

Quo Vadis MIDDLESEX County College

See Women's History
Calendar
page 3



March 7, 2007

<http://www.middlesexcc.edu>

quovadis_newspaper@hotmail.com

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Conference Features Session for Entrepreneurs

EDISON - A conference scheduled for Friday, March 16 in the NJ Convention & Exposition Center in Raritan Center will feature a session specially dedicated to young entrepreneurs.

It is part of Business Week, a program that is being run by the Middlesex County Regional Chamber of Commerce.

"While all of the day's activities would be of interest to Middlesex County College students, this breakout session seems especially important for any young person considering starting a business," said Brad Seamon, Co-chair

of Business Week. "I hope MCC students will consider attending."

The session, "Meet New Jersey's Next Generation of Entrepreneurs" will include a panel discussion with three young New Jersey entrepreneurs who founded companies while in their twenties. Two sessions are scheduled.

The Central Jersey Business Conference starts at 8 a.m. and includes a business trade show, the Economic Forecast Panel & Breakfast, which features Phil Kirschner, president of New Jersey Business and Industry Association; Jim Hughes, dean of the Bloustein School

of Planning and Public Policy; Lee Carlson, publisher, NJ BIZ; and Craig Blessing, director, Fixed Income Product Specialist, BlackRock.

Following the breakfast, the exposition hall will open while several break-out seminars will run concurrently. The conference luncheon will feature Keynote Robert E. Mulcahy, III, Director of Intercollegiate Athletics at Rutgers University, The State University. Mr. Mulcahy is the architect of the athletic program's success at Rutgers. The cost is \$60 for Middlesex County College students. For more information and to register, visit www.mcrc.org.

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MCC Hosts TechXploration for High School Girls



Tesa Cooper and Yashshree Shah work on their solar-powered cars in an event at Middlesex County College February 24. They participated over the summer in TechXploration, a program last summer in which high school girls created models of fairgrounds rides that actually worked. The girls returned to campus and created solar-powered cars that ran. The program also included a lecture from Dana Egreczky, vice president for Workforce Development for the New Jersey Chamber of Commerce, who gave a presentation about career paths in engineering to help shape their understanding of the business world and what their future employers will expect from them.



Photos by Tom Peterson

Transfer Center Helps Students

By Tara DeMarzo
Staff Writer

If you plan to further your education at another institution, transfer counseling and advisement are available. The MCC transfer staff remain in contact with the deans of all New Jersey and neighboring universities. The Transfer Center ensures students have information available in order to successfully meet the admission requirements of four-year colleges and universities. In order to insure maximum credit transfer, touch base with a transfer specialist as soon as possible; with over 400 colleges in the U.S. each with their own rules, it is a very complicated process and by not staying on track, a student can make poor and often expensive choices.

If graduating in May or August '07 with hopes of going on to a bachelor's degree, the transfer process should have already begun (with the majority of applications already being due minus a few). Even with the exception of those few universities still accepting applications (private colleges being flexible into the summer), most colleges are expecting students to apply and get registered earlier. This allows those 4-year institutions to better plan how many sections they have to offer and how many they may cut.

The MCC transfer staff maintains regular contact with Admissions Officers and Deans of four-year colleges and universities in New Jersey and nearby-states. They talk and meet regularly

see *Transfer* page 16

College Assembly Votes to Add New Courses to the Curriculum for the Fall

By Lauren Mortenson
Staff Writer

It was decided at the College Assembly meeting that six new courses would be added for the new semester.

The new curriculum will include ACC 221- Fraud Examination; ACC 222- Fraud Data Analysis; ACC 223- Fraud and the Law; ACC 224- Advanced Fraud Examination; DHY 224- Dental Hygiene Seminar and SCI 258- Climatology.

A Technical Certificate for Forensic Accounting and Fraud Examination was also approved by the Assembly for the new Accounting curriculum. The Technical Certificate Program in Forensic Accounting and Fraud Examination was designed for a student who already has a college degree.

The Dental Hygiene curriculum was revised, adding the new DHY 224 course to the fourth semester of the cur

see *College Assembly* page 16

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QUO VADIS

Middlesex County College Campus and Community Calendar

Date of Event: Thursday, March 8 Time of Event: 11:15 a.m.-12:30 p.m. Event: Women Helping Women (Domestic Violence Presentation) Location: IRC Room 116	Date of Event: Friday, March 9 Time of Event: Enough-10 a.m. Memoirs of a Geisha-1 p.m. Bend It Like Beckham-3p.m. Event: Women's Film Festival Location: IRC Room 116
Date of Event: Thursday, March 8 Time of Event: 2 p.m. Event: Fearless & Female Self Defense Workshop Location: Physical Education Center	Date of Event: Saturday, March 31, 2007 Time of Event: 7:30 p.m. Event: Hindu Students Council of MCC presents Holi & Baisakhi Celebration Location: MCC Caf� A, B, & C Contact: Kaurlovely@yahoo.com Deewanipari_85@yahoo.com

Important Academic Dates

March 10 <i>Spring recess begins; weekend classes will meet on March 17 & 18</i>	March 19 <i>Classes resume after Spring Break</i>
March 14 <i>Web Registration begins-07/SM & FA</i>	April 2 <i>New and Continuing Student In Person Enrollment begins for 07/SM & 07/FA</i>
March 15 <i>Deadline for reporting any change to application data for Spring 07 semester.</i>	April 6,7,8 <i>Holiday observed - College closed</i>

Submit Items to the MCC Campus & Community Calendar at quovadis_newspaper@hotmail.com

MCC Holds Banking Workshop in March

EDISON - A one-evening workshop on banking will be held at the Middlesex County College New Brunswick Center on Wednesday, March 28 at 6 p.m. It is free and open to the public.

The New Brunswick Center is located at 140 New Street, which is at the intersection of New Street and Joyce Kilmer Avenue.

The program, "Banking: Do Not Borrow Money from Anyone - Know Your Options and Rights," is the third in a series of six programs on personal finance designed to assist people in making sound financial decisions.

The workshop leader is Joni L. Ur, vice president and business development officer at New Millennium Bank. Marla Brinson, director of the New

Brunswick Center, urged people to attend.

"Debt is often the largest barrier to becoming financially self-sufficient," she said. "

This workshop will help you become aware of the pitfalls of borrowing and your rights when you are in debt. We have three more workshops coming up this spring and they can really help people begin to take charge of their financial situation and become more financially savvy."

Future workshops include Buying or Selling a Home, Mortgages and Buying a Car.

Space is limited; reserve your seat by calling 732-745-8866 by Friday, March 23. Light refreshments will be served.

It's PHI THETA KAPPA INDUCTION

Time!

Membership in Phi Theta Kappa recognizes your academic excellence, offers you opportunities to develop leadership and service skills, and may make you eligible to apply for over \$38 million in scholarships provided by four-year institutions around the country.

Membership eligibility requires that you have earned no less than 12 credit hours (developmental and ESL courses are **not** credit hours) and no more than 42 credit hours and that you have achieved at least a 3.5 cumulative GPA for all your credit hours.

Course work must be from Middlesex County College only. All ESL and developmental course work (including RDG 009 and 011, ENG 009 and 010, and MAT 009, 010, 013, and 014) **must** be successfully completed **before** you apply for Phi Theta Kappa membership.

Bring the nomination letter you have received from your Dean (Dean's List letter does not count) and/or your student transcript to the

Orientation Meetings
Thursday, March 22
2:00-3:00 in College Center Gallery
or
5:00-6:00 in College Center 100

Attendance at one of the Orientation Meetings is **required** to become a member. For questions, go to www.upsilongamma.org.

College Holds Graduation Fair for Students Finishing in 2007

EDISON - A graduation fair that will allow prospective Middlesex County College graduates the opportunity to prepare for Commencement conveniently will be held Tuesday, March 20 from 9 a.m. to 2:30 p.m. and 4 to 6:30 p.m.

It 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 gift from the Bookstore.

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.

Colt Clothing Drive Contest!

WMCC Blue Colt Radio & Democracy House are teaming up to collect donations of

new or gently worn winter clothing

for the Elijah's Promise program in New Brunswick.



Bring in that scarf you got for Christmas that isn't quite your style, the gloves you never wear, or that winter coat that's been sitting in your closet for ages!

DEMOCRACY HOUSE



Elijah's Promise

Bring your donations to the College Center on Wednesday March 7th and be entered to win a

Colt Prize Basket worth over \$100.00!

You **must** bring an article of clothing

to be eligible for the contest.

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Scott Shanley, Anthony Gonzales, Lauren Mortenson

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Quo Vadis Publication Deadlines and Dates

March 14 - March 21
March 28 - April 18
April 11 - April 18

Blue Colt Vibe Journal of Thought

March 21 - March 28
April 18 - April 25

QUO VADIS

NJ STARS Conference Welcomes Future STARS

By Lauren Mortenson
Staff Writer

Column

As a NJ STAR, I had the privilege to share in my experiences at MCC with future STARS. On Feb. 21, a conference was held in the College Center cafeteria for prospective STARS students to attend for information and an inside look at the experiences of current STAR students.

Future STARS and their parents were invited to share in an evening of food, refreshments and an insight

look at the possible educational futures for their children. Peter Rice played a major role in coordinating the Future STARS Reception. A panel of current STARS was available for questioning by both the parents and prospecting STARS. The panel consisted of current STARS, including myself, Kathryn Luethold, Christine De Martini and Amanda Morales. Lacey Plichta, who was part of the first NJ STARS class to graduate last year, was also on panel. She helped answer questions about transferring out of MCC and moving on to the next step, STARS 2.

For those who might not know what an NJ STAR is, a high school se-

nior who graduates in the top 20 percent of their class has the opportunity to enroll in a NJ community college and have the government pay for their tuition. As of now, the program will cover up to 15 credits for each STAR. After completing and graduating from a community college, NJ STARS have the option of continuing the STARS 2 program at any public college in NJ with all tuition and fees paid for.

Tom Peterson, who also helped coordinate the reception, said he thought the meeting was very successful, "Prospective NJ STARS who are considering coming to the college found out about the scholarship program and got a good

taste of what Middlesex County College is all about."

As a NJ STAR, I have found my experiences at MCC to be very positive. I am planning to graduate in May and transfer to a university and continue my studies in journalism. Many of the panelists agreed that they wished MCC was a four-year college so that they didn't have to leave.

