

Quo Vadis

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September 3, 2014

Preparations for a New Semester

By: Melissa Kurtz
Front Page Editor

It is a new school year and much preparation goes into each semester. Students must choose classes, choose convenient times, purchase supplies and prepare themselves for classes before each semester starts with methods they are comfortable with.

However, while students have much preparing to do, professors also have to prepare to make each semester successful and meet the needs of all students. Professors must prepare lesson plans, attend meetings, learn new material, and much more. With the start of the new school year, it is important to remember the advanced planning the professors do to prepare for their students.

Francis Ziegler, an adjunct professor for the math department, explains that lesson plans and meetings are not the only preparations that go into effect. There are also workshops for professors to attend to learn about new software to go along with their teaching styles. By doing this, professors get first-hand experience with the software that can then be introduced to students.

Consistency within each department is also key. Ziegler also

explains that the math department is especially good with keeping faculty up to date on policies and software. This is an effort in which all faculty members must take part in on a daily basis, especially when a new semester is beginning, to be consistent with students as well.

Preparation is what leads to success and progression. When faculty and students are both prepared, transitioning into the semester can relieve stress. When this happens, students feel that they are being

taken care of. Ziegler said, "We are in the business of helping people. It's about progress," which he states the department chairs explain to professors every year.

One way for students to prepare is to visit the Advising

Center in Chambers Hall. The Advising Center can offer students assistance with classes, scheduling, and answering questions students have. The beginning of the semester is an important time to go with any concerns or problems any student may have.

According to the Academic Advising page on the college's website, the mission statement of Academic Advising is, "Providing all students with accurate information and thorough advising to assist them in making appropriate academic decisions for their courses at MCC." While providing students with the necessary information and guidance, they also offer the same support to faculty and staff, which is important to starting the school year.

The Academic Advising page offers information on a variety of topics that students may have questions about. Viewing these topics can make students aware of what to expect throughout the course of the semester, especially for new students. Reviewing these topics now and visiting the Advising Center with any further questions may get many students off to the right start.

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Advisors can help with questions students have.

Photo courtesy of Martin Alonso

Healthy Habits Proven to Benefit Students

By: Melissa Kurtz
Front Page Editor

During the school year, it is important for students to keep in mind that exercise, plenty of sleep and a healthy diet will ensure maximum brain functionality.

Although many know this, it can be proven hard to follow, as students transition from summer vacation to the new fall semester. It is often common for students to take a break from their normal routines during the summer. A common habit that students adopt over the summer is an inconsistent sleep schedule, which can lead to issues with classes when the semester begins. For students who cannot return to their former sleeping schedule, staying awake and focused during classes will become another task for them to juggle.

This is especially true according to student, Brendan Soliwoda. He explains, going into his last semester, he did not always do his best to keep his mind healthy due to his lack of sleep. "I was one of the many students who would pull all nighters which only lead to being exhausted during class," said Soliwoda.

Another essential element of a healthy student is that of a good diet. Student Brendan Soliwoda believes that maintaining a healthy diet can help keep students going. While there are many temptations to eat poorly, it is important to choose healthy choices for most of your diet. "You can see and feel a difference in your proficiency when you avoid most of the temptations," said Soliwoda.

Physical activity, such as working out, can also help students as seen on the Center for Disease Control and Prevention (CDC) web-

site. The website has many different pages on nutrition and physical activity that can benefit students. According to the website, "[Physical Activity] Reduces feelings of depression and anxiety and promotes psychological well-being." The website also says that physical activity can improve grades, behavior, time management and concentration.

Many students develop anxieties at the beginning of a school year which can be alleviated by exercising. According to the website for the Mayo Clinic, physical activity can get your mind off the task at hand while relieving your body of that stress. The website suggests exercising for 30 minutes a day, three to five times a week.

Students have opportunities on the campus itself to be physically active. With the multiple sports teams and the gym in the Physical Education building, students can take advantage of these amenities. By doing this, healthier habits can be formed to ease the mind and body. Then, students can have better focus and concentration; better sleeping habits and

more active minds.

The start of a new school year can be very stressful. However, keeping a healthy body can ease this stress by taking proper care of the body. A healthy body will lead to a healthy mind, which can cause students to be more successful throughout the school year.

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Help beat anxiety with exercise.

