

Quo Vadis MIDDLESEX

County College

African American
History Month

See African American History
Month Calendar Page 5

<http://www.middlesexcc.edu>

quovadis_newspaper@hotmail.com

Volume 43, Issue 3

Colleges and Universities Agree on Transfer Credits

By Lauren Mortenson
Staff Writer

On December 22, an Articulation Agreement was made between New Jersey community colleges and universities to accept a specific amount of transferring credits.

On a state level, 4-year public universities are required to accept half the amount of degree required credits

from a student graduating from a community college.

New Jersey Presidential Council passed a statewide transfer in which all college presidents had to sign off on.

If for some reason there were any opposed, the legislative would have enforced the Act.

Dr. Joann La Perla-Morales, MCC's President said it's amazing that this has gotten to the state level. "Fifty

percent of college students attend community college, so this act is very beneficial.

Students will not lose any credits," she said.

Applicants from New Jersey will also have priority over out-of-state transfer students.

Pat J. Diegnan, Jr., Assemblyman and Chairman of the Committee on Higher Education, was very supportive

of the Act. He also served as a faculty member at MCC for 10 years.

It is important to note that the Act only applies to those who graduate from a community college.

Dr. La Perla-Morales said with all the time and effort put into attending Middlesex or any other community college, it's worth it to continue; especially knowing that you can continue as a third year student.

MCC Radio Station Broadcasts Throughout the College Center

By Scott Shanley
Staff Writer

Have you ever wondered exactly what it is that is being played throughout the day in the College Center? It's Blue Colt Radio, the official radio station of Middlesex County College.

Founded in 2004, the station has been under advisement by Louis Dell'Omo since its inception.

"Currently, the station serves as an educational facility for those college students wanting to learn more about the radio business," he said.

Although students with any course of study can join, it is recommended for those with a communications major.

"Many of the concepts taught in the communication courses are taught in the station itself," he said.

The station is run by an executive board of students, with departments ranging from music, promotions, production, news, traffic, and continuity. There are also "Colt Jockies" on staff, as well as newscaster and traffic reporters.

"Our current goal is to extend our listener base by web streaming," said Dell'Omo.

The station is currently investigating how to achieve this, he said.

Web streaming could potentially create a much larger fan base for current Blue Colt Radio programs, such as "The J. and Hans Morning Show", "Sarah's 80s Fix at Six", and "Sports Talk".

Blue Colt Radio also runs many contests throughout the semester, both on air and at table events. "Colt Prize Packs" are generally awarded to

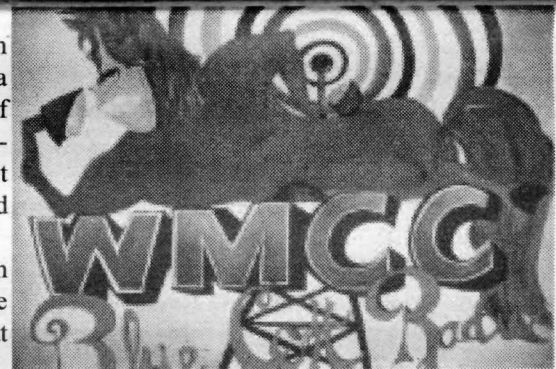
students, with prizes including

t-shirts, mugs, gift cards, and various products from sponsors.

The current contest running is the "Blue Colt Radio Valentine's Day Song Dedications".

"Students can log on to Campus Cruiser and post a request or dedication and brief message that may be announced throughout Valentine's Day," said Dell'Omo.

For more information on Blue Colt Radio, please contact Professor Dell'Omo at ldellomo@middlesexcc.edu.



Counseling and Career Services Pilots E-portfolio: An Online Resume

By Lanette Espy
Staff Writer

Beginning this semester the Counseling & Career Services Department will be launching two new projects; E-portfolio and preparing students for interviews using a web cam.

Dr. John R. Herrling, Director of Counseling & Career Services and Charlotte Quigley, Manager of Career Services are working alongside Brian Richards, Director of Instructional Design in Media Services on E-portfolio.

E-portfolio is an electronic portfolio that will enable students to present themselves and samples of their work to their employer.

According to Herrling, E-portfolio is a pilot that allows a website for students to present their best works. "E-portfolio is like a professional MySpace. It's your own page which sells you to an employer or college, a profile of you," said Herrling.

According to Quigley, E-portfolio is in the works for MCC students, there are still some kinks in the program that have to be adjusted, but students are starting to log in and sign in to the pro-

gram.

The Dental Hygiene class is going to start using the program and they will be graded for their pages which will be published and live on the web. There are six to seven different classes selected to try out E-portfolio this semester.

"It's as much as learning what works for students and what doesn't as it is about the students learning to use it [E-portfolio]," said Quigley.

By using this online portfolio students can choose to share their academic pieces, as well as graphics and pictures that can be included on their page.

Students can also carry their page with them throughout their college career and build it up for their bachelor's, as well as using it on a resume to get a job by putting a link of the page on the resume.

E-portfolio includes categories about the student within the page. It can include a student's educational and academic work, a resume, their extra

see Counseling page 12

MCC Board Proposes a Small Tuition Increase

By Lanette Espy
Staff Writer

At the Feb. 8 public hearing about college tuition, it was proposed by the Board of Trustees that the cost of tuition will increase by the summer.

There is a four step process to push this increase. This process started at the January 24 board meeting when the fiscal year of 2008 was introduced.

The second step was the public hearing on Feb. 8. At the next board meeting, step three, there will be three free holders and two board members. In the final stage the county will be involved with the budget and the increase

will become finalized.

The Board also proposed a \$1 per credit increase in the general fee and a \$1 per credit increase in the technology fee.

Last year there was a tuition increase of 2.9 percent. The proposed plan this year will be a 4.9 percent (\$4 per credit) increase. The in-county tuition would change from \$81.55 to \$85.55 per credit.

