

Quo Vadis

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October 22, 2014

David Brimmer Leaves Long Legacy

By: Melissa Kurtz
Front Page Editor

David Brimmer, inaugural Veterans Services Coordinator at the Center of Veterans Services at the College, stepped down from the position he held since the center opened in 2011.

As Veterans Services Coordinator, Brimmer made many contributions to The College and its military affiliated students. Brimmer would often work long hours outside of the scheduled times for the Center, said Paul Lazaro, Veterans Affairs Assistant. Lazaro described Brimmer as dedicated, professional and personable. Brimmer also strived to make the center the best it could be and "has brought nothing but positive attention and publicity to the College" According to Lazaro.

President of the Veterans and Service Members Association, Christopher Pellegrino, said that Lazaro and Brimmer made the Center into what is today, "That being, a working, efficient, and pleasant experience to apply and get help with anything veteran related issue."

Pellegrino explained that Brimmer gave veterans a place where they could once again share the bond of being in the military that no one on the outside, who never served, could ever truly understand. Both Pellegrino and Lazaro agree that Brimmer made countless contributions to The College and Veterans Services. Lazaro said these included work-



Photo Courtesy of em.gmnews.com

David Brimmer (left) helps students such as David Lazaro (right), who is a member of the New Jersey Air National Guard, with military related issues.

ing for recognition from military education evaluators which led to The College receiving Military Advanced Education's Military-Friendly Award two years in a row. Lazaro also said he will strive to uphold the two principles Brimmer put into place: "The Center exists to serve Middlesex County's military-affiliated population" and "The Center will set the standard at The College for courtesy, professionalism, and transparency in its operations."

Lazaro said that in Brimmer's absence, many staff members around campus have offered their assistance and that those who would like to apply for the position will be able to do so soon.

Pellegrino and Lazaro both expressed their satisfaction in being able to work with Brimmer. Pellegrino said that Brimmer was always willing to help and Lazaro said that his sense of humor came in handy when work began piling up. Both said working with Brimmer was nothing but enjoyable.

According to the Center for Veterans Services page on The College's website, Brimmer is an eight year Army veteran and served three combat tours in Iraq. Brimmer left the military in 2011 with the rank of Sergeant and received numerous awards for his time served.

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Enterovirus Sparks Worry among All Ages

By: Tara Canavera
Opinion and Culture Editor

The Office of Health Services issued prevention tips in Middlesex County this week due to the death of a New Jersey child from enterovirus D68 (EV-D68).

According to the Center for Disease Control and Prevention (CDC), "Non-polio enteroviruses (EV) are very common viruses. They cause about 10 to 15 million

infections in the United States each year. Tens of thousands of people are hospitalized each year for illnesses caused by enteroviruses."

The Washington Post reported that the difference with the EV-D68. Is that it is sending hundreds of children to the hospital, and in some case even the intensive care unit.

News 12 NJ reported as of Oct. 4, five people who have died were carrying the virus, including a 4-year-old child from New Jersey. Middlesex County Free-

holder H. James Polos said, "While the virus has not posed a serious threat in our area, the proper preventive precautions can eliminate the virus from spreading."

Polos, who is the Chairman of the Public Safety and Health Department, also said that health professionals urge you to stay home if displaying any symptoms.

According to the letter sent by Polos to local schools and news outlets, symptoms are mild to severe. Polos' letter stated mild