Peterson also said he had heard many positive remarks about the program, after the reception came to an end. Hopefully, the program will continue in its success and lead to an increase in New Jersey residents continuing their educations in state.

Important Dates for May Graduates

Cap & Gown measurements
March 5-28
Blue Colt Bookstore

Annual Graduation Fair
Tues., March 20, 9 a.m.-2p.m. 4-6:30 p.m.
College Center, Cafeteria C

Graduation Rehearsal
Wed., May 23, 2 p.m.
Edison Hall

Graduation
Thurs., May 24, 9:30 a.m.
Edison Hall

Want to be a student journalist?
Enroll in ENG 205, ENG 206, or ENG 241. Contact
MEwards@middlesexcc.edu for more information.

Advice for May Graduates Transferring

By Lanette Espy
Staff Writer

Graduating in May and plan on transferring? Students should already be in the middle of their transfer process. There are many steps to complete by May to make sure the transfer process goes smoothly and successfully.

The first important step for graduation was applying for it. The deadline for May graduation was March 1 and the fee is \$40. Attending the Annual Graduation Fair will be another great opportunity for future graduates. The fair will be held in the College Center Tuesday March 20, from 9 a.m. to 2 p.m. and 4 p.m. to 6:30 p.m. The fair will be arranged so that students can travel from station to station and make sure that they have covered every base for transferring. Representatives from the Registrar's

Office will be there to check academic records so students can make sure they're eligible to graduate. Financial Aid Staff will be there as well to check records and talk to students with student loan. The Bookstore will take orders for class rings and more. Light refreshments will also be served.

Transfer students must know what they're majoring in a head of time when transferring to a university because they're entering with advanced standing. Picking a major shouldn't be hard since most already have one from being in a county college. Students should choose several colleges that offer their preferred major. If students need help in deciding where to transfer, there are college catalogues, reference books and materials, and computer software available for students in the Transfer Center located in

the Department of Counseling & Career Services-Edison Hall 100. Pick a school that is going to suit you and match your style of learning.

International students should see the International Student Counselor in the Department of Counseling & Career Services for special paperwork related to their transfer.


When applying to a college many applications ask for letters of recommendation. So now while you're in school you should be in the process of asking two to three of your professors to write a letter of recommendation for you so you don't have to scramble for one at the last minute.

The Department of Counseling & Career Services offers a Credentials Service. Through this service students

see Advice page 16

Spring 2007 Workshops and Support Groups Sponsored by The Department of Counseling & Career Services

Event	Date	Time	Location
Support Groups:			
The Brothers of Maat: for men of African descent	Weekly meetings will begin in early Spring 2007	For more info., contact 732.906.2546	Edison Hall 100
Depression and Anxiety: for anyone suffering from depression & anxiety due to divorce, separation or a relationship break up	Weekly meetings will begin in early Spring 2007	For more info., contact 732.906.2546	Edison Hall 100
Career and Academic Success			
Studies Skills Series: Note-taking	Mon., Feb. 12	11:15 a.m.	Edison Hall 100
The Way to an "A"	Thurs., Feb. 15	2:00 p.m.	Edison Hall 100
Studies Skills Series: Organizing Your Time	Thurs., Feb. 22	2:00 p.m.	Edison Hall 100
Studies Skills Series: Test Taking Strategies	Mon., Feb. 26	11:15 a.m.	Edison Hall 100
Ingredients for Success	Thurs., Mar. 1	2:00 p.m.	Edison Hall 100
Transfer Information	Mon., Mar. 5 Thurs., Mar. 22	11:15 a.m. 2:00 p.m.	Edison Hall 100 Edison Hall 100
How to Succeed in Math	Thurs., Mar. 8	2:00 p.m.	Edison Hall 100
Creating Career "Luck"	Tues., Mar. 20	11:00 a.m.	Edison Hall 100
How to Get a Job and Land an Internship	Mon., Apr. 2	11:15 a.m.	Edison Hall 100
Preparing for Final Exams	Thurs., Apr. 12	2:00 p.m.	Edison Hall 100
Personal Issues			
Stress Management	Wed., Apr. 4	12:30 p.m.	Edison Hall 100
The Power of Addiction	Mon., Apr. 9	11:15 a.m.	Edison Hall 100
Stress & Nutrition	Mon., Apr. 16	11:15 a.m.	College Center 123



MIDDLESEX
COMMUNITY COLLEGE

March 2007

WOMEN'S HISTORY MONTH

Self-Expression and Self-Esteem

Thursday, March 8
Women Helping Women Domestic Violence Presentation
11:30 am - 12:30 pm
BIC Room 8B

Fearless and Female
Self-Defense Workshop
2:00 pm
Physical Education Center

ALL EVENTS ARE FREE AND OPEN TO THE PUBLIC

Women's Holistic Health Series:
The entire series will take place in BIC Room 118 from 12:30-2:30 p.m.

Tuesday, March 20
Healing Herbs for Women

Wednesday, March 21
Holistic Remedies for the Entire Family

Thursday, March 22
Acupuncture for the Female Body

Friday, March 23
Healthy Weight Loss the Natural Way

Keynote Speaker: Meredith LeRonde

Monday, March 26
Women's Empowerment and Community Lecture
8:00 am
TSC 100

"Women, Pop Music and Pornography" is an interactive lecture/discussion that looks at representations of women: pop stars in the current deconstructed media environment. It presents clips of popular music videos and images that we have seen time and time again, and prompts how collectively they contribute to an overall understanding of pornography. Both during and after the lecture, students are given the opportunity to ask questions and voice their opinions.

Friday, March 9
Enough

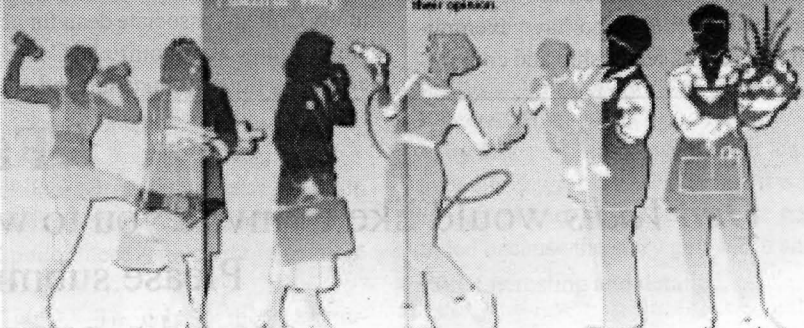
Memoirs of a Oeisha

Bend It Like Beckham

Friday, March 30
North Country

The Rosa Parks Story

Sleeping with the Enemy



QUO VADIS

Charlotte Quigley Talks about Her Experiences

By Lanette Espy
Staff Writer

Ms. Charlotte Quigley, Manager of Career Services, is one of the new faces here at MCC. Before coming to MCC in January Quigley was Director of Graduate Placement at the Chubb Institute in North Brunswick. She also had a career in Information Technology where she was the Director of Technology for South Brunswick Township Board of Education. She has worked various Information Technology posi-

tions for Con Edison in NY.

Quigley has always had a skill for identifying key skills required in a given position and matching a person's strengths to that set of key skills. Her interest in people and being head in the department gave Quigley the opportunity to influence the entire Information Technology Department.

Working in Career Services for two years, Quigley was also involved in skills assessment, retention initiatives, industry salary studies, and other "people centric" projects when she was in Infor-

mation Technology at Con Edison. Quigley has a bachelor's degree in Elementary Education from SUNY Oneonta in NY and a master's in Management from Adelphi University.

"I am thrilled to have the opportunity to work with the students and staff at MCC," said Quigley. "The environment here is very student-focused, and I feel very welcomed by the professionals I have the great fortune to work with."

Besides working in Career Services, Quigley is also involved with as-

sisting Brian Richards, Director of Instructional Design in Media Services, in introducing E-Portfolio, a new on-line electronic portfolio for students.

"I anticipate becoming more involved [on campus] as I get more acclimated," said Quigley.

As a mother of three, Quigley volunteers her time by staying very active in numerous programs. She has been a baseball coach, a softball coach, a cheerleading coach, a Girl Scout leader, a CCD teacher and she has been involved on various PTO's.

Faculty Profile: Saborido a Seven Year Veteran of MCC

By Lauren Mortenson
Staff Writer

Juan M. Saborido is an assistant professor here at MCC; teaching several of the Spanish classes.

Professor Saborido has been teaching for 13 years, spending several of them at Middlesex.

Before becoming a full-time faculty member on campus in 2000, he was an adjunct professor for several years. He is a dedicated, motivated and enthusiastic professor, but there is more to Saborido than just teaching.

Saborido was born in Spain and comes from a close knit family filled with traditions and customs. He said, "We are a very tight nit family and very traditional in Spanish and European customs especially in our food and

upbringing."

He is a devoted husband, whose wife and family also share in these traditions. Saborido is also a

member of the local committee of the Northeast Conference of Professor's

of Foreign Languages, and is looking forward to the upcoming convention in New York this April.

When Saborido isn't teaching, he enjoys medieval culture, reading and traveling, however, he doesn't always have to leave the state to find a new and interesting destination to visit.

"I love to visit new towns

around New Jersey and discover their own 'flavors'."

Saborido said he is a frustrated oenologist- "I have a great zeal for the study of wine."

In the future, Saborido

said he would like to complete his PhD in 15th Century Spain.

He is also looking forward to becoming a father. But despite all his hobbies and future goals, Saborido enjoys his time teaching at MCC.

In fact, he said it's more than just a job; it's an incredible part of his life. "The feeling that one gets when you

"We are a very tight knit family and very traditional in Spanish and European customs especially in our food and upbringing."

- Juan M. Saborido



Juan M. Saborido
Photo By Lauren Mortenson

see one of your students speaking some Spanish after a year of being in your classes is amazing and irreplaceable."

Middlesex County College President receives Girl Scout Award



Janna Zuckerman and Joann La Perla-Morales

EDISON - Joann La Perla-Morales, president of Middlesex County College, has been named a Woman of Distinction by the Girl Scouts of Delaware-Raritan. She will join six other honorees at a dinner at the Hyatt Regency Princeton on March 22, as they accept the awards.

"These women are truly dynamic role models who have exemplified dedication, leadership and commit-

ment to their communities," says Michele Tuck-Ponder, chief executive officer of the Girl Scout Council.