"We wish we could keep tuition rates lower. We try to make the program affordable to students," said Gerald Ostrov, Chairman of the Board of Trustees.

see Tuition page 12

Inside This Issue

Campus Calendar...pg.2

Police Blotter...pg.2

ESL Book Club...pg.4

African American Activities Calendar...pg.5

Scholarship Awards...pg.6

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Middlesex County College Campus and Community Calendar

Date of Event: February 26 Event: CCPB Meeting Location: College Center Time: 11 a.m.	Graduation Event: College Assembly Location: L' Hommedieu Hall 205 Time: 2 p.m.
Date of Event: February 26 Time of Event: 11 a.m. Short Explanation of Event: Focus group of New Jersey STARS students who entered Middlesex County College in 2005 Location of Event: College Center, Bunker Lounge Contact Information: 732-906-4250 RSVP by Feb. 22	Date of Event: March 5 Event: CCPB Meeting Location: College Center Time: 11 a.m. Event: SAVE A LIFE Tour Location: College Center Main Lounge Time: 10 a.m. to 4 p.m.
Date of Event: Mon., Feb. 26 Time of Event: 11 a.m. Event: African History Month Closing Ceremony Location: College Center Event: Closing Ceremony – African History Month Location: College Center Time: 11 a.m.	Date of Event: March 5 - 7 Event: Used Book Buy Back Location: Bookstore Date of Event: Tues., March 20 Time of Event: 9 a.m.-2 p.m. and 4-6:30 p.m. Event: Annual Graduation Fair Location: College Center, Café C
Date of Event: March 1 Event: Last Day to Apply for May 2007	Date of Event: Fri., April 20 Time of Event: 6:30-2:00 a.m. Event: Black & White Masquerade Ball Location: College Center

Submit Calendar Events to quovadis_newspaper@hotmail.com.

Adult Book Discussion Groups

What: Adult Book Discussion Group
Where: South Brunswick Public Library
110 Kingston Lane
Monmouth Junction, NJ 08852
732-329-4000 x7286

When: **Monday, March 5** – and the first Monday of every month, except holidays
From 7:30 p.m. -8:30 pm.

The book to be discussed in March is "The Spirit Catches You and You Fall Down" by Anne Fadiman. Copies of the book may be obtained at the library.

Books for the following months:

- April 9*** - Balzac and the Little Chinese Seamstress by Dai Sijie
- May 7** - Peace Like a River by Leif Enger
- June 4** - Snowflower and the Secret Fan by Lisa See

Police Blotters

By Jennifer Procanik
Staff Writer

Pool Area under Patrol

On January 17, around 5:30 p.m., a staff member reported a student who refused to remove his shoes while in the pool area. Police responded and spoke with the individual.

Double Collision on Mill Road

On January 19 around 8 a.m., a motor vehicle accident occurred on Mill Road. Vehicle

A was parked in the north-bound lane of Mill Road exchanging information from another motor vehicle accident, when another vehicle struck it from behind. No injuries were reported.

Parkside Rear-end Crash

On January 22 around 2 p.m. a motor vehicle accident occurred on Parkside Drive. Vehicle A was traveling north on Parkside Drive and came to a stop when it was impacted from behind by another vehicle. No injuries were reported.

Stolen Textbooks Case is being Investigated

On January 22 around 1 p.m., a student attempted to return books to the Blue Colt Bookstore that he said he found in front of Main Hall. The books had been reported stolen earlier that day. The case has been forwarded to the office of the Vice President for Academic Affairs and Students Services for further review.

Hit and Run

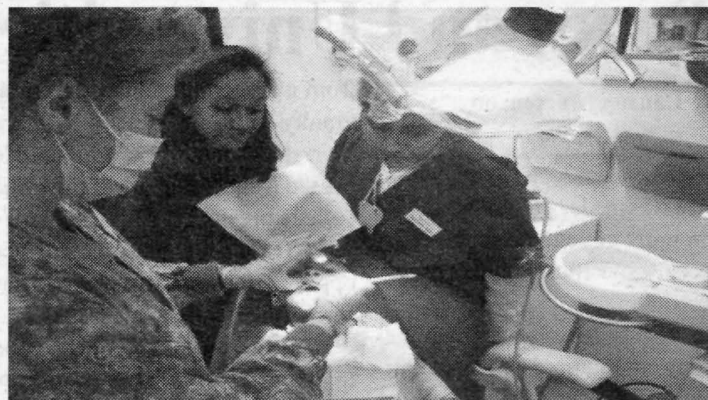
On January 24 around 9:30 a.m., a motor vehicle accident occurred in Parking Lot 1. Vehicle A was traveling in Lot 1 when it struck another vehicle. It then left Lot 1 and proceeded to Lot 6A. No injuries were reported.

Playful Brawl Breaks out in South II

On January 25 around 3:30 p.m. a student sustained an injury after a fight with another student in South II. The injured student said it was playful interaction and refused to press charges.

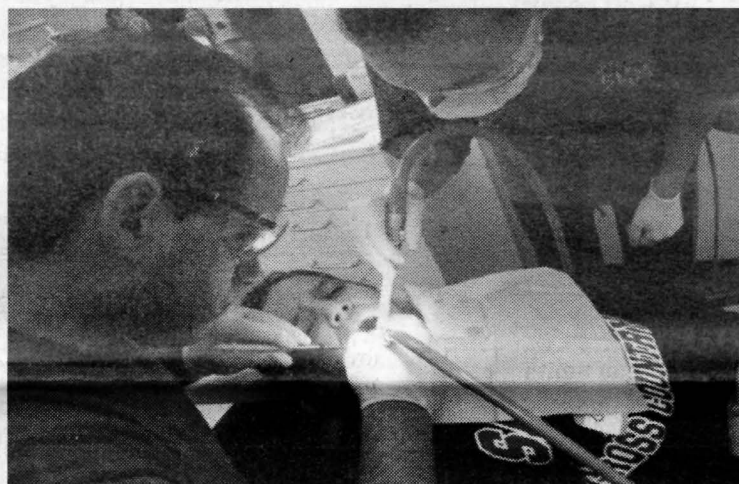
Dental Volunteers Help Underprivileged Children

Sixty-seven area children visited the Middlesex County College Dental Clinic for free dental care during "Give Kids a Smile Day" in February. Volunteers included area dentists, dental hygienists, Middlesex dental hygiene students, alumni and College staff members. It is an annual event, sponsored by the American Dental Association and the New Jersey Dental Association, designed to provide services to underprivileged children.



Photos By Tom Peterson

Faculty member Lynn Tobin places fluoride on a child's teeth while being observed by senior Dental Hygiene students Shachi Bengali (center) and Betty Paul.



Dr. Joseph Zicchino and dental hygiene alumna Desarie Warnquist work together to treat a child with dental decay.

