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The Edison Municipal Alliance Comes Together to Fight Against Underage Drinking in Our Society

By John Dempsey Staff Writer

On April 5, the Edison Municipal Alliance held a town hall meeting to help prevent underage drinking, a consistently growing problem, not only in Middlesex County, buy across the nation.

The Edison Municipal Alliance is a non-profit organization that is committed to fighting against substance abuse and headed by Lisa Gulla, who organized the meeting along with a panel of important figures from Edison and Middlesex County.

In addition to Gulla hosting the event, in attendance were Mayor Jun H. Cho of Edison; a pediatric physician, Dr. Naveen Mehrotra; Edison Police Chief, George Mieczkowski; the Assistant Superintendent of the Edison Township Public Schools, Dr. Rose Traficante; EMT Supervisor, Donna Matis; two students from Bishop George Ahr High School, Jessica DeFino and Steve Vitabile; and Mara Carlin, the Prevention Educator for the National Commission Against Drunk Driving for Middlesex County.

In the audience were parents and concerned citizens from Edison Township, as well as students from the viewers with a Microsoft PowerPoint BGAHS and other schools in the area.

The panel presented ideas of reformation to laws and ordinances against underage drinking that are currently in effect, statistics illustrating the alarming trend of not only high school kids, but also children in middle school drinking alcohol as well, and some personal experiences.

Mayor Choi said, "We want to focus on a preventative strategy . . . to curb this disturbing behavior." He added that, "Alcohol is the first step towards other forms of substance abuse."

Mayor Choi recognizes that alcohol is so readily available and said that Edison Township is ready to "develop alcohol free places in our community so teenagers can feel safe," but that police also need to be "enforcing laws on the books."

Last year in Edison, there were only two reported cases of underage drinking, far below the number that all members of the panel believe to be accurate. Chief Mieczkowski said he realizes the problem and stated that there will be a greater emphasis put on his officers to look out for minors under the influence. Dr. Naveen Mehrotra provided

presentation and added that by a teenager's senior year of high school, 30 percent of students drink three or more times a month, and four percent drink everyday. Even by eighth grade, half of all kids have had at least one drink. He also said that fatal automobile accidents are twice as high among 16-20 year olds who are under the influence compared to people 21 years old and over.

Dr. Rose Traficante said, "We see students who were athletes or involved in clubs begin to lose interest, many times as a result of drinking."

Donna Matis added a touch of realism as she told just a few of her own personal stories from working on an ambulance for years and seeing many car crashes related to alcohol. "I have seen children who have been drinking and driving and then killed their best friend. How do you live with that?

"There are too many other people out there who don't know how to drive. You have to be aware, [a car] is a lethal weapon," she said.

Jessica DeFino from BGAHS provided some alarming statistics, saying that high school students drink 35 percent of wine coolers sold in the US, and they also consume over 1.1 billion cans of beer. She added that 63 percent of drinkers received their first drink from their own house or their friends'.

"Parents wanna be seen as cool, but it's not worth it if their kid winds up with a problem with alcohol," DeFino said.

Jessica DeFino and Steve Vitabile are members of the Ahr Choice Club at BGAHS, a club where peers accept students who they believe live an alcohol free lifestyle. Steve said, "In May, before prom time, we'll stand in the halls dressed in black holding signs with messages related to alcohol to make other students aware of the dangers."

One of the activities that the Ahr Choice performs occasionally was described as 'dead for the day,' meant to show how many people die from drunk driving each day. The Ahr Choice peers will go into a classroom every 20 minutes and pick a student who is then designated as 'dead.' For the rest of the day that student has to wear black to demonstrate to others that they are dead, and they cannot talk to anyone for the rest of they day and must each lunch by them-

See Drinking on Page 12

Middlesex County College Foundation **Offers Speakers for Community Meetings** tion at (732) 906-2564.

EDISON - Area community organizations that are looking for speakers for their meetings are invited to contact the Speaker's Bureau of the Middlesex County College Foundation. Representatives of the Foundation are prepared to talk about the Foundation and the support it has given to students.

During the presentation, the representatives - all members of the Foundation's Board of Directors share their personal experiences with the College and feature scholarship students and College leaders via a short video.

This presentation is meant to be informative and there is no financial obligation to the comm organization.

Speakers are:

Jean Battaglia, Ph.D. Retr. Senior Director, Consolidated **Compliance Services** Bristol-Myers Squibb

Hank Bauer Ret. Vice President, Manufacturing Bristol-Myers Squibb

Agnes A. Hirsch, Ed.D. Educator of Physical Education, retired Middlesex County College

Jerome F. Katcher SVP for Finance & Administrative Services, ret. Supermarkets General

Is The No Child Left Behind Working For Schools and Students?

By Jason Vass Staff Writer

With schools in America failing and thousands of students slipping though cracks, the federal government drafted the No Child Left Behind Act of 2001 (NCLB). The bill mandates all states formulate academic standards for what a child should have the capacity to understand, in the vital subjects of math and reading. Also, NCLB requires that all schools must reach the standards (set by the state) until 2014 when it will be required that all students meet the standards. AYP (adequate yearly progress) is how the federal government measures a state's performance. If a school districts fail to reach their AYP for more than two years, it is given the moniker of a "school in need of improvement." Along with measuring schools on a statewide level, NCLB also requires that the New Jersey Department of Education access the yearly progress of each individual school district. Schools that do not meet the required AYP are relegated to "school in need of improvement status," as stated in a letter sent to all parents of students going to Old Bridge Township Public Schools

plan, with input from parents and school staff members. This plan will put forth a plan how Old Bridge (and other districts in the same situation) will use federal funding, to help meet AYP in the future.

Forces the township to reserve 10 percent of its Title I (the level that "schools in need of improvement" are given) funding to provide top-notch development for teachers and administrators.

Give continued "technical assistance" to schools having trouble meeting AYP.

With NCLB approaching its fifth year of existence, there are productivity issues for local school districts. Dr. Barbara Cuthbert, Director of Special Services for Old Bridge Township public schools, gave her take on what NCLB has given and taken away from students in her district. According to Dr. Cuthbert the most glaring issue lies in the fact that disabled/disadvantaged students are held to the same standards as students with full learning capacity, bringing down AYP percentages. Along with the fact that NCLB scores are regularly printed in newspapers, creating a bombardment of parental concern. "We

"From time to time, we have had the opportunity to present our cause to Rotary Clubs and other groups," explains Charles T. Larsson, Foundation Chairman. "The presentations were always well received. It was a natural progression to form a speaker's bureau that can proactively look for opportunities to inform community groups of our mission and goals."