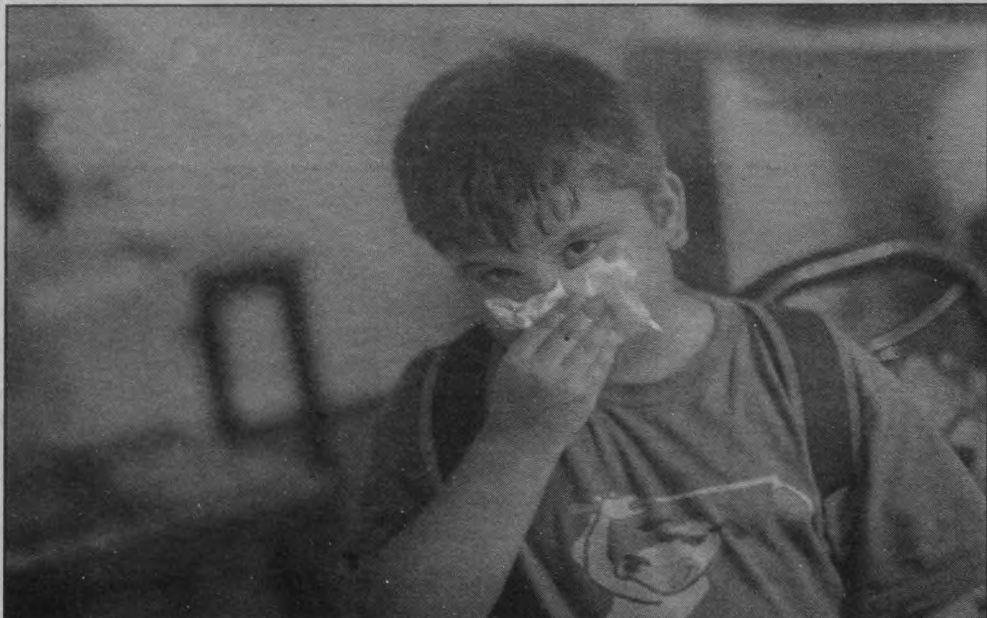
symptoms may include runny nose, sneezing, cough, body and muscle aches and sometimes fever. Severe symptoms include difficulty breathing, wheezing and worsening of asthma. Hospitalization in an intensive care unit may be required.

According to the CDC website some of the ways recommended to prevent the spread include, washing hands often with soap and water for 20 seconds. Hand sanitizers are not effective against EV. Avoid touching eyes, nose and mouth with unwashed hands. Use

good respiratory hygiene; coughing and sneezing into a tissue or elbow and properly disposing of tissues.

For more information see the CDC website at <http://www.cdc.gov/non-polio-enterovirus/about/prevention-treatment.html>.

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Many symptoms of enterovirus are similar to those of the common cold, but much more severe.



The CDC offers recommendations as to how to keep children safe from catching the virus and warning signs to be familiar with.

Photos Courtesy of Martin Alonso

Department Strives for Accessibility

By: Rebekah Reyes
Campus & Community Editor

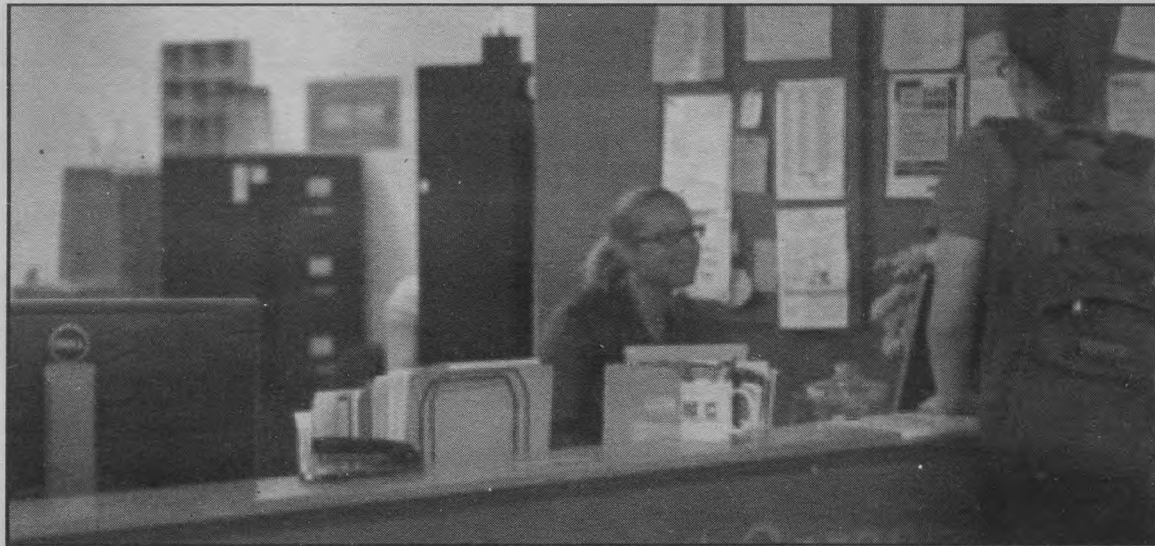
Students can find free counseling services at The College by visiting the Department of Counseling and Career Services.

According to Ana Class-Rivera, a counselor at The College, the department offers personal, academic, career and transfer counseling. It also provides service to disabled students, veterans and international students. Class-Rivera said they also offer workshops throughout the year.

