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Quo Vadis

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College Assembly Votes to Ban Electronic Cigarettes on Campus

By: Tejal Sarbaugh
Front Page Editor

The College Assembly met for the second time this semester in L'Hommedieu Hall in the Rose M. Channing Danzis Amphitheater at 2 p.m. on Thursday, March 6.

A policy on e-cigarettes needed to be discussed, and the possibility for more computer labs and bandwidth was also considered.

The College Assembly had its Student Chairpersons, Tara Canavera and Elijah Villapiano, present at the meeting.

After calling the Assembly to order, Jeremy Nickerson, professor of communication and chairman, reminded the forum that the bylaws were still suspended from the Feb. 6 meeting. He said they will remain so until the Bylaw Task force completes their present charges.

Nickerson asked for the committee and task force reports to be read.

Dr. Tom Halasinski, co-chairman of the Campus Life and Community Concerns Task Force, came forward to present a recommendation concerning e-cigarettes. He acknowledged his other co-chairman Villapiano. Halasinski said "The task force will investigate the need for a policy regarding the use of electronic cigarettes in the class room and campus."

Halasinski believes there is a need for a policy since the usage of these "e-cigarettes" is increasing on campus. They recommended the prohibition of the devices in classrooms and other outside lo-

cations on campus, treating them the same as tobacco cigarettes. He said that this is a safety concern of inhaling these chemicals for the students, faculty, and staff. He also said that these devices are against the law in workplaces in some areas of New Jersey and New York due to the same health concerns. "Our main concern about these devices is the safety of these devices," he said.

He said the contents of these electronic cigarettes contain propylene glycol, glycerin, water, and nicotine and sometimes added flavoring solution.

The members offered their opinions.

"It's very clear nicotine is addictive, and it's not a good idea for students to use it," said one assemblyman.

One Assemblywoman said that she tried using the device to quit smoking, and found she was more addicted to cigarettes.

Halasinski said that there have been some stories of people who have successfully quit smoking using e-cigarettes, but the task force believes more studies are needed.

One assemblywoman disagreed with the recommendation and said, "I think it could provide a helpful transition to quit smoking. And if you're going to outlaw a fear of nicotine, are you going to do the same thing with Nicorette gum and patches?"

Halasinski said that it is not only the nicotine addiction that is a concern, but also the inhalation of glycerin from the



The College Assembly voted on Thursday, March 6 for the use of E-Cigarettes to be prohibited from the campus.

e-cigarettes. The prohibition, he said, is "out of great concern for the health of everyone" on campus. The recommenda-

tion was passed in the assembly, and e-cigarettes are prohibited in classrooms and on campus. Professor Mary-Pat Maci-

olek, chairman of the Educational Resources Task Force, announced their progress on a charge left over from 18 months ago. Due to snow days, many of the Assembly meetings were postponed. Recommendations are needed to determine the need for more computer laboratory space and the bandwidth for social media, music and video downloading sites.

She presented two recommendations that had been suggested in the previous assemblies. One recommendation was to "...limit the use of social networking to specific computer labs at Middlesex County College."

The second one was to provide more labs for students' academic needs that would be open when the other computer laboratories would be closed.

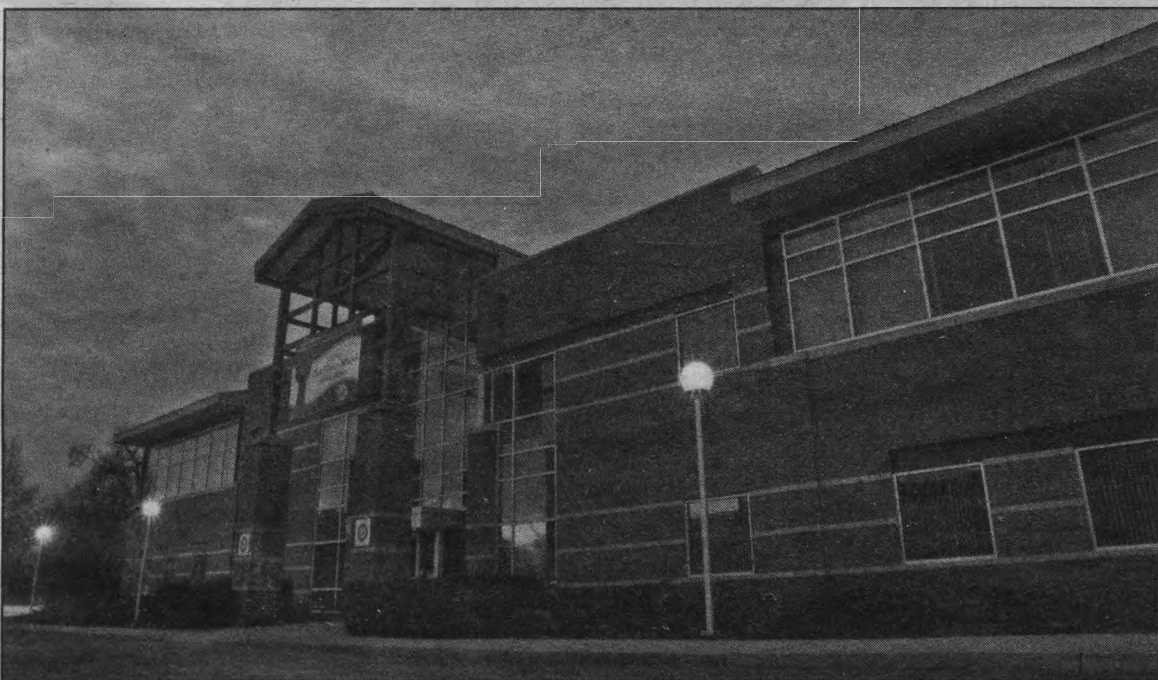
Macirolek said her task force decided it best that these recommendations not be voted today. She said that the task force will consider some other options.

Professor Nickerson came forward and announced new course changes and prerequisite changes in some culinary, dietetic technology, and dental courses this semester.

The public had no questions or comments, therefore the Assembly was adjourned. The College Assembly meets the first Thursday of every month in the Amphitheater in L'Hommedieu Hall at 2p.m.

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Middlesex County Academy Seniors Create Innovative Technology



The Middlesex County Academy senior students are engineering their senior projects within their school located across from Crabiel Hall.

By: Tejal Sarbaugh
Front Page Editor

Senior high school students at Middlesex County Academy build complex inventions in their school this year for their senior projects.