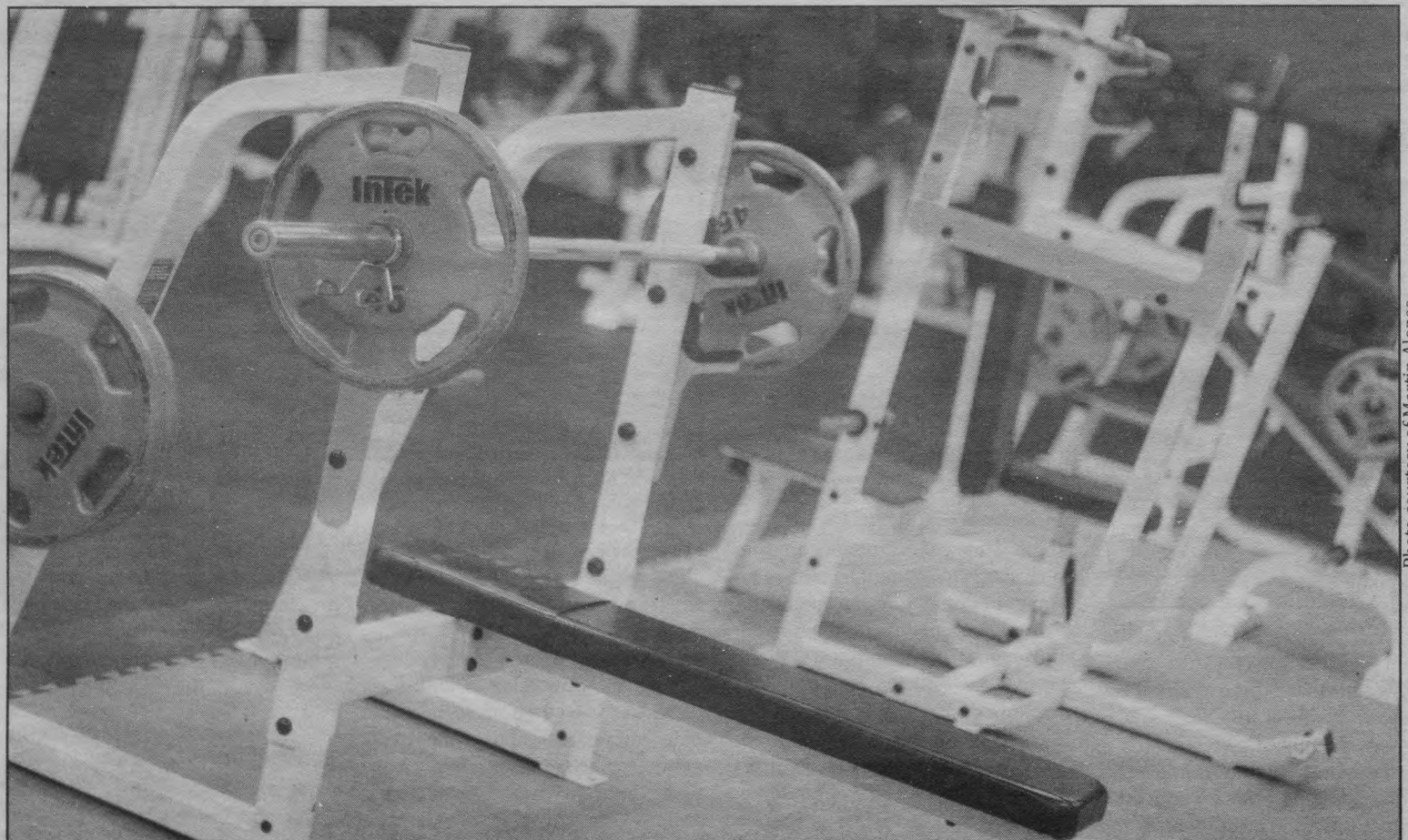


Photo courtesy of Martin Alonso

Elementary School Students Graduate from College

By: Rebekah Reyes
Campus & Community Editor

James Monroe Elementary School was burnt down on a Saturday evening, March 22, 2014.

According to The College's Spokesperson, Tom Peterson, The College's administration was soon acting to provide aid. By the next day, The College's President Joann La Perla-Morales was in touch with Edison's Superintendent of Schools, Richard O'Malley. Arrangements were made to have the displaced students and faculty hold classes on The College campus.

Peterson said, "Our facilities staff did an incredible job in transforming the buildings for the kids. South I and II were being prepared for demolition, which meant that a lot of the fixtures had been removed, such as sinks and toilets, doorknobs, etc. All that had to be replaced. Plus, the needs of the school required that some walls be removed, floors fixed up, and walls painted. Facilities did a magnificent job, essentially turning those two buildings into a warm, welcoming elementary school in 36 hours."

The Student Government Association was present for the elementary students' return to classes, offering high-fives and holding banners to welcome them.

Kindergartners, teachers, fifth-graders and staff did feel welcomed during their stay. Lynda Zapoticzny, principal of James Monroe Elementary for 12 years, said that The College was that enchanted island that was able to better a trying situation.

"We were very protected, very well-taken care of [and] made to feel special in just about every way possible," said Zapoticzny.

Losing their building was "like a death," said Zapoticzny. The school building had been 50 years old and a center for the community. "In one day, it was all taken away from us."

However, students realized the opportunity that The College offered, and seized it. Space constraints helped students get to know each other better. Zapoticzny said that students were no longer a class but a whole grade level together, offering the chance to form new friendships.