The Department's website states the personal counseling section offers free mental illness screenings. These screenings can be done on-line to insure your confidentiality.

According to the department website, counselors are on-hand to help students effectively cope with daily pressures, family and relationship issues, depression, anxiety and many other issues including substance abuse.

Gina Bedoya said the career and personality assessment programs that the department has can help guide students to the right career. Once students find the right career for them, the academic



Dena Nunez, pictured above, Services Assistant of the Counseling and Career Department, helps coordinates students with available counselors.

counseling services can help you pick the classes you need. Bedoya went on to say that transfer services help students arrange their transfers to a four-year college.

Student Purvita Ghanata said that the international student's services helped her with filing the paperwork needed to go to school here and helped

her with her transfer to Rutgers.

According to The College's Stay Connected Resources Guide, the workshops are all planned to help the students have the most success.

The Department of Counseling and Career Services is located in room 100 in Edison Hall. Students can stop by

to see what is offered or can call 732-906-2546 for an appointment to meet with a counselor.

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Photo Courtesy of Rebekah Reyes

Safety Tips that Ensure You a Great Halloween

By: Hannah Fakhzadeh
Staff Writer

The month of October marks the start of the Halloween season. In fact, months before October if you walk through different stores you will start to see Halloween everywhere, from candy to costumes to decorations. This year Halloween is on Friday Oct. 31, which is good because you'll have the weekend to enjoy all that you get.

With Halloween comes decorations, and it is important to know some safety tactics while you start your decoration preparations. First, you want to make sure that none of the wires on the decorations are damaged or frayed so they don't cause a fire. Make sure to also have a clear walkway for people to walk through, because it can become a tripping hazard. When going on ladders you have to be careful. You want to make sure that the ladder is sturdy and on flat land; also make sure someone is being your spotter.

A favorite among Halloween celebrators is pumpkin carving. Although this is fun, it can also become dangerous if you are not cautious. Getting cut from the carving tools is a common injury, so make sure to wear protective gear anywhere you can get injured with the tools. If you are putting any type of lighting in your pumpkin, use a flameless candle so that if you forget to shut it off, it won't cause a fire. If you choose to use a real candle, make sure that you don't leave the flame going when you leave the room.

Whether you're a young child or an older adult, dressing up in one of the millions of costumes



Flameless candles in Jack O' Lanterns are ideal for a safer, more fun Halloween.

out there is one of the most enjoyable things you can do. When you get a costume, make sure you can see where you're going while wearing it. Some of these costumes have masks, which make it hard to see where you are walking.

When the time comes for trick-or-treating, make sure to wear some type of reflective gear or bring a flashlight so people can see you walking. When you start collecting your candy, make sure

that the candy is sealed and not opened. It is important to go in groups and try to stay on lighted streets and pathways. If you happen to be driving, make sure to be cautious because a lot of the times younger kids get so excited to get to the next house that they run across the street without realizing that there is a car coming.

It's important to take these precautions to ensure a safe Halloween season but also make

sure to have fun. Enjoy the decorations your neighbors put up, and if at all possible, try to not fill up on candy so that you don't get a bad headache from all the sugar you will have consumed.

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Photo Courtesy of Martin Alonso



Photo Courtesy of Martin Alonso

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

Asbury Park Hosts Amazing Zombie Walk

By: **Gabrielle Sales**
Staff Writer

Many people roamed around on the boardwalks of Asbury Park on Sat. Oct. 4 for the 7th Annual New Jersey Zombie Walk. Every year around October, Asbury Park hosts the N.J. Zombie Walk, which once held a Guinness World Record for the largest zombie gathering, to fund-raise a charity and bring excitement to the ongoing visitors of families, friends and couples that participate.

People dressed up as zombies and covered themselves in gory make up or sported simple face paint. Some remained in character while being dressed up as a zombie. Some went to the extremes of their

costumes and brought gory props with them. That day, people witnessed a SpongeBob zombie, kids as The Beatles zombies, a whole squad of zombie cheerleaders and football players, a zombie Marilyn Monroe and many other characterized zombies that swept the attention of photographers and visitors.