"We are proud to have them as mentors to Girl Scouts in Central Jersey."

Each recipient was paired with a Girl Scout, and, for the past several months, has been mentoring the young woman.

Dr. La Perla-Morales was matched with Janna Zuckerman in Troop 465 in the North Edison/Metuchen Service Unit.

Dr. La Perla-Morales is the sixth president of Middlesex County College, a continuation of her distinguished 35-year commitment to higher education as both a teacher and an administrator.

Before her appointment, in January 2005, she was provost and senior vice president for academic affairs at New York City College of Technology, dean of instruction at Nassau Community College, associate dean for academic affairs at Bloomfield College, dean of continuing education and com-

munity services at Union County College, assistant director of fundamental and continuing education services at Montclair State University and education program specialist with the New Jersey State Education Department.

Among her diverse teaching experience in both English and Spanish, Dr. La Perla-Morales was a Peace Corps volunteer in Bogotá, Colombia, where she taught beginning and intermediate English and phonetics courses to university undergraduates and English teachers.

As president of Middlesex, Dr. La Perla-Morales is an active member of the civic community, holding numerous key positions in state and local organizations.

She serves on the boards of New Brunswick Tomorrow, New Jersey ACE-NET, the New Jersey Community Colleges Consortium for Workforce Development, the New Jersey Technology Council and the United Way of Central Jersey.

Dr. La Perla-Morales was recently appointed by Governor Jon Corzine to serve on the Board of the New Jersey Higher Education Student Assistance Authority (HESAA).

She is also a member of the Middle States Commission on Higher Education Committee on Substantive

Change, the Essex County College Engineering Technologies Advisory Committee, and New Brunswick Tomorrow's Education Task Force.

Dr. La Perla-Morales earned a Bachelor of Arts degree at the State University of New York, College at Oneonta where she majored in education with a concentration in Spanish.

She earned a Master of Arts degree in Teaching English to Speakers of Other Languages (TESOL) and Doctorate in Education in Higher and Adult Education both at Teachers College of Columbia University.

Her writings have been widely published in academic journals and she has been recognized as an outstanding academic by many professional and community associations.

Other honorees include Ruth Mandel, director of the Eagleton Institute of Politics, Rutgers University; Aline M. Holmes, senior vice president for clinical affairs, New Jersey Hospital Association; Lisa P. Jackson, commissioner of the New Jersey Department of Environmental Protection; Sherrie Preische, executive director of the New Jersey Commission on Science and Technology; Mika Ryan, president of the Mercer County Sports and Entertainment Commission; and Michele Siekerka, president and chief executive officer of the Mercer Regional Chamber of Commerce.

Faculty

Quo Vadis would like to invite you to write for the Administration and Faculty page!

Please submit your columns to
quovadis_newspaper@hotmail.com.

QUO VADIS

Bangkok Cuisine Offers Quality Service and Food

By Lauren Mortenson
Staff Writer

Restaurant Review

Bangkok Cuisine Thai Restaurant, located at 775 US HWY 1 & Old Post Rd. in Edison, offers quality that tops the charts. This unique Thai style restaurant combines great food, great service, and a warm environment that is perfect to fit a romantic evening for two, or even a night out with the family.

The service is excellent; very prompt and exceedingly polite. You will be greeted with a smile and seated at one of the tables. With dimmed lighting and classical music playing, there's a more personal feel while dining. Within five

minutes, you'll have a glass of water to start you off and a menu, along with the specials of the day. Starting off with an appetizer, such as their Thai spring rolls is suggested. They're split into five pieces and served with a plum sauce that adds a sweet flavor to the crunchy rolls. Appetizers range from \$4 to \$7. From fried calamari to curry puffs, you'll be sure to find something that satisfies your taste.

As for main dishes, Bangkok has a wide variety of duck, fish, seafood,

and chicken. They also have a special vegetarian section. If you've never had Thai food before, try their BBQ Chicken Thai style for only \$9.95. Served with spicy chili sauce and rice. The sauce is mild, but adds a zest to the chicken's flavor. Spiciness can be altered upon request. If you like seafood, another great meal is the shrimp sautéed in garlic and pepper and that too is \$9.95. The shrimp was full of flavor, as there was a perfect amount of

garlic and pepper added. And quantity is pleasing, as you may even have some left over to bring home- and you will want to bring it home!

Overall, Bangkok Cuisine is well deserving of 5 stars. Open 7 days a week for lunch and dinner, Bangkok will impress you with great food, great service and a serene environment.

Stewart's Family Diner Lives Up To Its Name

By Scott Shanley
Staff Writer

Restaurant Review

Not to be confused with the popular chain bearing a very similar name, Stewart's Family Diner in Fords is an average local eatery that should perhaps consider changing its logo.

Upon entering, I indeed thought it was a branch of the infamous chain of root beer and burger stands scattered throughout the state, courtesy of the signs being exactly the same. After being seated, I was surprised to find that the menu's first page actually contained items that would be found on an authentic Stewart's menu, whereas the remainder of it resembled that of any given diner. Quite disappointed at this act of deception, I ordered anyway, hoping the service would somehow compensate for my sudden urge to simply walk out and bring my empty stomach elsewhere.

Thankfully, my cheesesteak and

fries were out within minutes, with my server courteously dropping by every few minutes to fill my drink. Still irritated that I was not sitting at an actual Stewart's, I failed in an attempt to nitpick any other aspect of the restaurant.

While the food was far from award-winning, it did live up to general diner standards; the bar in which is obviously not much higher. The prices also coincide with that of any diner, making it a decent place to stop and eat for those who are on the go throughout the day. Being in and out within 20 minutes, the quick and comforting service is certainly the major selling point of Stewart's Family Diner. For those in search of anything else, however, I would suggest finding a real Stewart's.



Photo By Lauren Mortenson

Invisible Monster Is Full Of Surprising Twists

By Rafael Manzanares
Staff Writer

Book Review

Chuck Palahniuk, a man I consider to be a master in fiction writing, who wrote best sellers like *Fight Club* and *Choke*, has written a book about a beautiful female supermodel who is horribly disfigured and now has to live her life as an "invisible monster" as the world tends to try not to stare and be entertained by her appearance.

This story is told through a female perspective. Although female emotion is included as a characteristic of the main character, she is presented as a strong individual who learns how to react to common human problems: appearance, relationships, and betrayal. There are many other aspects of human life covered including sibling rivalry, homosexuality, marriage, murder, and house fires.

Invisible Monsters cannot be described without spoiling the story, as there are many twists. However, the overall theme is sibling rivalry because in the beginning, Shane, the narrator's brother, is introduced as a potential enemy. She hated him because throughout their childhood, he earned more attention from their parents. This is not a spoiler there is much more detail to this rivalry.

The narrator meets a beautiful woman named Brandy

Alexander who helps her cope with her now deformed face and also helps her gain a new outlook on life.

This book can be compared to *Fight Club* because *Fight Club* explores the world of male aggression and the cure. *Invisible Monsters* explores the world of female depression, which we know there is a lot of thanks to the media. The main difference between these two amazing stories is, besides being two completely different stories, the twist. *Fight Club* has one main, amazing twist while *Invisible Monsters* has a series of twists that constantly refer to the past. In fact, this story constantly jumps from scene to scene with the phrase "jump to ..."

The author also mentions, in character, that this story is like a fashion magazine. One can read this 32-chapter story quickly and understand the events because it is just that simple, as long as very close attention is paid to the little things that described in detail. The irony to this is the chapter after this is mentioned is the longest at 30 pages. Honestly, a good reader can enjoy this story in one week of at least an hour a day, most likely though, it will be completed before the week has ended because the story gets more and more interesting and detailed.

Go to Page 8 For Next Word in Contest

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QUO VADIS

Behold A Pale Horse, A Shocking View of US History

By Scott Shanley
Staff Writer

Book Review

The date is November 5, 2001—former U.S. Naval Intelligence officer Bill Cooper was shot and killed in a police shootout near his home in Eager, Arizona. While the potential underlying motives surrounding his death remain in question to this day, perhaps the most remarkable part is that he not only predicted his untimely death, but even named the organizations responsible in his controversial 1991 book, *Behold a Pale Horse*.

With the title taken from the Bible's Revelation book, *Behold a Pale Horse* presents some rather shocking

evidence in support of many infamous conspiracy theories. According to Cooper, he had access to many top-secret federal documents during the span of his military career. Believing such information should not be withheld from the public, Cooper took matters into his own hands by going public with his discoveries following an honorable discharge in 1974. While he spent the remainder of his life as a radio host, author, and political activist; he also claims to have become a target of the U.S. military, as well as other top-secret organizations in an

attempt to silence him.

A majority of the book focuses in detail on the inevitable collapse of the United States government, and the corresponding one-world government that is to be instated shortly afterward. Other topics addressed include secret societies throughout history, the war on drugs, the existence of aliens and UFO's, the alleged truth about AIDS and population control, and the JFK assassination.

While Cooper's claims may be radical and farfetched, one cannot immediately dismiss them due to the tremendous amount of evidence in his favor. Also included are the testimonies of others who are familiar with what Cooper has experienced. For those who are

fast to deny any of the book's contents, all of the documents he refers to throughout it are conveniently attached in the appendices, as well as copies of his military records.

To put it frankly, *Behold a Pale Horse* is both eye-opening and even downright scary at times. For those who are familiar with the New World Order, Cooper is perhaps the first and only person to fully explain the logic for the existence of such an organization. His poignant visuals make it very easy to believe that things may not be as they seem, and will introduce many to the possibility that the U.S. government is indeed deceiving its people.

Jesus Camp Shows The Disturbing Side Of Religion

By Scott Shanley
Staff Writer

Movie Review

While 2006 saw the release and re-release of many horror movies, perhaps the scariest flick of them all was *Jesus Camp*.

Directed by Heidi Ewing and Rachel Grady, *Jesus Camp* is a shocking documentary about the "Kids on Fire" summer camp. Ironically enough, the stage is set in Devil's Lake, North Dakota, where the controversial beliefs of Evangelical Christianity are pressed upon youngsters. The lives of camp attendees, some as young as 6-years-old, are followed throughout the film's journey as the children are bred to become leaders of an upcoming religious movement.

