

American Dietetics Association Declares March National Nutrition Month and Encourages Exercise

By Susan Zogheib
Staff Writer

MCC - American Dietetics Association (ADA) emphasizes the importance of health and fitness by declaring March the National Nutrition Month. Adding exercise to

your daily routine this month can be very beneficial to your health according to some trained and skilled individuals.

Some people do not realize the importance of exercise and the advantages they can gain from it. Michele Pent, PEC Program Director at Middlesex County College

said, "Exercise is health wise because it reduces the risk of a heart attack, increase the longevity life and overall it will also make you feel good." Pent also recommends "an hour or even a half hour a day for exercise."

"I'm still here and healthy", said Professor

Joseph Vastano who holds an M.S in Hotel, Restaurant and Management at MCC, and is also a registered dietician. A former weight-lifting champion, he suggests to exercise three times a week for 20 to 30 minutes a day. He recommends the

treadmill or weight-lifting to complete any workout. Exercise will help individuals appreciate themselves as well as their surroundings. "Enthusiasm for your work", Vastano concludes on exercise.

MCC Chapter Of Phi Theta Kappa Wins Highest Awards At Regional Convention

EDISON - The Middlesex County College chapter of Phi Theta Kappa, the honor society for two-year colleges, won numerous awards at the Middle States Regional Convention in Harrisburg, Pennsylvania, over the February 21-22 weekend.

Competing with chapters from Maryland, Delaware, Pennsylvania and New Jersey, the Middlesex chapter received the Chapter of Excellence award, the highest award a chapter can receive at the regional level.

The award signifies excellence in all the four Hallmarks of Phi Theta Kappa, which are Scholarship, Leadership, Service and Fellowship.

Middlesex was one of only three chapters so named at the convention. It is the second time the chapter has received this award. The chapter also received the Pinnacle Scholarship, the Chapter Champion award and 5-Star status, the highest level a chapter can achieve.

For individual awards, Rebecca Szewczk received First Place for Research Paper, Paul Grumelli was named to the Chapter Presidents Hall of Honor and Sharon Nyantekyi was named to the Chapter Officers Hall of Honor. Other students attending included, Lynnelle DeCicco, Victoria Charnley, Violette Chamoun, Bill Egbert, Charlie Tao, Ike Inya-agma, Mariana Nashed and Zobia Dar.

"This was a fabulous weekend," said Yvonne Sisko, one of the advisors for Phi Theta Kappa.

"The students and advisors have worked hard to make this an excellent organization. I'm proud of all of them."

Contributed by MCC Public Relations Office

Students Need More Information for Safe Lifestyle

By Melissa Karowski
Staff Writer

MCC - Twenty-one out of 24 students at Middlesex County College said that they are sexually active, and have been for as short a time as one month or as long as 10 years with the present ages of 18 to 28, only eight of them have not been tested for sexually transmitted diseases.

Although many students say that they are going to get tested, there are still a few who aren't for reasons such as, lack of knowledge on where to go or embarrassment due to privacy issues, but they say that there are options for reaching a personal comfort level.

One student said, "I

like going to a clinic because I feel it's more private and confidential, and also because it's either free or a lot cheaper than a family doctor."

Students suggested clinics such as Planned Parenthood, Middlesex County Department of Health, New Brunswick Clinic and the health center at Rutgers University.

A student who prefers family doctors or gynecologist said, "It's more comfortable, friendly and trustworthy."

Cecilio Campbell said, "I'll go to either a family doctor or a clinic as long as it's an accurate test. I would prefer to know than not know

see Lifestyle page 8

Blood Drive Draws Many Donors

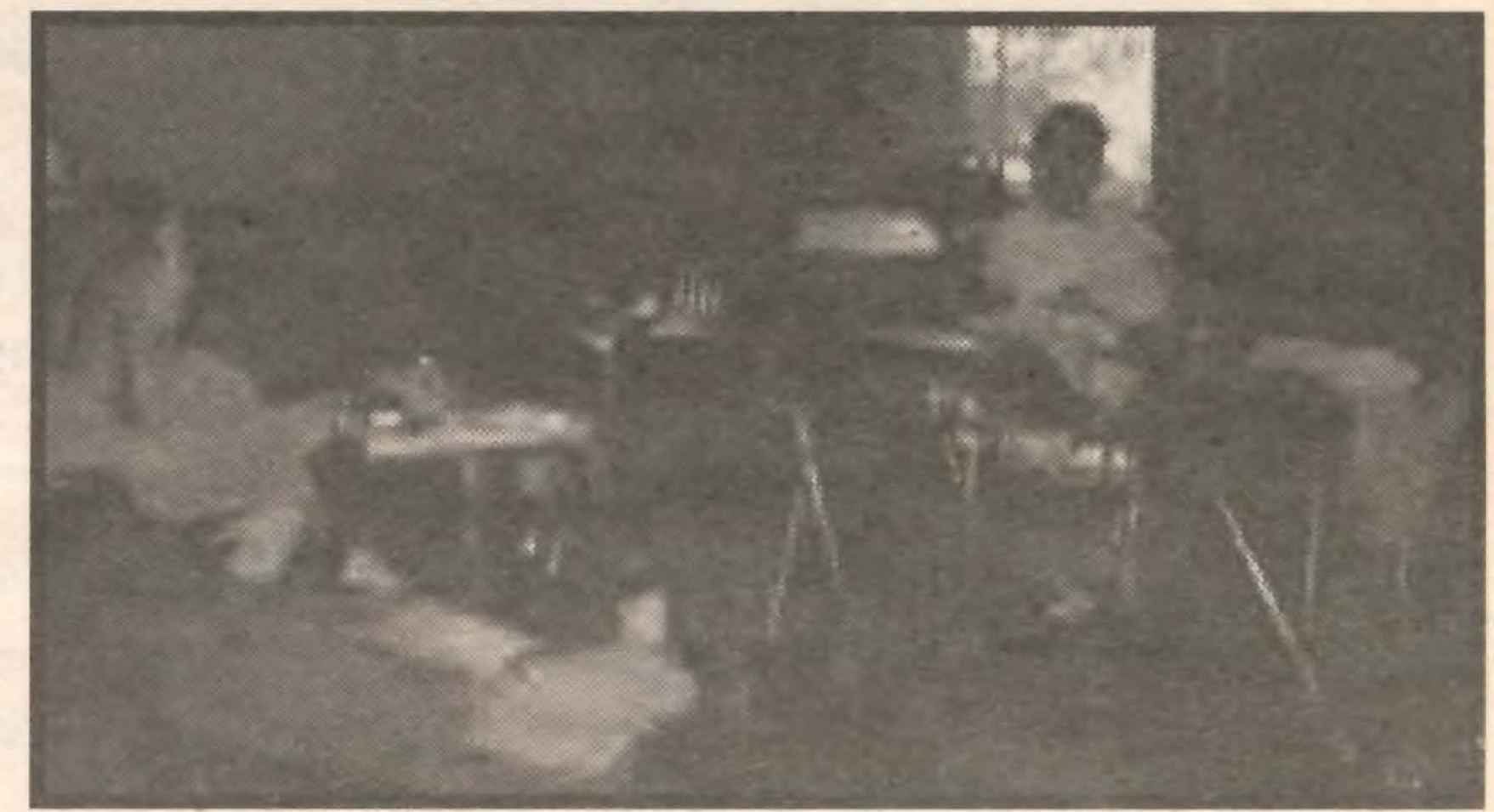
By Lori Marmurczak
Staff Writer

MCC - Juice, cookies and needles could be found in Cafeteria C of the Student Center as Upsilon Gamma, Middlesex Community College's chapter of Phi Beta Kappa Honor Society, held its biannual blood drive in conjunction with New Jersey Blood Services.