This year, N.J. Zombie Walk decided to raise money for Camp Jinka, a Monmouth county-based summer program that supports kids and teens who were impacted by a loved one's diagnosis to brain cancer. The festival campaigned for their merchandise campaign Grey Matters, which raised at least \$3,000. Although the campaign is not done yet, you can order their "survival gear" through www.njzombiewalk.com. This festival also supported

a food drive and blood donations for Central Jersey Blood Center.

The day had heavy rain in the morning, but the weather cleared up during the noon. The weather postponed the parade by 5 p.m., where zombie participants walk down the whole boardwalk and around town to showcase their costumes and role-play as a zombie. The boardwalk also hosted the sold-out Haunted Hall in the Convention Center, a show that lets visitors enter and get scared by actors. The success of the Zombie Walk will prepare for yet another festive day next year.



Photo Courtesy of Gabrielle Sales

Middlesex College students Gabrielle Sales and Karan Naik attend Zombie Walk, pictured with friends, the zombie Wicked Witch of the West, a "Toto", and a zombie doll.

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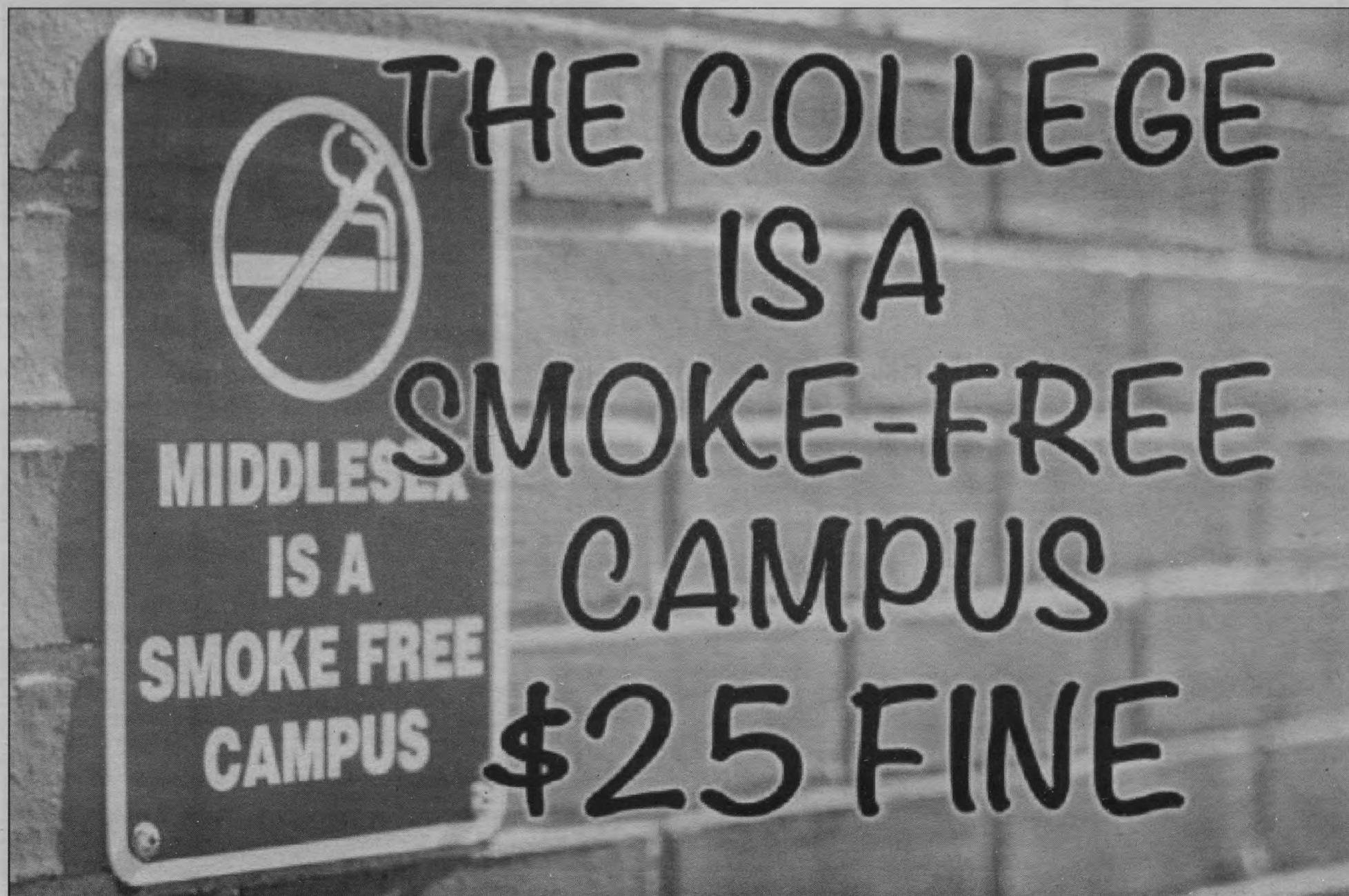