Contribute to the Blue Colt Vibe
Journal of Thought student Magazine:
We intend to publish
- Thought provoking columns
- Restaurant Reviews
- Movie Reviews
- Short Stories
- Photos
- Artwork

Submit work to
quovadis_newspaper@hotmail.com

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Quo Vadis

College Center 316

quovadis_newspaper@hotmail.com

732-548-6000 ext.3443

Contributions by the MCC
Marketing and Information
Department

Faculty Adviser

Melissa Edwards

MEwards@middlesexcc.edu

Quo Vadis Publication Deadlines and Dates

Feb. 28 - March 7
March 14 - March 21
March 28 - April 18
April 11 - April 18
May 2 - April 25

Blue Colt Vibe Journal of Thought Deadlines and Publication Dates

March 21 - March 28
April 18 - April 25

QUO VADIS

MCC Sponsors African American History Activities

By Anthony Gonzales
Staff Writer

Remembering our ancestors and looking forward was the theme for this year's African American history month.

MCC's Student Activities department is offering 12 days of events that will demonstrate historical facts. Jennifer Ocasio, who is studying el-

ementary education at Kean University said, "These historical facts are essential information because they are contributions to the advancements of our society... And it's sad to see that we only devote a month to study such a large amount of information."

There was an opening ceremony Thursday, Feb. 1, at Edison Hall, introducing upcoming events and festivities.

The Student Activities department mentioned several events such as workshops like The Ancient Kingdoms of Africa and their Contributions to Humanity, and The Right of Freedom: African Revolutions & Resistance to Enslavement. Armando Rana, 26, student at MCC, attended a workshop and said, "I had a good time and learned a lot. I got to meet interesting people." The

department even provided free food and refreshments.

They will also be attending a trip Wednesday, Feb. 21 to the Schomburg Museum. The museum will feature New York's African Burial Ground Exhibition and Emancipation.

There are still many fun and informative activities to attend. For more information on these events contact the Activities Student department at (732) 906-2569.

IBM Develops Program to Prevent Identity Theft Program

By Jennifer Procanik
Staff Writer

Researchers at IBM have developed a new program to protect personal information in an effort to prevent internet based identity theft.

Identity Mixer, also known as Idemix, was crafted in Zurich, Switzerland, and will let consumers purchase merchandise and services online without revealing private information.

According to Jan Camenisch, Idemix's lead researcher, if you reduce the number of parties with personal information, the danger of the data being compromised will reduce. "I think that's the first step in safeguarding your data," he said. "If they have it encrypted, they can't lose it."

Idemix provides the consumer using the software with an anonymous digital permit, or voucher, from an entrusted third party, such as a bank. According to Camenisch government agencies can also serve as third parties.

The bank would then supply documentation containing a credit card number and expiration date that would be digitally sealed by the Idemix software when an online purchase is made. As a result, the real credit card numbers are never revealed to the business or merchant. A new encrypted credential would be used for all new purchases.

"When people don't have to disclose their personal information on the Web, the risk of identity theft is dramatically reduced," said John Clippinger, senior fellow at the Berkman

Center for Internet and Society at Harvard Law School. "The ability to anonymize transactions using Idemix has the potential to bolster consumer confidence, opening digital floodgates to new forms of Internet commerce."

IBM will donate its Idemix software to the Higgins project, an open-source effort led by the Eclipse Foundation designed at developing user-centric software to handle and guard user identities.

According to IBM, a user-centric method means individuals can actively and securely manage who has access to their online private information, including bank accounts, credit card numbers and medical records rather than having institutions manage the information.

Presently, the software's code is going through the Eclipse Foundation's IP review process, IBM officials said. Once that's finished, the code will be offered on Eclipse through the Higgins Project.

The Idemix software will supply the necessary added level of confidentiality to the Project Higgins framework for true user centric identity management, IBM officials said.

According to Camenisch, IBM plans to integrate the Idemix technology into its Tivoli software portfolio of federated identity management software.

Tivoli, a systems management brand of the IBM Software Group, deals with security, storage, monitoring and configuration.

New Luxury Apartments go up on Woodbridge Ave. Next to Campus

By Megan Smith
Staff Writer

As everyone has noticed there is a new community recently built right next to Middlesex County College. Just beyond the entrance to the college on Woodbridge Avenue, is the entrance to the upcoming condominium and

townhouse buildings, known as "College Park".

There has been some speculation as to what the community will be for and when it is opening.

As of right now there is no definite date for the Grand Opening of the community.

Contrary to some rumors among students, these buildings will definitely not be used for future Middlesex County College dormitories.

These condos and town homes are available to be purchased by anyone who wishes to live in the

area, which is conveniently located for an easy commute to anywhere in the tri-state area, not to mention a particularly easy commute to our very own Middlesex County College.

Residents of the future College Park Community will have access to the Clubhouse, which has a state of the art fitness center, a basketball court, and a "tot lot" for children.

There is also the outdoor pool available for occupants to enjoy at their leisure with family and friends.



The New College Park Apartments

Photo By Megan Smith

CP
College Park

The models of the homes are named after surrounding colleges. The available model variations are the Mercer, Essex, Monmouth, Somerset, Middlesex, Rutgers, Rowan and Rider. These are the types of town houses and condominiums with differences being number of bedrooms and bathrooms, and depending on if there is a garage or basement.

For more information regarding the future homes, visit www.lennarnj.com/collegepark, or call (908) 596-1365.

Students Looking for Best Ways to Acquire Affordable Textbooks

By Maria Chaples
Staff Writer

With the prices of books extraordinarily high, students are always looking for new ways to purchase cheaper texts. Used books always cost less than new, yet even the Blue Colt Bookstore's used books are still expensive compared to most students' budgets. Many students have now opted to buy the books from sites such as Ebay.com or Amazon.com. "I just find out what

books are required for my classes and then search Amazon," says current MCC student Layla Gonzales. "You can find books for half the price the bookstore sells them at."

According to Karen L. Katt, director of the Blue Colt Bookstore, "There is a risk involved" when purchasing text books elsewhere. Publishers often update texts, creating multiple editions. It is important to get the edition required for the class because pages and content may be different. Katt recom-

mends students buy their books from Blue Colt so "they are sure they are getting what the professors are requiring of them." Providing textbooks "is what we are here for. We are a service for the campus and community," Katt states. According to Katt, about 80 percent of the Blue Colt Bookstore's sales are from course related materials.

Katt says the reason for the large price differences between Blue Colt and other sources is because many of the books required come in packages.

The faculty establishes the texts they require, and the publishers send these books to the bookstore. Some professors may not use all the books provided in the package, for their specific class. Layla Gonzales says, "Last semester I waited till class started to get books so I could make sure to get the right ones and nothing extra. I ended up having no psychology book for three weeks because it took so long for them to ship it."