Held from 9 a.m. to 4 p.m., members Ike Inya-Agha and Matthew Poznanski both admit that while the beginning was slow they hoped it would pick up. Poznanski said that they collected sixty pints of blood at their last drive and hopes that this one will bring the same results or better.

Early comers to the

drive such Vanessa Granderson and Paul Mikhail just wanted to help by donating their pint of blood, they said.



Students giving blood.

Photo By Lori Marmurczak

Another student, Lorenzo Gonzalez, is a regular donator, but he doesn't wait for blood drives to give. He can be counted on to give every eight weeks or whenever he gets a chance.

Unfortunately not all students were able to donate. Inya-Agha was unable to give a pint due to a recent trip out of the country and fellow

student Gitika Dutta was unable to make her contribution because of a prior illness.

This blood drive has been going on for countless years according to members and Poznanski gives credit where it's due, "We have a good team," he said.

So if you didn't get to give this time, there will be another blood drive in the spring. See you there.

Advisors Encourage Students to Register for Fall and Summer Early

MCC - Registering for summer and fall classes as soon as registration opens on March 26 includes benefits such as parking decals delivered to your house and having a better chance of getting your desired schedule.

The fall schedule will be posted on the main Middlesex County College web site on March 15 and the hard copy schedule will be available for pick-up around campus on March 22, according to Will Casaine,

Freshman Year Coordinator, Division of Enrollment Management.

see Advisors page 8

See Web and Telephone Registration story page 7

Information for Lifestyle Health

By Kellye Miller
Staff Writer

MCC - Not many students at Middlesex County College take advantage of the information available at the Health Center in South Two regarding STDs and testing.

"Students are encouraged to come in for information about birth control, testing, or anything

else," said Jeanine Blanco, the college nurse. Brochures are always available for students to come in and pick up, no questions asked.

Not having health insurance often discourages students from seeking information, or getting tested for STDs.

"If they have health insurance, they are more likely to get the testing," Blanco said.

There are many sites in Middlesex County that offer testing for free or a very low cost. Different places administer different kinds of tests, according to <http://www.hivtest.org>, a service of the Centers for Disease Control and Prevention.

According to the

see Health page 8

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QUO VADIS

MCC Campus and Community Calendar



Submit events for the MCC Campus and Community Calendar by e-mailing the Quo Vadis at quovadis_newspaper@hotmail.com. Organizations can drop information off at the Quo Vadis Mailbox in the Student Activities Office in College Center.

- March 10** - Academic Progress Reports mailed to students
- March 13** - 21st Spring Break
- March 14** - NJDA 4th Annual Food & Fitness Walk
- March 19** - Puddle of Mudd, Smile Empty Soul Concert Starland Ballroom Sayreville, NJ 8 p.m. \$20
- March 21** - Survival Series 1: (Import & Sport Compact Drag Racing) 9 a.m. Raceway Park, Englishtown, NJ
- Workshop*
- March 22** - "The Way To An 'A'" 11:15 am. Edison Hall Rm. 100
- March 23** - Release of "The Rundown" starring The Rock on DVD Release of "Honey" starring Jessica Alba on DVD
- March 24** - Beyond the Botanical: Organic Imagery in Print (Exhibit) Jane Voorhees Zimmerli Art Museum New Brunswick, NJ
- March 27** - Honda Day (Drag Racing, Car Show, Vendors) 9 a.m. Raceway Park, Englishtown, NJ
- March 28** - Open House at MCC
- Middlesex County Planning Board Meetings are held on the 2nd Tuesday of each month at 4pm at:
Middlesex Planning Board Meeting Center
40 Livingston Ave
New Brunswick, NJ*
- Monday March 29** - The Division of Science, Math, and Health Technology "Cell Phones-Are You at Risk?" by Dr. Linda Erdreich at 11:15 a.m. in LH205 Call 732-745-3062 for more info
- Workshop*
- March 29** - "Transfer Information" 11:15 am. Edison Hall Rm. 100

View MCC online calendars by typing in <http://www.middlesexcc.edu/> and clicking on the calendar link.

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Quo Vadis Deadlines

March 29th - April 9th - April 23rd

Graduation Fair to Prepare Students for Commencement

EDISON - A graduation fair that will allow prospective Middlesex County College graduates the opportunity to prepare for Commencement conveniently, will be held Wednesday, March 24, from 9:30 a.m. to 2 p.m. and Thursday, March 25 from 9:30 a.m. to 2 p.m. and 5 to 7:30 p.m.

The fair will be held in the College Center Cafeteria C.

Representatives from the Registrar's Office will be available to check academic records to make sure students are eligible to graduate; Financial Aid staff will check records and conduct exit interviews for those with student loans; the Bookstore

will take orders for class rings and diploma frames as well as measurements and deposits for caps and gowns; the Library and the College Police will check records for outstanding fines; the Cashier's Office will check records for any other pending bills; and the Alumni Office will explain alumni services and privileges.

Also, a photographer will be available to take photos of the candidates for graduation in caps and gowns and prints can be ordered.

The fair will be arranged so that prospective graduates can travel from station to station; anyone

completing the cycle will receive a Middlesex County College T-shirt or a CD holder. Refreshments will be served.

"This one-stop fair is an easy and fun way for students to take care of all the things they need to do to prepare for their big day. I would urge anyone planning to graduate in May to attend," said John Mondano, Chair of the Graduation Committee.

Prospective graduates can access information about Commencement on the web at www.middlesexcc.edu.

From the MCC Public Relations Office

Professional and Community Program Offering Belly Dancing Course this Spring

Course Exposes Middlesex Residents to Different Cultures

By Michelle Rodrigues
Staff Writer

MCC - Have you ever been interested in learning the skills of belly dancing? If the thought has ever crossed your mind, then you are in luck. Middlesex County College offers a variety of professional and community programs during the spring semester and belly dancing happens to be one of them.

In the *Middlesex County College Professional & Community Programs for Spring 2004* catalog, you will find non-credit courses where a tuition and general fee are required for all class. One such class is Belly Dancing Basics: Technique Level I.

According to the catalog, the tuition for this class is \$79 plus a general fee of \$16 for a grand total of \$95. The class is offered one night a week, Wednesday, for six sessions.

You can either choose to begin on March 24 and end April 28 or begin May 5 and end June 9. The class is held from 6:30 to 8 p.m. The instructor is Kim Leary.

"Anyone can sign up for this class. It is a fun class. Just come expecting to enjoy yourself," said Sharon Bryant, a member of the professional and community programs. To join all you have to do is either pick up a catalog or register by calling (732) 906-2556, the college's registration telephone number.

According to the catalog, in this course students learn the foundational elements of Middle Eastern dance that

see *Belly Dancing* page 8

WMCC (Radio) "Design Our Logo" Contest

- *1st Place Prize- \$100 Gift Card to Sam Goody
- *2nd Place Prize- \$50 Gift Card to Sam Goody
- *3rd Place Prize- \$25 Gift Card to Sam Goody

-Pick up an Application from the Performing Arts Dept. (2nd Floor College Center) or the Technical Services Center (2nd floor Room 202B)

DEADLINE FOR SUBMISSION:
MARCH 25, 2004 AT 12 NOON

Quo Vadis Pledge

As the official voice of Middlesex County College, it is *Quo Vadis*'s pledge to the college community to uphold the utmost integrity, to be honest while remaining objective, and to provide an open forum to the college and to maintain a high standard of ethics.

Students Guess Math Holiday

By Sara Faust
Staff Writer

MCC - Did you know that March 14th is known in the Math world as "Pi Day?"

According to BlueMountain.com, a web site used to send e-cards for holidays, birthdays, or other occasions via email to family, friends and significant others, "Pi is the 16th letter (P) of the Greek alphabet.

In mathematics, it serves as the symbol for the ratio of the circumference of a circle to its diameter.

Pi is a transcendental number, meaning it will repeat infinitely without ever appearing exactly the same.