Image Courtesy of Martin Alonso

Humanist Ideals and Aborting the Obvious

By: Jonathan R. Finnerty
Managing Editor

When the poet Gwendolyn Brooks wrote her 1945 poem "The Mother", she accurately deduced that, "Abortions will not let you forget," adding, "You remember the children you got that you did not get." Having already discussed this topic at length, at least a semester ago, I find that after revisiting the claims I made, that my assertions are still correct. Abortion, in my opinion, is a dubious action that effectively takes the life of a human being and therefore, I protest its use as a viable option. Now, before one takes the popular view that it is the choice of the mother to terminate a pregnancy, I will offer you my philosophical basis for my assertion. When calculating the measure of life, one must decide when a human becomes a human, or, when does personhood become prevalent over a mass of cells.

What is, one can fundamentally first inquire, the furthest a human can be taken before it is no longer human? To answer this question, one must find the one common aspect that is universal

among our species. The answer is indubitably deoxyribonucleic acid, or in its common acronym, DNA. Following this logic, one may grant personhood to any organism which is the bearer of this genetic blueprint. When does an organism gain DNA? Nearly at the point of conception, or fertilization, when two gametes fuse together, creating the very recipe for a fully developed human. Therefore, this zygote is essentially human because it cannot be anything else. One may argue that this tiny collection of cells is insignificant because it lacks the visible qualities of a human. However, I refute this by again stating that this zygote, blastocyst, or really any stage of development, already has the universal indicator for being a member of our species, DNA.

Being a pro-life proponent isn't easy, as one may imagine. Those who support a pro-life stance from religious grounds are often uncompromising and usually classify life much further than I, requiring adherents to not even masturbate as the loss of sperm is viewed as wasting potential life. To clarify, I'm not concerned with potential life, only actual humans imbued with human DNA. Also, again

to further clarify my humanist approach, I'm not dogmatic when it comes to situational termination of life, such as a pregnancy that is the result from rape or when a pregnancy threatens the life of the mother. Life has often required humans to kill other humans, such as time of war, or for the detestable act of capital punishment. Therefore, I admit that there are times when an intentional death must be brought about, but one must admit in return that what one is doing is killing a human.

Abortion should never be used as a mean for terminating an unwanted pregnancy, provided that the situation is not an emergency. Careless promiscuity, in my opinion, is not a reason to kill an individual, in any stage of life (remember, I define a human as an organism which contains DNA specific to our species). There are many options available for unwanted children, such as adoption and foster care, and therefore I find no acceptable reason to terminate a pregnancy that is not life-threatening. All ethical considerations must be made with the realization that at any given stage of development, DNA is present; the latter being the

essential quality of a human being.

The argument from motherhood is also invalid, by my count that is. Women who are pro-choice often assert that the growing human inside them is exclusively a motherly matter. I, as a man, did not choose to be a man, nor did any woman choose to be a woman. This destined gender role does not have any exclusive rights, and therefore does not provide that a mother may choose to end the life of a developing human. After all, a small child would not be put to death if the mother was not in want of it? Why should a developing human inside the womb be neglected from this same right? Of course, I would also like to contend in favor of governmental distribution of birth control, free of charge, to any female citizen. The most effective way to prevent an abortion is prophylaxis, and I feel it should be the government's duty to provide any services to help prevent an abortion, such as assistance in providing the various forms of birth control available.

Although I place myself in the pro-life camp, I wish to develop a new stance, neither pro-life nor pro-choice, but rather a new designation: *pro humanitatis*. My stance

is based on my adherence to a humanist philosophy which not only seeks to best understand humanity, but also wishes to protect and further our species. Life is all we have, and to deny life to any organism that contains that unique genetic make-up, DNA, is to insult thousands of years of evolution. I contend that the pro-choice position is not only portraying a complete disregard for human life, but also seeks excuses to hide the inherent act of killing, present in abortion practices. Again, allow me to reiterate that there are exceptions to any rule, and sometimes abortion is a necessary, rather than a sufficient means to an end. To conclude this article, I wish to express my view in its most basic form: Any organism, in any stage of existence, that contains the specific DNA for a human being, is a human being and therefore should be afforded any rights offered to our species, most explicitly the right to life.