The Academy is a vocational school that concentrates on civil mechanical engineering and electronic computer engi-

neering. Senior year high school students must work in groups to build a unique invention or improve on an existing product using certain technical requirements.

Elena Schiavone and Maria Kaufman, one of the partnering groups, are building a toddler and pet gate centered on radiofrequency technology worn as a bracelet. These bracelets, which can be placed on a dog or child, will activate the gate to lock or unlock based on the proximity of the device.

Ayusha Pathak and her partner Faith Zeto named their security system "SASS", which stands for "Speech Analysis Security System." Their system is built for convenient stores and banks. Pathak and Zeto programmed the machine to detect suspicious speech in the store or bank that will contact authorities faster than a phone call. They are installing a code word for cashiers to trigger the device in case of an emergency and a button to turn off the

device in the case of a false alarm. Another security invention, called "The Disappearing Doorknob", is being built by Vaishnavi Warriar and Jillian Dela Cruz. Their door is built in a specific way with gears, so that the doorknob disappears into the door once it is locked. The doorknob will only appear when the security key is used.

Ruky Rupasinghe, Erwin Feng, and Raj Patel enhanced a white cane for the blind called a "C-stick"; it operates on sensor waves to detect objects nearby. The handle vibrates at different intensities depending on the proximity of the obstacle. They said they wanted it to be more convenient than a conventional cane, since the user only needs to scan the area instead feeling the objects with a cane.

Seobo Shim and Yash Pandya are working on a "Versatile Electric Bench Press Assistant" or "VEBPA." It is a small, safety device that attaches to a barbell and uses gathered data to alert the user to adjust the tool as needed. Shim and Pandya have been coordinating with a physical training expert to assure their device guides the user properly.

Sandra Souied, Mehar Gujral, and Rutmi Goradia are enhancing the brake system on generic wheelchairs by making an electrical brake called "Swift Stop." They said that current wheelchair brakes are easily worn down, broken, and are not convenient or completely safe for all users. A button on their system will activate a type of winch or pulley that will stop the wheelchair much like

brakes on a bicycle.

Zeto said this engineering experience is different than a typical high school project. She said, "I definitely think working as a team for such a long period of time is something that is really important to experience, because you get to learn how to work with people without a teacher."

Similarly, Shim said, "I really think the teamwork aspect is emphasized in this project, and with that, we have to learn how to communicate with our partner."

Pathak said the project requires students to use what they learned throughout their high school and apply it in a realistic setting.

Warriar said, "It's good practice for the real world on documenting, on writing, how we do things, and keeping track of everything." The seniors work on these projects mostly independent from their teachers and are given a budget and interval deadlines. The projects take a year to finish and are displayed in their school showcase in June. Dela Cruz said that the showcase is an opportunity for some of the creations to be patented, or shown to parents with connections to businesses.

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Veteran Wins Full Scholarship to Prestigious University

By: Rigo Gutierrez
Staff Writer

At the College, there are certain students who go unnoticed. Other classmates may be unaware of their background, and they are surprised to discover that student is the military veteran. They often an alternative route on their way to the College. In the midst of these veterans transitioning from dragged-out wars in Iraq and Afghanistan, one student, a U.S. Air Force veteran, is leading the way. Darryl Stevenson is demonstrating leadership skills and a noble lifestyle.

When applying to four-year colleges, many students undergo an interview process. This will prove to the institution that the student has the ability to succeed. In preparation for this trial, stu-

dents perform well in their classes; they participate in community service opportunities, and participate in student activities. Those at county colleges will experience this process before reaching the next level of higher education. However, there is always a fraction of students who do things non-traditionally and Stevenson is among them.

This was made possible in part by the Veterans Posse Foundation, which, according to their website, selects students with superior leadership and academic skills, and partners them with 10 other veterans at a particular school. They support and encourage each other, acting as a "posse." This year, Stevenson was accepted to Wesleyan University in Connecticut. Nominated by the College's Center for Veterans Services, Ste-

venson, a biology pre-professional major, won a full scholarship, including housing, to Wesleyan. With only 20 percent of the school's applicants gaining admission, Darryl has achieved an admirable goal.

Darryl also succeeds in other areas of his life. He maintains a fitness routine at the College's gym and spends time at the Veterans' Center. He assists students when they apply for military-affiliated education benefits, as a part of the Department of Veterans Affairs Work/Study program.

Before Stevenson was notified about Wesleyan, he considered New York University or Rutgers University. However, he must first complete the leadership workshops provided by the Veterans Posse Foundation and then transfer to Wesleyan this fall.

How does this student's success translate into a benefit for students? The answer is found through decisions and goals. If that goal is to succeed and work with some of the most recognized institutions in the United States, Stevenson is proof it can be attained. College can be difficult for a veteran; sometimes it is difficult to relate to others. However, as one successful student said, "The sky is the limit, be humble, and take what you can get." Stevenson plans to attend medical school, and eventually become a sports physician.

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Come to the Quo Vadis Meetings!
We meet every Wednesday at 12:30 a.m. in Crabiell Hall Room 219 See you there!

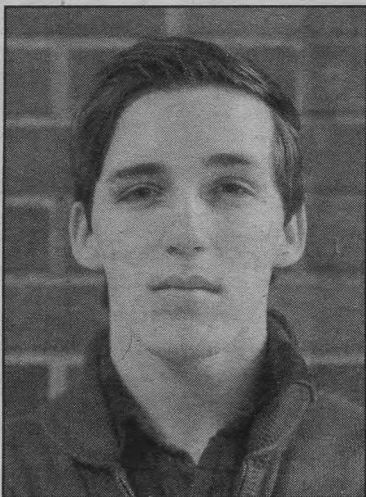
College Assembly Votes in Two Students as Task Force Leaders

By: Julia Farawell
Campus & Community Editor

Tara Canavera and Elijah Villapiano, students at The College were voted into Chair positions for The College Assembly for the 2013-2014 school year.

The College Assembly is an organization that serves to make positive improvements to the campus and the lives of faculty, staff and students who attend and maintain it each semester. The College Assembly is divided into task forces with several positions, some elected as in the case with Canavera and Villapiano.

Canavera is already Co-President of her local Special Education Advisory Council, Secretary to the Disability Awareness Council on campus and involved in organizations, such as Highland Park's Commission for Universal Access, which serves to civically assist those living with disabilities. Within her position, Canavera meets with members of her task force to discuss specific on-campus issues and the changes that could be made to solve them. Canavera said, "I've been talking to students with disabilities to see what they are lacking or what they need... I hope being



Students Tara Canavera (left) and Elijah Villapiano (right) were both voted into the College Assembly as chairpersons of a task force.

a part of this task force means that I can make a difference in the lives of disabled students."