She went on to say that students saw what a college was

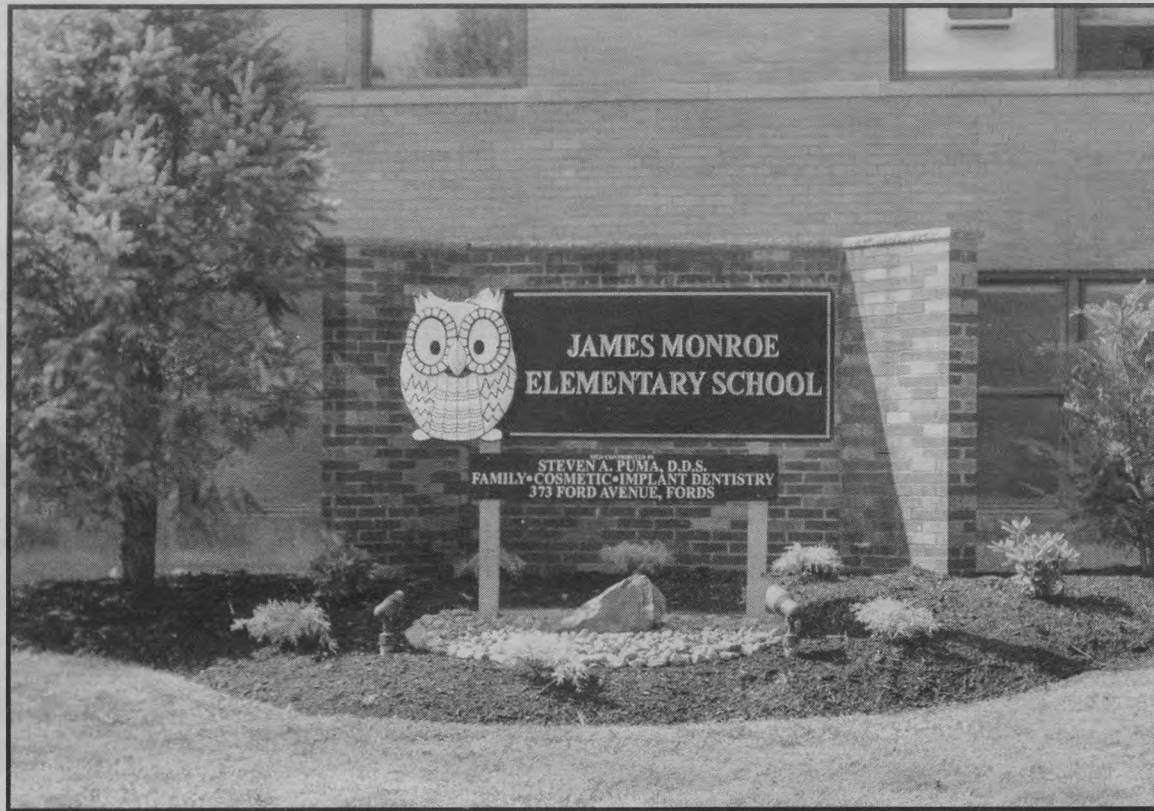


Photo courtesy of Rebekah Reyes

like. Fifth-graders began to think about their future, their vocations and aspiring to be somebody.

Zapoticzny said, "When kids hear 'college,' they don't know what that means," but they saw that any kind of individual can go to college.

She affirms that the students' experiences and time at the college would be one that would follow them throughout their lives. Seeing the kindness of others, as well as being allowed to use MetLife Stadium for the school's field day and even having a hot air balloon visit the young students, all helped to ease the children into a new environment and undertaking.

Teacher of 32 years, Kim Duhamel, said, "[Students] took the challenge and rose above it ... They always surpass any challenge we set for them."

Teachers were challenged as well, said Duhamel. They had to have their students dig deep and participate in group projects.

In one project, they were required to design the perfect school. Many students used The College's campus as a frame of reference and an example of what an ideal school would look like.

The elementary



Photo courtesy of Rebekah Reyes

(Top) James Monroe Elementary School Sign stands in front of the new school building. (Bottom) Unopened art supplies wait for students.

school held their graduation on The College's campus.

"It was especially meaningful that we were able to send our fifth-graders off from the campus that did so much for us," said Zapoticzny.

James Monroe Elementary will be using the facilities at St. Cecilia's church in Iselin come the fall.

"We're on the next part of our journey," said Zapoticzny.

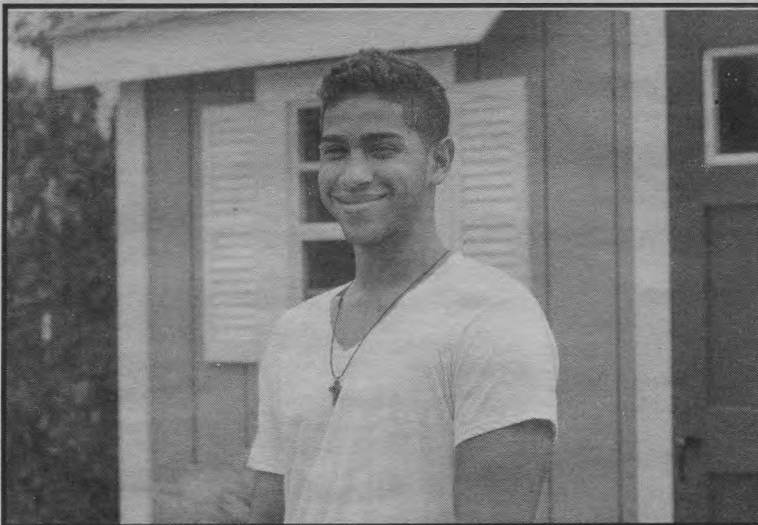
Duhamel reassures thought that the kids will pay it forward.

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Students Discuss the Fall Semester



Tania Mora will be graduating this fall. She hopes to pursue a career as an education practitioner.



William Rosario will be studying Criminal Justice this fall.

By: Rebekah Reyes
Campus & Community Editor

Tania Mora and William Rosario spoke to the writer on Wednesday, Aug. 20, 2014, two weeks shy from the first day of classes, hoping to give students of the fall semester some perspective. Mora, studying to be an education practitioner, will be graduating this fall. Having played volleyball and

spent a few years studying on campus, she is able to offer a bit of insight about her stay at The College. "There were people to help me out throughout my whole time. When classes got difficult, or I felt like I couldn't do it or I was going to fail a class, going to the tutoring center [would] actually help. It didn't make it so stressful," says Mora. Rosario, an incoming freshman studying Criminal Justice, has

also heard of the college's available tutors and helpful staff. He recognizes that though unaccustomed to the college environment, studying at The College will be an experience to look forward to. "It's all going to be very new, but at the same time [it's] going to be exciting. It's going to be a brand new perspective." As one student begins to settle in to the college community, an-

other is preparing to leave. Mora ends by offering the advice to "go [to class] with the mentality that every week counts and it's only a semester, so give it all you've got."

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Come to the Quo Vadis Meetings!

We meet every Wednesday at 11 a.m. in Crabiell Hall Room 219 See you there!

Photos courtesy of Rebekah Reyes

..... Person on the Street

By: Martin Alonso
Managing Editor

As the semester starts, students are seen flocking the Blue Colt Bookstore to purchase or rent books they need for their courses. However, there are other options besides the bookstore to do all these things. Some students were asked:

Where do you buy your textbooks, and what do you do with them after the semester is over?



Sara Thatcher, 22, Harrison, Liberal Arts Education

"I end up buying my books from the [Blue Colt Bookstore]. When the semester is over I sell the ones I don't find useful. It's usually the math books I keep."



Patricia Sepulveda, 23, Old Bridge, Business

"If I can find the textbook from someone who has taken the course already, I buy it off them. Amazon is also a cheap place to find books. The books that I think may be beneficial to me in the future, I keep. Any book that I don't think I will ever use again, I either rent or sell the remainder of my books."



Jasiel Hidalgo, 27, North Brunswick, Computer Science

"I buy them online, either from Amazon or EBay, and when the semester ends, I sell them online as well."