Pi has been calculated to over 51 billion decimal places with the use of computers. However Pi is usually calculated to 3 digits, 3.14. Therefore, March 14 is Pi day."

Surprisingly some students knew why March 14th was chosen as Pi Day.

Tarun Joseph and Susan Zogheib, both MCC students, associated Pi's calculation of 3.14 to the date of March 14th.

To send your very own "Happy Pi Day!" card log onto <http://www.BlueMountain.com>

QUO VADIS

MCC Touts One of Best the Language Labs in New Jersey

By Greymi Valdez
Staff Writer

MCC- The Modern language laboratory located at IRC room 225, was created to help students who are taking Spanish, Italian, German and or French to practice their new knowledge, said Gloria C. Zuluaga, the coordinator of the Modern Language Lab at Middlesex County Community College.

Zuluaga said that the lab came into reality after many years of planning and seeing the need to provide to students and professors a place where students could practice the languages.

This lab is only available to the students and staff of MCC. Due to the high demand, MCC can not accommodate people outside the college, said Zuluaga.

The lab opens from Monday through Thursday from 8 a.m. to 9 p.m., Fridays from 8 a.m. to 4 p.m. and Saturday from 9 a.m. to noon.

The lab currently has the latest technology and equipment and has gained the title of the best Language Lab in New Jersey. Zuluaga said that the lab has the latest software of the languages given at the school, it is also equipped with Computers, Television, Video Cassette Recorders, Tape Recorder and a Class Net, which allows the professor to have direct communication with the students while transmitting a movie, photo or notes.

Zuluaga also attends two conferences per year to find the latest resources the market offers to bring to MCC, she said.

"I want to make sure that even the floors are clean so that everyone who utilizes the lab could feel as comfortable as possible," Zuluaga said.

Zuluaga said she takes her job very seriously. She has created a very organized system so that everyone can get the most out of

the lab.

Zuluaga said all the language classes of the college come and meet here once at week while other language students come here in their free time to do their language homework.

She said she needs to maximize the availability of the lab while providing the best quality she can only do this with a lot of organization, said Zuluaga.

Zuluaga said she begins her preparation before each semester starts. She request from every language professor a list of all the students and classes the professors will be giving that particular semester, so that she can accommodate and schedule every class.

Zuluaga also said she gathers a reports at the end of every month to inform all professor of the attendance of their students.

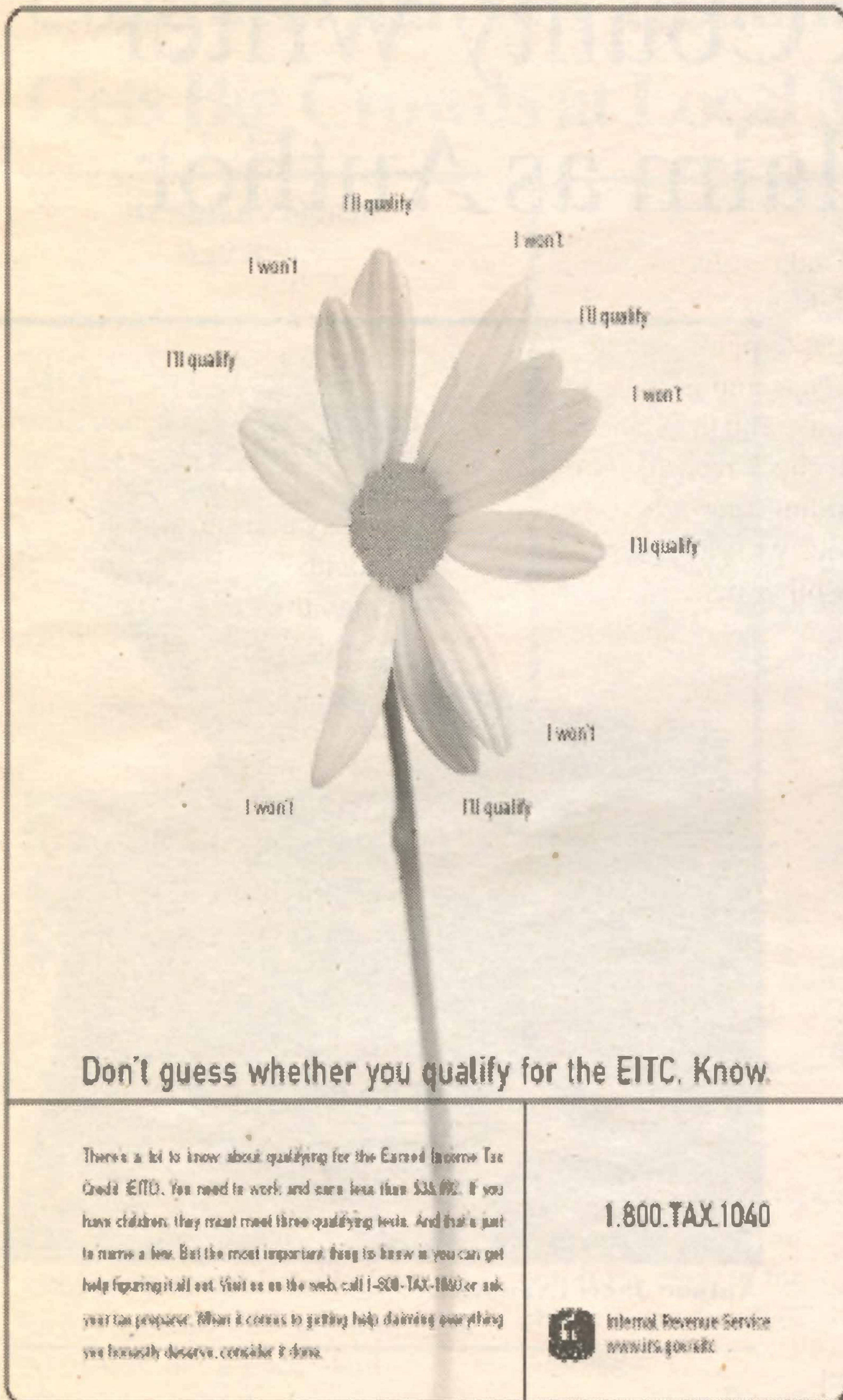
No detail goes unattended at the Lab, from requesting proper documentation to the students decorating the walls with pictures, arts and a map of the globe so lab users can visualize the places from which those languages come. Every little thing is important, Zuluaga said.

That is why we always have two people here, so everyone needs is meet, she said.

Zuluaga's message to the students is, "If you really are serious about learning a new language this is the place where you could spend sometime and enrich your knowledge while having fun," she said.

MCC student Marcela Lascano, who is taking Spanish 226 and goes to the lab often, said, "I like the lab because is it very personalize and useful, I could come and watch a movie at my own speed and nobody bothers me or come and use the computers to work on my Spanish essays.

The people here are very helpful and the schedule is pretty flexible is open from early in the morning and late at night."