Once the task force is set on changing an issue, the Chairperson(s) presents their plan to the rest of the Assembly. The plan is then voted on. If it is accepted by the majority of the College Assembly, it requires President La Perla-Morales' final signature to pass and become implemented.

The Accessibility for Persons with Disabilities task force is seeking to assist the disabled members of The College in two ways. First, they are in the final stages of creating a reminder

on Campus Cruiser, which would be sent out to all faculty, staff and students each semester and would detail how to reach The College's Maintenance Department in case of an emergency. Canavera said, "With all of the tripping hazards due to the ice this semester, this would be helpful to all students." Still in the brain-storming phase is the task force's second plan: to be granted the ability to have several benches on campus covered, so that disabled and elderly faculty, staff and students have a safe place to sit and take a break, during all weather conditions.

Photos courtesy Sourav Chatterjee

Villapiano, the co-chair of Campus Life and Community Concerns, along with faculty member, Professor Thomas Halasinski, are attempting to pass their own plans of action. On Friday, Feb. 28, 2014, Villapiano and Halafinski presented the prohibiting of the use of electronic cigarettes, or E-Cigarettes, in classrooms and on campus at large. The College Assembly voted in favor of this prohibition. The Campus Life and Community Concerns task force will need President La Perla-Morales' signature to complete the process.

The College Assembly hosts monthly meetings, which are open to all members of The College's campus and community. More information, such as a full list of the Assembly's members, details on the purpose of each of the seven task forces and a schedule of future meetings is located on the College Assembly's homepage, which can be found under the About tab on The College's homepage. The next meeting will be held on Thursday, April 3, 2014, at 2 p.m. in the Rose M. Channing Danzis Amphitheater in L'Hommedieu Hall.

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Students Use Spring Break to Study, Work and Play

By: Imani J Wheeler
Staff Writer
& Estibaly Bencosme
Staff Writer

This winter hasn't been the most pleasant as opposed to past winters. In the past few weeks the snow storms have become part of our everyday forecasts, along with the piercing continuous icy chills. Heavy snow, sleet, freezing rain and icy roads have become natural every other day throughout the mornings and evenings. It has become a major struggle to keep focused and productive for more than just students alone. It has also affected classes for the 2014 spring semester, making it harder for students and teachers to keep up with schedules and deadlines. However, since school was out for spring break, did professors finally get the chance to unwind or was it just more class planning and grading?

Spring break is supposed to be fun and relaxing, taking a break away from anything school related or stressful. The majority decided

to work multiple shifts for work, spend time with friends and family, and at the very least leave the state to visit more family. But most of all, the students had incomplete work and studying to bury themselves in to catch up in class. So much for a break during spring break, right?

"I had to reconstruct a new curriculum taking off and remodeling some of the things I had planned to teach for the spring semester. It's been tough since I have deadlines to meet and a responsibility to my students. I can say my students have had it tough this semester because the work has been doubled due to the lack of timing," said one professor.

This semester has been a little hectic and it's safe to say that there are several professors that are behind with the grading because of all the snow days we have had. Many say how they have decided to add more in-class presentations and extra credit to help students boost their grade.

Math professor Martha Velez said math is not a subject that can be taught in two seconds; it re-

quires a lot of time, practice and dedication. Math grades are computed from numerous amounts of quizzes, tests, homework and the minor projects counted as two test grades. Spring break added on more days, pushing classes to fall behind with deadlines; teaching lessons had double up on work for students and be taught at a faster pace. Freshman student Fabian Navarro says, "Of course I tried to enjoy my spring break but I can say I'm not the only one worried for triple times the work that needs to be done to help balance out the grades when I get back to school. Over break I didn't have too much excitement but I did get a lot of reading done. One of my professors assigned a paper that was supposed to be turned in before we got back."

It's been a rough semester for many students especially due to the fact that some of classes only meet once a week. "It kind of sucks because I have a very demanding major, so this semester classes just so happen to be a lot of sciences and math. The snow days really messed me up, but my professor

decided to extend class an extra 30 minutes so that we have more time being that we do only meet up once a week," says Mohammed Parcha a student studying to become a doctor. "The professor made the class decide whether we extended the class or have Saturday classes. There was no way I was going to do that so extended class it is."

For some students, spring break has really been a well deserved or should I say extended break. "The weather hasn't affected me in anyway actually and my spring break stated a whole week earlier than all the rest of the students attending MCC because my teacher decided he was going to on vacation earlier," said Criminal Justice major Devion Ricks. "The class is pretty easy in my opinion. We only have one final exam, a couple of homeworks, a minor paper and attendance is all that was asked for on the syllabus."

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One Woman Play Speaks Up for Both Men and Women

By: **Rebekah Reyes**
Staff Writer

On Monday March 3, actress Dorothy Leeds took the stage and performed "Good Lessons from Bad Women", seven vignettes of women who broke the gender role and stereotypes placed on them. The one woman play wowed students and guests who watched in Cafeteria C in College Center.

As the title suggests, many of the women portrayed were considered wayward and uncouth. Women such as Mae West, Kathryn "Mrs. Machine Gun" Kelley, Anne Bonney, Emperor Wu, Elizabeth Freeman, Eleanor Roosevelt, and even Eve were depicted.

Leeds said that when developing the characters she looked for the "redeeming qualities" in each historical woman. Mae West, a Hollywood starlet considered to be loose and promiscuous, lived her life under the belief of having no guilt; her vignette emphasized the need for women to be comfortable and open about their sexuality. Kathryn "Mrs. Machine Gun" Kelley was famous for transforming her bootlegger husband of the 1930s into a revered gangster. Leeds said that Mrs. Machine Gun's life teaches women the importance of branding (building an image and promoting themselves), a lesson that is especially

relevant in the modern workplace.

As a nymphomaniac and a pirate, Anne Bonny defies the gender role placed on women, teach-

ing them that "life is a banquet" and is to be enjoyed. Emperor Wu, the first female emperor of China during the Tang Dynasty,

was able to work her way up from a concubine to the throne by being prepared and opportunistic. Speaking of Emperor Wu, Leeds said when Wu was still a concubine and was offered a favor from the emperor "she chose to go to the Imperial Study rather than get jewels and luxuries" so she could prepare herself through education.