Chris Bowen, 21, East Brunswick, Social Science

"First, I make sure I will be needing the books for class because some teachers go the whole semester without using the book. If I need them, I buy them online. I keep any books I could use as a resource and sell the rest."

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Chaz Jackson, 19, Colonia, Liberal Arts,

"I go right to the [Blue Colt] bookstore. Then afterwards, I usually keep them so I can review them when I need them."

Tutoring Center Accessible and Available to All Students

By: Paige Bollman
Campus & Community Editor

Students have access to the tutoring center in the Johnson Learning Center, room 240, open Monday-Thursday 9 a.m. - 9 p.m., Friday 9 a.m. - 5 p.m., and Saturday 9 a.m. - 2 p.m., this fall semester.

Times may vary depending on the subject in which the student needs tutoring, and students may stop in to check the schedule to see when tutoring is available for their desired class.

Stephanie Osinski-Rea, Tutoring Coordinator, said, "We have tutoring available for most courses offered by the college: accounting, art, biology, chemistry, computer science, business, economics, all levels of math, upper level English courses, history, psychology, philosophy, etc. We have some language tutoring available as well, and have recently added an ASL tutor. I am sure that I have left

some out here, but if students have questions, they are welcome to stop by at any point. Tutoring is available at no cost for all students currently enrolled in courses here. Tutoring is only available for courses being taken here. No appointments are necessary, as tutoring is available on a walk-in basis."

Those who wish to become tutors themselves must have completed 15 college credits with a grade point average of 3.0 or greater, and at least a B average in the course in which they wish to tutor. Current tutors vary from current students to students who have completed bachelor's degree and master's degrees in various subject areas.

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Photos courtesy of Martin Alonso

Photo courtesy of Susan Harvey Cook



Susan Roberts will portray a courtroom spectator in *To Kill A Mockingbird*.

Susan Roberts to be Featured in *To Kill a Mockingbird*

By Susan Schnitzer

Susan Roberts, of Edison, NJ will star as one of the "courtroom spectators" in *To Kill A Mockingbird* produced by Fearless Productions, LLC. Susan has previously appeared in many productions in New Jersey, notably *The Fantastic Mr. Fox*, *The Pirates of Penzance*, *Down the Rabbit Hole*, *The Miracle Worker* and *Who Wants to Become a Princess*. She has worked with Dunellen Skylight Theater, Cranford Dramatic Club, Triple Threat Productions and Hedgehog & Feathers, to name a few.

In *To Kill A Mockingbird*, Susan portrays one of the courtroom spectators who offer interest and commotion during the trial of Tom Robinson, a young black man who has been accused of assaulting a white girl during 1935 in Maycomb, Alabama.

To Kill a Mockingbird is being directed by Steve Lemenille (Clark, NJ) with Jessica Foerst (Westfield, NJ) as Associate Producer. Mr. Lemenille and Ms. Foerst serve on the Advisory Board of Fearless Productions and also serve on the Board of Directors of Westfield Community Players as President and Director of Playbill, respectively. Mr. Lemenille is a NJACT Perry

Award nominee for Outstanding Director, while Ms. Foerst received a NJACT Perry Award nomination for Outstanding Lighting.

To Kill A Mockingbird will be presented at the Hamilton Stage (UCPAC - Union County Performing Arts Center) 360 Union st., Rahway, NJ 07065 on September 19, 20, 26, 27, October 3, 4 2014 at 8:00 PM; September 21, 28, October 5 at 2:00 PM. Tickets are \$25.00. To order tickets on-line: www.ucpac.org call 732.499.8226

FEARLESS PRODUCTIONS... strives to create entertaining theatrical productions that walk on the very edge of the edge, leap enthusiastically with our hearts on our sleeves, and dare to be daring. We recognize that the responsibility of true art is to firmly grasp the attention of our audience for as long as we are asking for it. We accept this challenge with the courage that only comes with doing exactly what we feel we were born to do... Simply put... Our NAME is our MISSION STATEMENT...

For more information search for Fearless Productions on <http://www.fearlessprod.com> or contact fearlessprod@yahoo.com

Thriller Tampers Domestic Abuse Film Proves Too Incredible to be Taken Seriously

By Macarena Solis
Arts & Entertainment Editor

I recently watched the 2002 film "Enough" starring Jennifer Lopez as a battered wife who finds her inner strength to fight back. I was rather intrigued, as the film seemed to promise some strong womanly empowerment. I wondered where the film would go with this important subject. What the film actually did was take an important issue like domestic abuse, and gracelessly turned it into a cheesy and unrealistic thriller.