Katt says it is certainly students' prerogative to shop around, but be aware of the risks.

Attend the *Quo Vadis* Campus-wide meeting on Feb. 26 from 12:30 p.m. to 1:30 p.m. in the College Center Art Gallery

QUO VADIS

Counseling & Career Services Benefits Students

By Lanette Espy
Staff Writer

Professional counselors in the Department of Counseling & Career Services offer many services to assist students.

Located in B100 in Edison Hall, the counselors are here to help students learn about career choices, educational programs, college transfer, as well as personal concerns. Services are also available for students with disabilities, Hispanic and African American students, ESL students, and international students.

"Our theme and goal is to help students develop and be successful," said John Herrling, Director of Counseling & Career Services.

Don't be afraid to speak out and ask for help. The counselors are also available to support students with personal issues like such as relationships or family issues.

"Everything is strictly confidential and maintained," said Charlotte Quigley, Manager of Career Services. Quigley is new to the staff here at MCC and is also a counselor for Career Services.

"We are good with helping students find solutions," she said.

Having trouble writing your resume? A counselor can help you, as well as job placement assistance. The Department of Counseling & Career Services also helps employers with free job postings, on-campus recruiting and resume referral.

Besides the many services that are offered at the Counseling & Career Services Department, they also offer an array of Career, Academic and Life Skills Workshops, which are offered throughout the semester. According to Herrling, these workshops are based on topics that students will be interested in. All workshops are held in Edison Hall Rm.100;

Mondays at 11:15 a.m. or Thursdays at 2 p.m. and are taught by counselors in the department. Herrling and Quigley would like to see an advisory group of students giving them input on what workshops and topics they would like to see in the future or any ideas the students may have.

For students graduating in May there is a workshop being held on Monday, March 5 and Thursday, March 22 that will provide transfer information. According to Herrling, these workshops are designed to be held during college hour so it's convenient for students to come at a period where there are no classes in session.

The Counseling & Career Services also provides Co-op internship experiences that are set up for different majors. In this program students will gain hands on experience in their particular field of interest. By interning students

will also help set themselves up for their future careers.

"We would like to build up the Co-op program. It offers great advantages," said Herrling.

Students are encouraged to schedule an individual appointment so that they can have reserved time with a counselor. The Department of Counseling & Career Services is open from Monday-Friday 8 a.m. to 5 p.m. and Monday/Thursday evenings from 5 p.m. to 8 p.m. There is also drop-in hours available, which are brief 15 minute sessions - no appointment is necessary. This is offered Mondays 2 p.m. to 4 p.m. and Wednesdays 9 a.m. to 11 a.m., which is convenient if students have quick questions to ask. These counseling services are also offered at the New Brunswick and Perth Amboy Center. New Brunswick: Monday 5 p.m. to 8 p.m. and Perth Amboy: Wednesday 5 p.m. to 8 p.m.

MCC Perth Amboy Center Holds Entrepreneurship Program

Program Conducted in Spanish

EDISON - A program to benefit Hispanic entrepreneurs - and those who would like to become entrepreneurs - will be offered at Middlesex County College's Perth Amboy Center, which is located at 60 Washington Street. It is in the same building as the Vocational-Technical High School. The program, and all the literature, will be in Spanish.

A free workshop that will provide information about resources available to entrepreneurs and will give details of this program will be held Monday, March 5, from 6 to 8 p.m. at the Center. The classes will run from 6-9 p.m. on six Mondays from March 19-May 7.

"This is a wonderful opportunity for those who have dreamed of opening their own business," said Vivian Pepe, program officer with the New Jer-

sey Economic Development Authority, which is running the program. "And it is also a valuable resource for someone who has been in business for a short period."

This is the first time the authority has offered the course in Middlesex County.

The program, called the Entrepreneurial Training Institute (ETI), is offered in two parts. In the first, ETI I, students will determine if they are prepared to become entrepreneurs and if their business idea is realistic. They should download a self-assessment tool from the authority's website, www.njeda.com/eti, and complete it before they attend the first class. Students attend two three-hour sessions, on March 19 and 26, and work on their business idea to determine its feasibility

and marketability. They will prepare a "Business Readiness Roadmap" to determine if they should move on to the next phase, ETI II.

In that program, held April 16-May 7, the students develop a business plan, and prepare to present it to a panel, which comprises volunteer attorneys, accountants, and lenders - both banks and micro-lenders.

If the plan scores well with this group, the lenders on the panel may actually provide the funding for these businesses. If not, the authority will contact lenders in hopes of funding the projects.

"Funding is not guaranteed, but it is a possibility," Ms. Pepe said.

Once the business is underway, the entrepreneur receives 18 months of consultation with a mentor. Aside from copying, travel and incidental expenses,

the only cost to the entrepreneur is the course fees: \$145 for ETI I, and \$295 for ETI II.

"This program gives you the training you need in a very short period of time," Ms. Pepe said. "It is also very focused and takes a personal approach to helping each person."

Mary Ann Conners, dean of corporate and community education at Middlesex County College, said the program is an excellent resource for the prospective entrepreneur. "Starting your own business is exciting, but also a little scary," she said. "This program can really help."

For more information visit the website, www.njeda.com/eti. To RSVP for the free workshop, call 609-292-9279.

MCC Library Holds Book Club for ESL Students this Semester

By Christine Chow
Staff Writer

On Wednesdays, Jan. 31, Feb. 14 and Feb. 28 from 2 p.m. to 3 p.m. in the MCC library, Elisabeth Oliu and ESL students gather together for the ESL Book Club.

This club is where students are given the opportunity to practice speaking, reading, and learning the English language more without being graded. ESL 094 and ESL 099 students are encouraged to join.

In the summer of 2006, Oliu, a Reference Faculty member of the library, read about book clubs in other schools and she came up with the idea of having one for the MCC ESL students on campus.

The target group was chosen for the ESL students because Oliu

wanted to give them a chance to practice more outside of their home or groups of friends because with friends or at home, students learning new languages are prone to depend on their native language.

This causes them to not practice as much as they should, she said.

According to Oliu, this club will give students the "chance to talk and read in English, which is important for ESL students."

The more practice they get, the better they will be at it. She said she wants them to practice the language and she said she hopes that students have fun, otherwise the club has lost its purpose.

With the support of the ESL faculty, they held their very first ESL book club in the MCC library last Fall 2006.

This ESL book club is "still an experiment," Oliu said, as last semester

she found problems with the times on Mondays.