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America's Future Walks Right Here on Campus

By: Dan Schwab
Staff Writer

As a resident of Somerset County, I've always prided myself on living in a diverse area. That is until I came to The College for the first time. I was blown away by the diversity among the student population. Many different races and religions are represented here without any particular group sticking out as the majority. Walking around campus, I've heard numerous languages spoken including some I didn't recognize.

According to the U.S. Census Bureau, the demographics of Middlesex County are as follows: 46 percent White, 23 percent Asian, 20 percent Latino and 11 percent Black. Within these groups, there are specific ethnic communities

with a presence in the county. The Indian population accounts for 13 percent of Middlesex alone; making it the largest concentration of Indians in NJ. Italians are well represented, making up 16 percent of the county. Chinese Americans are also becoming a major demographic group, especially in Edison and East Brunswick. Other large populations include Middle Easterners, Puerto Ricans and Mexicans.

Some closed-minded Americans may dislike multiculturalism; fearing that their country is changing. But I love the melting pot. A diverse area is a good sign; it means there are plenty of economic opportunities. Immigrant populations are known to move where they can get better jobs, and provide a better way of life for their family. The fact that many diverse groups chose to live in Middlesex shows how much

opportunity lies in the county.

To those that dislike the melting pot, my advice to you is to get used to it. The world is changing, and America is becoming a part of a global society. People from all corners of the earth are coming to the U.S. bringing with them their culture, language and beliefs. We will continue to see an influx of Latino, Asian and Middle Eastern populations. The days of a simple White and Black America are long gone. We are now a country representing all humans of the world. I can take pride in going to a school with such multiculturalism; knowing that we are a microcosm of America's future.

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One look around Café A shows how The College is multicultural.

Photo Courtesy of Martin Alonso

Dear Tara:

All the Advice You Will Ever Need

Dear Tara,

My parents signed me up for an engineering science course here at Middlesex and they expect me to be an engineer when I grow up. The problem is, I have always dreamed of writing my own children's series, having read several children's and fantasy-genre books in my childhood. Some of my teachers in high school even encouraged me to follow my literary dreams after reading some of my original works, but I am not sure whether I should bring this up with my parents because I don't want to let them down. Is it possible that I can work

on both at the same time despite one of them being my dream career?
-Feeling Conflicted

Dear Conflicted,

First as a parent, I would want my child to talk to me about their dreams and hopes, and I encourage you to speak to your parents. I understand that in some cultures this is harder than in others, so you need to have a plan in place to help them see you have thought this out. I fully believe that you should follow your passion, but you should also be able to support yourself while doing so. According

to Writer's Market, an annual resource book for writers who wish to sell their work, children's writers get paid an advance of around \$3000, half of which you need to share with your illustrator. The advance comes from the royalties you would make, which are 3.5 to 6 percent. So if your book sells for \$12.99 and sells 20,000 copies you will get, once you minus your advance between \$5,093 and \$11,580. If your book only sells 5,000 you will not make any additional money. It is possible to work on both degrees at the same time then work as an Engineer until you make it big.

John Grisham sold his first book in 1987 but practiced law for 9 more years. Popular children's writer Mary Pope Osborn was a bartender in Broadway theaters. So talk to your parents insure them you will still work to become an engineer, but that you need to also do what will make you happy. I look forward to reading your first book.

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Photo Courtesy of Tara Canavera

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New Jersey's Return Home Policy Failing

By: Tara Canavera
Opinion and Culture Editor

New Jersey's Return Home policy may sound great on paper, but the reality paints a much darker picture.

According to the Division of Developmental Disabilities website, "New Jersey's Return Home policy brings back to New Jersey adults with intellectual

and developmental disabilities."

Some of these adults were placed out of state as pupils with special needs and were transitioned into expensive residential programs upon graduation. Many of them did not return to New Jersey when their educational entitlement ended. Instead they have been living in another state, in an institutional setting, paid for with New Jersey tax dollars for years.