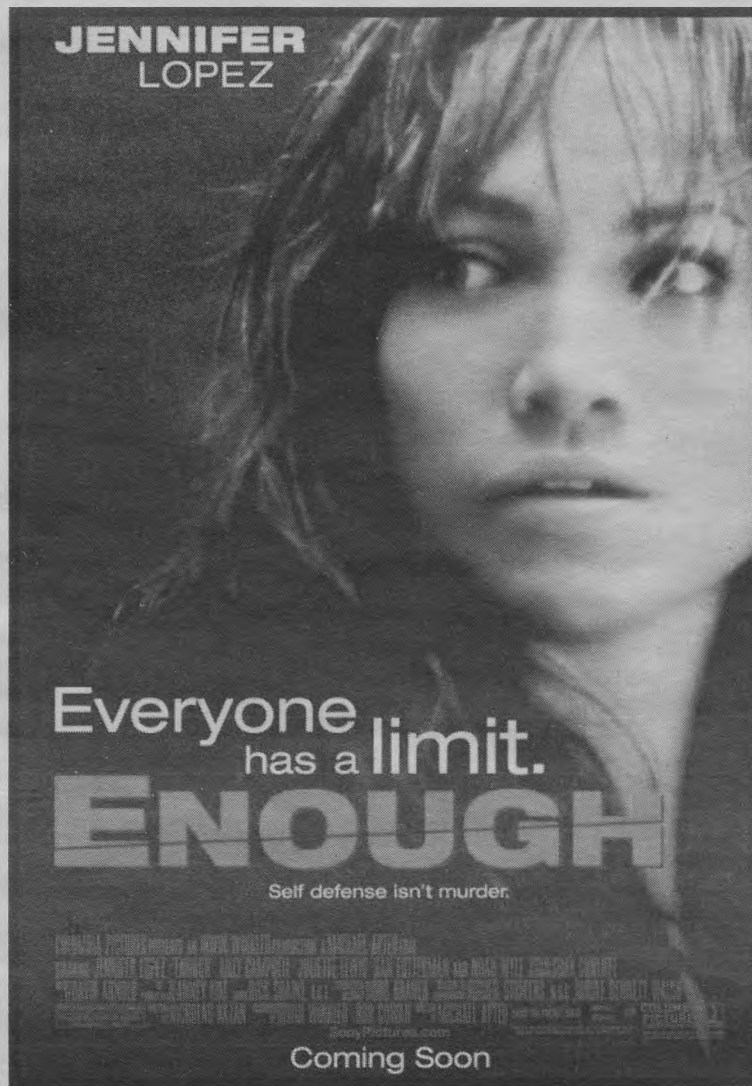
Jennifer Lopez stars as Slim, a waitress who marries a rich contractor Mitch and they go on to get married and have a little girl. It seems as though she has found her prince charming, including having a little girl named Gracie. Five years later, Slim discovers her husband is cheating on her. When she angrily confronts him and threatens to leave him, he arrogantly refuses to end his affair and strikes her for the first time. Slim now realizes her husband was not as perfect as she thought.

Mitch becomes increasingly more violent and controlling. One night, Slim tries to escape with her sleeping daughter on her shoulder. Mitch catches her before she gets to the door, throws her to the floor and begins kicking her, but luckily, her friends break in and helps her escape.

Having all her credit cards frozen, she stays at a cheap motel with Gracie. It's not too long before he tracks her down, tries to break into her room and they have an all out chase as she manages to escape once again. She stays at an old boyfriend's house in Seattle, but once again, she is tracked down. When Slim gathers enough money, she buys a house and changes her name, only for Mitch to track her down again. Mitch attacks her in her house with Gracie watching, she manages to escape and they have an all out car chase, which she escapes from once again.

Slim decides she can no longer run and begins training in self-defense. She returns to Mitch's home, breaks in and traps him inside with the hopes to use her new skills to take him down.

Although I did find this film to be a thriller and having to jump out of my seat in certain



Jennifer Lopez stars as Slim, an abused wife who decides to seek revenge.

scenes, I personally consider it highly unrealistic. The film took a sensitive subject like spousal abuse and turned it into a thrill ride of the manufactured film industry mush.

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Photo courtesy by Cimarron Group

A story of Courage and Passion will Move Readers

By Macarena Solis
Arts & Entertainment Editor

Water for Elephants is a bestselling novel by Sara Gruen that captivates the reader from the first page with the unknown and mysterious world of a vintage traveling circus. A young man accidentally jumps on a train that changes the course of his life. Jacob Jankowski, the main character himself tells his story as an elderly man from the nursing home he lives in. The story has two settings; the central setting is in the 1930s, the time of Jacobs's story, and the second setting is Jacob's present time nursing home. 93-year-old Jacob unhappily and nostalgically reminisces from the nursing home.

When young Jacob suddenly becomes an orphaned and homeless college dropout, he desperately jumps on a random train in the middle of the night. Little did he know that this train belonged to Benzini Brothers Most Spectacular Show on Earth. A friend he meets helps him meet with Uncle Al, the man in charge of the circus. Before he knew it, he had a job as the veterinarian (although he didn't finish graduating!).

Taking care of the animals seems like a decent job, maybe not.

He has to deal with one of the most difficult men on the train, August, the animal trainer and ringleader of the show. August is the antagonist of the novel, and for reasons the reader finds out later on, he proves to be a horrible person with bad traits that outweigh his good. Although people in the circus try to justify August's behavior by saying he's a troubled schizophrenic, Jacob sees right through him.

Jacob encounters many creatures and characters in the circus that take him and the reader by surprise. The book truly gives the reader an explicit insight to the world of a traveling circus in the 1930s.

Jacob is instantly attracted to Marlena, the beautiful (and off-limits) wife of August who is also one of the main performers of the show. What's a best seller without a forbidden love triangle, especially one with your boss' wife? August treats Jacob respectfully and surprisingly kind. This seems odd to Jacob because he doesn't treat others in the circus the same way. Although Jacob forms a very cautious relationship with August, he ends up falling in love Marlena. August isn't only a drunk, but he beats his wife and his animals. The more aggressive and uncontrollable August becomes, the more Marlena and Jacob fall in love with one another.

It isn't long before August becomes suspicious of their relationship.

Soon, Jacob finds out that August is a dangerous man and the circus is a dangerous place full of secrets, murder and out of this world encounters. It becomes clear that like the circus, many things are simply an illusion.

The novel doesn't only deal with love and drama, it also tackles through issues the U.S. was facing during the early 1930s, like prohibition and the great depression. The contrast between the two settings becomes progressively more diverse which intrigues and moves the reader in more ways than one. Just when the reader is caught up in the midst of young Jacob's circus adventures and his journey to falling in love, the story unexpectedly drags you right back to the present nursing home, where elderly Jacob is weak, alone, and can barely fend for himself.

Although there is a film adaptation that was released in 2011, there is no denying that the book takes you deep inside the mind of the narrator and his feelings, while a film may be limiting.