She solved that problem by holding meetings on Wednesdays when the MCC library is not that crowded this semester.

There are only 15 available spots for the book club as the MCC library is funding the club's food, refreshments and books for participating students to keep. Oliu said she also provides lists of vocabulary with definitions from the books because the vocabulary may be a problem for many beginner readers.

This list of vocabulary is used to help assist the members to understand the English language more, she said.

This semester's book is Bill Bryson's "I'm a Stranger Here Myself" and it is about the author's experience and interactions he had when moving from the

United States to Great Britain and back to the States. This book was chosen so that ESL members can relate with their past history when they had moved from their home country to the United States, she said.

From past meetings, members included a majority of women and one or two male members, but the books chosen are fit for either gender. The ethnic backgrounds of the members are very diverse and there are no signs of any predominant groups either. Oliu said there was "a nice mix from all over the place." With this varied group, members can learn more from different countries through the stories shared at the meetings from one another.

According to the MCC Campus Cruiser, for more information you can find Oliu at the Reference Desk in the Library, call at 732-906-2561 or email EOliu@middlesexcc.edu.

All Students are invited to the *Quo Vadis* Campus-Wide Meeting:

Find out how you can submit articles!

Tell us what you think about our coverage!

Feb. 26

12:30 p.m. to 1:30 p.m.

College Center Art Gallery (3rd Floor)

Light Refreshments!

QUOVADIS

MIDDLESEX COUNTY'S EMERGENCY FOOD DRIVE



Courtesy of Tom Peterson

Helping Out

Democracy House, the College's service-learning program, is coordinating a Food Drive to benefit Middlesex County's Emergency Food Distribution Network (MCFOODS) that serves more than 60 local food pantries and soup kitchens each week. College President Joann La Perla-Morales drops off her contribution food, which is accepted by Doniya Dar and Ruth Orellana. The drive will continue through the end of February. Boxes are around campus or donations can be delivered to Raritan Hall 003.

Identity Theft on the Rise with the Use of Keyloggers

By Jennifer Procanik
Staff Writer

According to a report published by McAfee Avert Labs, international identity theft trends exposed a remarkable rise in online and computer-based identity theft through the use of keyloggers.

According to the report, the number of keyloggers (a malicious software code that traces typing activity to attain passwords and other private information) has escalated by 250 percent between January 2004 and May 2006.

These results come following related reports criticizing the rise in spam and instant messaging (IM) attacks in 2006. According to a study done by Akonix Systems, these IM-borne attacks have risen approximately 20 percent since 2005. Akonix representatives estimate that many IM attacks this year will be from structured groups of criminals looking to commit identity fraud.

Additional findings from the McAfee report illustrate the number of phishing alerts tracked by the Anti-Phishing Working Group have multiplied nearly 100 times from January 2004 to

May 2006.

"Identity theft is a global phenomenon that threatens all of us, which means we all need to become more aware, more vigilant and less trusting to protect ourselves," said Jeff Green, senior vice president of McAfee Avert Labs. "By learning where we are vulnerable, and how and why criminals engage in identity theft, we can then take the necessary precautions to avoid being victimized."

Identity theft extorts a high toll on the global economy. According to the Federal Trade Commission, the yearly cost for patrons and businesses in the United States estimates over \$50 billion, McAfee officials said.

The report presents high-profile examples of identity theft cases from around the world along with an overview of the types of criminals and organizations that engage in identity theft for profit or to facilitate terrorist acts.

According to McAfee, ways to protect yourself from being victimized include manually typing a Web address into a browser instead of clicking on a link in an e-mail, and using strong passwords.

Write for the *Blue Colt Vibe Journal of Thought*: Send work to quovadis_newspaper@hotmail.com.

African American History Month

Theme: SANKOFA
Remembering Our Ancestors and Looking Forward

Thursday, February 1
African History Month
Opening Ceremony
11:00 a.m., Edison Hall Lobby

Monday, February 5
The First Cell Phone!
African Drumming -
Community Connection
An Interactive Workshop
Presented by: Victor Marshall
11:00 a.m., RC 100

Wednesday, February 7
The Ancient Kingdoms of
Africa and Their Contribution
to Humanity
Presented by: Mfudhish Hassan K. Salim
12 noon, RC 116

Friday, February 9
Unchained Memories:
Readings from Slave Narratives -
Documentary
Showtimes: 10 a.m., 1 p.m., 3 p.m.,
RC 116

Monday, February 12
African Health & Healing
Presented by: Kelly Kai Smith
11 a.m., RC 116

Tuesday, February 13
The Right of Freedom:
African Revolutions & Resistance
to Enslavement
Presented by: Dr. Victor Vega
12 noon, RC 116

Friday, February 16
Rosewood
Showtimes: 10 a.m., 1 p.m., 3 p.m.,
RC 116

Tuesday, February 20
Jazz Performance
Featuring Keith Marks
12 noon, CC, Cab A

Wednesday, February 21
Trip to the Schomburg Museum
Featuring New York's African
Burial Ground Exhibition and
Emancipation
A presentation from the Theatre
of Harlem
Van leave MCC at 3:00 p.m.
Sign up at the Student Activities
Office, JC 249

Thursday, February 22
Traditional African American Tea
Ceremony
Presented by: Viola Sanders of V's Services
2:00 p.m., RC 235

Monday, February 26
Keynote Speaker: Brooks Stephens
Author of
Wealth Happens One Day at a Time:
365 Days to a Brighter Financial Future

Money Power Respect:
Economic Empowerment as a
Political Strategy
11:00 a.m., RC 100

Wednesday, February 28
African History Month
Closing Ceremony
12 noon, Edison Hall Lobby

MIDDLESEX COUNTY COLLEGE
Office of Student Activities
College Center & 382 Woodbridge Avenue
Edison, NJ 08817-2628

CHECK THIS OUT!
Make sure to get your African American History Month Activity Card! For every event that you attend, your card will be punched. Attend 5 events and win a prize! Attend 6 events and attend the end of the month dining experience at Molekai's Ethiopian Restaurant FREE of charge! Get your activity cards at the Student Activities Office, Minority Student Affairs, or at Counseling and Career Services.

QUO VADIS

Recent Middlesex County College Foundation 2006-2007 Scholarship Awards

The scholarship award process for the 2006-2007 academic year continues with the help of many dedicated individuals who serve on scholarship selection committees and in the Financial Aid Department. Middlesex County College Foundation is grateful to members of faculty and administration who ensure the timely selection of scholars. The majority of scholarships awarded are divided between fall and spring semesters.