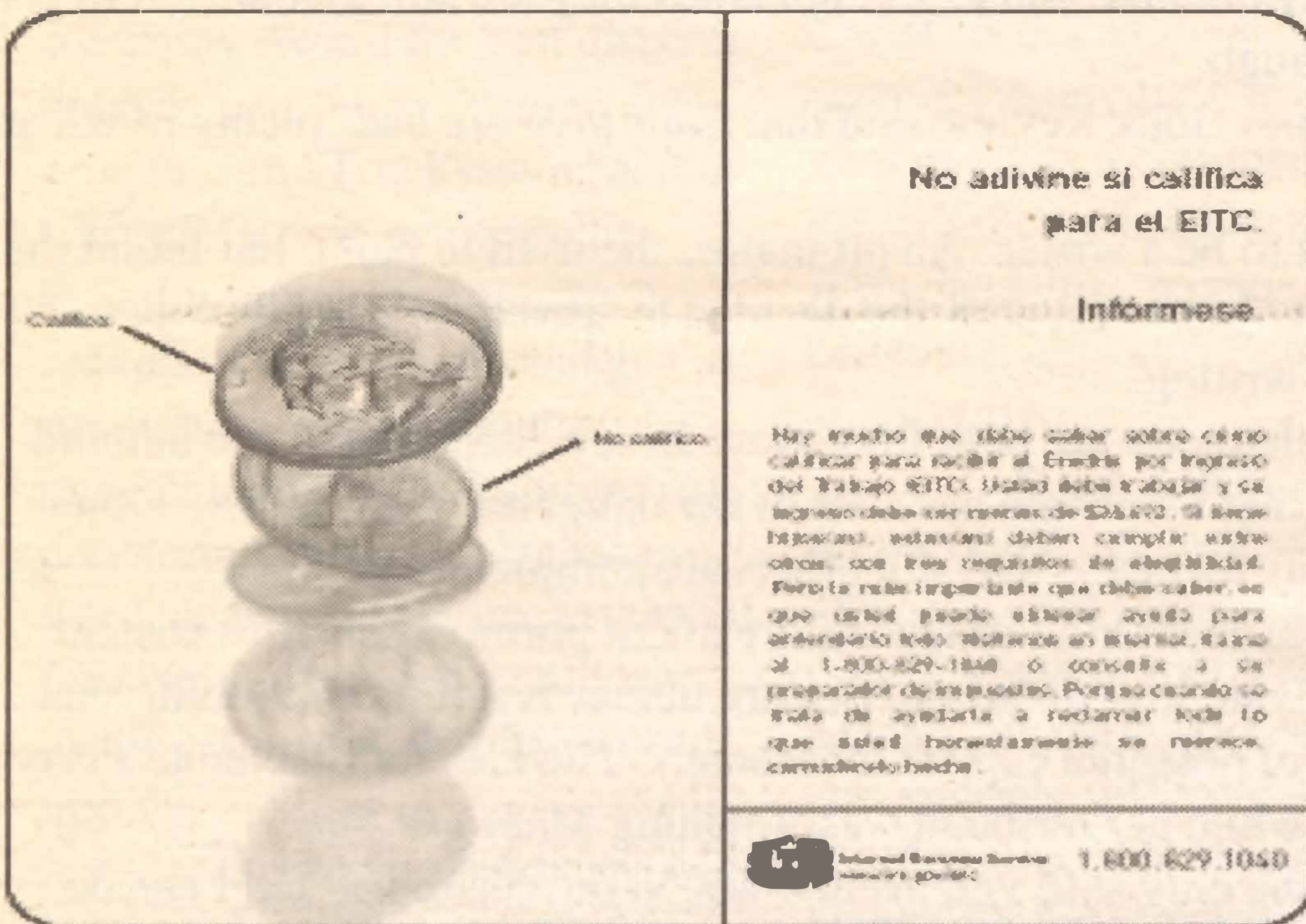


Don't guess whether you qualify for the EITC. Know.

There's a lot to know about qualifying for the Earned Income Tax Credit (EITC). You need to work and earn less than \$33,000. If you have children, they must meet three qualifying tests. And that's just to name a few. But the most important thing to know is you can get help figuring it all out. Visit us on the web, call 1-800-TAX-1040 or ask your tax preparer. When it comes to getting help claiming everything you honestly deserve, consider it done.

1.800.TAX.1040

Internal Revenue Service
www.irs.gov/efc



No adivine si calificas para el EITC. Infórmase.

Hay muchas cosas que debes saber sobre cómo calificar para recibir el Crédito por Ingresos del Trabajo (EITC). Necesitas trabajar y ganar menos de \$33,000. Si tienes hijos, ellos deben cumplir tres requisitos. Pero la más importante es que debes saber si puedes recibir ayuda. Visita nuestra página web, llama al 1-800-TAX-1040 o consulta a tu preparador de impuestos. Porque cuando se trata de ayudarte a reclamar todo lo que honestamente te merece, consideralo hecho.

1.800.629.1040

Internal Revenue Service
www.irs.gov/efc

Check

<http://www.middlesexcc.edu>

for all your information!

You can have a voice!



You can drop your submissions off at the Quo Vadis mailbox in the Student Activities Office in College Center or e-mail your submissions to quovadis_newspaper@hotmail.com.

Spanish Professor Sets the Tone for Class with Cultural Music Students are treated to Hispanic songs

By Richard Hammer
Staff Writer

MCC- Before each class, Middlesex County College Spanish Professor Elliot Ramer plays one or two Hispanic songs because he said students can learn a lot about Hispanic culture and civilization from them.

However, students new to the language will not understand what they are hearing unless someone who speaks Spanish is there to explain the significance of the songs, Ramer said.

Ramer said Jose Alfredo Jimenez seems to be the artist that makes the biggest impact on students

because in a career spanning from the 1950's to 1960's, he defined Mexican pop music by making tons of songs.

"Music being played during class...would make the classroom much more relaxed."

- MCC Student

Carlos Gardel also impacts students because he is associated with the rise of tango music, Ramer said.

Ramer said that Hispanic music is only one of his favorite types of music. If he was an English teacher in a Hispanic country he would

play Frank Sinatra because he sings so clearly. He would choose doo-wop, the Beatles, Peter, Paul and Mary because they can give insight into the times in which they sang, but the supply of English music is "endless."

A MCC student who does not have Ramer said, "Music being played during class sounds interesting, and it would make the classroom much more relaxed."

If students could find interest in some of the music he plays and would explore it further outside of class, that would be nice, but that is not the reason he plays the music, Ramer said.

Talent Search Wanted: Musicians, singers, dancers, comedians, impressionists, jugglers, actors, and all other talented people for the second annual faculty/staff talent showcase.

April is Liberal Arts Month, and the Division of Social Sciences & Humanities will present a few hours of entertainment for the college community. We feel this might enhance the climate on campus, show our students and each other a different view of who we are, and allow us to have some fun. If you'd like to "strut your stuff," call Mat Spano, at ext. 3033 or Sallie Del Vecchio at ext. 3047.

- Information acquired from Campus Cruiser Web Site

QUO VADIS

Other Work by Janet Evanovich

List compiled by Lori Marmurczak

PLUMSERIES

- One For the Money
- Two For the Dough
- Three to Get Deadly
- The Last Peep (Can be found in the Mary Higgins Clark anthology *The Plot Thickens*)
- Four to Score
- High Five
- Hot Six
- Seven Up
- Hard Eight
- Visions of Sugar Plums (holiday story)
- To the Nines
- Ten Big Ones (June 22, 2004)

FULLSERIES

- All co-authored with Charlotte Hughes
- Full House
- Full Tilt

HOW TO GET INVOLVED IN SOME LOCAL ENTERTAINMENT

"Plays-in-the-Park" is conveniently located one block south of the Menlo Park Mall off of Route 1, in Edison, N.J. The turn off is called Grandview Avenue. At the top of the short hill make your first right on to Pine Drive and the Park Rangers will guide you to a parking spot.

This summer, they offer the musical productions: **THE FANTASTICKS, FOOTLOOSE, and KISS ME KATE.**

If you wish to be part of the shows:

OPEN CALL FOR AUDITIONS for all of the shows are:

- Friday, April 23 at 7 pm - Open Call - Adults
- Saturday, April 24 at 12 Noon - Open Call - Adults
- Sunday, April 25 at 12 noon - Open Call - Adults

CALL BACKS:

- Monday, April 26 at 7 pm - THE FANTASTICKS Callbacks
- Tuesday, April 27 at 7 pm - THE FANTASTICKS Callbacks
- Wednesday, April 28 at 7 pm - FOOTLOOSE Callbacks
- Thursday, April 29 at 7 pm - FOOTLOOSE Callbacks
- Friday, April 30 at 7 pm - KISS ME, KATE Callbacks
- Saturday, May 1 at 10 am - KISS ME, KATE Callbacks
- Saturday, May 1 at 2 pm - Women Ensemble Call
- Saturday, May 1 at 4 pm - Men Ensemble Call

Please come prepared with the best 16 bars of an up tempo song. Bring sheet music in the proper key; a pianist will be provided. Show tunes are preferable. At the open call you will be asked to sing your 16 bars and then you may be asked back to one or more "Call Backs," where you will be taught a portion of a song from the show's score, learn a dance combination and read from the script. The great majority of the roles are for adults, but it is possible for some dancing roles to be filled by older teenagers.