Pastor Becky Fischer, coordinator of the camp, shamelessly preaches impressionable thoughts on many hot button issues such as God, government, and abortion. Fischer openly praises the Muslim tactics of preparing their young for war at an early age, and hopes to achieve similar success in creating soldiers for a different army - that of God.

No narration is necessary in *Jesus Camp*, as many of the children speak for themselves. Levi, for example, is perhaps the poster child for one of Fischer's soldiers. Often clad in an orange

ange t-shirt that reads "Jesus" across the front, he claims to have been saved at age five, wanting more out of life. Levi's potential leadership qualities are instantly recognized by Fischer and he even begins giving sermons at the camp. Other children timidly sit back and absorb the theories of creationism over evolution, and are even brought to a pro-life rally.

Disturbing would undoubtedly be the most accurate word to describe this film. It is almost unbelievable to assume that Fischer not only allows the behavior practiced at the camp, but advocates it as well. The parents that are shown throughout the film are well aware of what their children are being taught. Some even attend Fischer's sermons with their infants, fully participating in Christian song-and-dance routines. It appears that the "Kids on Fire" summer camp is one of the more wisely crafted attempts at brainwashing America's unpolished youth. While the documentary leans toward neither side of the fence, the horrific content certainly speaks for itself.

Coming to DVD This Month

3/6/07
Borat
Fast Food Nation
Let's Go To Prison
Revenge of The Nerds: Panty Raid Edition
Peter Pan
South Park (Season 9)
The Full Monty: Fully Exposed Edition
Beverly Hills Cop Collection
Sabrina The Teenage Witch (Season 1)
Moonlighting (Season 5)

3/20/07
Rocky Balboa
Blood Diamond
The Nativity Story
Everyone's Hero
The Dukes of Hazard: The Beginning
Batman Beyond (Season 3)
The Caine Mutiny
Lawrence of Arabia
Miami Vice (Season 3)
Miami Vice (Season 4)
Re-Animator

3/13/07
Casino Royale
Ghost
Shortbus
Bosom Buddies (Season 1)
Teenage Mutant Ninja Turtles (Season 4)

3/27/07
Happy Feet
Night At The Museum
The Good Shepherd
Turistas
Afro Samurai
Van Wilder 2: The Ride of Taj
The Addams Family (Volume 2)
Early Bergman

Vegas Trilogy: A Must Read

By Rosemary Petriello
Staff Writer

Book Review

In the first book of her *Vegas* trilogy, Fern Michaels gets you hooked rather quickly. The saga that spans a half-century begins with Sallie Coleman, who grew up in a very poor family in Texas, in Las Vegas. She left her poor family to make it on her own in the city as a young girl. The story which is set in the 1920's, takes off quickly and compels its readers to turn the pages.

Throughout the more than fifty year saga, Sallie inherits money and becomes a very rich woman, marries and has two sons. The story continues with Sallie's two sons, Ash and Simon, their adult lives, and Sallie's unhappy marriage to Philip Thornton. Readers will find the passion of Sallie's affair with her attorney, Devin Rollins, exciting, and the realization that he becomes the one true love in her life is heartwarming. The Thornton dynasty continues through the generations and the family builds its own casino in Las Vegas.

The casino becomes the downfall of Sallie's son, Ash Thornton, but the story

continues with the lives of Ash's wife, Fannie Logan, their four children, and Sallie's younger son, Simon Thornton. The compelling story keeps you turning the pages, and may lead to many late nights of reading.

The rise of Las Vegas from a western mining town to the city as it is known today, the gambling capitol of America is an inviting tale. The rivalry and devotion of this fictional family keep Michaels' readers intrigued and coming back for more. The saga continues into second and third novels in a trilogy in which both old and new generations of Thorntons continue their quest for money and happiness which are notorious for conflicting with each other on many faceted levels.

In the next installment of this three-part review, *Vegas Heat*, tells the tale of Fanny Logan Thornton and the family she and Ash Thornton create together. Look for the next installment of this intriguing trilogy in the next issue of the *Quo Vadis*.

Submit Movie Reviews and Book Review to
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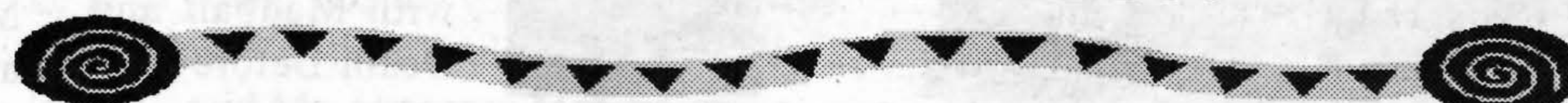
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APRIL 4TH

Location: Department of Counseling & Career Services
Edison Hall – Room 100



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What Will Be Required:

- Cumulative GPA from all schools attended must be 2.0.
- Education majors must have cumulative GPA of at least 2.75.
- Must have at least 12 credits completed to be a *Transfer* applicant.
- Must bring an official MCC transcript in a sealed envelope.
- Must bring an official transcripts from all other colleges/universities attended each in sealed envelopes.
- Must bring a completed New Jersey City University application.
- Must bring your check or money order for the application fee at time of appointment.

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Can you display your traditional clothing? Could you, along with other students, do a
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You would be stationed in the Edison Hall Lobby or Main Hall Lobby or the College Center. You would
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For more information contact Professor Virender Kanwal at: VKanwal@middlesexcc.edu
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QUO VADIS

Boston's Since The Flood Offers "No Compromise"

By Scott Shanley
Staff Writer

Formed in 2002, Boston's Since The Flood has been making waves up and down the east coast metal/hardcore scene ever since.

The heavy-hitting, five piece outfit is comprised of vocalist Chuck Bouley, guitarists Kevin Leary and Dave Stauble, bassist Rob Deangelis, and drummer Luke Buckbee. After finally securing a deal with Metal Blade Records in 2006, the band released their latest offering, "No Compromise", this past January.

"We're very excited about this record," Buckbee, 25, said. The 12 track offering was recorded throughout the latter months of 2006 at The Outpost in Stoughton, Massachusetts. Famed producer Jim Siegel (Blood For Blood, Dropkick Murphy's) handled engineering duties for the effort.

"I think he is a really underrated producer and people are going start recognizing him for the talent he has," said Buckbee, describing the recording process. After spending approximately two or three days on each instrument, the band spent nearly a month tracking vocals.

"Chuck's parts basically took a lot of time to do. We only did about two songs per day as to not burn out his voice, and have it as powerful as possible" he added. The end result was cer-



tainly worthwhile for the group. "No Compromise" is a hellish and potent look into the harsh realities that many people face each day.

"Chuck tends to write on real life experiences. He doesn't write any fiction" said Buckbee, commenting on the record's lyrical content. "I think that's why a lot of people seem to be able to identify with his lyrics, because they're real and honest," he added.

According to Buckbee, "No Compromise" is a very different record from the group's previous full-length, "Valor and Vengeance," released in 2005 through Ironclad Recordings. He said, "It sounds a lot more mature, and you can hear the different influences in it." He

noted bands such as Crowbar, Terror, and Entombed to have had a direct impact upon the band's songwriting efforts.

Following the record's release, Since The Flood plans to hit the road as much as possible. The group just recently finished a series of local dates with Madball and Death Before Dishonor.

"Touring with Madball is ridiculous," said Buckbee, referring to a European tour the two bands did together last year. "They are very big over

there and the shows were absolutely insane," he added. Europe is certainly among the group's favorite places to tour. According to Buckbee, bands and musicians are treated exceptionally well throughout the continent. He said, "The fans seem to have a passion for the music to an extent that is rare in the United States."

Although the band won't be returning to Europe anytime in the near future, they are looking forward to visiting other popular spots such as Montreal, Los Angeles, and Florida. In March and April, they will embark upon a nation-wide tour with Ramallah and Seventh Star.

"There are so many great places to see," Buckbee concluded. "Every night is awesome and has something different to offer."



A World Without Music

By Lanette Espy
Staff Writer

Imagine what the world would be like without music. Music is a big part of our everyday lives, it's like a part of us would be missing without it. No CDs, no music videos, no listening to the radio on your way to school, instead you're driving in a silent car listening to the noise around you. There would be no concerts, or favorite artists, and forget about having music channels like MTV and BET. The radio would just be all about news and talk, no songs to listen to.

Why does music please us? That's simple; music appeals to everyone, all ages, even toddlers. Ever hear the phrase that classical music makes you smarter? It has been said that toddlers who listen to classical music or play an instrument as a kid will most likely increase their IQ. There have also been

studies that claim listening to classical music like Mozart helps your brain. Music can also be good for your health.

Ever had a bad day and turn on the radio to find that the song playing relates to what you have been through? The words in a song can be so deep and touching that it feels like only the music understands us because it's what we're feeling at the moment.

Music is an outlet for many people; it's where we go to escape and to feel better. Music has many positive influences on people's lives. It helps people grieve over losing a loved one. It brings joy to people's lives. There are many reasons we listen to it. Can you imagine going to a wedding without any music or instruments playing in the background? What about going to clubs or parties? What would you dance to? None of that is possible without music.

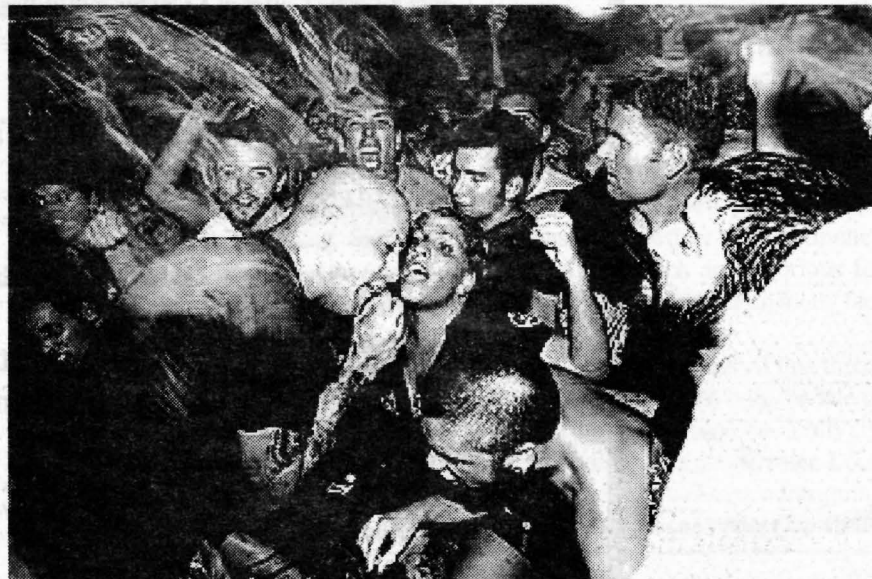
All music is important to someone, it's the universal language. A world without it would be dull.