The Maris and Mary Alexander Memorial Endowed Scholarship was established in 2005. The scholarship honors a Metuchen couple who were long-time and caring community residents and dedicated, loving parents. The Alexander Scholarship is awarded each year to a Middlesex County resident, majoring in Nursing with demonstrated financial need. Middlesex County College Foundation is honored to administrate a scholarship named for two very special community members. Ms. Enera Kupi is the first recipient of **The Maris and Mary Alexander Memorial Endowed Scholarship**.



The Karma Foundation Endowed Scholarship was established in January 2006 by the Karma Foundation. This forward thinking Foundation was created in 1996 to provide grants in support of organizations engaged in activities and programs in Arts and Culture, Education and Literacy, Health and Human Services and Development and Enrichment of Jewish Life. The Karma Foundation Endowed Scholarship is awarded to female students who are older than traditional college age and who have financial need. **The 2006-2007 Karma Foundation Endowed Scholarship** recipients are Ms. Tubasim Ahmed and Ms. Rebecca Blumenfeld.



MIDDLESEX
COUNTY COLLEGE
FOUNDATION INC.
2600 Woodbridge Avenue
Post Office Box 3050
Edison, New Jersey 08818-3050

2007-2008 PROFESSOR JEFFREY HOCHBAUM MEMORIAL ENDOWED SCHOLARSHIP

The Jeffrey Hochbaum Memorial Endowed Scholarship was established in May 2005 in memory of the late Professor Jeffrey Hochbaum. Professor Hochbaum was a valued member of the Biology Department at Middlesex County College for 34 years. He was uniquely dedicated to his students and highly respected by his colleagues. He taught with a level of dedication that can come only from those who have a true love and passion for teaching.

**Middlesex County College students who meet the following criteria
are encouraged to apply for this competitive award of approximately \$1,000:**

- Full-time students who will be in their second year of study in fall 2007. Students must be enrolled in Health Technology curricula: Nursing, Dental Hygiene, Radiography, Respiratory Care or Biology Pre-professional Option.
- Open College students with plans to enter the Health Technology curricula
- Students must be continuing with studies at Middlesex County College full-time during the 2007-2008 academic year.
- Applicants must have attained at least a 3.5 GPA in their science courses and a 3.0 GPA overall – based on fall 2006 grades.
- Students must submit two (2) recommendations from professors in Division of Science, Mathematics and Health Technologies.
- Students must submit an essay to be evaluated by the Scholarship Selection Committee. Essay should be typed and one to two pages in length. The topic is "How Middlesex County College has affected my studies and aspirations."

**APPLICATIONS WITH RECOMMENDATIONS AND ESSAYS
ARE DUE IN THE MIDDLESEX COUNTY COLLEGE
FOUNDATION OFFICE IN CENTER IV, BY 4:30 PM, APRIL 2, 2007.
FOR MORE INFORMATION, CONTACT
SCHOLARSHIP SPECIALIST PAM HEDBERG AT 732.906.2564.**

**Attend the *Quo Vadis* Campus-wide meeting on Feb. 26 from 12:30 p.m. to
1:30 p.m. in the College Center Art Gallery.**

QUO VADIS

MCC Hires New Chair Of Engineering Technologies Department

EDISON -Thomas Sabol, a licensed professional engineer with a wealth of academic and industry experience, has joined Middlesex County College as the chairperson of the Engineering Technologies Department.

Until his appointment, he was an adjunct instructor at both Middlesex County College and Union County College, as

well as director of Mechanical Engineering for Ocean Power Technologies in Pennington, NJ.

He has also worked for Sarnoff, Orchid Biosciences and New Brunswick Scientific in both engineering and management positions.

"I'm thrilled to be joining the College community," he said. "It is a great college and a great opportunity. I have

found a love of teaching and am very excited about my new role here."

Mr. Sabol holds a bachelor's and a master's degree from Rutgers University and an associate's degree from Union County College.

Dr. Karen Hays, vice president for academic and student affairs, welcomed him to the College community. "I am certain he will do an excellent job," she said.

"His background in industry and education gives him a perspective that will benefit the department. And the fact that he is a graduate of a community college is an inspiration to our students."

For more information, contact Tom Peterson at 732-906-2512

MCC Graduate Joins Alumni Board of Trustees

EDISON -Dan Levine, a 2005 graduate of Middlesex County College, was appointed as a member of the Alumni Board of Trustees. He will serve a two-year term and is eligible for reappointment.

Mr. Levine, a liberal arts/business

administration major who is now a student of political science at Rutgers, was president of Phi Theta Kappa, the honor society, while at Middlesex.

Joann La Perla-Morales, president of Middlesex County College, said she was pleased that Mr. Levine is continuing his

association with the College.

"He was a fine student leader here at Middlesex and I am certain he will do an excellent job as a trustee," she said.

Alumni Association President William J. Egbert III expressed appreciation to Mr. Levine.

"Dan chairs one of our committees - Communications and Recruitment - and is doing an excellent job," Mr. Egbert said. "I am thrilled that he will join us as a voting member of the board during this time of expansion for the Alumni Association."

**Featuring One of Our Own:
At the South Brunswick Public Library:
SUNDAY POETRY READINGS
March 18, 2007**

- Daniel Zimmerman (Chairperson of the MCC English Department)

Quo Vadis, the student newspaper, is inviting all faculty, administrators, and board members to the Quo Vadis Advisement Meeting on February 26 from 12:30 p.m. to 1:30 p.m. in the College Center Art Gallery on the 3rd floor. Come meet our entire staff and let us know what you think about our coverage this semester.

We value your expert feedback!

Light Refreshments.

Please RSVP to Quo Vadis Editor by Feb.20 by e-mailing quovadis_newspaper@hotmail.com with your name and your position.

QUO VADIS

IWA L'EWA Heritage Dance Ensemble Performs in East Brunswick

By Sheila Henry
Staff Writer

The IWA L'EWA Heritage Dance Ensemble showcased a two act lively celebratory performance of their extraordinary talents through dance and drum playing. This performance was held on, Saturday, February 10 at 8 p.m. in the Middlesex Vocational High School auditorium, located at 112 Rues Lane in East Brunswick, N J.

Their dancing and singing inspired a wide range of emotions that flowed across the stage to the audience. Starting with the Opening Act, the Iwa L'ewa Village awakens with such joy, expressed by their dancing to the devastation of these village people from being captured and ending up on a slave ship. This too was express by a very soulful dance by the performers. Their dance depicted them being shackled and the next movement was like swaying with the rocking of a ship to depict the middle passage.