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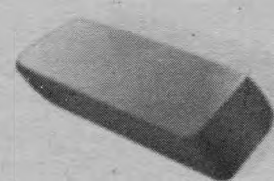
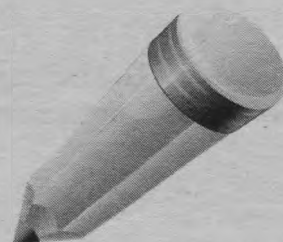
Back to School Word Search

By Macarena Solis
Arts & Entertainment Editor

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Editor Has a New Hope for the Fall Semester

By Jonathan Finnerty
Managing Editor

I hear reports of violence and malevolent happenings while gazing in awe at Francisco Goya's 1798 etching *The Sleep of Reason Produces Monsters* on my unflattering and pixel-bound screen. Beheadings and bombings, lies and prejudice, the world is slowly dismembering itself in the name of an ideology or misplaced faith. My fingers tremble when I think of the pain and suffering my fellow species endures daily and for what exactly? The pessimist in me questions the validity of my education and my supposed perception of the world. What can one do to solve these issues of mind and morality?

Whirling back to Goya's etching now; I pose a challenge to my fellow students and professors: awaken your reason and avoid the folly and ignorance produced by a lack of intellectual honesty. Look at the state of affairs around you, and not just your local setting, but the world. Make a stand and take action

in favor of equality and truth. Like T.S. Eliot quipped in *The Dry Salvages*, "Not fare well, but fare forward, voyagers." The latter italics are mine, because the emphasis should be on the progressive aspect of the quote. What are you doing to better your life and the lives of others?

For new readers of *Quo Vadis* and new students of the college, I ask you not only to attend your classes, but engage in them. Ask questions and break the worn ramparts in your mind, for life is moving with haste and will not compromise. One year ago, I knew nothing about art; last semester I took an art history class which taught me more than I could have imagined. Now I frequently catch myself amorously docked at the seductive brushstrokes of some Renaissance painting, or shedding a tear with Franz Marc's 1913 *The Fate of Animals* (yes, "with" the painting). One should find solace in taking new classes and learning new things. New knowledge is what you are here for, so embrace the opportunity.

Ending this informal mis-

sive, I welcome all to the fall semester. In return, I ask that you welcome others and their ideas, while maintaining a sense of humble reason. There is an old Latin saying, "Cave ab homine unius libri,"

or "Beware the man of one book." Take the concepts and ideas you learn this semester and apply them to the real world. To those who search for the better life, *sláinte!*

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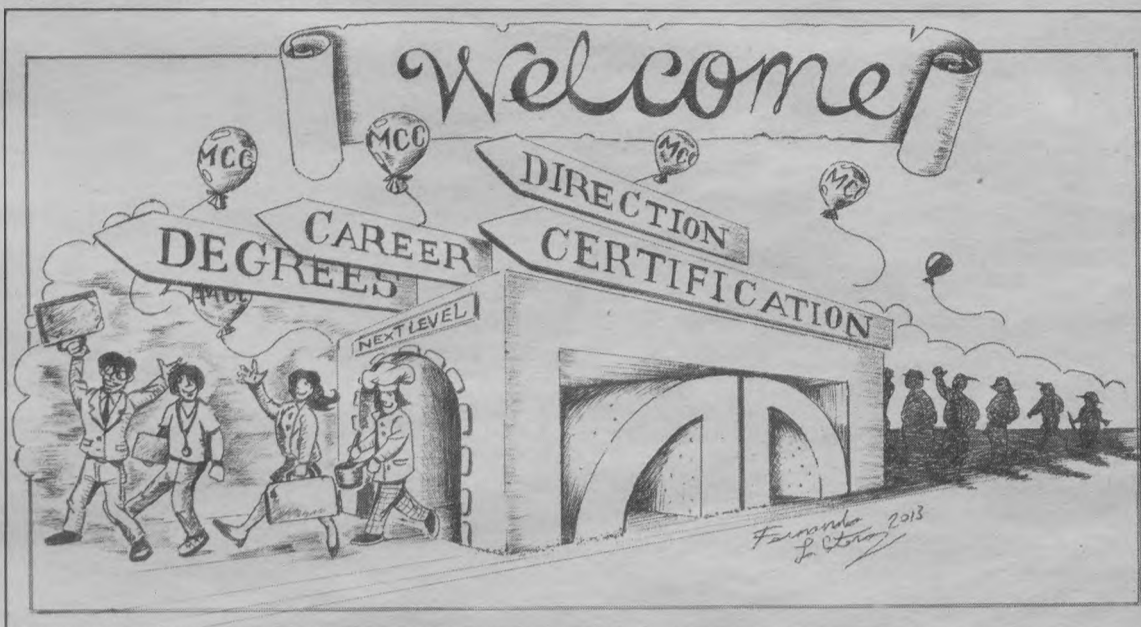


Illustration by Fernando.

Make the most of your classes.

The Real Cause Behind Racial Tension in America

By Tara Canavera
Opinion & Culture Editor

Police officers across the nation are targeting black men. That was the message I was getting from the media all summer. On July 17, Eric Garner of New York died from what the New York Times called a fatal heart attack after being put in a chokehold. On August 19, the Wall Street Journal reported that the Richmond County District Attorney Daniel M. Donovan Jr. will bring the case to a grand jury. The police maintain that Mr. Garner was trying to avoid arrest, and the police say the use of force was needed to subdue the 6-foot-3, 350-pound Garner. According to a report by CBS News, the officer Daniel Pantaleo was sued in federal court twice in 2013 over allegedly unlawful, racially motivated arrests.

Then on August 9, 18-year-old Michael Brown was shot and killed in Ferguson, Missouri, by police officer Darren Wilson. Brown was unarmed but was fighting with Officer Wilson, and according to Fox News, Brown charged Officer Wilson and went after his gun. Due to the media's reports, many people have not heard that Brown severely beat the officer.

People are outraged that Officer Wilson has not been arrested. But the cases involving police officers are judged differently. According to Associated Press reporter Eileen Sullivan, the

Supreme Court in 1989 *Graham v. Connor* case, stated, "an officer's use of force should be considered on the facts of each case. Officers are to weigh the seriousness of the crime, whether the suspect poses

a threat to the safety of police or others and whether the suspect is trying to resist arrest," meaning that this is the way an officer's actions should be judged, regardless of how others may see it.