For more information, please contact the theater at www.Plays-in-the-Park.com Whether you are in a show or viewing the shows, "Try to Remember" a better bargain and a better time. You'll agree that the experience is truly "Wunderbar."

Contributed by By Susan Schnitzer, Edison, MCC '92

You can have a voice!



You can drop your submissions off at the Quo Vadis mailbox in the Student Activities Office in College Center or e-mail your submissions to quovadis_newspaper@hotmail.com.

Middlesex County Writer Gains Acclaim as Author

By Lori Marmurczak
Staff Writer

She's written nine books about the bounty hunter from New Jersey, Stephanie Plum. All have received high praise from both the literary world and the real one. In fact her first novel, *One For The Money*, received the John Creasey Memorial

BOOK REVIEW

Award for Best First Novel.

High Five was named a *People Magazine* Beach Book of the Year in 1999. *The New York Times*, *Wall Street Journal*, *Los Angeles Times*, *Entertainment Weekly*, *Booksense*, and *Publishers Weekly* named *Hot Six* a number one best seller in 2000.

Who is she? She's former South River, New Jersey native, Janet Evanovich, and while her books may not take you to foreign lands they are still guaranteed to give you a good adventure and a good laugh.

After all, *The New York Times* Book Review said that *Four to Score* had 'plenty of wit and grit'.

Evanovich did not start out to be a writer. An art major, she used to paint, but found the audience limiting. When her children started school she decided to search for another way to express herself and 'fell in love with writing.'

While Evanovich and her character are both from New Jersey, Stephanie is not autobiographical. Instead, Evanovich says that Stephanie has a lot of her daughter, Alex, in her. Other characters are loosely based on family members and still others are completely fictional.

Most books about women in some kind of law enforcement portray them as Assistant District Attorneys, detectives, or private investigators. Bounty hunter is not the first thing that would come to mind when thinking of potential careers for women. The idea for Stephanie's career choice came to Evanovich one day while her husband was watching *Midnight Run*.

Evanovich said, "Seemed the only skill you needed was to be able to lie, and I can do that."

Any writer will agree with Evanovich's assessment of the process when writing books: "Ideas are easy. It's the writing that's hard."

While Evanovich writes the Stephanie Plum series solo, her energies are also directed into co-writing a series with fellow author and friend, Charlotte Hughes, whom she met at a conference. These books, which star a billionaire, an editor for a small town paper and a talking car, are called 'The Full' Series. They are a combination of romance and adventure and call for a return to Evanovich's days as a romance novelist. Look for the next one in April.

Evanovich is loyal to her fans, calling them the 'best readers in the world.' She cannot pick a single best response and cannot recall ever getting something along the lines of a worst response.

With nine Plum books under her belt, and a tenth coming out this June, Evanovich doesn't show any signs of stopping. This Jersey girl's Jersey girl seems to be a permanent fixture on bookshelves all across this country.

For more information about the Stephanie Plum series or the Full series visit Janet Evanovich's website at <http://www.evanovich.com>.



Author Janet Evanovich

Photo By Estevez

Radio Big Hit For Weekend Video Rental

By Elissa Chan
Staff Writer

Although "Radio," directed by Michael Tollin and starring Cuba Gooding Jr. and Ed Harris, wasn't the fall blockbuster that generated mega millions, it has currently won the hearts of many people who rent movies on video.

This touching movie was inspired by the true story of an unlikely friendship that formed between a mentally disabled young man named James "Radio"

Kennedy and an acclaimed high school football coach, Harold Jones.

MOVIE REVIEW

Although the sports scenes in this movie are well choreographed and believable, this is by no means a "sports" movie, nor is it about a high

school football team that wins the State Championships. "Radio" simply focuses on how the presence of one child-like man changed the town of Anderson, South Carolina, by teaching the residents what humanity, compassion and understanding truly are.

Gooding, as Radio, captured not only the character of Radio but the soul as well. Few words are

see *Radio* page 8

QUO VADIS

Controversial New Testament Biblical Story Gets Big Crowds at Local Movie Cinemas

By Susan Zogheib
Staff Writer

MCC- One of the most anticipated (and the one of the most controversial) movie of recent years pocketed over 125 million dollars after its opening weekend, according to boxoffice.com.

What continues to draw so many people to the theaters to

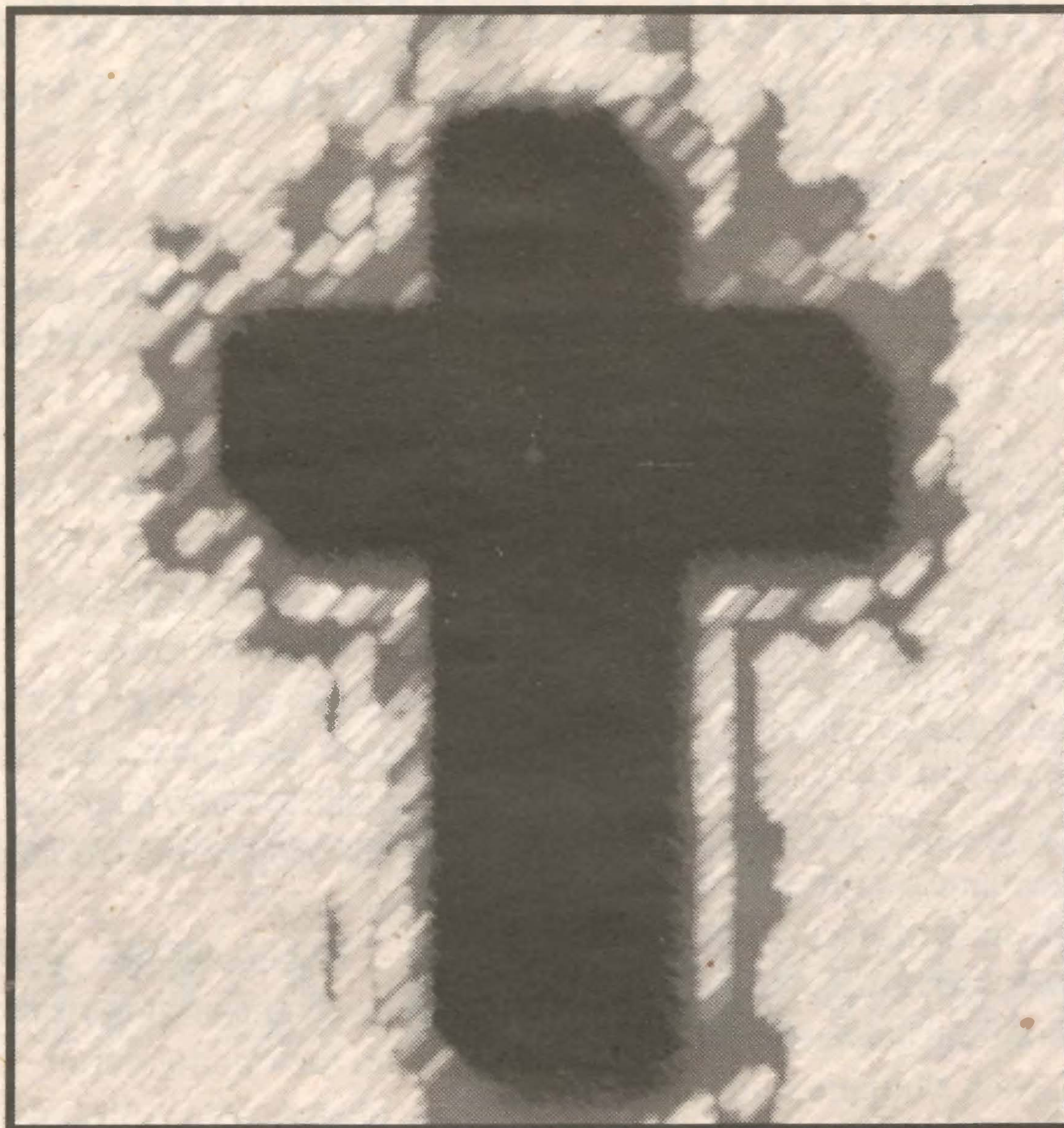
MOVIE REVIEW

watch Mel Gibson's "The Passion of the Christ?"