Lifetime Reflects On MCC History

By Scott Shanley
Staff Writer

Unbeknownst to many Middlesex County College students, the cafeterias in the College Center used to

offer much more than just food. Nearly every weekend in the late 80s and early 90s, MCC hosted hardcore/punk shows that would undoubtedly change the face of the local music scene as we know it today.



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QUO VADIS

Ruben Studdard's Performance is a Class Act

By Ben May
Staff Writer

Concert Review



Ruben Studdard

Ruben Studdard, winner of American Idol 2, has been appearing at several venues along the east coast since the release of his newest album, "The Return", on Oct. 17, 2006.

One of these lucky venues was the Count Basie Theatre in Red Bank, NJ, on Jan. 28. With "The Return", Studdard is moving back into the genre where he belongs after his brief venture into the art of gospel singing in 2004.

Danny White, an excited audience member, speaking of Ruben, says, "His voice is great and he has really good stage performance. He is a very smooth singer." Ruben has the

ability to take over the audience and capture the essence of love in his words.

He has decided to return back to his original roots, which are definitely prominent through his lyrics. He is extremely humble and proud of his background.

His confidence in himself allows him to put on a glorious show.

The one complaint heard repeatedly was that the concert was too short. The show started around 8 p.m. and by 9:30 pm, the lobby was nearly empty.

"I am very impressed; he is so young and his voice sounds so good. I only wish it could have lasted longer," said Ms. Hartence McNair, another concert-viewer.

Former Lead Singer David Lee Roth Rejoins Van Halen

By Ben May
Staff Writer

On Feb. 2, 2007, Van Halen officially announced what promises to be an amazing 40-city tour during which original lead singer, David Lee Roth, will be rejoining the group for the first time since Sammy Hagar took his place in 1985.

The announcement came a little less than a month after news that Van Halen and its main members, (Eddie and Alex Van Halen, Michael Anthony, David Lee Roth and Sammy Hagar)

would be inducted into the Rock and Roll Hall of Fame.

The induction is set to take place on March 12, 2007.

The 2007 tour has the likelihood of being revolutionary for the band and mind-blowing for the audience, as the shows will be the first time that new bassist and son of Eddie Van Halen, Wolfgang, will be performing his first live shows as part of the band.

Wolfgang will be given his chance to prove that he can live up to the rock and roll craze that his father and uncle began back in the late '70s.

According to the Recording Industry Association of America, Van

Halen is #19 on the list of Top Selling Artists of all time (having sold more than 56 million albums in the United States). Two of the albums have even reached diamond status (which means they have sold over 10 million copies each).

These two are the self-titled debut album and 1984. There is also a new album coming out on April 3, 2007, which specifically marks David Lee Roth's most influential years with the band. The album is entitled, "Van Halen: Best of (1978-1984)."

With all of the publicity they are being given from the induction into the Rock and Roll Hall of Fame, the new

"Best Of" album, and new bassist Wolfgang playing alongside the original three, the only thing left to do is hope that this reunion goes off without any of the drama that has become associated with the amazing group, known simply as, Van Halen.

Although concert dates, ticket prices, and venues are still unknown it would be wise to keep your eyes and ears open since these tickets will be gone almost immediately after they go on sale.

Diehard fans have been waiting over 20 years for this day to come, but thankfully in the summer of 2007, their wait will finally be over.

Coming This Month To Starland Ballroom

- 3/9/07 - Flogging Molly w/ Street Dogs and Twopointeight
- 3/10/07 - Buckcherry w/ LongRoad, BlakJak and Hello Eden
- 3/17/07 - "War for The Warped Tour" Battle #1
- 3/18/07 - Powerman 5000 w/End of an Era, Artikay, Bio-Feedback, Shades Of Decay, Sacred Hatred, Feff, DTA and A Midnight Tragedy
- 3/28/07- Lindsey Buckingham of Fleetwood Mac
- 3/30/07-Type-O-Negative
- 3/31/07- Aaron Lewis of Staind: Solo & Acoustic

The Shins Makes an Impression

By Maria Chaples
Staff Writer

Review

The Shins are a melodic indie rock band who gained popularity after two of their songs were featured in the movie Garden State.

Their latest album, "Winning the Night Away" was released Jan 23 by Sub Pop Records. Unlike many of their indie peers, The Shins are not out to change lives, and this is a good thing.

Their uncanny ability to create a sense of the familiar is their biggest strength. Criticism of sounding "too boring" has led the band to step out of their

comfort zone on this album, playing up drum beats or the bass on certain songs. While the album as a whole is well executed, it isn't as great as their last two. If you want to check them out, I recommend their singles, "Phantom Limb" or "Sleeping Lessons".

The Shins will start touring in early March. If you would like to see them live, they will be in Philadelphia March 13 at the Electric Factory. For more information, visit www.theshins.com.

Celebrity Anna Nicole Smith Dies Leaving Behind Infant

By Sam Lipman-Stern
Staff Writer



Anna Nicole Smith died in a Florida hospital on Thursday, Feb. 8 after being found unconscious in her Seminole Hard Rock hotel room, said Seminole Police Chief Charlie Tiger.

According to the medical examiner, the official cause of the 39-year-old's death is unknown. Her partner Howard K. Stern did say however that Smith had a temperature of 104 degrees the night before she died. Smith's attorney, Ron Rale added that Smith had flu-like symptoms for the last couple of days before her death.

Smith started her career as an exotic dancer in Houston Texas. She then appeared in Playboy magazine in 1992,

and was awarded the playmate of the year in 1993. Smith also became well known for her controversial marriage to 89-year-old oil billionaire J. Howard Marshall. More recently, Smith starred in her own reality television show.

Tragedy first struck the Smith family when Daniel, Smith's 20-year-old son, died of a drug overdose while visiting his mother and his newborn sister in the hospital.

Smith leaves behind her five-month-old daughter, Danielynn Hope Marshall Stern.

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Letter to the Editor

I've just gotten around to reading the 2/7 addition of the Quo Vadis and must say that I was appalled at the opinions printed regarding the troop surge in Iraq.

I am a student at MCC and I admit not from this generation and I find the level of disrespect and the words used towards our President a direct reflection on what is wrong with the political climate in this country.

It is apparent that the majority of respondents are ignorant about the complexity of the situation and are just regurgitating sound bites they hear from the left. Things such as "send his daughters" and "he should definitely call off the war" show that there is no depth of understanding or honest thoughtfulness about the situation.

I am curious about whether the interviewer only interviewed these 7 people or if he actually found someone with something thought provoking to say but decided that these 7 were more "fun" to print. I find Mr. Ginsanti's comments especially offensive, but in view of the fact that he has only voted once in the 50 years that he could it is easy to understand how disengaged he is from world events.

We are a free people with the right to free speech, but unfortunately some people feel they have no responsibility in expressing themselves in a public forum.

Their flippant comments disrespect the young man in the ROTC story who felt a sense of honor and duty to risk his life so that these people can continue to speak in such an undignified way. There are a lot of Americans giving their lives in an effort to try and prevent another 9/11 from happening again.

They believe in their mission and want to finish it in a successful, dignified way. We would be a lot better off if we kept that foremost in our thoughts.

Cathy Speranza

Response Policy

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 or e-mail to Quo Vadis in an attachment.

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 Johnson Learning Center or submit letters via e-mail quovadis_newspaper@hotmail.com.

College Pranks:

How Far is too Far?

Editorial

In today's college society, it is unfortunate that many students cannot differentiate pranks from crimes.

Recently convicted Seton Hall students Joseph T. Lepore and Sean Ryan, both 26, are prime of examples of this. The duo was sentenced to serve five years in prison early last month for setting a dormitory fire in 2000 that killed three students. Many parents of the victims are outraged by this sentence, feeling it is insufficient. Especially since both can be eligible for parole in just 16 months, one has to ask just who was this sentence in favor of?

Was the judge really serving justice for the families that are still mourning the loss of their 18-year-old children, or simply slapping the wrists of the two that describe the tragedy as "a prank that got out of hand." Most college students can certainly see where Lepore and Ryan are coming from, having pulled a prank or two in their day. While most of these pranks result in a few laughs rather than deaths, the perpetrators should undoubtedly take the blame and be willing to face the consequences if their practical jokes happen to spiral out of control.

Although Lepore and Ryan may not have committed this crime intentionally, it occurred regardless, and three human lives were taken as a result. The families of those three now have wake up each morning and deal with the fact that their loved one is no longer with them due to the negligence and carelessness of these two.

Furthermore, it was also reported by many witnesses that Lepore and Ryan "ran like cowards" from the blaze when it began to violently erupt. Perhaps they would have had a more convincing case to present if they had stayed to help extinguish the fire as well as alert their sleeping classmates. Instead, their outright selfishness was placed before the lives of those they endangered that night. This fact alone vividly speaks about their feelings regarding their actions.

While five years is certainly a substantial amount of time to serve in prison, especially at such a pivotal age, it is just not enough for this crime. This sentence seems as if it would be more appropriate if the fire had only caused a few minor injuries and property damage. There is nothing about this case that would set an example to make future pranksters think twice before committing an act that could have similar repercussions.

Unlike that of their victims, Joseph T. Lepore and Sean Ryan will eventually have their lives back. While this may occur much sooner than many had originally intended, let's hope that this tragedy will serve as a reminder the next time that somebody is plotting to pull a prank.

Quo Vadis Editorial Policy

1. *Quo Vadis* is published six times 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.
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. The opinions expressed on the pages of *Quo Vadis* are those of the authors and do not necessarily represent the opinions of the Board of Trustees, the Administration, or the Editorial Board of *Quo Vadis*.