The media should be unbiased and report all the facts. They only report the facts that fuels the hatred between people. We hear all these stories of someone from one race killing some-

one from another race. Why does race need to be brought up? Why can't it just be reported that one person killed another person?

Are there bad police officers out there? Yes, you have good and bad in every career but most of the officers out there are good people trying to keep us safe. The media just chooses to report the negative things that happen once in a while as opposed to the good things the police do.

We need to stop listening to the half-truths we hear from the media and remember that we are all people just trying to get by and live a good life. The color of our skin should not define us. Kids are not born racist, they are taught it. Teach your children that the news is not always unbiased and that people should be judged on an individual bases based on how they treat others not simply on the color of their skin.

The loss of any life is horrible and sad, but using someone's death to fuel hatred is even worse. Why is it that in 2014 race is still an issue? It is my hope that by the time my children are grown, our world will be a place where the color of someone's skin is not an issue.

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Photo by Martin Alonso

The majority of police officers are good people. The media only reports on the negative cases.

Dear Tara: All the Advice You Will Ever Need

Dear Tara,
I am 19 years old working part-time and go to MCC full-time. My mom still pays my car insurance and cell phone bills, but I pay \$25 a week in rent. I think since I pay rent I should be allowed to have my boyfriend stay over. My mom does not agree with this. Since I pay rent I feel I should be treated as a roommate not a child. What do you think?
-Not a child

You are her adult child living in her house. I believe since you live in her home, you need to follow her rules.
-Tara



Photo by: Tara Canavera

Tara is a Sociology Major and has lots of life experience.

Dear Not a child,
Even though you are contributing to the household, the money you are paying most likely does not even cover one bill. Paying \$25 a week is not really paying rent, as there isn't a place you can live for \$100 a month. It is great that you are taking the responsibility to help out with what you can. Also, I am sure your mom appreciates that you are helping, but the truth is that you are not her roommate since she is paying most of your expenses. You are not her roommate.

Finding a Little Gratitude in Everyday Life

By Tara Canavera
Opinion & Culture Editor

My Facebook feed has been filled with friends doing the Gratitude Challenge. This is where for five days you list three things you are grateful for, then nominate three others to do it each day. I have had many friends post how hard it is to list three things. This made me start to think about all the negative things people focus on in life.

I see people on Facebook complain about so much, and I admit I am just as guilty of doing that. Why do people focus on the bad things in life? According to Stanford University Professor and author Clifford Nass, "Some people do have a more positive outlook, but almost everyone remembers negative things more

strongly and in more detail." He explains in a New York Times article by Alina Tugend, that this is because it requires us to think and process negative events more than the positive thus the negative stays with us more and is recalled easier.

Research done by Florida State University social psychology professor Roy F. Baumeister, shows that this is true even with animals. His research showed, "Bad emotions, bad parents and bad feedback have more impact than good ones. Bad impressions and bad stereotypes are quicker to form and more resistant to disconfirmation than good ones."

It would seem that that we hold on to the negative longer so it is easier to recall. The negative has a bigger impact on us, so we focus more on it. Professor Nass points out that negative people are seen as smarter than positive people.

I am very positive person. I choose to be this way. I look for the good in every situation. I see so many people who are unhappy and I don't want to be that way. My life is far from perfect, but I have a life and a new chance every day, so why not look for the good things in life?

It may be easier to recall the negative, but it is so much more rewarding to remember the good things in life. I believe this so much that I am doing the Gratitude Challenge for the second time. Next time you are feeling down, look around and focus on the good. It will cheer you up.

Today I am grateful you are reading the school paper. Have a great day!

You can reach the author at
taraac6561@portal.middlesexcc.edu

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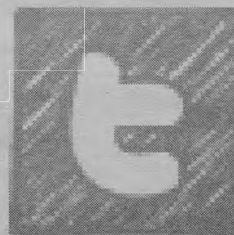


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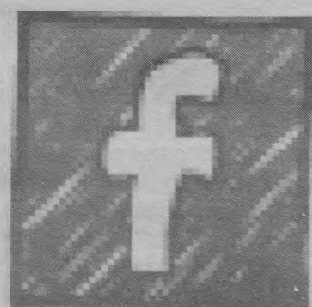
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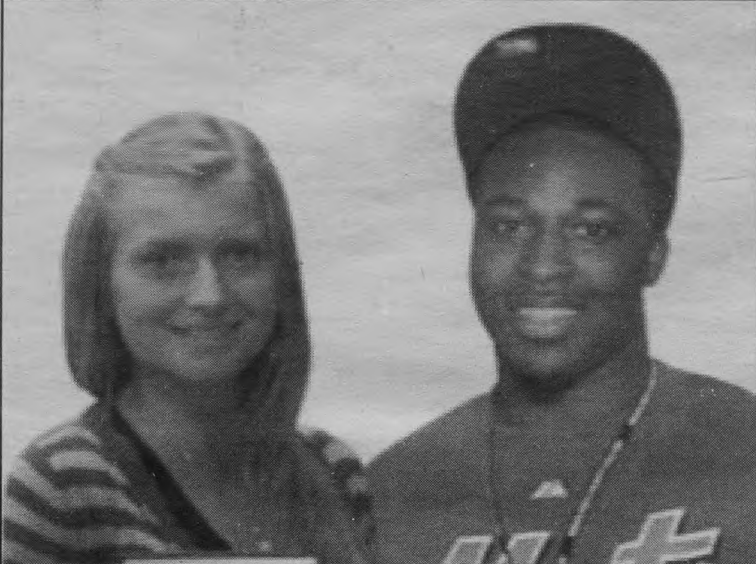
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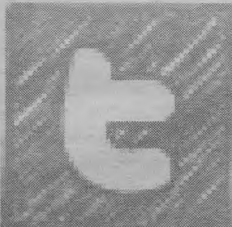



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Women's Volleyball Coach Thrilled for Season Opener

By: Stephen Ur
Sports Writer

The Middlesex County College women's volleyball team takes on Ocean County College at home on September 4 in the season opener for both squads. No one is more excited for the upcoming season than head coach Colleen Masterson. "There is a lot of talent in the gym this year." "I think if we can gel together, we can go pretty far this season. I think we need to make team expectations known and keep true

to them as a team not individuals," said Masterson.