Michael David-Wilson, the executive director of the Foundation, said, "We are grateful to these committed Board members who have volunteered to be our ambassadors. They have many compelling stories to share with the community." For more information or to schedule a presentation for your business or community group, please contact the Middlesex County College Founda-

Marilyn Keener, Ed.D. Former Dean, Division of Science, Mathematics & Health Technologies Middlesex County College

Linda J. Landis Community leader

Charles T. Larsson Vice President New Millennium Bank

Jacqueline Hancock-Pena Senior Vice President Sovereign Bank

Betty Whalen, MPA Adjunct Faculty, Middlesex County College

Create a district improvement

See NCLB on Page 12

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Campus & Community

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MCC Calendar Events

QUO VADIS

Institutional Reform Survey Participants Win Blue Colt Bookstore Gift Certificates

Sleeping Beauty Saturdays Only 11:30am Until May 6 2006 Presented by Paper Moon Marionettes First Ave. Play House 123 First Ave. Atlantic Highlands 732-291-7552

Revion Run/Walk for Women Saturday May 6 2006 Times Square New York City Registration at 7am Walk begins at 9 am

Submit News Tips, Calendar Events and Articles for *Quo Vadis* and *Blue Colt Vibe Journal of Thought* to: quovadis newspaper@hotmail.com

Quo Vadis Newspaper Publication Dates: May 3 Deadline April 24

Blue Colt Vibe Journal of Thought Magazine Publication Dates: April 30

Woodbridge Ave. Closing

Starting on Friday evening, April 21, at around 8 p.m., the New Jersey Department of Transportation will be closing Woodbridge Avenue in both directions to all vehicle traffic while working on rehabilitating the railroad crossing at Milepost 29.83. This closure is scheduled to last until late Monday, April 24, weather permitting.

The New Jersey Department of Transportation will be placing detour signs to help direct you around the detour and to the college.

This means all traffic heading Westbound from the New Jersey Turnpike or heading west from the Woodbridge / Perth Amboy area on Woodbridge Avenue (Co, Rd. 514) will be directed to turn right on to Main Street (Co. Rd 513 North), then left on to Route One South, traveling on Route One South for approximately three miles, until you reach the Woodbridge 514 East exit off Route One. This exit will put you back on Woodbridge Avenue heading Eastbound and bring you back up to the college in approximately two miles. Again please follow posted detour signs.

If you are coming eastbound on Woodbridge Avenue from the New Brunswick/Highland Park area, you can take Woodbridge Avenue to Mill Road. Turn right and enter the college through the Mill Road entrance.

All traffic leaving campus will have to use the exits on to Mill Road. College Drive East to Woodbridge During February, eighty-six adult learners attending courses in Computer and Information Systems, Civil/Construction Engineering Technology, Electronic and Computer Engineering Technology, and Mechanical Engineering Technology participated in an online institutional reform survey. The information provided will be used to determine how well the College is meeting the expectations of its adult learner population. Ten participants were selected at random to receive \$10 gift certificates from the Blue Colt Bookstore. The recipients are:

> Augustine DiGennaro Chris Thompson Dilek Yesilyurt Eric Marchitelli Izabela Jedruchniewicz Ketul Kachhia Linda White Mohammad Enver Myung Lee II Pedro Garcia

The College appreciates the effort of all those who participated.

MCC Art Exhibit



Avenue will be closed at Alumni Drive to all outbound traffic during this time.

Due to this detour you can expect heavy traffic on Woodbridge Avenue, please plan accordingly and expect delays in traffic in and around campus.

It is possible the work will be finished during the day on Monday. Before you leave campus, check the web. We will announce the reopening of the road as soon as possible.

One Possible alternate Route: Once on Woodbridge Avenue from Route One, then proceed to third traffic light (Meadow Road) Rick & Bill's Tavern on right side. Turn Right at light on to Meadow Road.

Stay on Meadow Road. Once you cross over the New Jersey Turnpike make your first left hand turn on to Executive Avenue follow it to end.

Turn Left on to Mill Road. Proceed to the first traffic light and turn Right, which is the Mill Road entrance to the college. Photo By Thomas Peterson

Gabrielle Ambrozia and Alex Blevins, both from Parlin, examine Ms. Ambrozia's artwork at the Student Art Exhibit at Middlesex County College. The exhibit, which ran from April 5-17, annually showcases students' creations.

Coordinating Editorial Board Apr. 19 Issue

Maria Mesquita-Editor-in-Chief John Dempsey-Assistant Editor Jason Vass-Managing Editor Valarie Mace, Chelsea McNeil, Ashley MaGee-Layout Artists, Writers Reggie Grant, Ashley Fichtelberg-Writers Mike Witkowski-Copy Editor, Writer Peter Endrawis-Promotions Manager, Writer Ted Selden-Cartoonist

Faculty Advisor: Melissa Edwards, 732-548-6000 ext. 3070 Melissa_Edwards@middlesexcc.edu

Administration & Faculty April 19 2006

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Professor Ianuale Gives Students Insight into History and history.

By Peter Endrawis Staff Writer

Professor Ianuale has been teaching in Middlesex since the fall of 1979.

Page 3

That is 27 years of widening the minds of students to broaden and inspire their understanding of more than just history.

In college, Professor Ianuale received a bachelor's degree in social studies and received a master's degree in history.

He attended Jersey City State College, now known as New

Profile

By Ricky Dworzanski Staff Writer

Saul Kelton is a Philosophy professor at Middlesex County College.

Kelton got his start in Philosophy in 1987 while teaching psychology. The chairman of Social Sciences department at MCC suggested he take a sabbatical in the subject at Rutgers because the Philosophy professor at the time, Ian Smith, was planning to retire within five years. Kelton said the plan would give

Profile

He also said that he put only one application into one school and if they accepted him, he would go

"(To teach history) You must be impartial to history and [be] accurate. You can't be driven by any kind of ideology."

- Professor Ianuale

Jersey City University, and Seton Hall as a graduate.

He said he became a professor of Western Civilization because he was always interested in it

to college, but if not, he would not go. Of course he was accepted and went on to attend and graduate. Professor Ianuale said, "... I never went to work a day hating my

job."

The one thing he says students should know about his profession is, "it takes a lot of hard work, dedication, and discipline that will ultimately result in satisfaction."

He also said, "You must be impartial to history and [be] accurate. You can't be driven by any kind of ideology."

Other classes he has taught are Western Civilization 1 and 2, 20th century history, U.S. History 2, Sociology, Anthropology, American Indian, and the freshman seminar.

MCC Philosophy Saul Kelton Protessor

him enough time to ease his way into teaching the subject. Unfortunately, Smith died of a heart attack during the semester and Kelton took over one year later.

Although teaching is second nature to him now, Kelton said it was quite different when he first began teaching, especially at the beginning of semesters.

"I used to be in the audience and three months later I was the presenter. I was extremely nervous," he said.

Kelton said he was over his nervousness within a few years and now looks forward to each semester. "First days now are exciting," he said.

Kelton said he finds philosophy intriguing. "What I like about philosophy is it sharpens your mind. It asks you to consider concepts that we take for granted," he said. He also said he understands philosophy is a tricky subject for most students to grasp, but does his best to fully explain it. "I try to make concepts and ideas as real as possible

that relate to their lives. Philosophy is a conversation you have with people," he said.

He said that understanding Philosophy is like peeling an onion to get to the core of it. Every layer peeled of the concept of Philosophy is a layer closer to understanding it.

Kelton has taught full-time at MCC since 1970 and part-time for two years prior. In addition to Philosophy, he has taught Intro, Social, and Abnormal Psychology, as well as Ethics and Logic.

History of English Gives Professor Lasky Drive to Teach Detective Fiction at MCC

By Ricky Dworzanski Staff Writer

Jane Lasky is an English

professor at Middlesex County College. One of the forms of English she teaches is Detective fiction.

Lasky began teaching the course ten years ago. "I always loved mysteries," she said. She also said an important factor that drew her to teach the class is the history of it. "(It's) the evolution of the genre from classical British stories to the pulp stories to the very realistic stories of Vachss," she said.