Submit Letters to the Editor to
quovadis_newspaper@hotmail.com

Tattoos: Only Freaks Get Them

By Rosemary Petriello
Staff Writer

Sadly, the headline of this opinion-based article is how many in our society think. One would think that with the strides of growth made by our society over the last several decades, we would experience more open-mindedness by our fellow Americans. Unfortunately, this is not the case. In modern society, even grandparents are emblazoned with tattoos, yet there are still too many people who view this form of body art as flamboyant and pass judgment a bit too quickly on those who are adorned with it.

As a forty-year old mother of three, I have five tattoos. All of which I have chosen to strategically position on my body in discreet areas, yet they can be seen when I wear summer clothes. I am a professional in the cosmetics industry and also a part-time MCC student. I own my own home, and consider myself to be successful and stable. As the trend in tattoos has grown over the past decade or so, more and more people are having their bodies decorated. This does not make them freaks, strange, unstable, or untrustworthy in any way. However, they are often perceived in this undesirable way as a result of their body art, and many tattoo-bearing people are discriminated against, whether blatantly or silently.

Having personally experienced discrimination against tattoos first-hand, not directed at me, but at another professional individual, I feel more disturbed than ever. What is it that makes people think that tattoo-bearing people are different than they are? Of course, we are all individuals and think differently. However, the belief that a person who has a tattoo is inferior to his or her peers is stereotypical and ignorant, at best.

Tattoos are a form of personal expression and allow us to be individuals. My own tattoos each have a special meaning to me, for example the cross that is on my back is symbolic of my faith. I also have my children's names symbolically positioned as the rays of light on a sunrise that I drew myself and later had tattooed on me. Of course, as with anything, personal expression can be taken too far, and there are some extremists within the tattooed population. Extremity and excessiveness are not good in any form of expression. This we all know, yet somehow even minimalist behavior is often criticized.

Tastefully done, tattoos can truly be a form of art. I have seen many, many beautifully done tattoos that could be considered masterpieces. Yet these artists, otherwise known as tattoo artists, are somewhat frowned upon by the elite and professionals in our world, as are the people who are adorned with this art. This form of judgmental behavior is unacceptable. We are no different than any other human being, and to think that is unfair and prejudiced.

My dad always told me that everything in moderation is good. A lesson also learned from my now elderly, yet conservative, parents is "You can't judge a book by its cover."

QUO VADIS

Brain Booster

1. Getting Younger?

Question: In the year 1201, a woman was 35 years old. In the year 1206, the same woman was 30. How is this possible?

2. Bottleneck

Question: Put a coin in a bottle and then stop the opening with a cork. How can you get the coin out of the bottle without pulling out the cork or breaking the bottle?

3. Coast to Coast

Question: Train A and train B are crossing the country, from coast to coast, over 3,000 miles of railroad track. Train A is going from east to west at 80 miles per hour, and Train B is going from west to east at 90 miles per hour. Which train will be closer to the west coast when they meet? (Hint: You don't have to do any math to get the answer. Just use your head!)

4. Your mother's brother's brother-in-law is also:

- a. your uncle
- b. your father
- c. your cousin

5. Question: Janice has \$2.46 worth of coins in her pocket. The coins are of four different denominations, and she has the same number of each denomination. What are the four denominations, and how many of each does she have?

Answers: 1. The dates are B.C. rather than A.D.

- 2. Push the cork into the bottle, and shake the coin out
- 3. When the trains meet, they will be at exactly the same point.

Therefore, they will each be the same distance from the west coast.

- 4. B your father
- 5. Janice has six pennies, six nickels, six dimes, and six quarters.

The easiest way to arrive at the answer is to notice immediately that, since the last number in the amount she has is 6, she must have either six pennies or one penny. She can't have just one penny, because then she would have only one each of three other denominations, and that can't add up to \$2.46. So she must have six of each denomination. She can't have six silver dollars, because then she'd have more than \$2.46. And half-dollars are no longer in circulation.

New Connection to Sports Information

By Adam Garabedian
Staff Writer

For anyone who actively participates in fantasy sports, or just likes to get quick news tips and information on sports in general, Rotoworld.com is a fantastic site for reference.

Rotoworld.com posts up to the minute news on all things regarding individual athletes in professional and collegiate sports, as well as any other news tidbits that have an affect on teams or sports as a whole.

In addition to providing viewers with up to the date rumors, statistics

and reports going on in the sports world, Rotoworld.com also has several columnists who write articles giving advice on which athletes are hot and who are not during each week in sports.

Many times, major websites such as ESPN.com will not cover smaller stories that will not be of much importance to them. Rotoworld gives viewers of their website all news that is available, whether it is large or small.

So, the next time you are online and want to get some quick updates on what is going on in the world of sports, I highly recommend that you check out Rotoworld.com.

Quo Vadis Staff Web Picks:

College Humor
www.collegehumor.com

Targeted specifically for any slacking college student, College Humor offers a wide array of satirical articles and interviews that are bound to make any reader laugh when taking breaks from long nights of research papers and studying. Also featured are profiles on students nationwide, recaps of popular television shows, and archives of both pictures and videos. Advice is available to those without the know-how of avoiding awkward conversations with grandparents, as well as how to pick up that chick across the hall you've had your eye on for weeks now. Amateur writers are also encouraged to contribute to the site's daily updates

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MATH QUIZ

2. Number & Math Play

Guess which sum is greater. Then check by doing the addition with a pencil or a calculator.

9 8 7 6 5 4 3 2 1	1 2 3 4 5 6 7 8 9
8 7 6 5 4 3 2 1	1 2 3 4 5 6 7 8
7 6 5 4 3 2 1	1 2 3 4 5 6 7
6 5 4 3 2 1	1 2 3 4 5 6
5 4 3 2 1	1 2 3 4 5
4 3 2 1	1 2 3 4
3 2 1	1 2 3
2 1	1 2
1	1

1. Can you fill in the missing square with the number that logically belongs there?

2	2	2	2
2	6	10	14
2	10	26	50
2	14	50	#

The missing number is 126. Each number is the sum of the number above it, to the left of it, and diagonally and upwards to the left of it.

You may be surprised when you find out that the sums are exactly the same! They both equal 1,083,676,269. Don't forget to add the numbers according to place value!

Playing Video Games Improves Eyesight

By Lauren Mortenson
Staff Writer



A recent study conducted at the University of Rochester released the information that action videos over a period of time can increase a person's eye sight by 20 percent.

Action games, such as Unreal Tournament, were played by test subjects a few hours a day for one month. Eye sight increased by 20 percent when identifying letters in a "clustered field". Science Daily said, "In essence, playing video game improves your bottom line on a standard eye chart."

Overall, the study showed an improvement in not only in the subjects' primary vision, but also in their peripheral vision as well.

Video games rely on eye sight in order to take notice of each individual action taking place in the

game.

Hand-eye coordination is almost a must for most action games. Right now, an increase in eye sight has only been seen in action video games.

Games such as Tetris did not any improvement while being played. So next time you're yelled at by your mom or significant other for spending too much time playing your video games, just tell them you're improving the quality of your eye sight.

Just make sure it's an action game; card games on the computer aren't going to cut it

Comics

By Jorge Sanchez
Staff Comic

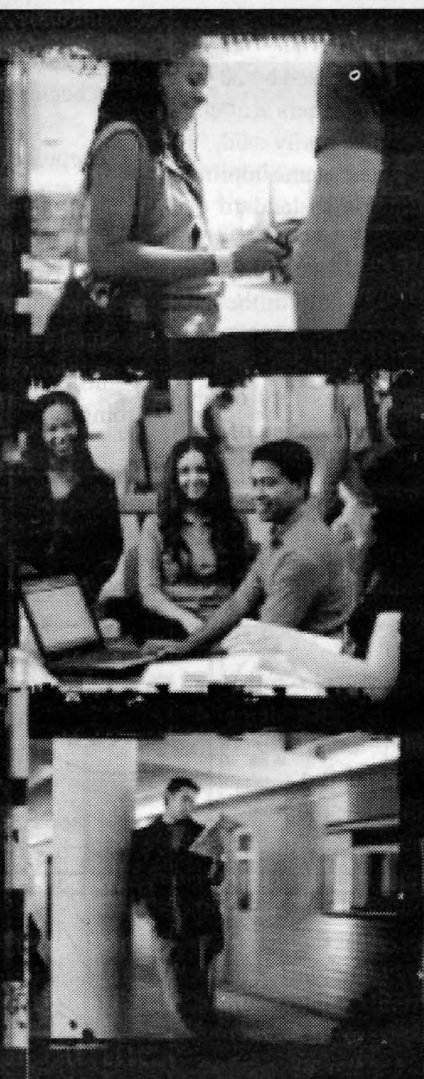


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JOJO
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KELLY CLARKSON
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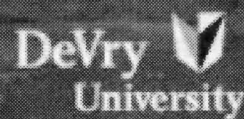
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QUO VADIS

Coral Willis Is Leading The Lady Colts To Victory

By Philip Mathew
Staff Writer

Coral Willis is the team captain for the playoff bound Middlesex County College Colts Women's basketball team. Willis is, in Coach Michel Powell's words, "a team leader." Willis is one of the sophomores back from a three win team and is a major reason the Women's

team is making their first playoff appearance in six years. "I'm helping my teammates out, helping the team make the playoffs," Willis said.

Willis is studying communications here at MCC and says that her future goal is to, "be successful in whatever I do in life, basketball and education."

The 20 year-old Willis has played basketball for 12 years. Willis says her best skills are her, "shooting and drive to the basket," and that her game has become more diverse this season under Coach Powell.

Since Willis is one of the returnees from last season, she was made captain because of her experience. On the floor, Willis has become more assertive and more vocal in this role, which is a change in personality of being a quiet person off the floor.

"It makes me feel good that the team believes in me and I believe in them as well," Willis said. Willis says the team has "bonded" and they are "a family," and the team

has played better together because of that.

Willis's drive to do better comes from prior adversity, saying, "I've

struggled to be on top, and I have worked hard to get here." Willis this season has averaged 15 points, 4.1 assists, 3.4 rebounds, 2.2 steals per game and is an 85.5 percent free-throw shooter.