The character of Elizabeth Freeman, a black slave in Massachusetts used the state constitution (that had outlawed slavery) to fight for her freedom in court; Leeds spoke to women about fighting for their rights. Eleanor Roosevelt, first lady of the United States struggled with crippling, low self-esteem throughout her life. During her vignette, she insisted upon this idea: "No one can make you feel inferior without your consent."

Leeds used symbolic costumes and detailed dialogue to convey each character. Each woman was represented by an iconic part of her identity. When acting out the role of Elizabeth Freeman, for example, Leeds would don a traditional colonial apron similar to one that might have been worn by the former slave. True to her Hollywood persona, Mae West was distinguished by a flashy red boa and cigarette holder. Eleanor Roosevelt was portrayed through Leeds' posture and composure as she walked about the stage.

While many of these lessons were directed toward women (in honor of National Women's Month), Leeds still feels that men could apply these principles to their own lives. "It is [especially] important for young boys to see strong women and to see women that are not victims," Leeds said. She has performed the play in front of the military, as well as for middle school and high school students. Principles such as being prepared, and living courageously are applicable to all genders and ages.

Leeds also emphasized the need for women to network. "Reaching out to people is a major part of making opportunities. I always tell women it's important to join major organizations, get known in the industry. Men have been doing it for years," she said.

Among the many messages and principles delivered, Leeds summarized it all and said, "This play really shares my philosophy: I think women have to live life, I think women have to reach out - give and you can't just get. I'd like to see more women get into politics. It's happening [now] but too slowly."



Photo Courtesy of Lois Greenfield Photography

Leeds, pictured above, performed "Good Lessons from Bad Women", a play that empowered every gender and creed present.

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Upcoming Local Rap Artist, Shah, Uses His Music to Make a Difference

By: **Nicole Shankle**
Staff Writer

"I want my listeners to capture the music while I'm still around." The upcoming rap artist Shah captured me with these words during our interview. Shah was born in Toronto, Canada. He grew up back and forth from Harlem to Toronto. Shah is short for Shahmeer, which means "king of kings in Arabic."

Shah was musically influenced by Toronto. He considers the city to have its own distinct sound, almost a 90's era vibe. Lyrically Shah considers Toronto to be socially intelligent. Shah also grew up in Harlem so he is also influenced by New York's sound. He particularly likes New York's sound because it is diverse—there isn't a specific motive when it comes to making music in New York.

Shah's interest in music started since he was a kid. During high school he had in home studios. He has been doing music professionally for a year and a half now. Shah graduated medical school in hopes to start working as a New York Knicks doctor. During this time he was still making music and trying to get his name out there. A few of his friends and coworkers decided that they wanted to help him

because they believed in his sound. So most of the people on Shah's team are close friends who are excited to see Shah grow as an artist.

Shah writes music based from his experience. He has lost some of his closest friends to gun violence in his neighborhood. So most of what he writes is from memory. Another part of it is for

fun. Shah's musical influence comes from electro and dancehall reggae. Shah is hoping to incorporate Bollywood sounds into his songs that will be recorded soon. He has a diverse musical sound that anyone can vibe to. Shah hopes that his music will inspire change. He wants his music to become bigger than something you start to play

on Sound cloud or YouTube. His goal is enlighten his fans about his struggles and his aspirations. He wants to be a leader of change rather than a follower, blending in with the rest of the industry. As Shah said, "Music is the enhancement of life, going into the studio every day is like therapy for me." One of his fans said, "This guy's music is mak-

ing me fall back in love with music."

Shah's desire for change is almost as deep as his attraction to danger. Shah doesn't like to live by the rules; he follows anything that doesn't have a pattern and prides himself on being spontaneous. He will do anything that has a hint of excitement. Shah said, "The music will last longer than my own life." He is sure he will live a short life. But his life will be something worth talking about and his music will be there to prove the kind of artist he was. That is one of the reasons why Shah is dedicated to his music.

Even through Shah's involvement with the law, he has went on to create a non-profit organization for underprivileged kids. Shah is ready to open up doors and help out those who were just like him growing up. He is confident that he'll make a difference and there is no doubt from his following that he will.

Shah's EP, Today, was released two months ago. It is available on his website: thisisdayone.com. Shah's debut album, Tonight, is soon to be released later this year.

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Rapper Shah manages to incorporate many of his musical influences in his music



Photo Courtesy of Cherylene Knox

A Woman's Courage and Strength is Defined in Movie "Desert Flower"

By: **Vashti A. Harris**
Opinion and Culture Co-Editor

In the country of Somalia there is a proverb that says, "The absence of knowledge is the absence of light." A great film can be more than just sharp camera angles and car chases but can bring awareness to issues that would otherwise remain in the dark. This women's history month inspired campaigns about limiting negative labels, and I thought it was only right to review a film that is a true testament of women's rights. The Somali proverb is correct, that knowledge is like light and in order for people to become aware of an issue; knowledge (like light) must be forced in. The 2009 bio-

graphical film "Desert Flower" is an inspiring and extraordinary true life Cinderella story, that brings to light the horrors that women still endure in many countries today involving FGM, which stands for female genital mutilation.

The book turned film "Desert Flower" tells the remarkable true story of a Somali nomad named Waris Dirie, who in order to avoid being sold into marriage at the age of 13, fled her African desert home to London where she became an international supermodel and United Nations spokeswoman against FGM.

In one of the last (and most powerful) scenes in the film, Waris (played by Liya Kebede) refuses to repeat her story during an

interview with "Marie Claire" magazine. Instead, she chooses to tell of the day that truly changed her life: her circumcision in the Somali desert at the age of only five years old. It's a scene that I will never forget.

"At least 150 million women and girls are affected by this cruel practice, which continues to be performed in Africa, but also in Asia, Europe, America and Australia," according to the website desertflowerfoundation.org.

The film is an inspiring and remarkable film because it's not just a typical rags-to-riches story, but a true-life testimony of one woman's bravery to defy tradition, and bring awareness to a female issue that is unknown to the outside world. After watch-

ing Waris's journey from nomad to supermodel, you can't help but admire her strength and will to live the life that she rightfully deserved.

Before even watching this film, I didn't know anything about FGM or that this form of body mutilation existed; it truly opened my eyes.