Lasky said that the class allows the reader to follow up on their favorite characters on different adventures within a series.

"It gives you a chance to try and outwit the main character," Lasky said.

She said that when the genre first began it had many critics saying it was not real literature, but throughout time it evolved.

"When looking at the best examples, they have every element of literature with a mystery attached to it," she said.

Lasky said it is interaction between the stories and the readers is what makes the subject unique. "In some ways it's solving a puzzle and in other ways it combines all of literature," she said.

To get students to better understand concepts, Lasky uses a historical approach by looking at the events in the genre "like a timeline". She also gives comprehensive homework assignments and uses film to compare and contrast different stories.

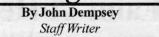
Getting students to see things new ways being in class is one of the things she enjoys most about teaching. "(I like) encouraging students to think about things," Lasky said.

Besides Detective fiction, Lasky has taught Writing, Literature, and Film study courses. She has been teaching at MCC since 1982 and for four years prior at Essex County College. Lasky will be teaching the course again for the fall semester

Register For Summer and Fall 2006 Today! **Enrollemnt Hours** Mon. & Thurs. 8 a.m. - 6:30 p.m. Tues., Wed., Fri. 8 a.m. - 4:30 p.m. **Bunker** Lounge in **College Center**

MCC's Very Own Professor Jeffrey Spector Running for Board of Education in Fair Haven

End of the Semster is



One of Middlesex County College's very own professor's is running for the Board of Education in his hometown, looking forward to working not only with young adults, but now, future college students.

Jeffrey Spector is a professor for the department of computer science at MCC and resides in Fair Haven, NJ, where his six-year-old son, Cameron, is in kindergarten at Viola L. Sickles School.

Spector said he was looking over the school's newsletter when he and his wife saw an opening for three seats on the school

board.

"My wife and I saw it as our responsibility to our community and especially to our son to have me volunteer my talents."

It would be Spector's first time on a school board, but he has no shortage of experience in working with people.

"In addition to my faculty position, I work as an Information Technology Consultant for a variety of companies and have done so for each year since I began my career at Middlesex County College.

"In addition to the financial benefits, it keeps me in touch with the needs of the field in which I teach," said Spector.

He is also looking forward to becoming the chairperson of the college assembly this fall at MCC, but has no worries of being overworked because of his strong motivation.

"[Me and my wife] plan on living in Fair Haven for a long time, therefore I must surely have an interest in the [school] district."

Not even in office yet, Spector is already wondering what he can do to help the district as a member of the board.

"I have spoken with the principal of my son's school and other parents and citizens to better understand the needs of the community," he said.

Approaching Fast! 3 Weeks Left

STUDY

FOR

FINALS!

Arts & Entertaiment

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Issue 7

"These Hills Have Eyes": Violent Yet Tragically Predictable

By Ashley MaGee Staff Writer

I knew *These Hills Have Eyes* was going to be bad, but I figured that since I wasn't paying I wouldn't have much to regret if it didn't end up a contender in the Oscar race. Granted, I didn't know much about the film except that it was a Wes Craven remake and was intent on taking cinematography cues from the recent adaptation of The Texas Chainsaw Massacre. I also remember something about the trailer featuring lots and lots of mutated faces.

Hills offers no real plot, a family on vacation takes The Short Cut, at the behest of a toothless, dirt-covered gas station attendant. I refer to it as The Short Cut, because there are a myriad of films that wouldn't have been made had

Review

the main characters simply continued along the thickest line on the map. Nevertheless, the family to copious amounts of radioactive whatever, they reproduced with their damaged DNA and brought on mutants, who survive solely by eating the tourists who've taken The Short Cut.

for nuclear testing. Following exposure

Hills comes on like a full-

"It doesn't take long for the viewing public to realize that this movie... isn't much different from any of the others."

soldiers on, completely oblivious to the fact that the eyes of the hills belong to the descendents of miners who had refused to leave their homes when the government used the land

fledged message film at times (French director Alexander Aja blankly observes the gun-toting right-wing American, like say, a PETA member regards a nine-year-old who burns ants with a microscope) and before we're allowed a glimpse at "what they think of us", something, or rather someone explodes.

It doesn't take long for the viewing public (hopefully anyway) to realize that this movie, despite the uniquely grotesque death sequences, isn't much different from any of the others. Like any other horror film, the hunters and the hunted stalk and die accordingly... then the credits roll, not without the obligatory sequel-formulating end shot, of course. As a stark testament to the plight of Hollywood, These Hills Have Eyes is probably the best genre film to come out in a while, not because the film is good, but because there just aren't many good horror movies being made any more.

EA Sports Releases Third Installment of Boxing Series: Fight Night

By Jason Vass Staff Writer

EA Sports has just released the third installment of the popular boxing series Fight Night, with its third round hitting stores in mid-Feb., for the PlayStation 2, X-Box 360, and PSP. With slight graphical improvements, more realistic in-ring knockouts, the insertion of ESPN Presentation, and an expanded "haymaker" control button, Fight Night: Round 3 is a slam-dunk for fight fans around the globe.

Fight Night: Round 3 has all the little nuances that made the first two rounds so enjoyable, and new things that add to the gaming experience. Haymaker control (introduced in last year's version) has been expanded to include Flash KO and Stun Punches, making big punches pay off more. Now, instead of unmercifully pounding your opponent until his life meter runs out, (which was quite tedious, given that the life meter restores almost immediately) one punch or a quick, two or three punch combination could do the job. The stun punch is especially enjoyable, because after landing the blow, your opponent humps over with just his gloves to protect him, (he doesn't move) opening the floodgates for a brutal pounding or a referee stoppage. On top



of adding new challenges, these features differentiate Round 3 from its predecessors (a rarity in sports franchises).

ESPN linking up with EA Sports for this title is the other feature that puts Fight Night: Round 3 over the top. ESPN Presentation coupled with one-punch knockouts adds to the simulation, realism, and expands the fun one has while playing. EA also added the ESPN Classic feature, which lets the player relive classic ring-wars and re-write history. Ali vs. Frazier in the Garden, "Sugar" RayRobinson vs. Jake LaMotta, Gatti

see Boxing Page 8

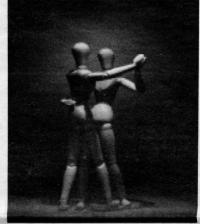
"Take The Lead" Wows Audiences

By Sheila Henry Staff Writer

On April 1, 2006, at 7:30 p.m., Mega Movies in East Brunswick, N.J., showed the sneak preview of "Take the Lead," a true story about dance educator, Pierre Dulaine, played by Antonio Banderas. He taught children in New York City schools how to ballroom dance.

"Dulaine volunteered to teach New York City elementary schools kids the fine-art of ballroom dancing in a program designed to bring etiquette and discipline to a whole new generation," said Gregory Ellwood, from the Hollywood Hitlist. "Take the Lead" is inspired by Dulaine's first class, although, for entertainment purposes, the 8-year-olds have been transformed into high school students," said Ellwood.

Flowing smoothly across the dance floor, Dulaine glides into the life of these children bringing them a bit of magic. In one scene a student is being consoled by Dulaine, telling him that, dancing can be like magic. This film gives you a glimpse of the horror in these children's lives and how dancing gives them a chance to dream again. These children deal with death, drug and alcohol abuse, being poor, sexual assault and a host of other life situation that can occur when few or



no opportunities are available.