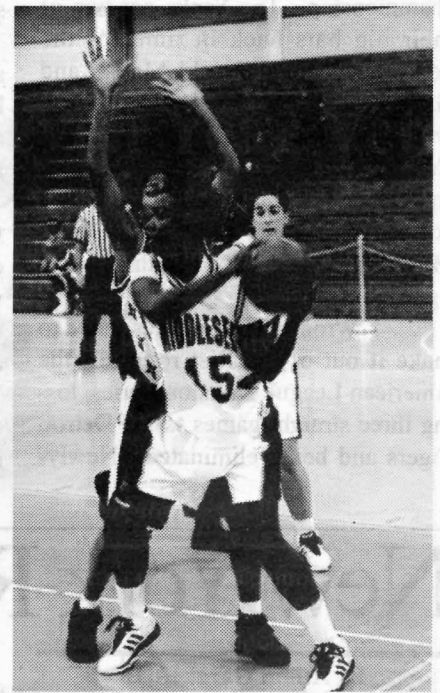
Coral Willis says she "always wants to help others" which is part of her unselfish nature and the MCC Women's Basketball team has benefited greatly from it.



Jamie Wojcik
Photo By Philip Mathew



Coral Willis
Photo By Philip Mathew



Shaunique Cisson
Photo By Philip Mathew

Hensley Charles Is Starting Center For Men's Basketball

By Philip Mathew
Staff Writer

Hensley Charles is the starting center for the 23-2, playoff-bound Middlesex County College's Colts Men's Basketball team. Charles is studying Liberal Arts here and hopes to move on to a four-year in the future.

The 6'8, 240 pound Charles is 21 and has played basketball for eight years. Charles says his best skill is "my rebounding." Charles models his game to his favorite player, San Antonio Spurs, Tim Duncan.

Charles, a native of Hillside has been a major part in the amazing turn-

around for the Men's Basketball team, which earned a 1st round bye in the NJCAA Region XIX playoffs.

"We don't want to lose," Charles said about his and the teams drive this season.

Charles as well as his teammates spoke about the, "four hours of practice a day since September," instituted by coaches Corey Lowery and Christopher Tarver as a reason for the success.

Charles this season has averaged 16.6 points, 12.1 rebounds, and shooting 55.4 percent from the field per game. Hensley Charles is one of the reasons the MCC Men's Basketball team is in position to compete not only this year, but next for wins and championships.

NFL Players Have Chance to Rest During Down Times

By Nicholas Simonitis
Staff Writer

As the recent NFL season has come to a close players have the opportunity to put football to the side. They will make resting and spending time with their loved ones their top priority.

Though for many players, the season never really ends. There will be time for rest. There will be time for relaxation. For players like Peyton Manning, there will no doubt be time to practice, prepare, and perfect his game for the coming season.

Coming off his ninth season as the starting quarterback of the Indianapolis Colts, Manning will enter the off-season like never before. He is a Super Bowl champion. Through the struggles he faced in nearly a decade from when he first stepped on an NFL field, Manning has bettered himself with every new season.

The off-season is viewed by many as a much needed vacation for these athletes who have endured a great deal of stress, physically and mentally. Manning treats the off-season like extra time to prepare and better himself for the coming season. There is no wonder when the season begins how he remains so sharp. Everyone knows how well he prepares himself. He has the luxury of never having to wonder if he could have done more to be ready. He knows before the season begins and before each game that he is ready for whatever obstacles he should encounter.

All the work that he has put into his craft payed off when he left Super Bowl XLI in Miami, Florida as the Most

Valuable Player, and more importantly, a champion. People may have doubts about Peyton Manning solidifying his legacy as one of the greatest of all time. Some may say his stats are good, but not the best. Others may say he has won many games, but only one Super Bowl. These things are all true, but after silencing his critics and proving to himself that he can win it all, his career has only just begun.

Many quarterbacks after struggling so long to finally win "the big game" have called it quits soon after. Whether they realized they accomplished what they originally set out to accomplish or they just didn't have anything left physically or emotionally, careers sometimes begin to decline after winning the Super Bowl. In this case, it is the exact opposite. All his accomplishments will act as motivation and will aid him in improving himself even more. With Manning, the show has just begun.

He proved that he could "wow" us with gaudy numbers in the regular season, and he has done nothing but improve. He also proved he could win tight games in dramatic fashion against even the most feared of opponents, and he has done it time and time again. He recently proved that he could bring his team to the biggest of stages and come home a champion. What more does he have left to prove? Nothing.

There is no doubt the he will be a member of the NFL Hall of Fame. Though to Peyton Manning, there is no such thing as perfection. The ride doesn't end just because he won the greatest prize a football player could ever dream of.

see Legacy Page 16

MCC's Golf Season Approaching

By Philip Mathew
Staff Writer

Coach James Kahora is getting ready for his 34th season as Middlesex County College's Golf Coach.

Kahora has two returnees in Kyle Drake and Sarah Feldman.

Kahora says that Feldman went to the Women's National Golf Tournament in Daytona Beach, FL last spring.

Kahora says that, "Any interested players should come to my office at PE Center (B106) and fill out a card with their name, address, and phone number."

According to Kahora, the first meeting will be in March in his office.

"A student must see the assistant director of athletics (Corey Monkowski) to see if they are academically eligible, and must be carrying at least 12 credits," Kahora said.

Interested students can also contact Coach Kahora by calling his office number (732)906-3721.



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QUO VADIS

Yankees Head Into Season With High Hopes

By Adam Garabedian
Staff Writer

Heading into the postseason of 2006, most Yankee fans felt that the team was destined for great things. After finishing the regular season with the best record in the American League, the Yankees seemed to have all the necessary tools to capture a twenty-seventh world championship. The Yanks got two of their big bats back in time for the postseason when Hideki Matsui and Gary Sheffield returned to the lineup weeks before the postseason began. Combine that with the MVP-type season Derek Jeter just had, and the new ace of the Yankees' rotation in Chien-Ming Wang, and they couldn't lose - right?

Wrong. The Yankees failed to make it out of the first round of the American League Division Series, losing three straight games to the Detroit Tigers and being eliminated. Newly-

turned first baseman Gary Sheffield provided little to no offense for the team and looked completely lost while starting at first base; Alex Rodriguez continued his postseason struggles, while also committing crucial errors at third base; and the Yankees' ace of their pitching staff going into the regular season suffered a herniated disc in his back that would eventually force him to have back surgery this past offseason.

So, here we are Yankees fans - another year for the team who seemingly has everything. It's shaping up to be yet another disappointing season, right? But, wait! This year could be different!

The Yankees went "back to the future" this past offseason and reacquired left-handed pitcher Andy Pettitte, who was the ace of their rotation during the glory days from 1996 - 2000. In addition to the signing of Pettitte, the Yankees' General Manager Brian Cashman made several trades to dramatically reduce the bloated payroll.

The Yankees shipped the old, broken down Randy Johnson back to Arizona, where Johnson had arguably the best years of his career. In addition to the Johnson trade, Cashman also gave disgruntled outfielder/ first baseman Gary Sheffield the boot by sending him to Detroit for pitching prospects, and also sent right-handed pitcher Jaret Wright to Baltimore for the stocky, 270 lbs. relief pitcher Chris Britton.

The Yankees enter the season with question marks surrounding their pitching staff. Chien-Ming Wang will be the ace of the staff, and is really the only sure bet for what fans can expect of him. The rest of the rotation could potentially spell disaster, however.

Can Mike Mussina repeat his astonishing 2006 performance, which earned him a brand new two-year contract with the Yankees this past offseason? Will Andy Pettitte be able to stay healthy, after suffering elbow problems the previous two seasons while with the Astros? What about newly-signed

Japanese lefty, Kei Igawa - what will he bring to the table?

And then, there's "Glass Carl" himself, Carl Pavano - who hasn't pitched an inning in the major leagues since June of 2005.

The answers to these questions should be revealed within the first few months of the season, and give an indication of how far the Yankees can realistically make it this season. If the pitching staff can stay healthy, the Yankees' high-powered and high-paid offense has never been in question as to whether or not they will produce - except for the last three postseasons, when the Yankees have seemingly forgot everything about batting when it counted the most.

So, get ready Yankees fans. We're set for another journey into the 2007 season of Major League Baseball. Who knows what it'll bring? One thing we know is that it's sure to be another wild ride from April all the way until (hopefully) October.

New York Rangers Host Annual Partners Day

By Adam Garabedian
Staff Writer

On Feb. 11, 2007, I had one of the coolest experiences in my life, as I got to spend the entire day with the players on the New York Rangers. The Rangers were holding this event for all advertising sponsors of the team, and I was lucky enough to be able to go.

The day started off with my brother, father and I attending the team's practice in Tarrytown, New York at 11am

and - believe it or not - even skating. It was interesting to see how hard these guys work on a daily basis and it is really a shame that hockey players do not get the respect they deserve. The pure skill, talent, and physical and mental endurance they have is truly amazing.

After the practice was over, the team held a luncheon at a Marriot hotel nearby. We got there early and had some time to kill; so we waited in the lobby of the hotel until they opened the doors to

versing with us. He said that he was glad we could all be there and was an all-around approachable person.

A player or coach from the Rang-

Rangers' captain and star player, Jaromir Jagr, did not really talk much to fans unless approached. I got the impression that Jagr was a nice guy, though, from



New York Rangers forwards Jed Ortmeyer (left) and the captain Jaromir Jagr (right) chat with fans during an autograph signing at the Rangers' Annual Partners Day.

Photo By Adam Garabedian

and filed into the building with many other people who were there for the event, as well.

Seeing how hard the team practices really does prove the old cliché "practice makes perfect" to be true. You'd think that a professional hockey team would not need to practice some of the simple drills that you would find kids practicing in junior hockey leagues; but the coaching staff made sure to work the team hard. They went through different drills that focused on shooting, passing,

take our seats at the table.

All of a sudden, we were surprised with the voice of the Rangers, Sam Rosen, who walked in and began chatting with some employees he works with at the MSG Network. I walked up to him, and was shocked with how easily approachable and an all around nice guy he was. He took time to interact with some of the other fans and I who were waiting to speak with him by signing autographs, posing for pictures and con-



New York Rangers forward Brendan Shanahan signs autographs for fans during the Rangers' Annual Partners Day.

Photo By Adam Garabedian

ers sat at each table to eat lunch with the fans. Sitting at our table was Rangers center Blair Betts. He was really down to earth; he came up to everybody and introduced himself, and shook everyone's hand. He talked about a lot of things with us, from the way he and the team was playing, to how the weather was at the time. He said that he was used to the cold since he grew up in Canada.