Controversy does indeed sell, yet the success of "Passion" should not be merited to controversy alone. Mel Gibson has established himself as a respected director after "The Man Without a Face" and "Braveheart," which won him an Academy Award for best director in 1995.

In "The Passion of the Christ," Gibson employs his award-winning directing techniques. The flawless changes in the camera angles and the mystical lighting gives viewers a panoramic, mostly straightforward, and always intimate view of the last hours of Jesus' life: His capture, his trial, and his scourging.

To add authenticity, Mel Gibson chose to shoot the film in two dead tongues - Aramaic and Latin. Subtitles are provided, yet they are unnecessary. Moreover,



the international cast excels in expressing familiar emotions even in the absence of a familiar language.

"The Passion of the Christ" is not a movie reserved solely for Christian viewers. It is recommended to Catholics, Christians, Jews, Muslims, pagans, non-believers, agnostics, and atheists alike.

It is a touching movie about betrayal, maternal love, injustice, and a story about a man who accepts his inevitable fate, and endures suffering and rejection from his own people for the altruistic purpose of delivering them from sin.

The movie is rated R for sequences of graphic violence. Yet the bloody scenes deliver an authentic

feel to the intense suffering that Jesus (Jim Caviezel) endured.

It is a depiction of pain and torment that are not watered-down or tarnished with "Hollywoodian" dramatic effects. "The Passion of the Christ" is a movie that reaches deep into the soul and stirs emotions.

Tashiodra Winston, a Middlesex County College student, said after viewing the movie the weekend after its opening on Ash Wednesday, "The movie is very heart-breaking and makes you think about what you have done in your life. I enjoyed it very much."

After watching the movie, a Middlesex resident Christina Elhaddad said, "I cried and cried. I couldn't get over how incredible the movie was. I watched it twice because it was so good."

Spring Break Destinations

By Sara Faust
Staff Writer

D	E	Z	R	S	W	S	K	C	J	K	I	C	P	L	C
N	A	S	S	A	U	G	S	A	X	B	K	I	A	Y	Q
A	L	Y	W	F	K	F	M	E	A	L	D	X	N	O	K
S	O	U	T	H	P	A	D	R	E	I	S	L	A	N	D
A	K	O	A	O	I	O	O	Q	N	R	I	T	M	B	C
G	N	L	C	C	N	C	C	E	Y	G	U	E	A	A	S
E	U	U	A	H	L	A	W	I	I	E	O	J	C	H	A
V	R	T	C	U	O	O	B	I	R	N	O	H	I	A	J
S	K	T	P	N	R	R	A	E	M	O	Q	E	T	M	M
A	V	A	B	L	A	W	I	F	A	E	T	A	Y	A	I
L	C	R	E	P	A	C	S	O	N	C	X	R	K	S	A
A	B	A	S	H	M	V	Z	M	S	R	H	I	E	D	M
Z	N	Y	A	B	O	G	E	T	N	O	M	A	C	U	I
S	T	S	E	W	Y	E	K	A	B	U	R	A	P	O	P
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ACAPULCO
CANCUN
JAMAICA
MEXICO
NASSAU
OCHORIOS
SOUTH PADRE ISLAND

ARUBA
DAYTONABEACH
KEY WEST
MIAMI
NEGRIL
PANAMA CITY

BAHAMAS
HAWAII
LAS VEGAS
MONTEGOBAY
NEW ORLEANS
PUERTO RICO
ST MARTIN

Broadway Offers Hilarious Entertainment Options

By Dana Butrico
Staff Writer

Review

Looking for a hilarious comedy on Broadway? Talkinbroadway.com said, "Hairspray is a joyous tribute to an era past, and an intelligent, warm, and joyous musical comedy of the type Broadway should never be without".

Hairspray takes place in Baltimore, Maryland in 1962 when the popular television show, Corny Collins, held auditions to find the next dancer for the show made of only the most "perfect" looking people.

Huge fan of the show Tracy Turnblad, who is far from perfect, as well as having a major crush on the star of the Corny Collins show, Link Larkin, wins the heart of Corny Collins with her dancing and he offers her a job. But she has her job cut out for her when the snobby producer, Velma Von Tussle, and her daughter do not approve of Tracy and will do anything to get her off of the show.

Harvey Fierstein plays Tracy's mother, Edna, who is an overweight woman with a very deep voice. Talkinbroadway.com once again said, "But the best performance in the show is given by Harvey Fierstein as Tracy's mother, Edna. In his luminous turn, Fierstein is moving and funny, providing all the star power needed to push the show over the top".

Will Tracy Turnblad be able to defeat the snobby producer Velma Von Tussle? Will she win the heart of the major television star Link Larkin? Most importantly of all, what will Edna, her mother say about all of this?

To purchase tickets to see Hairspray visit www.ticketmaster.com today! Hairspray is filled with laughs and surprises!

You can have a voice!



You can drop your submissions off at the Quo Vadis mailbox in the Student Activities Office in College Center or e-mail your submissions to quovadis_newspaper@hotmail.com

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QUO VADIS

Baseball Team Hopes to Meet Major Goals

By Elissa Chan
Staff Writer

Last season Middlesex County College's Baseball Team ended their season with a respectable .500 record, with 26 wins and 13 losses. This season, the bar is set high with hopes of fulfilling some major goals.

During a recent interview, Head Coach, Mike Lepore listed all of the team's goals, "We would like to better our record, win the conference, make the region tournament and win the tournament and go to the Junior College World Series and win."

The path towards achieving these goals began on January 10 when the team's first practice was held. Out of the 33 hopefuls, nine were cut from the team three weeks later.

Of the 24 remaining players on this season's team, seven of them are returning veterans: Frank Muzikar (C), Mark Rennie (C), Matt Caravano (IF), John Riley (IF),

Ed Goodell (P), Rick Persico (1B/OF/P), and Brian Zavistoski (P).

Some newcomers to watch include Fred Brown, Corey Tolomeo, Edwin Rodriguez, Sean Bucsak, Chris Shanahan, Kyle Cleffi, and Larry Samples.

Coach Lepore said that every season is one of rebuilding because he loses players to academics because academic rules state that all players must maintain 12 credits with a 2.0 GPA.

Assistant Coach, Bob Cleffi also said, "We're a bit inexperienced, but we feel we can surprise some people. We have some pitching depth and hitters who can put the ball in play."

According to Coach Cleffi, the team's only weakness is defense, which is improving with each of the team's intense, two and a half hour practices.

Both Coach Lepore

see *Baseball* page 8

For all your information
<http://www.middlesexcc.edu>

Women's Soccer Offers Fun Indoor Training Program Coach says all interested students can practice with team

By Elissa Chan
Staff Writer

Although the official preseason for Middlesex County College's (MCC) Women's Soccer Team is four months away, the team is already getting ready with rigorous training programs and goals for this fall's team.