Dancing teaches them that they can conquer anything they want to achieve; all they need is the power to believe in oneself. This was an excellent movie. It provided laughter, cheers, and sighs. All these could be heard from other audience members during the movie. Alfre Woodard portrays the principal Augustine James in the movie. James's job has been holding these children together and when Dulaine comes along, he offers her more support.

He charms the children and the principal. This is definitely a feel good movie. Watching Antonio Banderas, you will be thrilled by the way he dressed, his manners, and just him being himself-positively hot. "Take the Lead" is a must see and opened April 7, nationwide.

Latest Teen Horror Film "Stay Alive" Not For Faint of Heart

By Maria Mesquita Staff Writer

The movie "Stay Alive" is a mixture of a horror and a thriller, making it a very good movie to watch at night. This movie will make you think twice before playing video games again if you are frail of heart.

After the brutal death of an old friend, a group gets together for the funeral. When they find themselves with a video game in their possession, being video games freaks they cannot resist and start playing the horrorsurvivor game Stay Alive. It isn't long until they notice between their friends death and the video game.

With weird nicknames such as Swink (Frankie Muniz), Loomis (Milo



Ventimiglia), October (Sophia Bush), Hutch (Jon Foster), Fidget (Billy Louviere), Abigail (Samaire Armstrong) and Phineas (Jimmi Simpson), they play the game as they, one by one, die in the same method their characters died in the game.

"The Blood Countess" (Maria Kalinina) is turned on these unsus-

pecting gamers and no matter how well they play; they can't stop either the Countess or the schoolgirl ghosts of the girls she has killed.

There is the blood and gore but not enough to perk up the attention of those that like hardcore horror movies. This movie will, however, scare a lot of 13- year- olds and it will definitely put parents at a stand off with video games.

Can't say I had a favorite scene. The whole movie was a collection of favorite scenes, especially when the gamers were killed as "The Blood Countess" uses the same method their characters were killed in the game to kill her real victims. The best part is when they realize that if you die in the game, you die for real and that the games have come to life. Also how stupid does Miller (Adam Goldberg) have to be not to realize that the game is after him when he gets killed, paranoia, yeah right, more like psycho Countess after you. Although, I didn't really like the fact that they didn't show everything they could have, but then it is rated PG-13.

Director William Brent Bell managed to capture the intensity of the movie even though he was limited to a PG-13 rating. It was a very good movie, but it would have been better had it been a rated R movie, but still, it is something to see.

Arts & Entertaiment

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Folksinger Ani DiFranco Returns to Touring

By Nicole LaCapria Staff Writer

Since going on a temporary hiatus from her usual grueling tour schedule last June, independent folk icon Ani DiFranco is back on the road.

After suffering repeated bouts of tendonitis, a condition attacking tendons in her hand from rigorous guitar

playing, DiFranco canceled a string of tour dates last year much to the dismay of her dedicated fans. With her injury improving, she has ventured out on a brief spring/summer tour, playing much smaller and intimate venues this time around

Her first show will be on April 22, at the Cedar Cultural Center in Minneapolis. However, tickets for this

performance and several others are already sold out - with minimal dates and smaller locations, DiFranco's official website urges concertgoers to purchase tickets while they are still available. This short and simple tour has been highly anticipated by DiFranco's cult-like fan base, and seats are selling quickly.Locally, DiFranco will be

appearing in New York's Central Park on

July 13. Tickets for this show are still on sale, so those interested should jump at their chance before it's too late. There are no other announced performance dates as of yet in the area.

Tickets can be purchased at www.ticketmaster.com, and a complete list of tour dates and locations can be found at the official website of DiFranco's self-owned independent record label, www.righteousbabe.com.



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KEAN UNIVERSITY

will conduct

IMMEDIATE DECISION DAYS

FOR MCC STUDENTS

MCC students interested in transferring to Kean University for Fall 2006 but who have not yet applied, will have 2 opportunities to apply and get an answer on the sput! The first event will be held here at MCC on April 7", 2006 the other will be held at Keen University on April 21", 2006. Both events are for MCC students exclusively and <u>BY ADVANCED APPOINTMENT ONLY</u>!

On Friday - April 7th, Kean University will be here at MCC to conduct an "Immediate Decision" day. The event will be held at the Department of Counseling & Career Services in ED-100. Students applying at this time will learn on the spot if they are admissible to Kean University

On Friday - April 21*, the Immediate Decision Day will be held on the Kean University campus. This will begin at 9.00 am with an orientation/information session, a tour of campus, an immediate Decision interview and advisement (credit evaluation) session. For Education majors, a meeting will be arranged with people from that department to discuss all changes/additions, etc

For either event the Applicants will

Make an appointment

For April 7th at MCC - sign up in-person at the Department of Courseling & Careor Services ED-100

- For April 21^e at Kean University call Kean University at 908-737-0490
- Complete an application and any supplemental forms or documents specified in the application
- The application fee for MCC participants in this event is waived
- Obtain an official copy of your High School transcript in a sealed

Smoking con't from page 10

smoker says she beganbegan smoking at 19 years old. "I was just experimenting," says Ms. Corley. She stated said that she began smoking socially and then it became habitual. "My mother never understood why I smoked since she never had."

Ms. Corley tried to quit smoking once before and it worked for 3 three months before she relapsed. She decided to take her last cigarette on January 9th this year. Her motivation and drive, which prevented her from picking up another cigarette was nothing else but life and living, her future to live healthy and the fact that cigarettes in NJ are getting expensive. She finds the commercials against smoking cigarettes as a beneficial tool. "It helps get the message out," says Corley Angela. Although she finds it difficult sometimes and thinks about smoking during stressful times, she has learned to cope without a cigarette during moments of stress.



To help the fight against cigarette smoking and promote cessation, we must discourage children from starting to smoke and becoming addicted if we are to control the tobacco-disease pandemic. NJ has passed a law on the smoking ban in public places except casino's and cigar bars and the age to buy cigarettes will be raised to 19 years of age, which goes into effect on April 15th this year.

Although most smokers in the U.S. report that they want to stop smoking, 20.9 percent of adults or 44.5 million continue to smoke, as of 2004. Tactics for promoting cessation and reducing the prevalence of smoking include tobacco excise taxes, enforcing minor access laws, prohibiting smoking in public places and reducing tobacco advertising and promotion.

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CG&P **OUO VADIS**

Volume 42

en

Poetry Corner

True Love Part 1 By Maria Mesquita

A life in Blood While Blood a stream My life a flood With want to scream To love my sire By Moonflower and Wolfsbane My heat on fire My mind no longer sane Rule by desire Taken by lust Body overcame by fire Body turned to dust My heart rushes With the adrenaline that comes from my ways I fight for no one to see See the darkness of those ways Blood spilled violently Blood taken unwillingly Swords clashing, slashing Cannons constantly blasting Loving the heat, the strain in my body Pressure building inside me Pressure building around me Loving the blood and gore that now tell a story. As I lunge into a war A colossal fight begins within in me To find the control I lack To find light and shone the dark in me Feeding almost uncontrollably Feeding not caring of Death or feeling Lusting over Death and Blood blatantly Shocked when I see myself bleeding Now blind and deaf to the war But the fight still wages deep Why Bother? **By Nirmal Sadarangani** Why is that when I open my arms for love, I get hate.