In Somali the name Waris means "desert flower"; it can bloom in even the harshest climates. In a way Waris is a desert flower because even though she ran away from home at the age of 13, was homeless in London for months, and ultimately circumcised at the age of 5, she still thrived and blossomed into an international supermodel. She said, "I want everyone to

see this movie because I know that it will change their life, forever and for the better. This story is real, but you can capture what happened, the real thing."

This is a senseless ritual; women's rights are human rights. In honor of women's history month I encourage everyone to watch "Desert Flower" because it will not just leave you incredulous but inspired.

To learn more about FGM and Waris Dirie, go to desertflowerfoundation.org or read her book "Desert Flower: The Extraordinary Journey of a Desert Nomad."

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Sheryl Sandberg's Ban Bossy Campaign Encourages Girls to Speak Their Minds

By: **Vashti A. Harris**
Opinion and Culture Co-Editor

When a woman finds out that she is pregnant, the first question people ask is, "Is it a boy or a girl?" Once the sex of the baby is revealed, colors are automatically used to categorize the baby by his/her sex; hints blue for boys and pink for girls. Before a child is even born they are categorized by their gender and the process continues for the rest of his/hers life. Girls and boys are brought up differently when it comes down to appearance, behaviors, activities and leadership roles.

Facebook's Chief Operating Officer Sheryl Sandberg teamed up with Girl Scouts USA and LeanIn.org to start a campaign and website called "Ban Bossy", urging people to stop calling women "bossy" and to

encourage women to not be afraid to take more leadership roles in the workplace. Sandberg's "Ban Bossy" campaign aspires to attack the problem at the source where most gender stereotypes begin; during childhood. Growing up, I remember being called "bossy" by family members because I was the oldest girl out of my three siblings and liked to take charge. Looking back I realized that being called "bossy" was not just a word, but a label that actually had a negative [female reserved] stereotype attached to it.

The campaign informs people about how the word "bossy" is not just an adjective but a message that tells all girls they shouldn't raise their hand in class, take charge or even speak up. I think that the "Ban Bossy" campaign is unique and all its own be-

cause they understand that gender stereotypes don't start when girls are adults but in fact, starts when they are children. Just like the "Ms." campaign of 1901, the "Ban Bossy" campaign brings to the public's attention the labels that women are branded with and the gender inequalities that still exist today.

Recently Sandberg's "Ban Bossy" campaign received more publicity when the queen of pop herself, Beyoncé joined forces with an array of celebrities like actress Jennifer Garner, Jane Lynch and even Secretary of Education Arne Duncan to form a PSA to prompt banning the word "bossy." In the PSA, Beyoncé made a powerful statement saying, "I'm not bossy, I'm the boss" and Garner made an influential statement saying, "being labeled something matters."

When a man is the head of a Fortune 500 company, he is labeled as dedicated, determined, and the "boss." However, if a woman holds the same position, she

"Bossy" is not just an adjective but a message that tells all girls they shouldn't raise their hand in class.

is labeled as selfish, pushy and "bossy." People always say that actions speak louder than words but when it comes down to gender stereotyping, words are everything. No little girl should be afraid to raise her hand in class or do the activities that she loves for the

simple fear of being called "bossy." Sandberg's "Ban Bossy" campaign inspires girls to raise their hands more, speak their minds and reminds them that being opinionated doesn't mean your bossy. We all should lead by example, stop using the word bossy and understand that it's not just about eliminating the fear, power and stigma that goes with it for girls [and women].

To pledge to "Ban Bossy", log on to banbossy.com and click on #sharebanbossy to view the facts, tips and quotes about banning bossy.

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From the Open Garden Into the Dark Woods, Let Us Make the Earth Our Temple

By: **Professor Emanuel diPasquale**

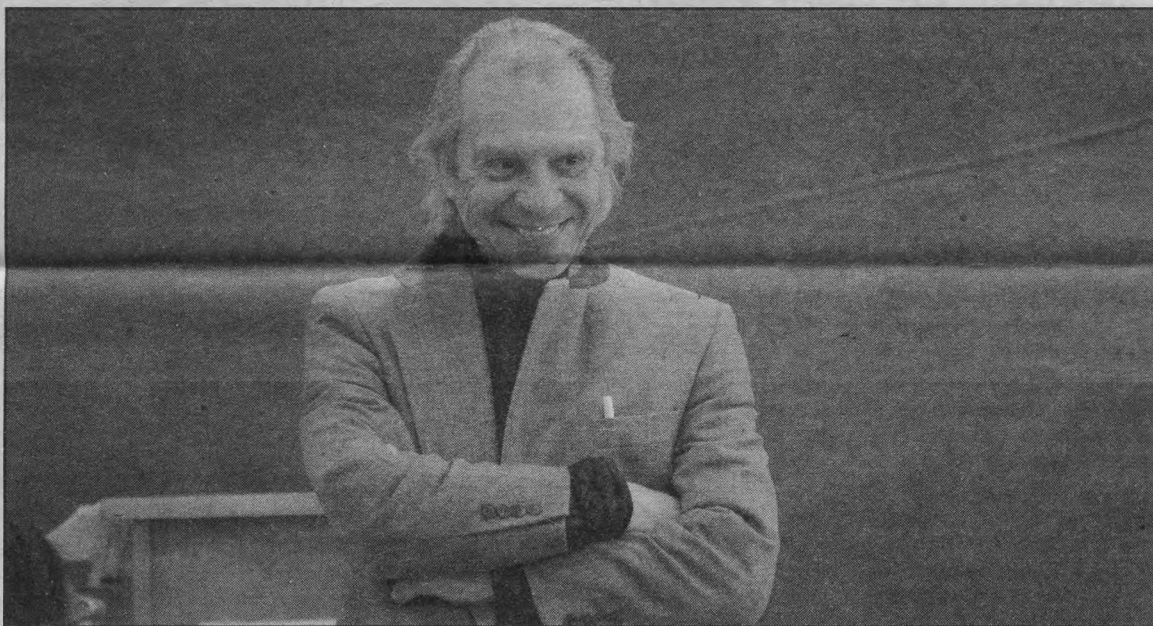
Mythology was invented by poets and wise people to assuage the fear of humans as they became conscious (as they left the pure animal world), as they became thinkers who had to face a world full of questions: Why do we die? Why do we have earthquakes? Why floods? Why do viruses and bacteria kill our children? Why does it rain? Why the ocean? Trees? Fruits in the trees? We created local gods (supreme beings) who watched over us, and yes even punished us when we became destructive. And eventually, those who built temples and churches and mosques, those who ruled over them and spoke for the gods, used what power they had to control us with fear and morality. They saw the best way to do this was by destroying the natural need to express all of our feelings and aggression itself: the main survival instinct and our natural sexuality. This repression in turn made people angry and sadistic, as the gate to natural sexuality was shut. A man and a woman in love, in the flesh, know what paradise is all about: religion by making sweet love became unnatural and perverted us; and it is now embarrassing to breast feed a child in public while it has become 'natural' to go home

and watch sadistic pornography. There is no god as defined by any religion. God is the life force and the positive in humans; and the cosmos is pregnant with it: look at all the creatures of the earth—the life within a drop of blood—the bacteria in our bodies—still,

died. One religion follows another, and turns itself against all other religions. Dictators and emperors use the same moral and legal system to enslave their people. They replace religion with the State and the Leader: thus, communist China, communist Russia and Lenin,