Head Coach, Jonna Mullane is currently inviting all students to join the team for their Spring Indoor Training held at the PE Center. Coach Mullane said this program is fun and relaxed, but at the same time competitive.

Beginning in June, the team will hold open training sessions at Thomas Edison Park, located directly behind MCC's Edison Campus.

During the third week of August, the team's official preseason will start. Coach Mullane said, "It is not your typical collegiate preseason schedule, we like to make things as exciting and fun as

possible."

Coach Mullane said she plans on doing aqua training, going on trips to the beach to play sand soccer and other activities that will improve the skills of all her players at all soccer levels.

Coach Mullane also said, "The point of this training (is) not only to get the players in great physical shape, but to build a strong team philosophy and camaraderie as well."

Although this year's team has eight solid returners, they are looking to recruit more players who will show up to the first practices and stick with the team, according to Coach Mullane.

Third year, All Region and All Conference player, Dana Leffler said, "A lot of people don't know we (MCC) have a women's soccer team. Girls usually find out later on in the preseason and show up to the fifth practice. It's hard for the rest of us who have been there training hard to click with the new girls."

Even though the team doesn't hold official tryouts and hasn't cut anyone in two years, they collectively agree that the preseason training proves who really wants to be a part of the team, according to Dana Leffler and her fellow teammates

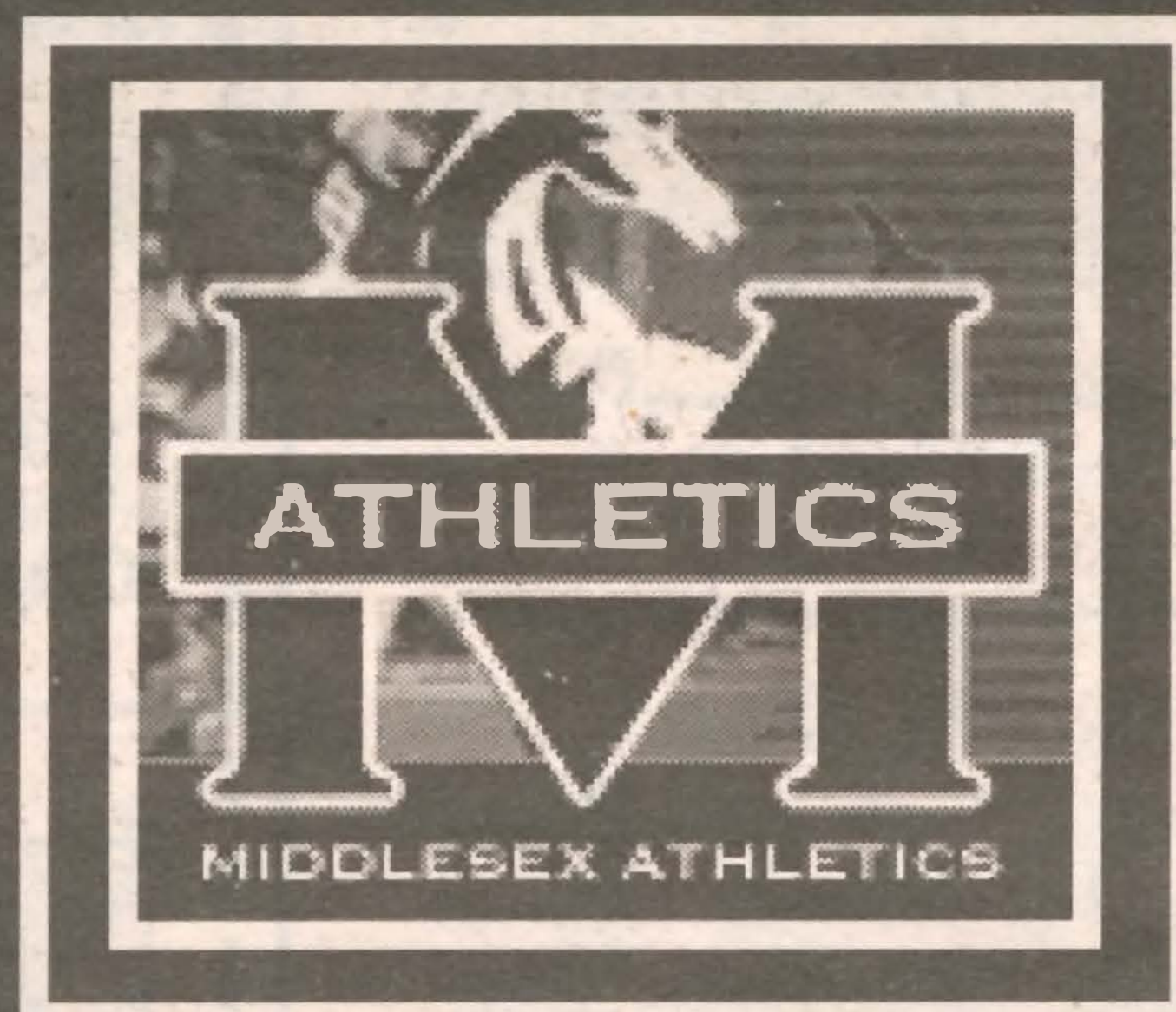
The goals of this year's team are to see that any player who wishes to play at a four-year college does so, and to not only have success on the field, but also in school. Coach Mullane pointed out that during last year's season, half of her players maintained a 3.0 GPA.

As for fans, Coach Mullane said that the team "Could definitely use more home support," when their official season begins. Their home games are played at Thomas Edison Park.

If any student has any questions about the team's Spring Indoor Training, or are thinking about playing in the fall, they should contact Coach Mullane at 732-906-7721 or visit her at the PE Center.

Support MCC Athletics

For more information go to <http://www.middlesexcc.edu/athletics/control.cfm/ID/182/>



Eligible Students Can Use Web Registration for the First Time

MCC - Eligible students will be able to use web registration for the first time through the Campus Cruiser web site for the beginning of registration on March 26.

Students will also be able to use telephone registration, said Will Casaine, Freshman Year Coordinator, Division of Enrollment Management.

Students who are eligible for web and telephone registration will receive notification through the mail, anywhere from one to two weeks before registration begins, said Casaine.

Students should make various preparations

for registration now.

Students will need to know their Campus Cruiser passwords in order access web registration, said Casaine.

"If you are going to use web registration you need to verify your password," Casaine said.

It takes a couple of days for students to get their passwords from Chambers Hall if they don't know it, he added.

You will have to have proof of identification and to fill out a password request form to get the password.

Students not eligible for web and telephone registration include students who must enroll in develop-

mental courses, students who have

had any sort of probation or restriction, and students involved in some specialized majors such as nursing and automotive.

Students not eligible will need to go to in-person registration on March 29 at the One Stop Enrollment Center on the bottom floor of College Center room 103.

For more information see the main MCC page at <http://www.middlesexcc.edu>.



ENROLLMENT CENTER HOURS

OUR HOURS WILL BE AS FOLLOWS:

MARCH 29 TO MAY 28

Mondays and Thursdays: 8:30 a.m. - 6:30 p.m.
Tuesday, Wednesday and Friday: 8:30 a.m. - 4:30 p.m.

JUNE 1 TO AUGUST 6

Mondays and Thursdays: 8:30 a.m. - 6:30 p.m.
Tuesdays and Wednesdays: 8:30 a.m. - 5:00 p.m.

Fridays: UNKNOWN

Note: The Enrollment Center will have limited services on May 20 and will be CLOSED on May 31 and July 5.

AUGUST 9 TO SEPTEMBER 3

Monday to Thursday: 8:30 a.m. - 6:30 p.m.
Tuesdays, Wednesdays and Fridays: 8:30 a.m. - 4:30 p.m.