Why is that when I care for somebody, I get refused. Why is that when I have respect for someone,

I get disrespected.

Why is that when I try to look for good



endeavor?

Untitled

lovers' cries

sands

My heart tries to conquer the problem Only to find it way to steep Drowning in darkness Hoping there would be a life to save Nothing in light but starkness No one left, no one brave. Will the coldness of my ways ever cease? Or will I freeze As I fall into extinction Like many others have by lesser reasons No one can Not I, not you, not even time But I will pay ... A price to end the fight as I find light Teeth made to bite into flesh now flash Predatorial nose now draws its prey's scent The prey by fire turned to ash The predator by fire now hell bent Together forever in history I am engraved Forever legends of me will be made Why is that when I try again and again to help someone, I get no results. Why is that when I am nice to people, some people take advantage of me. Then I begin to wonder why people have said, "nice guys finish last."

So does that mean I have to think like, "a brick for a brick." Someone told me once if these kinds of things were to happen, why bother? Just live your life one day at a time.

	Issue 7
Preda- tor by lust of blood forever enslaved Prey, will its freedom from that lust forever bade For- ever predator Al- ways prey How can I survive this tost in the web Lost in darkness My only guide your life flame With no one but myself to blame My dreams shattered My love lost For he was disheartened By what in me he saw My life for him I would have gladly given Now my love for him	Issue 7 Now that your flame no longer lives Why me? Why you? Why lost? Why? When it's my soul that no longer lives Broken without dreams I should be the one to bleed Now trapped in the eternal web of streams I search for a way to need Needs in darkness A flame that bleeds Dreams now lifeless His body I see Bloody and broke My lover's eyes would now be forever open By my power from Death's list he is removed Even with my deeds his heart is unmoved A second chance at life I gave him Yet a second chance by him I sha never see Dead my love is now for him My heart now hates with glee My powers now unleashed my heart now unraveling His hatred for what I am making itself clear My sword rammed through him, left there still clinging Surrounded by blood
I keep painfully hidden His blood I see in my hands His blood I do not care to take So I run along Times' white	Lacking the passion for life Uncertain of what to do Unwilling to see my own might His blood as I had seen Now stained my hands
As my heart breaks Lightning strikes across the sky Lightning strikes before my eyes My sword, avoid, I try But to me it comes, as I hear my	No longer thinking of what could have been My heart heals, my pride now stands Ripping my sword from my lovers
s' cries Sword in hand Hand to sword Love to kill Kill for love For you now still lifelessness Forever lost,	heart I saw is blood, his blood turn black He did not hate me, but love me back His hate was Darkness infecting his heart.



Whom did I listen to? Thats the mystery. Why you might ask? I was awakened by dreadful alarm

in somethin I find bad.

Part of my heart said not to go near it. One was curious and happy about it. One was afraid and worried about it.

By Nirmal Sadarangani

The beauty was out of this world.

The glow around her was hypnotizing.

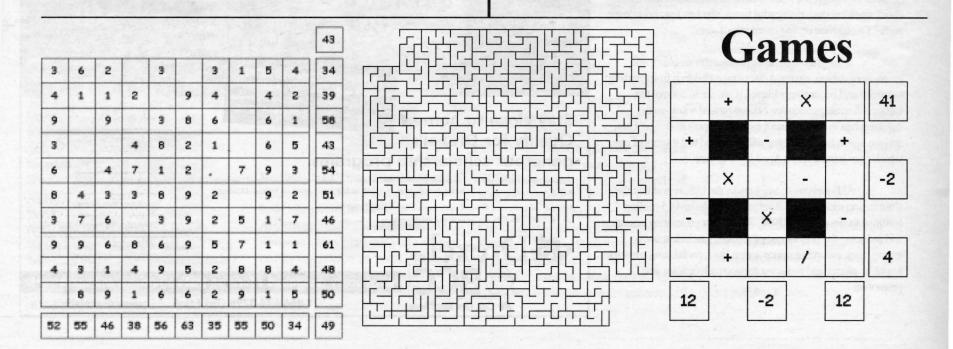
"Could it be the angel of my dreams?"

I said to myself.

"Could it really be her?"

Part of my heart said to go near it.

clock. But there is always tomorrow night.



Opinion

Volume 42

Issue 7

Illegal Immigration Gets Americans Thinking

By Jason Vass Staff Writer

Column

In recent weeks, any American not living under a rock has seen, heard or debated, the current issue of illegal immigration.

Our country currently has some 12 million people in this country illegally, paying little or no taxes while receiving governmental support. If a person in this country illegally gets sick or has an accident, they, like anyone else, go to the hospital. When they get there, they get treatment, which can, depending on the situation, be extremely (and unreasonably) expensive. When illegal immigrants have a child, they send them to school, (which there is nothing wrong with) creating overcrowding in classrooms, and more expensive budgets for school districts that have to teach hundreds of kids how to speak English, according to reports. In short, they are receiving virtually the same governmental support that hardworking American taxpayers receive while contributing little or nothing to the funding of these vital services.

There is nothing wrong with immigrants coming to this country to create better lives for themselves. My ancestors did exactly that. They came though Ellis Island, went through the trials and tribulations of that process and became American citizens. Immigrants crossing our southern border come to our country to work (which is fine), but they pay little or no taxes and are costing state and local governments extremely large amounts of money. In turn, costing the hard working people of America more money.

And instead of fixing the problem in a way that would force illegal immigrants to pay for the services they receive, the extremely partisan (and at this point divided) US Congress bickered for two weeks, made it seem like they were actually doing something important for Americans, while in reality they were sitting idly by while an important piece of legislation busted apart at the seems. After the bill fell apart, the ever hard-working collection of millionaires known in textbooks as the US Congress went on vacation, instead of fixing the problem and forcing some real changes.

Horror Movie Genre Remains Popular

QUO VADIS

Column

By Maria Mesquita Staff Writer

Horror movies are becoming one of the most frequently seen genres. People want to be scared: the violence, suspense, and mystery in these movies just keep growing.

Within the next two months at least six horror movies will be released in the movie theater, most of these rated R. Our need for violence and horrific movies grows as our society slowly degrades, as violence grows in the streets in the movies it doubles or triples since they have to outdo real life.

We can see the relation slowly making itself more evident, as a few years back our idea of fear were aliens and mythical creatures, but now we have movies like "Saw," movies that somewhat represent the turn of events in our society.

Girls being kidnapped to be raped, murders in the streets, people disappearing only to be found dismembered.

Not that I find that there is anything wrong with the movies since I am an avid fan of horror movies, the more gory the better, but as the gruesomeness grows in the movies, it has grown in real life as well.

Then of course comes the same old question, is our society degrading because of the movies coming out or the other way around? Our society is degrading not because of the movies, but because children are being forced to grow way to fast, with the horrors they see in real life as they walk through the streets. Some of these will grow to be good upstanding people and others-won't have the strength and so they will grow to be killers and psychopaths.

People are making these movies because they see the violence prevailing in our world and so they want to profit from it, so some of these horror movies have a message while others are just meaningless killings that will give adults a rush. Some will say that you have to be a sick person to think up some of these movies, but you really don't have to, all you have to do is look into our society. Most of these movies are done through research while some are unsolved cases; others are famous ones such as "Wolf Creek" and "An American Haunting."