During the intermission, the audi-

ence was invited into the lobby to see the many vendors selling their African wares.

The second act opens with "What is it they dream about as they work the fields". This performance is bittersweet. Their hearts and souls are back in their villages remembering what used to be.

One of the many talented performers, a very talented Audrey Davis the MCC Assistant Student Activities Director, and the Artistic Director for the Iwa L'ewa Heritage Dance Ensemble, gave a very passionate tireless performance in the first act. Her spirit soared thought her dance. In the second act Davis extraordinary talent surpasses the opening act when she portrays Dancing Granny. Davis was in the company of many talented performers: the dancers and Drummers of Iwa L'ewa Heritage Dance Ensemble.

Iwa L'ewa Heritage Dance Ensemble gives an excellent performance from beginning to the end. This performance gives you the essence of the soul of a Proud African underneath the

humble slave. The movements that flows from the dancers along, with the rhythm

in that African village, freely moving to the music of the drums. To hear the drums,



Audrey Davis of MCC Student Activites Department dancing

Photo By Sheila Henry

of the drums makes you feel like you are

see the costumes and dancing, and hear the singing was exhilarating.

Fur Boots from Australia Wildly Popular this Winter

By Lanette Espy
Staff Writer

Originated from Australia, "Ugg" supposedly meant ugly, because these boots were known as the "ugly fluffy looking boots from Australia" that people wore years ago.

How ironic that these "ugly" boots are becoming the latest winter fashion trend for most females.

The sheepskin hide material is the essential factor for a genuine Australian Ugg Boot. This is also why feet stay so warm when inside these boots. The Ugg boot comes in many styles and colors.

They are not only good for keeping feet warm in the winter, but they go great paired up with a Mini skirt for warmer weather.

Walking around campus, one can see that many females have some type of fur boot if not an UGG boot. Now knee high fur boots can be seen in any style and name brand. Whether it is a boot with a wedge, heel, or just flat; name brands like Steve Madden, IMPO Fargo Faux Suede and Faux Fur Boots, DKNY, or Paris Blue's footwear just to name a few or amongst the most popular brands of fur boots.

Can't afford the real deal? Even

knock off styles at Payless and Easy Pickens have cute styles to choose from for a reasonable price, no one has to know where you got them from, as long as the boot is cute.

The new style is to sport jeans tucked into the boot to show off the fashion of the boot.

"I love the new fashionable flat boots; they're comfortable enough to walk around campus in. Instead of wearing heels trying to look cute when it's snowing, boots are the best thing to wear," said MCC student, Ashley, psychology major. "The high Timberland boots with the wedge are also cute which you can get at Footlocker."

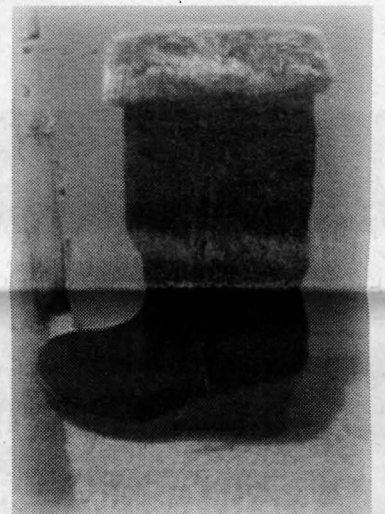


Photo By Lanette

OPINIONS

2007 Black History Month Celebrations in America Need More

By Dilia Williams
Staff Writer

Column

We might have missed the drum roll and the crescendo, so forgive us if we have not so far been impressed by the depth of activities to mark Black History Month (BHM) mid-way into the celebrations.

Or perhaps, we might be expecting too much and Black History Month is still not yet an American event. And yet we believe that there is much that we can learn from and use out of the BHM celebrations and objectives that would help to lift our spirits as a nation and inspire ourselves to tackle the challenges of building a nation out of many one people.

When Harvard scholar Dr Carter G Woodson organized the first annual Negro History Week in February 1926, it was a vastly different America than what we see today.

Over time, Negro History Week

evolved into the Black History Month of today - a four-week-long celebration of African-American history, telling the stories of great achievements that have stirred racial pride in a formerly deprived and downtrodden people who were ripped, like animals, from their roots and violently transplanted to distant lands.

One can safely argue that the freer, more equitable, more tolerant and more accommodating America that we see today is part of the legacy of Black History Month.

Woodson gets much of the credit for devoting his life to making the world see the Blackman as "a participant rather than as a lay figure in history". From a constituency of the desperate, the damned, the disinherited, the disrespected and the despised, restless and seeking relief - in the words of one of America's most outstanding sons, Jesse Jackson - the Black man and woman in America have transformed their lives and risen to the pinnacle of the power structure in the United States.

"No generation can choose the

see BHM page 12

No Trans Fat, Please

By Rosemary Petriello
Staff Writer

Column

In a press release in 2002, McDonald's declared that they would reformulate their cooking oil to contain less trans fat. Almost five years later, the restaurant chain's promise remains broken. They have released many statements over the past few years claiming they would reduce and later eliminate trans fat from the cooking oil, but they have not held true to their word.

Now, five years since their first press release promising the changes, the restaurant chain may be forced to eliminate trans fat from their oil altogether. In a statement released by Earthtimes.org this past December, it was reported that McDonald's has been "anonymously testing a new form of healthier fries at nearly 1,200 U.S. locations, and is reportedly making positive strides." The same article accuses McDonald's of being "behind the eight ball" on the growing trend towards healthier foods across the country, including healthier fast food.

Recent bans on trans fat in New York City and possibly Chicago have prompted the chain to adapt to the times. For years we have been aware of the dangers of too much fat in our diets, but in recent years new light has been shed on trans fat in particular. According to "The Truth about Cholesterol and Fat" recently published on www.womantowoman.com and written by Marcelle Pick, MD, "Trans fats are artificially hydrogenated oils used primarily to extend the shelf life of food." These inconspicuous additives have long been ingredients in a large amount of foods, including some foods that claim to be "health foods."