After we finished eating, they had a small video presentation and Sam Rosen introduced the Rangers' players and coaching staff. Once they were finished, they opened up the autograph session for fans to meet the players.

There were a total of four tables set up in the room, with approximately seven players sitting at each table. Most players were very nice, and took time to chat and take pictures with fans. The

one specific event. The security at the event was not supposed to let anyone come behind the tables where the players were sitting, but Jagr let some kids come behind the table to take pictures with him. He also stayed even after the autograph signing was over and made sure to sign anything and everything for everyone who wanted to meet him.

We met every single player and got autographs from the entire team, which was an incredible experience. After the event was over, I was able to quickly chat and get a picture taken with Rangers' goalie, Henrik Lundqvist, as he was grabbing his coat and getting ready to leave.

Overall, I had an unbelievable time meeting the New York Rangers, and everyone there was a class act. The Rangers host this event every year, and I'll be sure to do all I can to go again next year.

QUO VADIS

Prince Harry to go to Iraq by This Summer

By Rosemary Petriello
Staff Writer

Prince Harry, son of the late Princess Diana and Prince Charles and third in line to the British throne, will be going to Iraq with Britain's Household Cavalry's Blues and Royals regiment by May or June of this year.

This news was released in late February just after it was announced that Tony Blair, England's Prime Minister, announced that he would be pulling more than half of his 5,500 troops out of Iraq.

Twenty-two year-old Harry, the younger of the two royal heirs, completed four and a half months of training last fall and is eager to serve his country in Iraq.

He will be the first royal to serve in a war zone in 25 years, according to the UK's BBC news online. Harry's brother, Prince William also recently joined the Blues and Royals regiment and will begin training shortly, yet no word has been released of the elder prince's deployment to Iraq.

It has been more or less a royal tradition for Britain's royals to join the military.

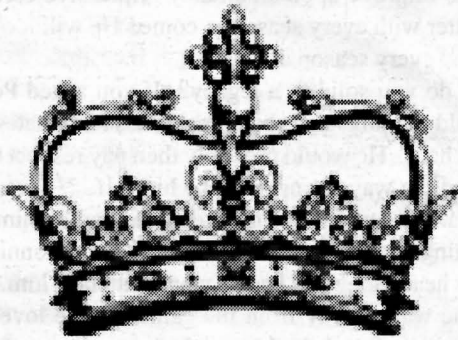
Harry and William's father, Prince Charles who is first in line to the throne

served as a pilot in the Royal Air Force and Royal Navy, and the boys' grandfather, Prince

Philip also had a career in the Royal Navy.

Prince Andrew, younger brother of Prince Charles also served in the Royal Navy as a pilot, and was the last royal to serve in a war zone during the Falklands War in Argentina in 1982.

Despite the growing lack of support of troops in Iraq, the young royal is determined to go with his go with the 12 soldiers in his command to the insurgent-laden war zone in southern Iraq. Recently quoted on Yahoo new, Harry said "There's no way I'm going to put myself through Sandhurst and then sit on my arse at home while my boys are out fighting for their country."



Local Library Holds Workshop on Decluttering Your Life

By Katherine Jackson
Staff Writer

Learn some new organizational skills and create order out of chaos at the De-Clutter Your Life workshop on Wednesday, March 14 at 6:30 p.m. at Sayreville Public Library, 1050 Washington Rd.

The workshop is free of charge and all public is invited. Those who would like to attend must register at the front desk of the library before the scheduled event.

The class will focus on the underlying causes of clutter and how it affects the quality of our lives and what we can do to resolve it.

It will also offer helpful techniques in staying organized and finding the underlying motivation in oneself to stay clutter free. Not only is clutter a mess to look at, but it can in fact be harmful to one's health.

"Too much stuff in the home can lead to stress. The average household accumulates 300 pieces of paper a day and contains 25 percent more furniture and 75 percent more toys than it needs," said Don Aslett, author of Clutter's Last Stand.

According to Aslett's research, the most common side effects of excessive stress levels are



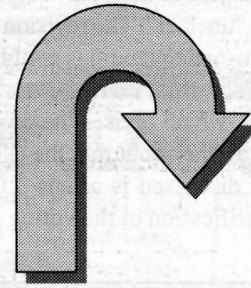
irritability, insomnia and difficulty in concentrating.

However, feelings of stress for prolonged periods of time can cause more serious physical complaints such as migraines, nausea, ulcers, eczema and even heart disease.

Leah Kloc, the children's librarian at Sayreville Public library and reader of Don Aslett's book says, "Stress is evident in many people's everyday life with just work and school alone. Home should be a sanctuary, a place to get away and relax, not cause more stress with disorganization." "This workshop is beneficial for people of all ages, organization is key to a happier life. I sure plan on attending," Kloc said.

For more information please contact (732)727-0212 or email delight@lmxac.org.

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MCC's Hip Hop Dance Club Now Back in Action

By Christine Chow
Staff Writer

On Tuesdays and Thursdays from 2 p.m. to 5 p.m. in the Bunker Lounge of MCC, the Hip Hop Club is found practicing their dance routines for their upcoming performances.

According to Lori Johnson, the advisor of the Hip Hop Club, Adelante Club, Minority Access to the Professions Scholars Program (MAPS) and others, there was only one dance club before that did jazz and modern dancing, but later on, students decided to "branch out" to form another dance club, where they dance hip hop and freestyle.

Hip Hop, according to Tammi Robinson, the Vice President of the Hip Hop Club, is "every type of dancing mixed into one because of the different people performing."

And Lucia Williams, a Hip Hop Club member, said: "Hip hop is a way to express yourself. It depends on the beat, music, and moves you do."

Previous dancing experience is an advantage for people interested in joining as it would be easier to "catch on quickly" as there are "performances back to back," according to Johnson.

Robinson said she was in both dance and step teams before and that she joined this dance team because her sister was in it before.

And another member of the club,

Lucia Williams, had been dancing since the age of five and attended three dance schools. She joined to get better at the college level, "people are more advanced." And through meeting these people, she "can make herself better."

People interested in joining the Hip Hop Club must be passionate and dedicated. There is a 2.0 G.P.A requirement to join this club and a 2.5 G.P.A requirement for officers, according to Johnson. This will show how a student balances their academics and time, which is needed for the Hip Hop Club because there are two days of practice. If a member were to miss a practice before a performance, then he or she will not be permitted to perform.

There is a mix of people who joined and there is no predominant ethnic group. The group varies between African Americans, Latinos, Asians and others. Members are passionate, dedicated and Williams said the team was a "family."

Last semester, the Hip Hop Club performed in New Brunswick High School, Filipino parties, Montclair University, MCC and others. Upcoming performances are end of Black History Month, All College Night, End of Semester Party, elderly homes and a recognition dinner. All College Night is one of the events that members are looking forward to because "it was fun to perform in front of our classmates," said Williams.

Happy St. Patrick's Day

Transfer *con't from page 1*

to update what's going on and what's new at the institutions; representatives from out of state colleges and universities visit too. The Transfer Center helps students learn how to research the requirements and translate them into a MCC course plan. Most bachelor degree's core requirements can be matched at MCC and so a smooth transfer is probable.

College Assembly *con't from page 1*

riculum. The course would count as a one credit capstone course. The College Assembly passed the recommendation of The Bylaws Task Force for a change to article 1.1101 Amendment of the Bylaws. The procedures to amend the Bylaws were presently stated as "unclear". The revision lists the steps required to amend the Bylaws, so that any misunderstandings could be clarified. Next month's meeting will discuss the review of article 1.0500n Article V sections B through E of the Bylaws, which revises the process of succession for the College Assembly Chairperson in the event that the Chairperson is unable to perform his/her duties. Also to be discussed is article 1.0705 section B of the Bylaws, which recommends the clarification of the voting process for selecting a Chairperson.

Advice *con't from, page 3*

may have their letters of references kept on file for five years and upon your request, copies will be sent to colleges or future employers. This is a free service; students may obtain a Credentials Packet from the office.

If an application requires an essay it's best to do a rough draft and have someone check over it. You can have your application checked for correctness and completeness by bringing it to the transfer center. When done mail the application directly to the Admissions Office of your desired school.

Transfer students should also contact the registrar's office and have an official copy of your college transcript sent to each college they are applying to. If students have attended any other college besides MCC, those transcripts must be requested and sent as well. Some colleges might require a copy of high school transcripts as well.

When done with all the above steps just wait for a response directly from the college in writing, which could take from four to 12 weeks.

Legacy *con't from page 13*

He will look to improve upon an already impressive career. He will strive to become even better with every season to come. He will look to do this all over again next season and every season after.

How do you solidify a legacy? If you asked Peyton Manning about his legacy he would humbly take a back seat to his teammates and coaches who helped him get where he is. He would probably then pay respect to the great athletes of the past who paved the way for people like himself. He would probably mention the importance that the support of his loved ones had on him. He never really would mention anything at all about the legacy of Peyton Manning.

In his head though he knows what matters to him. He knows what he needs to do before he walks away from the game that he loves, satisfied with the way things have come to be. I think it might be similar to this: Never stop trying to become even better than you are. When faced with adversity never flinch, knowing you are prepared for anything. Proving yourself to others means nothing. Proving you are good enough to yourself is everything. Know that with whatever happens, you never had to ask if there was anything more you could have done. Once you have set a goal, never stop until you have achieved it, no matter what it takes.

When Manning finally decides to hang up his cleats people will again question his legacy. The conclusion won't matter, because he is his biggest critic. Though, we can rest assured that we have witnessed greatness. If he is satisfied with his achievements enough to write the final chapter in a truly illustrious career, there was nothing left for him to prove.

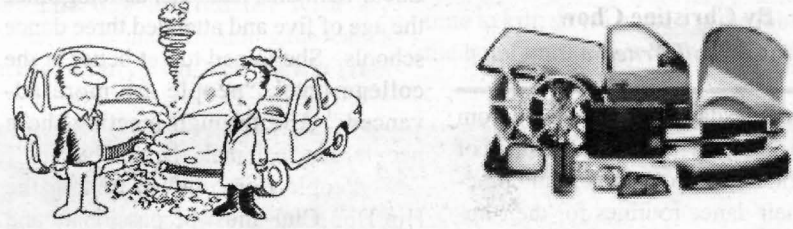
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A Winter Day in the MCC Ecological Park

Photos By Shelia Henry