Nobody can say that a movie never made someone go on a rampage and kill innocent people but nobody can ever say it did. If one wants to clean up the movies one has to clean up society first. People in earlier times would be shocked with our ability to condemn and kill so easily, that the event no longer interrupts our daily lives. Growth comes from all sides, not just one.

Quo Vadis Editorial Policy

1. Quo Vadis is published eighttimes a semester by the students of Middlesex County College (MCC).

2. Letters, articles, and photographs which are submitted become the property of Quo Vadis.

3. All letters and articles must be typed and double-spaced. Submissions must include a complete name, signature, and telephone number.

Community College Students Have a Jump on Internships

By Jason Vass Staff Writer

Column

Summer is on the horizon. With another semester coming to a close, the student body of MCC is looking forward to 15 weeks of summer fun uninterrupted by tests, homework and pesky research reports.

Every time summer comes around we all ask ourselves the same thing, how can I score a fulfilling summer internship or well paying job?

First things first, any internship or above average wage job will likely require you hand in a resume (as opposed to a traditional job application). If you haven't already put one together and/or not sure how to create one here are a few tips. At the very top of your resume write your name, address, and phone number (in letterhead form), followed by the position you are applying for, any special skills that can help you perform in your desired position, your educational history (high school and college), work experience (starting with your most recent employer), and in some cases if you think it will help tell a little about your activities and interests that may make you suited for the particular position.

That's the easy part; the hard part is actually finding a place where your services might be useful. This is a broad question with literally hundreds of solutions. You can spend a few bucks and hire an employment agency or trek around the state looking for help wanted signs. But that would be expensive, especially the latter (giving that gas prices are expected to hover around \$2.50 all summer). Local newspapers like the Home News Tribune and the Asbury Park Press sometimes have intriguing opportunities listed in the classified sections. The career counselor services on campus can be helpful, and the best part is it's free because you're a student at MCC. Home Depot and Lowe's, companies with a broad range of positions available to all kinds of people along with a positive work environment, have applications available online. Being that we all by now know how to operate a computer, one can go online and look for particular job openings. There are literally hundreds of sites that have the intention of assisting one with finding work. Some I found to be particularly useful were StudentJobs.Gov which outlines opportunities the federal government has open to students (including summer work), CareerOne.com a site that offers a much broader search criteria offering a search engine that pinpoints jobs in your surrounding area in the field you want to build a future in. Once again summers coming and droves of students are going to be coming back home from a year of partying looking to take jobs me and you can lock up now since were home year-round. So lets get the jump on them and start sending those resumes out now.

So now we sit after three weeks of bickering and wasted time with no changes and the same problems we had before.

Submit Letters to the Editor to quovadis_newspaper@hotmail.com 4. We encourage articles from students not associated with Quo Vadis.

5. The Editorial Board reserves the right to reject or edit any material on basis of length, taste, suitability or clarity.

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The Editorial Board of Quo Vadis will publish any "Letter to the Editor" that includes; author's names, address, contact phone number. All letters must be typed and submitted on a disk in text format.

Submissions are subject to editing for spelling, punctuation, spacing and Associated Press (AP) style.

Drop letters off in the Quo Vadis in the Quo Vadis Mailbox located in the Student Activities office in College Center or submit letters via email quovadis_newspaper@hotmail.com.

Opinion

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Cellphone Use in Cars Undergoes Scrutiny Are Cellphones More of a Distraction Than Other Things?

By Jennifer Procanik Staff Writer

According to the Cellular **Telecommunications & Internet** Association, as of December 2005 over 200 million people in the United States used a cell phone, compared with roughly 4.3 million in 1990.

There are two basic dangers linked directly with driving and cell phone use, said the National Highway Traffic Safety Administration. First, drivers must take their eyes off the road while dialing. Second, people can become so absorbed in their conversations that their ability to concentrate on the act of driving is severely impaired, jeopardizing the safety of vehicle occupants and pedestrians.

One recent study by Harvard School of Public Health, found that restricting cell phones while driving may be premature and that the benefits that come with cell phone use may be more compelling then the risks. The study shows that some benefits of cell phone use while driving include:

> -Expanded productive time. -Peace of mind.

-Reducing the number and

Column

duration of trips.

-Decreased emergency response times/improved life saving outcomes.

-More effective apprehension of motor vehicle law violators such as drunk drivers.

According to the Harvard School of Public Health, "The study notes that the cost of banning cell phone use while driving is about \$700,000 for each quality-adjusted life year saved. That is 30 times more expensive than achieving the same public health benefit with driver airbags, and ten times more expensive than achieving that benefit by keeping the speed limit on interstate highways at 55 instead of 65 MPH."

According to the Investigation of the Safety Implications of Wireless Communications in Vehicles a study of cell phones and driving safety, since the first law was passed in New York in 2001 banning cell phone use while driving, there has been deliberation as to the exact nature and extent of danger, when using a cell

phone while driving. At first, safety experts focused on the problem as part of the larger one of driver distractions overall. These distractions can include anything that diminishes the driver's concentration. Such hazards include drinking coffee and talking with another passenger. Now there is rising proof that the dangers linked with cell phone use outweigh other distractions that may present themselves to drivers. Safety experts also recognize that the hazard created by cell phone conversations have not been eliminated by the use of hands-free sets, but rather handsfree sets may increase the dangers associated with driving and cell phone use.

According to The Insurance Institute for Highway Safety, all but three states with cell phone bans have primary enforcement laws. A primary enforcement law on cell phone use while driving allows a driver to be issued a ticket for using a cell phone and driving at the same time. New Jersey's ban on cell phone use while driving is a secondary enforcement law for everyone except

school bus drivers, learner's permit and intermediate license holders, (secondary enforcement laws may only be enforced when a driver has been stopped for another infraction).

Pamela Thomson, 23, an education major from New Brunswick said, "I find the law that ban cell phone use while driving quite useless," said Thomson. "There are so many other more important issues that need to be dealt with than pulling over someone who is talking on their cell phone. Accidents happen. Hence why they are called accidents. You could be paying perfect attention to the road and get into an accident," she said.

"I think an individual knows whether or not they are capable of driving while using their cell phone and I do not believe that this is something we should be fined for. In my opinion, it doesn't keep the streets any safer," said Thomson

According to The Insurance Institute of Highway Safety, Jersey Legislators have established a \$250 fine for drivers who commit a moving violation while talking on a hand-held cell phone.

Traveling to Foreign Countries Requires Serious Preparation

By Maria Mesquita Staff Writer

Column

Traveling is one of the most exciting and exhilarating things, especially when on vacation, but there is always a draw back, especially when traveling to another country.

Make sure you know where you are going to and that there are no big problems in the area, mainly crime, and also inform yourself of the laws because you don't want to end up in jail.

For one thing if you don't already own a passport, you have to remember to get one at least two months in advance, unless you are willing to pay an inordinate amount of money to have it expedited.

If you lead a busy life make sure you maintain a list and make sure you complete everything in it about a month before the trip or you will be scavenging for these things while trying to maintain your schedule elseDo you have strong **Opinions**?

> Submit your columns to

quovadis newspaper@hotmail.com

where working

Some important things that need to be included on that list are, luggage, hygiene essentials, because you never know if you will find the brand you usually use where you are going, any medication pertaining to your needs so you won't have to pay a visit to a hospital in another country.