Over the past several years, New Jersey's system of care

for people with intellectual and developmental disabilities has steadily progressed. Hundreds of millions of dollars have been spent on community-based homes and services to give people with intellectual and developmental disabilities opportunities to live, work and enjoy their lives in smaller domestic settings with suitable staff and services to support them. This includes people with very complicated medical needs and behavioral disorders.

The truth is these homes are not equipped to deal with many of the needs of the population they serve. A recent job posting for a position as a Residential Counselor in a Catholic Charities group home providing care for adults with intellectual and developmental disabilities stated, "To qualify for a position within our agency, you must be at least 18 years of age, have a high school diploma or GED, and possess a non-provisional driver's license which is valid in the State of NJ."

Therefore, almost every student at The College is qualified to care for people with very complicated medical needs and behavioral disorders. I can't see why families can't see how that is better for their loved ones.

The impact to families is

already being seen. Rita O'Grady's 22-year-old son, Tyler Loftus, has the mind of a 5-year-old. Due to a diagnosis of autism and bipolar disorder, Loftus is now in a state-run psychiatric hospital. He had recently been arrested for unlawful possession of a weapon and making terroristic threats against another member of the group home.

Loftus had lived for four years at the Woods School in Pennsylvania, where he received psychiatric therapy. However, the Return Home New Jersey program relocated Loftus to a group home in Franklin Township, where the staff could not control him and were not allowed to use restraints.

According to a report by correspondent Brenda Flanagan, O'Grady said, "He's had no day programs or psychiatric supports. A routine day is him giving them a hard time. Usually resulting in a 911 call. The state police responded by taking him to the emergency room for an evaluation. This happens at least five times a week, and sometimes it happens more than once in a day.

For the last 18 months, O'Grady pleaded with the Division of Developmental Disabilities, to find accommodations

that offer psychiatric treatment and security. She was told that they were looking. Loftus should have never been moved until a proper placement was found.

Loftus is one of 150 developmentally disabled adults already brought back by the Return Home New Jersey program with hundreds more planned to return to what their families worry is uncertain situations.

According to the New Jersey Legislature website, a bill was passed to put a moratorium on Return Home New Jersey, but Governor Chris Christie vetoed it.

"Jail is not an option, but that's what's happening because we are not getting the support that we need," said O'Grady.

To stop Christie from harming the lives of other adults with intellectual and developmental disabilities you can write to your legislators asking them to override the veto. Lawmakers have not overturned any of Christie's vetoes. Help make this the one they overturn.

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Photo Courtesy of Martin Alonso

People are being moved to unsecure homes with little help.

Ebola Epidemic Paints a Scary Picture for the Future

By: Tara Canavera
Opinion and Culture Editor

Ebola seemed far away, it was something that was in Africa. People thought it could never happen here.

Africa didn't have the precautions we have in the United States. We could send money, medicines and health care workers who understand the use of proper precautions and it would be fine.

Fast-forward a year. According to the World Health Organization more than 4,000 people have perished in the continuing Ebola epidemic. Nearly all of those fatalities have been in the three most-affected West African countries, Liberia, Sierra Leone and Guinea.

ABC News stated that Ebola spreads through close contact with an infected person's bodily fluids, such as blood, semen, saliva, urine, feces, vomit or sweat. The fluids then have to find an entry point, like a scrape, cut or touching the eyes, mouth or nose with contaminated hands.

Many people in the United States feel that President Obama needs to close our borders to keep us safe, but isn't that really just closing the barn door after the horses have already gotten out?

Are we going too far and infringing on people's freedoms? Should we not allow people who live in America back home out of fear?

Reuters reported on October 11 that New Jersey has quarantined members of an NBC News crew who worked with a cameraman who contracted Ebola in Liberia. The condition of the freelance American cameraman, Ashoka Mukpo, has improved with the use of an experimental drug, Brincidofovir, and a blood transfusion from Dr. Kent Brantly, who recovered from a bout of Ebola.

Donna Leusner, a spokeswoman for the New Jersey Department of Health, said in a statement

"The mandatory quarantine will ensure the group remains confined until Oct. 22, the end of a 21-day maximum incubation period for Ebola." She also said the NBC News crew had agreed with health officials to stay in their homes after returning to the United States but then failed to do so making the mandatory quarantine necessary.