QUO VADIS EXPRESSION CONTEST

Can you express in a column, a photo, or a drawing,
The Value of the
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in Today's Society?

PARTICIPATE IN THE 1ST ANNUAL
Quo Vadis Expression Contest

Category I

Submit a 500 word column exploring the value of the community college system in today's society from your own point-of-view.

Category II

Submit a photo that expresses the unique, valuable character of community college in today's society.

Category III

Submit a drawing that illustrates the unique, valuable character of community college in today's society.

Submit All Entries to the *Quo Vadis* mailbox in the Student Activities Office in College Center or e-mail your submissions to quovadis_newspaper@hotmail.com.

1st Prize: All categories - Publication, certificate of recognition, \$200 gift certificate to Blue Colt Bookstore.

2nd Prize - All categories - Publication, certificate of recognition

3rd Prize - All categories - Publication, certificate of recognition

Deadline April 20th

**Staff members of the newspaper not eligible for entry.*

Radio *con't from page 4*

ever spoken by Gooding, but his eyes and body movements speak millions of words. Gooding's performance in "Radio" will surpass some of his more recent flops and bring him back to the level he once was at with hits such as "Jerry Maguire" and "Men of Honor." And as for Harris, he was equally amazing. He truly embodied the character of Harold Jones and it is nice to see him as a good guy for a change.

While other movies have special effects and catchy scripts, "Radio" doesn't need either. The message of "Radio" is that there are good people in the world.

"Radio" is not a movie that is heard with the ears but rather, it is felt with the heart.

Belly Dancing *con't from page 2*

combine basic technique with exciting rhythms.

You learn body awareness, hip work, rhythm structure, beginning improvisation and a dance vocabulary. Bryant says that belly dancing is about rhythm and movement and therefore suggests students wear comfortable clothing that allows free movement and also a hip scarf.

When asked whether or not students would take a belly dancing class some students said yes.

Greymi Valdez, an MCC student, said, "Belly dancing is such a different, sensual dance that can help to tone your belly muscles. It would also be interesting because I like to learn dances from different cultures."

If you want to learn a new dance or even just get out of the house to do something, Belly Dancing Basics is the class for you. You will gain knowledge in a new dance element and be able to move your body in ways that will be impress everyone.

Advisors *con't from page 1*

The catalog is posted on the web site and available at the admissions office, he said.

According to Casaine, "Classes fill up quickly..especially biology and chemistry.

"If they (classes) fill up they (students) go on a wait list and wait for someone to drop," he said.

Casaine said students should try to meet with their advisors before registration begins in order to be sure of what courses to take.

Students should make sure that they do not have any encumbrances on their record because this will hold up their registration, Casaine said.

Lifestyle *con't from page 1*

and if both can provide accuracy than I have no preference."

Twenty-three out of 24 students at MCC said that they are unaware of the fact that the Health and Safety department does not test for STD's.

The college nurse, Jeanine Blanco said, "The only thing we do here are injury, illness, workman's compensation, health promotions for students, staff, and faculty, and various vaccinations."

However, the department does have a clinic book and refers students to clinics such as, Eric B. Chandler in New Brunswick and urgent care centers for people without insurance or a family doctor and tries to match students up with an affordable center, Blanco said.

Blanco also explained that MCC doesn't provide testing for STD's because "It requires obstetric and gynecological set ups that are beyond our costs."

Baseball *con't from page 6*

and Coach Cleffi are confident in this season's team and believe that all their goals are reachable. "The work ethic and team chemistry is very good. We are looking forward to another successful season," Coach Cleffi said.

The team's season and home opener is against Rutgers Camden JV at 3p.m. on Monday, March 8.

Health *con't from page 1*

CDC, an organization that provides HIV antibody testing, testing may be anonymous and/or confidential, and the available tests may be blood tests, urine tests, or oral fluid tests.

Where anonymous services are provided, no name is given, and only the person getting tested can reveal his/her results to anyone.

The CDC warns that regarding these tests, "State laws are subject to change," but you can call the CDC National AIDS Hotline for current information (1-800-342-AIDS).

In the case of confidential testing, the person's name is always recorded with the results, but the records are kept secret from everyone except medical personnel or, in some states, the state health department.

The CDC encourages individuals to ask who will have access to the results and how they will be stored.

A release form can be signed to have the results of the HIV antibody test sent to the individual's physician, even if they are confidential.

"At some centers, however, such as doctor offices or clinics, test results may become part of the individual's medical record and may be seen by health care workers, insurers, or employers," states the CDC on www.hivtest.org.

If this happens, the individual's status may become known to his/her insurance company if he/she makes a claim for health insurance benefits or applies for life insurance or disability insurance.

The reasons and potential benefits of getting tested for HIV antibodies should always be discussed prior to testing. Below is a short list of clinics in Middlesex County, but more are available on www.hivtest.org.

**University of Medicine and Dentistry of New Jersey
University Behavioral HealthCare**

671 Hoes Lane
Piscataway, New Jersey 08855
PHONE: 732-235-4739 (main)
800-969-5300 (tollfree)
FAX: 732-235-5261
ONLINE: ubhc.umdnj.edu
EMAIL: cortesdo@umdnj.edu
Hours of Operation 24 hrs.

Eligibility Requirements: None

Languages Available American Sign Language, Chinese, German, Hebrew, Russian, Spanish
Services Offered Confidential HIV Antibody Testing Services

**Specialized Testing
Associated Physicians Group**

904 Oak Tree Ave
South Plainfield, New Jersey 07080
PHONE: 800-450-3980 (main)
FAX: 866-646-9727
ONLINE: aidshivnetwork.com

Hours of Operation Mon., Tues., 7am-7pm; Wed., Thurs., 7am-6:30pm; Fri., 7am-6pm; Sat., 8am-1pm.
Information recording available 24 hrs.

Eligibility Requirements Must be 17 years or older for testing
Services Offered: Confidential HIV Antibody Testing Services

**Raritan Bay Medical Center
Immunology and Infectious Diseases Department**

530 New Brunswick Ave
Perth Amboy, New Jersey 08861-3674
PHONE: 732-324-5022 (main)
FAX: 732-324-4838
ONLINE www.rbmc.org/services/HIV_services.asp
EMAIL: info@rbmc.org

Hours of Operation Mon.-Fri., 8:30am-5pm.

Eligibility Requirements: None
Languages Available Spanish
Services Offered: Confidential HIV Antibody Testing Services
HIV Antibody Testing Services

**Visiting Nurse Association of Central Jersey
Middlesex County Office**

746 Livingston Ave
North Brunswick, New Jersey 08902
PHONE: 732-565-4540 (main)
FAX: 732-828-4807
ONLINE: www.vnacj.org

Hours of Operation: Mon.-Fri., 8:30am-4:30pm.

Eligibility Requirements: None
Languages Available: Spanish
Services Offered: Confidential HIV Antibody Testing Services

**University of Medicine and Dentistry of New Jersey
Robert Wood Johnson Medical School
Eric B Chandler Health Center**

277 George St
New Brunswick, New Jersey 08901-1311
PHONE: 732-235-6700 (main)
FAX: 732-235-6729
ONLINE: www2.umdnj.edu/chandweb/chandler.html
EMAIL: chandweb@umdnj.edu

Hours of Operation: Mon.-Fri., 8:30am-5pm. Evening clinic: Tues., Thurs., 5pm-8pm; Sat., 9am-12noon.

Eligibility Requirements None
Languages Available: French, German, Spanish
Services Offered Anonymous HIV Antibody Testing Services
Confidential HIV Antibody Testing Services
HIV Antibody Testing Services

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in
Quo Vadis


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Quo Vadis

Is Your Voice!



You can drop your submissions off at the *Quo Vadis* mailbox in the Student Activities Office in College Center or e-mail your submissions to quovadis_newspaper@hotmail.com

Stay Safe Over Spring Break! *March 13 - 21*