About three weeks before leaving make sure you have all finances in order and have cleared everything at your job. You do not want to return to find a problem with any of these.

Two weeks before embarking on that plane start packing anything you don't regularly use, anything you know you will not use or need for the next two weeks.

A week before you leave make sure you are completely packed and that nothing is missing it would be a pain and a waste of money to have to have to buy.

About two days before leaving change from dollars into the currency you know you will be using. People won't accept dollars where you are going.

Before leaving to catch that plane make sure you have your tickets, or be smart and get etickets.

Oh, and don't forget to make your last will and testament and to pray before embarking on that plane, just kidding.

Boxing con't from page 4

vs. Ward, with commentary before each match by ESPN's own Joe Tessitore. Tessitore goes into a brief history of the rivalry, gives an overview of each boxer, and says what he thinks each fighter needs to do to claim victory. The gamer also obtains new items for the EA "Fight Store" for beating each Classic challenge, adding incentive to tackle these tough challenges.

The only thing EA did wrong with this game was leave the career mode and life recuperation systems intact from last year. Career mode remains the same boring thing-train, fight, train, fight-with no surprises or real incentive to have forty fights to become the "champion of the world," or taking the exorbitant amount of time it takes to obtain the feat. Life Recuperation is another thing that annoys me about this game, you can tag Evander Holyfield with a sick 5punch uppercut combo, but he's good as new after blocking and dodging for a couple of seconds, c'mon.

Fight Night: Round 3 from EA Sports expands upon the first two installments just enough to be worth \$39.99 for PS2 players, but with the X-box 360 version lingering in the sixty dollar range, 360 players may want to be a little more cautious.

Opinion

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Do you feel that society degradation has interfered with how you lead your life? Give an example.

Compiled By Maria Mesquita

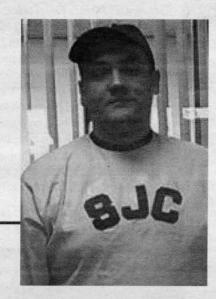
April 19 2006

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"I think twice before going on vacation alone, usually go out in a group, it definitely has affected me."

Irene Farrah, 20, Cartaret



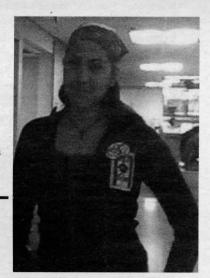
"No, it hasn't affected me. I mean I basically work full time and go to school full time so all of my time is taken up between work and school but when I do go out it is in a group."

Eric Roszkowski, 22, Parlin



"No, I don't think so, I'm not about to look over my shoulder every time I go out. I just do whatever I want."

Kenny Riley, 21, Lawrence Harbor



"Yeah it does, I can't just meet anybody, can't go out with people I just met, you got to know them for a while."

Rosanna Arias, 19, New Brunswick





"Yeah it makes people think on what is going on and what is wrong with people."

Carlos Nicanor, 18, New Brunswick

"No it doesn't affect me, you have to have limits in the way you behave because bad things happen, it is just the way it is."

Caroline Perez, 39, New Brunswick



Opinion

Student Explores the Issue of Giving up Smoking

By Vera Ibrahim Staff Writer



Cigarette smoking is responsible for approximately one in five deaths in the United States, according to the American Lung Association cite, lungusa.org. Also, from 1999–2001, smoking killed approximately 438,000 each year people in the US alone, each year. Not including adult deaths

from exposure to secondhand smoke, adult males and females lost an average of 13.2 and 14.5 years of life respectively, due to smoking. If current tobacco use patterns persist in the United States, and estimated 6.4 million children will die prematurely from a smoking-related disease (cite source).

For many trying to quit smoking, it's a battle that only will power and strength can win if you are trying to do it alone. More successful methods have been products that help you quit. According to helpguide.org, smoking is an addictive habit, which means that each time you take a cigarette, the cycle of pleasure and need go hand in hand. We also know that tobacco use is the most preventable cause of death in the United States. Smoking cigarettes, pipes, or cigars can cause heart attacks, strokes, emphysema, chronic bronchitis, and cancers of the lung, larynx, mouth, esophagus, bladder, pancreas, and cervix.

Tanning Habit a Cause for Concern

By Jennifer Procanik Staff Writer Column

Tanning has become a growing rend among Americans.

According to the Center for Disease Control and Prevention (CDC), every year more than one million people are diagnosed with skin cancer in the United States. Despite this fact, hundreds of thousands of people routinely visit tanning salons and go out in the sun with out protective sunscreen, according to the CDC.

The American Academy of Dermatology (AAD) estimates that almost four million young adults use tanning booths or sunlamps to tan on a daily basis.

Dermatologist James M. Spencer, M.D., Vice Chairman, Department of Dermatology, Mount Sinai School of Medicine in New York City, said, "While many health issues are complex and involve multiple factors, in the case of skin cancer we know that ultraviolet light is the culprit and avoiding excessive exposure is the solution.

"Yet despite this knowledge, the number of skin cancers continues to rise each year. Even more disheartening is the fact that teens continue to tan despite the known health risks," said Dr. Spencer.

Annaliesa Gubista, 22, a Paralegal major from Spotswood, said she visits tanning salons approximately four times a week during the winter months and two times a week during the summer months. She said she also tans by natural sunlight during the summer, and always wears protective sunscreen when exposed to sunlight.

Gubista said she spends approximately \$700 yearly on her tanning habit. "I have extremely pale skin. I am anemic, which makes it even worse. [When I tan] I look healthy with a glow," she said.

"Even though tanning can have bad long term effects, it does not stop people from going. People would rather look good now. You would be surprised how many people go tanning, even in the winter," Gubista said.

According to the U.S. Food and Drug Administration Center for Devices and Radiological Health (CDRH), while over exposure to the ultraviolet rays can be dangerous to one's health, regulated and minimal sun exposure is necessary for the body to produce vitamin D. Overexposure to UV radiation from the sun, tanning beds, or from sun lamps may cause skin cancer. According to CDRH, while skin cancer has been linked with sunburn, moderate tanning may also generate the same effect. Aside from skin cancer, UV radiation can also have a detrimental effect on the immune system and cause premature aging of the skin, giving it a wrinkled, gristly look.

According to Tanning-Truth.com, regular sun exposure may play a key part in avoiding the onset of some deadly diseases such as breast cancer, prostate cancer and colon cancer.

The American Medical Association (AMA) and the AAD have alerted people about the risks of tanning. In fact, AMA and AAD have supported actions that would prohibit the sale and use of tanning equipment for non-medical reasons. The AMA and the Tobacco advertising and promotion in 2003 by cigarette companies was 15.15 billion dollars, the most ever reported by the major cigarette manufacturers. As cigarette sales decline in this country, expenditures on advertising and promotion increase. In 1981, sales peaked at 636.5 billion cigarettes, or nearly 32 billion packs. Advertising and promotion expenditures that year were \$1.5 billion. By 2003, sales were reduced to 360.5 billion cigarettes, but advertising and promotion expenditures had increased nine fold. Cigarette companies fight with advertisements to keep their cigarettes lit between people's fingers.