Leusner also stated "The NBC crew remains symptom-free, so there is no reason for concern of exposure to the community." News 12 New Jersey reported on Oct. 12 that the Centers for Disease Control and Prevention (CDC) confirmed that a Texas health care worker who had worked with Thomas Eric Duncan, the first Ebola fatality in the U.S., had also contracted the disease. The family of the new patient

confirmed her identity to USA Today on October 13. Nina Pham, the second patient, is a critical care nurse and one of at least 50 people who cared for Duncan.

In an interview with Associated Press, Dr. Daniel Varga of Texas Health Resources, the network responsible for Texas Health Presbyterian Hospital, said the worker used full protective gear when she cared for Duncan.

According to ABC News, David Lakey, commissioner of the Texas Department of State Health Services, said in a statement Sunday "We knew a second case could be a reality, and we've been preparing for this possibility. We are broadening our team in Dallas and working with extreme diligence to prevent further spread."

Are we all in danger of

Ebola and the type of death toll in West Africa? Everyone was worried when the United States bought Dr. Kent Brantly home for treatment. I felt he should be here getting the best care, and I still feel this way.

CDC director Dr. Thomas Frieden said at a news conference on October 13 that "We don't know what occurred in the care of the index patient, the original patient, in Dallas, but at some point there was a breach in protocol, and that breach in protocol resulted in this infection."

On October 12 The Chicago Tribune reported that a patient who had recently been in Liberia went to a medical clinic complaining of headache and muscle aches. The clinic closed right away and moved the patient to an isolation ward at Beth Is-

rael Deaconess Medical Center.

In a statement emailed to Reuters the hospital said "This patient does not appear to meet CDC criteria to be considered someone at high risk for Ebola and the likelihood of Ebola Virus Disease is extremely low."

It is because of these precautions I still think that we are safe. I feel that now that every hospital in America is on alert we can stop the spread.

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



Photo Courtesy of Martin Alonso

Hospitals are now aware of the proper way to protect us all.

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Soccer Season Comes to an End Team Falls to Bottom of Conference

By: **Stephen Ur**
Staff Writer

The men's soccer team is well out of the playoff picture, with a 3-9-2 record. The season didn't get much better this past week with a 4-2 loss to Bergen Community College on Oct. 7. The game was over from the start when Bergen's Kevin Campos scored three unassisted goals in the first half. Diego Espinosa added another goal

to make it a 4-0 Bergen Community College lead. The Colts scored two goals, but nothing more.

After that loss, the men ended in a 0-0 tie with Brookdale Community College on Oct. 11, despite the game going into two overtimes. The biggest highlight of that game from the men comes from goalie Luis Acquire, who had four saves in the game. The men are in last place in the Division III conference. It's obvious

that their season is over, despite there still being three games left to play. Despite the losing season, the stats do make the team winners. They are fourth in the conference and sixth overall with a 4.486 shots on goal percentage. All the team can do now is hope that next fall they can execute more and do better.

You can reach the author at stephen_ur@yahoo.com

Upcoming Games

Oct. 23

Women's Basketball
vs. Hostos
Community College
5 p.m.
(Pre-Season)

Men's Basketball
vs. Hostos
Community College
7 p.m.
(Pre-Season)

Oct. 25

Cross Country
Region XIX
Championships,
Branch Brook Park,
Newark

Oct. 28

Women's Basketball
vs. Mercer
Community College
6 p.m.

Sports Wordsearch

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D L E I F D N A K C A R T
C R O S S C O U N T R Y D
V L L A B E S A B B D W N
R O W V B B Y Y A K R R Y
L D L X F F L S M E V D R
R L V L L O K R S Y B B D
E L A O E E O T R X K V L
C Y G B T Y L T R T P T T
C Y R B T I B T B B L N Q
O W A T N F D A P A X T P
S L Y G M M O D L K L T R
L N X J W Z Y S P L Y L Q
    
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7 a.m. - 8 a.m.
11 a.m. - 12:20 p.m.
4:30 p.m. - 8:30 p.m.*

Tuesday & Wednesday

7 a.m. - 9 a.m.
11 a.m. - 12:20 p.m.
4 p.m. - 5:45 p.m.*

Friday

7 a.m. - 9 a.m.
11 a.m. - 12:20 p.m.
4:30 p.m. - 8:30 p.m.*

Saturday

10 a.m. - Noon
1 p.m. - 4 p.m.

* Membership required during these times.

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Friday

7:45 a.m. - 5 p.m.

Saturday

9 a.m. - 4 p.m.

Sunday

Noon - 5 p.m.