting full. It’s an easy way to figure out

control portion.

Another tip is to drink less alcohol and soda. Opt for water as it’s the best option. Turning 21 in October, I’m all about drinking wine and beer. Just control how much you drink. Soda is never good for you and you should probably try to stop drinking it all together.

An easy exercise that you can do is every morning, afternoon, and right before bed is to do ten pushups and ten sit-ups. It’ll take less than a few minutes and every little bit helps. Soon, you can bump up the amount you do.

When you are eating, take your time. It takes your stomach about fifteen minutes to register that it’s full. So, just chew nice and slow and enjoy the meal. It took hours to make, don’t finish it ten minutes!

The last one would be eat salad before your meal. It will get you pretty full and it’s healthy for you. It will cause you to eat a little less of the main course. This leaves left overs for days!

These are just some quick and easy tips for the holiday season – I hope they are helpful!

Schedule For Men and Women’s Basketball

Men’s Basketball

- Sat - Dec. 15 - Gloucester County CC - H - 2:00pm
- Sat - Dec. 22 - Cumberland Community College - A - 2:00pm
- Tue - Jan. 08 - Delaware County College - H - 7:30pm
- Sat - Jan. 12 - Rockland CC - H - 2:00pm
- Tue - Jan. 15 - Lehigh Carbon CC - A - 8:00pm
- Thu - Jan. 17 - Camden County College - H - 7:00pm

Women’s Basketball

- Sat - Dec. 15 - Gloucester County CC - H - 12:00pm
- Sat. - Dec. 22 - Cumberland Community C - A - 12:00pm
- Tue - Jan. 08 - Delaware County College - H - 5:30pm
- Sat - Jan. 12 - Rockland CC - H - 12:00pm
- Tue - Jan. 15 - Lehigh Carbon CC - A - 6:00pm
- Thu - Jan. 17 - Camden County College - H - 5:00pm

Support Middlesex County College Sports!