Just who exactly are is smoking? Lungusa.org states smoking prevalence was highest among people aged 25-44 years (32.8) and lowest for those greater than 65 years of age (8.8 percent). The percentage of current smokers was significantly greater in males (23.4 percent) than in females (18.5 percent). From 1965-2004 smoking rates had decreased 54.9 percent among men, 45.4 percent among women. Prevalence of current smoking was highest among American Indian/Alaskan Natives (33.4 percent), intermediate among non-Hispanic whites (22.2 percent) and non-Hispanic Blacks (20.2 percent), and lowest among Hispanics (15 percent) and Asians (11.3 percent). Black males have consistently had higher smoking rates than white males, however in 2004, the smoking rates of black males had dropped below the smoking rate of white males. Rates among women have always been similar, but white women tend to have slightly higher rates than black women.

If you think education doesn't have anything to do with who smokes and who doesn't, you're wrong. The American Lung Association found that overall adults, aged 18 and older, who earned less than a high school diploma had the highest smoking prevalence (29.1 percent) while persons with bachelor's, master's, professional, and doctoral degrees had the lowest prevalence (10 percent) in 2004. As far as heavy smoking is concerned, it is more prevalent among men, whites, non Hispanics, those 45-64 years of age and those with less than or equal to 12 years of education.

In 1984, the FDA approved the first pharmacologic aid for smoking cessation, nicotine gum. Since then, other treatments (nicotine patch, inhaler, spray and bupropion) have become available. According to the 2000 National Health Interview Survey, the majority of former smokers quit cold turkey. Of all methods, bupropion and the nasal spray have the greatest success rates of 30.5 percent. The high rate of relapse is a consequence of the effect of nicotine dependence. Over 85 percent of smokers say that cigarettes are addictive.

Angela Corley, Secretary of the English Department at MCC and a former

see Smoking on Page 5



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ADA have suggested the following steps to minimize the sun's damage to the skin and eyes:

-Plan your outdoor activities to avoid the sun's strongest rays. As a general rule, avoid the sun between 10 a.m. and 4 p.m.

-Wear protective covering such as broad brimmed hats, long pants and long-sleeved shirts to reduce exposure.

-Wear sunglasses that provide 100 percent UV ray protection.

-Always wear a broad-spectrum sunscreen with Sun Protection Factor (SPF) 15 or more, which will block both UVA and UVB when outdoors and reapply it according to manufacturer's directions.

The AMA and the ADA provide the following guidelines for those who believe that sun damage has already been inflicted:

-Seek immediate medical attention if you receive skin or eye damage from the sun or if you experience an allergic reaction to the sun.

-See your dermatologist or personal physician if you develop an unusual mole, a scaly patch or a sore that doesn't heal.

-Always wear a broad-spectrum sunscreen.

For information on the levels of ultraviolet radiation reaching in your area, you can get the Ultraviolet Index (UVI) from local newspapers, radio, or television in many cities or you can call the EPA Hotline at 1-800-296-1996. The UVI is a number from 0-10, the higher the number, the more concentrated the exposure. Summer Session I | Summer Session II May 22nd - June 26th | July 10th - August 10th

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Sports

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Issue 7

MCC Softball Coach **Emphasizes** Education

By Valarie Mace Staff Writer

"I tell all my players education is their first goal, softball second," Carey Monkowski said. Monkowski s the assistant athletic director and softball coach at

very young. This is a learning experience for them to process and grow for next year, Monkowski said about the softball team.

The softball team holds fundraisers and visited Myrtle Beach last year. Monkowski said that the

"I tell all my players education is their first goal, softball second,"

- Carey Monkowski

Middlesex County College. Monkowski has been a softball coach for eight years at another school and four years at MCC. Monkowski encourages her players to learn time management with school, work, and softball.

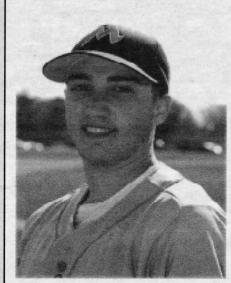
Aside from coaching the softball team, Monkowski is responsible for sports schedules, transportation, umpires schedule, recording secretary for Region 19, part-time workers such as lifeguards, fitness and weight room and any duties involving the athletic lepartment.

Monkowski said this year's softball team is made up mostly of freshmen with two sophomores remaining on the team. The team is

team is planning on setting up a few games to play for fall 2006 to help the freshmen build a bond and the softball team can visit Myrtle Beach, again.

If the softball team were able to have a bulletin board in the College Center posting scores of the games, schedules and highlights from games, students would become more involved with MCC sports, Monkowski said.

Monkowski said MCC has a great softball field and all the teams like to play their games at MCC. The softball schedule is posted on the MCC website. For more information, contact Carey_Monkowski@middlesexcc.edu.



MCC's Michael Femia Shines as Pitching Star

EDISON - Michael Femia, pitcher for the Middlesex County College baseball squad, has racked up 28 scoreless innings for the Colts. Femia, who has a wicked curve and slider, is now 5-0 on the season, in which he threw a seveninning perfect game against Camden County College on March 25. He is averaging one strikeout per inning and has a 0.47 earned run average.



Photo by Thomas Peterson

Michael Femia



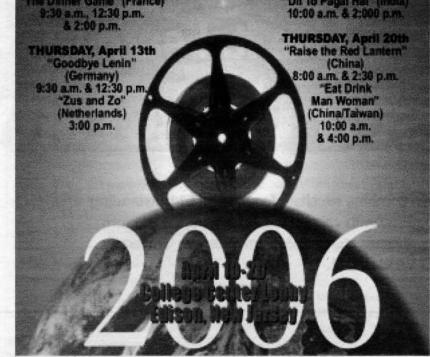
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hope parents don't pay attention (to the scores) and let us do our jobs." Dr. Cuthbert said. When asked whether or not NCLB can someday attain its goal of proficiency in math and all students reading on their grade level she said, "down the road it could, if they stop being so punitive" by singling out schools and districts. Also, according to Dr. Cuthbert, it forces teachers to stick to the curriculum on a much more hard line, leaving little time in class periods to be wasted. Dr. Cuthbert added "it forced us to look at how we use our day" giving insight into possible changes for the better. Dr. Cuthbert's main concerns lie in two areas. First and foremost Dr. Cuthbert said "they (federal government) do not fund it (NCLB) at the level they mandate we work for," and since schools need to focus much more on reading and math, schools are failing to meet the needs of students whose futures may lie elsewhere. Since more funding has forced schools to cut back on electives Dr. Cuthbert said, "that students don't know what talents



and interest's you have unless you can explore (outside of reading and math).

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selves.

Mara Carlin brought up the ease in which underage teenagers can buy alcohol, citing online stores as one such example. "Our society does not consider alcohol a drug. Anyone can go on the Internet and it is so easy to click and buy anything, including alcohol."

During the Q&A period where members of the audience can ask the panelists questions, one man brought to the attention of Mayor Choi the relatively low fines for underage drinking.

Earlier, Mayor Choi had said that the first offense carried a \$250 fine while the second carried a \$350 fine. The gentleman from the audience stated that although he can understand the amount of a first time fine, he did not understand how another infraction only raised the fine a \$100.

He said, "The parents that these kids are drinking with can afford to pay that for them." Mayor Choi responded by saying perhaps further penalties should be stiffer, in the range of \$1000 or more.

Another concerned citizen brought to the attention of the panel night clubs, where they often hold nights where a person only has to be 18 years old to get in, despite liquor being present.