The cosmos and locally the trees, the skies, the ocean, the flowers, and all that is splendid on this earth longed to see itself, so it created creatures after creatures: fish, fowl and animal in an attempt to see, to hear itself and to touch itself. Note how alike all animals are in their

and sun and blood that looks at the ocean and longs to be ocean. And also the earth, in wanting to see itself, to experience itself, created finally a creature that was aware and this was us. Thus, when we look at the ocean, it is the ocean looking at itself and that is our purpose. Our great mother earth created us to experience ourselves; note that humans are the final frontier of Darwinian development. The problem is we are spooked by all the grandeur around us, and by our passions; the consciousness we have, along with the awareness frightens us, as we are limited in our knowledge. We fear even our natural sexuality, our sweetness and our awareness has become our worst enemy as we find ourselves as outsiders of the Mother Nature that insisted on knowing itself through us. Our being animals embarrasses us; and we cover our bodies in shame, the only animals to do so. We forget that the womb wherein we grew has a urine pocket on one side and a pocket of dung on the other. Forget the gods and religion: Jesus Muhammad, the Lord, Allah and the rest. Let us make our earth and our connection with it, our Temple.



Emmanuel diPasquale is an English professor at the College, and its poet-in-residence.

no one knows yet why or how. Life was certainly not from the Greek gods who died as the golden Greek culture died; and it certainly was not from the Roman gods who died as the golden Roman culture

Stalin, Putin, Cuba and Chavez. It was the same in ancient China and Japan with their emperors. Germany and Hitler: the leader becomes Jesus and replaces Jesus, while the state replaces the church.

composition, except for the human animals; this is the one creature that is conscious and aware of its thoughts, but who buries its dead and places flowers over graves. This is the one creature made of water

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Speaking a Second Language Holds Many Benefits for Your Career and Travels

By: **Macarena Solis**
Arts and Entertainment Editor

If you speak an additional language other than your native tongue, your benefits just might be increasing. Recent studies have shown that bilingual or multilingual people may have a greater advantage not only in the tough job market, but in social and mental aspects as well.

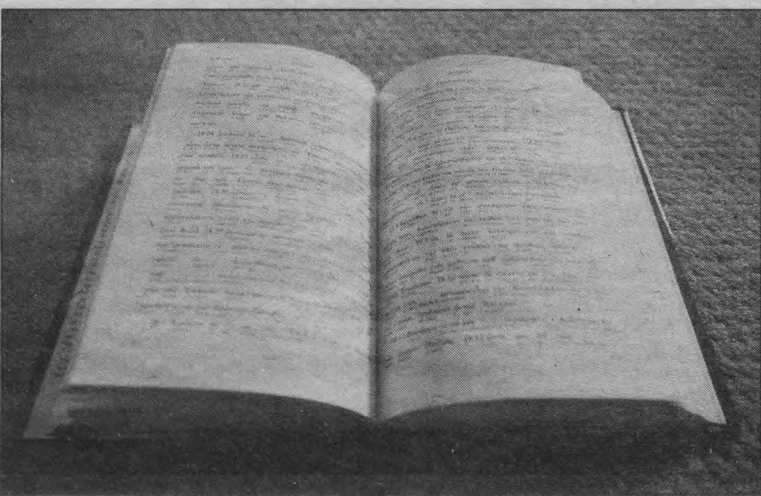
There is no doubt that individuals with language skills are valuable, but those who speak more than one language are now more recognized in the work place. This becomes increasingly competitive, especially for college graduates. In fact, a study by Stanford University revealed among phone companies, there was actually a significant wage difference for bilingual employees. With more businesses becoming international, and the nation's population more diverse, the need to hire employees with multi-language skills is mounting. According to a recent issue in Smart Magazine, companies spend over \$1 million

to replace employees who cannot handle overseas assignments. That's not all, 58 percent of those

lead to in the job market, there are many other advantages aside from professionalism. People with mul-

tour guides, as opposed to having confidence traveling around while experiencing the people and culture without being lost in translation. With Spanish as a second language, the door to traveling and experiencing more than 20 countries and cultures is wide open.

Speaking a second language also has cognitive benefits. Some may simply think that if one speaks a second language then they must be more intelligent, but it is much more complex than that. Multilingual skills boost brain power; this stimulates the brain and challenges it to work differently than a single language speaker. According to a study by Spain's University of Pompeu Fabra, speaking another language improves perceptiveness. By this, multilingual people are more observant and aware of their surroundings. Dominating a second language also improves multi-tasking abilities because a person can switch between two different systems of language structures. A study by Penn State University showed that this switching of two systems makes multilingual people better multi-taskers overall.



One of the major benefits to a second language is employment.

employees said they had trouble adjusting to the language and culture of a new nation. While it is true that English is the international language, learning a second or even third language can open many opportunities career wise.