Masterson, in her third year at Middlesex County College, has coached the volleyball team at Watchung Hills Regional High School and was also an assistant coach for the Kean University men's volleyball team.

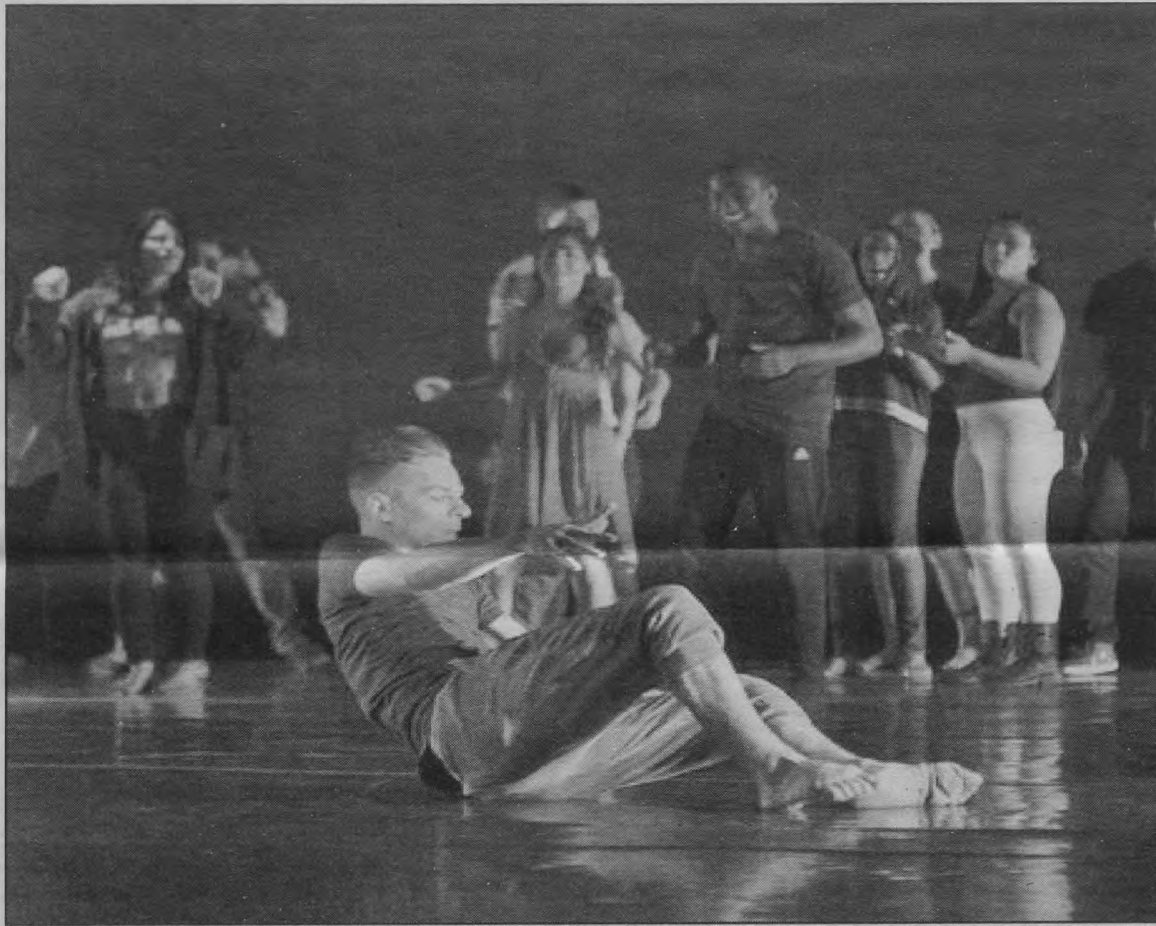
"I go to local high school games as well as look up stand out players to go scout," Masterson says about her recruitment process. "I also have an open door policy and let everyone try out that is interested." Of all the girls on the team, however, there is one girl that

stands out in Masterson's eyes.

"Tina McCann is a second year player who should play a big part in our success," Masterson states. McCann scored 94 points for her team and landed in the top 120 in the state with 12 blocks per game her freshman year. "Tia Williams is coming in as a transfer, and should bring a lot of talent to the court," Masterson adds.

Your feedback is important to us. You can reach the author at stephencu5739@portal.middlesexcc.edu

Dance Ensemble to Hold Auditions



Images courtesy of Martin Alonso

The College's dance ensemble will be holding auditions on Friday, **September 5 from 10:30 a.m. to 12:30 p.m.** in the Physical Education Center's dance studio.

No experience is needed.

Please e-mail Artistic Director
Aimee Mitacchione at
Amitacchione@middlesexcc.edu

or visit

www.facebook.com/

MiddlesexCountyCollegeDanceDepartment
for more information.

UPCOMING GAMES:

Sept. 4
Women's Volleyball
vs. Ocean
6:00 p.m.

Men's Soccer
@ Drew
7:00 p.m.

Sept. 6
Men's Soccer
@ Sussex
noon

Women's Soccer
vs. Bucks
noon

Sept. 9
Women's Soccer
@ Camden
3:30 p.m.

Men's Soccer
vs. Camden
4:00 p.m.

Women's Volleyball
@ Passaic
7:00 p.m.



(Top & Bottom): Dancers in the ensemble's previous Spring 2014 performance showcase their learned techniques, taught by dance instructor, Aimee Mitacchione.