Although most people are aware of the wonderful opportunities multilingualism can

lingual advantages have access to more than one culture. Growing up speaking two languages, I was even able to experience the world from different perspectives. Traveling may also be a more intimate yet exciting experience. Just imagine the difference between traveling to Tokyo with a Japanese language handbook and going on-

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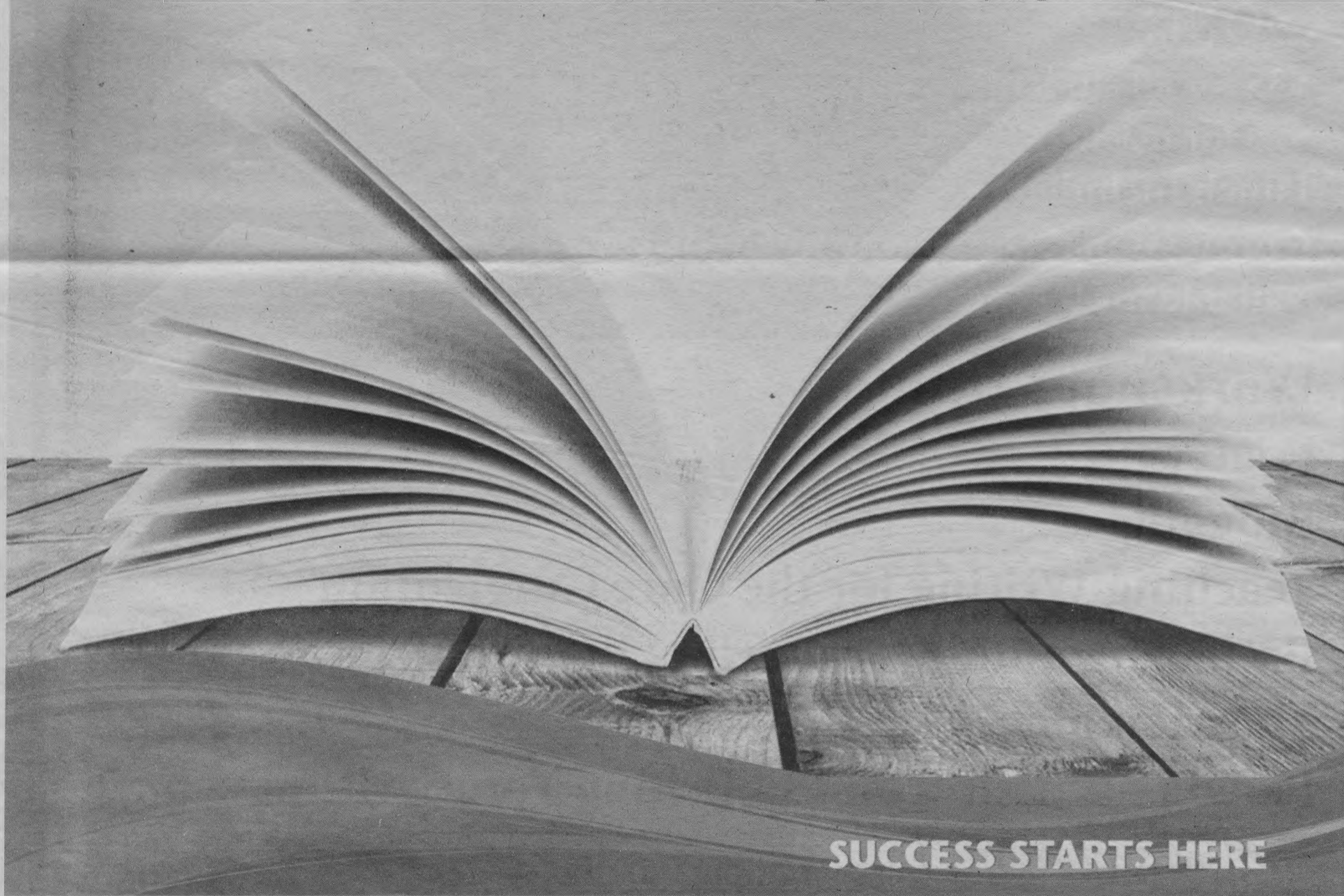
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Colts Baseball Open 2014 Season Tough start has Middlesex at 1-4 to start the year

By: Ben Rodger
Executive Editor-in-Chief

The first five games of the Middlesex County College baseball season have not gone accordingly to plan for first-year Head Coach C.J. Mooney as the team has opened 1-4 but the former Middlesex first baseman realizes that record could be reversed if a few things go his squad's way.

"We could be 4-1 with a timely hit here or there," Mooney said. "Our pattern has been to fall behind early, play a few innings of solid ball, score some runs and grab the lead, and then we get complacent and lose a close one. These guys have to learn that is the time to tack on runs and put the game out of reach and I think they will. It just takes some time."

The season began on Tuesday, March 11 with an 8-2 loss in which Mooney conceded their opponent, Mercer County Community College, was "just a better team than we are at this point."

The weekend brought about back-to-back days of double headers against Atlantic Cape Community College on Saturday, March 15 followed by Rockland Community College on Sunday, March 16.

The Colts opened up the home stand with an 8-3 victory over the Buccaneers despite falling behind 3-0 in the top half of the first. Middlesex responded with one run in the bottom of the frame, tied the game with two runs in the second inning and put the game out of reach in the third



David Mata at the plate during the Colts game against Union.

Photo courtesy of Rob Rivera/NPPA

as they exploded for five runs. Shortstop Frank Gaydos led the offensive attack with two hits, two runs scored and a run batted in.

The second game followed a similar pattern as Atlantic Cape scored first only for Middlesex to immediately respond. The Bucs found a bit more scoring in the fourth and again, Middlesex answered the call to find themselves down 5-4 heading into the sixth. The Colts scratched out a run to tie the game up only for Atlantic Cape to score the go-ahead runs in the top of the seventh for a 7-5 defeat. After being held hitless in game one of the double header, center fielder Brandon Sheh went 2-for-4

in the leadoff spot, knocking in two runs and scoring one in the second.

Rockland County College Hawks made the trip from just across the state line from New York on the morning of March 16 for the second doubleheader in as many days for the Colts. Another day brought the same results as Rockland scored first, Middlesex fought back to take the lead only to see it slip away in both games. The Hawks won the first game 5-4 and the second game 6-3.

During this three game skid, Middlesex has surrendered two runs in each of the final innings.

While Mooney admitted the colder weather has a nega-

tive effect on gripping the ball as well as reducing how far the ball will travel, he is not ready for his team to use that as an excuse.

"Of course we'd like to be playing ball in 75 degree weather but we tell our guys to block all of that out once they step on the field. Whoever is more mentally tough is going to win these games."

Although the season is only five games old, Mooney has noticed the biggest adjustment already.

"Definitely being not so far removed from playing, not being out there is a little strange for me," said the first-year man. "I can prepare these guys only so much but I can't follow them on to the field."

Despite the rocky start, Middlesex is 1-1 in Region 19 play courtesy of splitting the series against Atlantic Cape. The team begins a three game home stand on Thursday, March 20 against Union followed by a double header against Holyoke Community College. The Colts then take to the road for games against Queensborough Community College (March 23), Ocean Community College (March 27) and Camden (March 29).

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"I get to play golf for a living. What more can you ask for - getting paid for doing what you love." - Tiger Woods

Upcoming Games March

March 27

Women's Softball @ Cumberland 3:30 p.m.

Women's Softball @ Cumberland Game 2

Men's Baseball @ Ocean 3:30 p.m.

March 29

Women's Softball vs. Mercer CC Noon

Women's Softball vs. Mercer CC Game 2
Men's Baseball @ Camden Noon

Men's Baseball @ Camden Game 2

April 1

Women's Softball vs. Sussex 3:30 p.m.

Women's Softball vs. Sussex Game 2

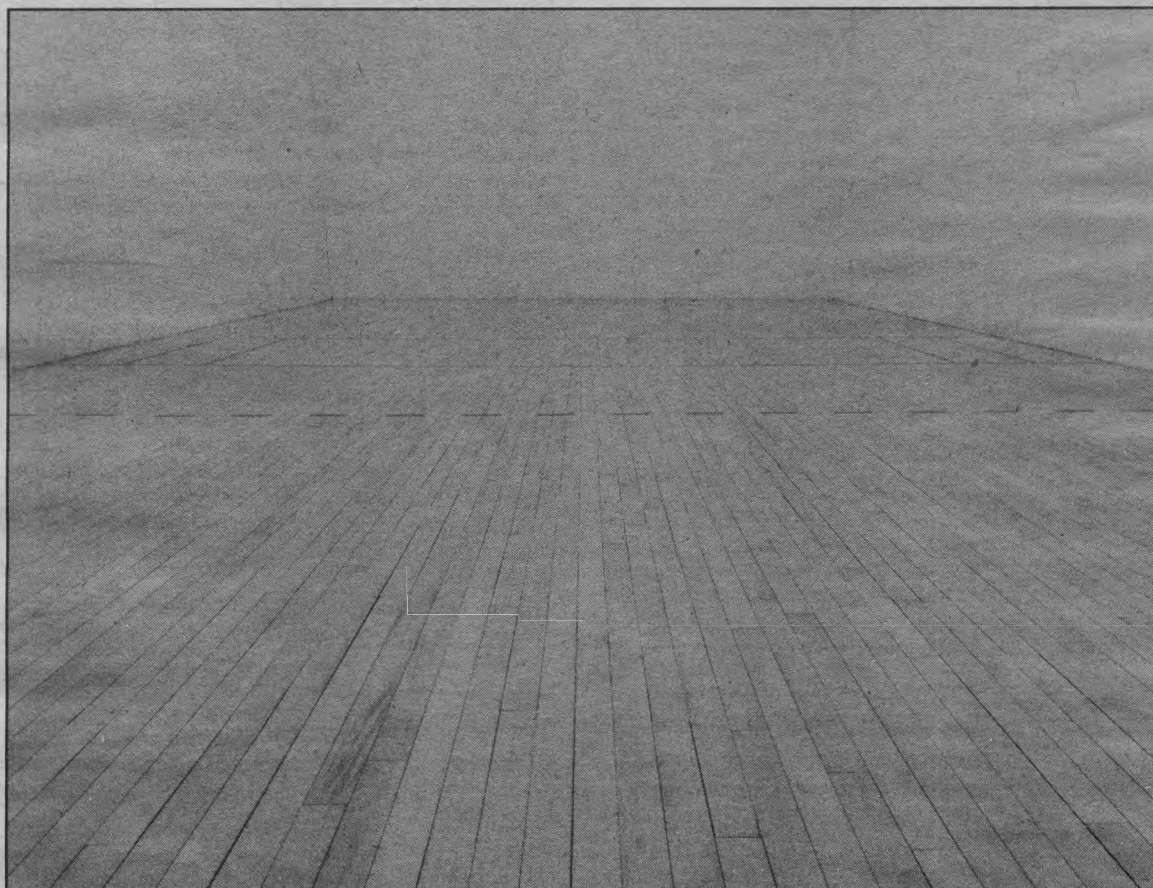
Men's Baseball vs. Bergen 3:30 p.m.

Racquetball Courts Available to the Community PE Center offers fun way to exercise

By: Alejandro Hinestroza
Sports Editor

If you aren't a fan of going to the gym, but would still like to incorporate some exercise in your daily routine, racquetball could be the sport for you. Racquetball is perhaps one of the activities that Middlesex County College students know the least about. Located in the school's Physical Education Center, there are four racquetball courts, across from the viewing area of the pool, next to the dance room.

The racquetball court schedule can be found in the PE center's main office, and also at the equipment room. The hours and cost for the courts are as follows: Monday to Friday from 7 a.m. to 4 p.m., free of charge for students with a valid college ID, and \$10 per hour for general public. After 4 p.m. and before closing time 9 p.m., the \$10 charge applies to everyone, including students. The rooms are also open on Saturdays from 1 p.m. to 4 p.m., making the hours quite flexible for students looking to fit exercise into their routine, no matter their schedule. However, there is one problem with the schedule. It states that "MCC students will pay community racquetball rates with a current validated college ID card." The rates refer to the \$10 per hour



Racquetball courts are available to the public at the PE Center.

Photo courtesy of Rob Rivera/NPPA

charge, but workers in the equipment room said, "They are, [and] the paper just doesn't specify."

This can cause confusion for a student who simply picks up the schedule and doesn't ask questions. In essence, the schedule is giving out the wrong information

to the public, and there's no way of knowing how long this has been happening. It raises the question: Why doesn't the college correct the schedule? Especially if they know that it's wrong. It's possible that this mistake is a reason why the courts are often empty throughout the day.

Despite the scheduling misinformation, The College is accommodating to those interested in playing, even if they don't have the necessary equipment to play racquetball. Equipment such as racquets, balls, and even goggles can be picked up from the equip-

ment room free of charge, provided you show the office your student ID beforehand.

Valerie Martinez is racquetball court user who isn't a student at the college and uses the rooms mostly on the weekends. Usually accompanied by her father, she describes it as, "a good and fun way to exercise. It has its points where the level of competitiveness rises, but in the end it's all in good fun."

Martinez also said she enjoys using the rooms because racquetball is a great way for her to spend time with her father doing something they both enjoy. However, she is surprised by the low amount of people who use the courts because, as she describes it, it is "a sport that will get even more fun and competitive if more than two people are involved." Even some of the athletes from the College's men's soccer team were surprised to hear the courts could be accessed at no charge.

The College has well-maintained recreational facilities, and students should consider using them when they have time.

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