As long ago as the early 1970s, it was discovered that these fats cause health risks, yet while studies have proven that, our diets still contain dangerously high amounts of fat. According to Dr. Pick, "30,000 cardiovascular deaths per year could be avoided if we didn't eat trans fats." The statistics are alarming, yet Americans still crave the fast food fix. In January 2006, U.S. Congress finally "passed legislation requiring standout trans fat labeling on every food product." But still, many Americans remain unaware of these dangers and continue to eat fast food as

see Trans Fat on page 12

QUO VADIS

A New Season Of Fashion Has Begun

By Rosemary Petriello
Staff Writer

We are all concerned with appearances, and what better statement to make about our personality than through the clothes we wear?

The first week in February is a big week in the fashion world with one of the largest fashion shows on Earth being held during Fashion Week in New York City. Designers from all over come to New York for this huge occasion where the latest collections are shown off.

The event is attended by journalists, buyers, celebrities, and socialites alike.

While the fashions that were modeled at the event are mainly for next fall and winter, the event still brings fashion to the forefront of our minds. Spring will be here in a matter of weeks, and we should begin preparing our wardrobes for the warmer months. By the looks of it, it seems as though the possibilities are endless when it comes to fashion for Spring and Summer 2007.

Color is in. But so is nude, as in nude colored clothing. Hot, neon and fluorescent colors are in but equally popular this season is nude or light beige colored clothing. This will be the year that you can express yourself to the maximum.

If you are a high-fashion kind of girl, you will be happy to know that long gowns are back in style instead of the varied lengths that have replaced them in recent years. But, even better than that is the fact that these newfangled gowns are slit clear up to your thigh.

I guess this means it is time to get back on that treadmill or start doing squats and crunches.

While high fashion may be for the most shapely, curvy body, there is definitely something for everyone this year. Athletic inspired lines of clothing are popping up everywhere, including those made by top

designers such as Oscar de la Renta. Hoodies and track pants have even inspired dresses for this year, and you will see quite a few dresses with hoods, and some paired with athletic-inspired striped leggings. Team spirited apparel and logo attire have also taken their place on the runways while adding high-heeled sneakers to the mix.

Tailored pants—a classic style—are in style again this year, but added to that style are cuffed shorts to show off your knees. (Back to the treadmill again!) Belted blazers paired with either of these pants or shorts lend a professional, well-groomed appearance to anyone. On the casual side of things, retro styles are back again, but this time with a vengeance. In honor of the 60's, simple and easy baby doll dresses are back and to bring us back to the 80's post-disco styles, fluorescent elastic clothing is in.

Accessorize, accessorize, accessorize. You cannot do enough for your wardrobe without accessories, and yes, they can make the whole outfit. Chunky, high-heeled platform shoes, strappy sandals, and high, wedged heels paired with any of the latest styles will seal the deal on any outfit.

As important as the shoes you wear, are the bags you carry and the jewelry you add. Tiny designer bags are the hottest new accessory for 2007; also in style are large, oversized tote bags in any color. Big sunglasses and wide belts also add a bit of style to your outfit and will be seen everywhere this season. Dangling earrings and Swarovski-inspired crystal jewelry will also be very popular this year.

Whatever your style, remember that just a bit of fashion sense goes a long way. Be conscious of what you wear before you leave home, take notice of the wide opened fashion palette for this year, and follow your style dreams to turn some heads.

What Not To Wear

By Jennifer Procanik
Staff Writer

As college students we all now have the ability to make our own decisions. We are old enough and smart enough to take initiative in our own lives and live the way we choose. But unfortunately some people here on campus still need a little help when it comes to dressing themselves. You may be able to map out your career choice and initially the rest of your lives but when it comes to mapping out a wardrobe, some people just need a little extra help. In today's society people are foremost judged on appearances, so here are a few tips on how NOT to dress in order to make an optimistic first impression.

Most fashion-impaired people are in fact on the right track but just a little off. The first fashion don't is wearing head-to-toe designer clothing. From Gucci sunglasses to Coach shoes, you do not need to be a fashion billboard. Honestly, this look is not stylish; it looks conceited and overly vain. Most of the time girls are not envious of your designer

clothing, they have their own. So instead of covering yourself in logos stick to one or two stand out designer pieces. You will not come off as arrogant, but instead as a girl who has a sense of fashion.

Another fashion don't revolves



around two highly fashionable pieces of clothing, Ugg boots and Track suits. While separate these looks are fabulous if done correctly, but paired together you look like a slob. Wearing a track suit with your pants sloppily tucked into your

see Not To Wear page 12

Horoscopes

Aquarius (Jan.20-Feb.18) Some past careful planning gives you the confidence to set new domestic plans underway. The projects you're

involved with now will bring you much satisfaction if you're left to make decisions on your own. Accepting help might lead to some misgivings when progress is hampered because of the minor ailments of someone you're working with. **Lucky Number -39 Compatible Sign - Aries**

Pisces (Feb. 19-March 20) Romance is likely to be put on hold; after a couple of wonderful days something that appears to be related to work or school will cause you to pause and think! Don't believe everything you hear; with your ability to scratch beneath the surface you'll easily be able to resolve the matter in your own mind. **Lucky Number -92 Compatible Sign - Aquarius**

Aries (March 21- April 19) You are likely to be in quite a thoughtful mood today, thinking through any recent romantic events. It seems that someone would like to notch things up a gear or two! **Lucky Number -02 Compatible Sign - Virgo**

Taurus (April 20- May 20) It could be that you'll find yourself on the receiving end of some flattering attention today. It's nice to be noticed, but you're likely to feel the need to put some distance between you and this individual. **Lucky Number -29 Compatible Sign - Leo**

Gemini (May 21-June 21) Thank goodness for friends, while you are low on cash right now, you will find that your friends will help you find a way to still enjoy the weekend without breaking the bank! **Lucky Number -10 Compatible Sign - Sagittarius**

Cancer (June 22-July 22) You're likely to wake up full of the joys of life and eager for some fun. However, it might be a good idea to cast your eye over your cash situation before you commit to anything. **Lucky Number -27 Compatible Sign - Pisces**

Leo (July 23- Aug. 22) A partner or

lover has romance in mind and you are keen on their suggestions. It won't be easy because of this to have to admit you've made other plans you cannot get out of. The trouble is, you're trying to please too many people and you are taking on too many obligations. Having to delay personal and romantic pursuits because you're making the needs of your friends a priority suggests you've got your priorities all wrong! **Lucky Number-11 Compatible Sign - Gemini**

Virgo (Aug. 23- Sept. 22) You will be offered a chance to make a few extra bucks this coming week. But don't be too eager spend your hard-earned cash though; store it away for a much needed vacation. **Lucky Number -03 Compatible Sign - Cancer**

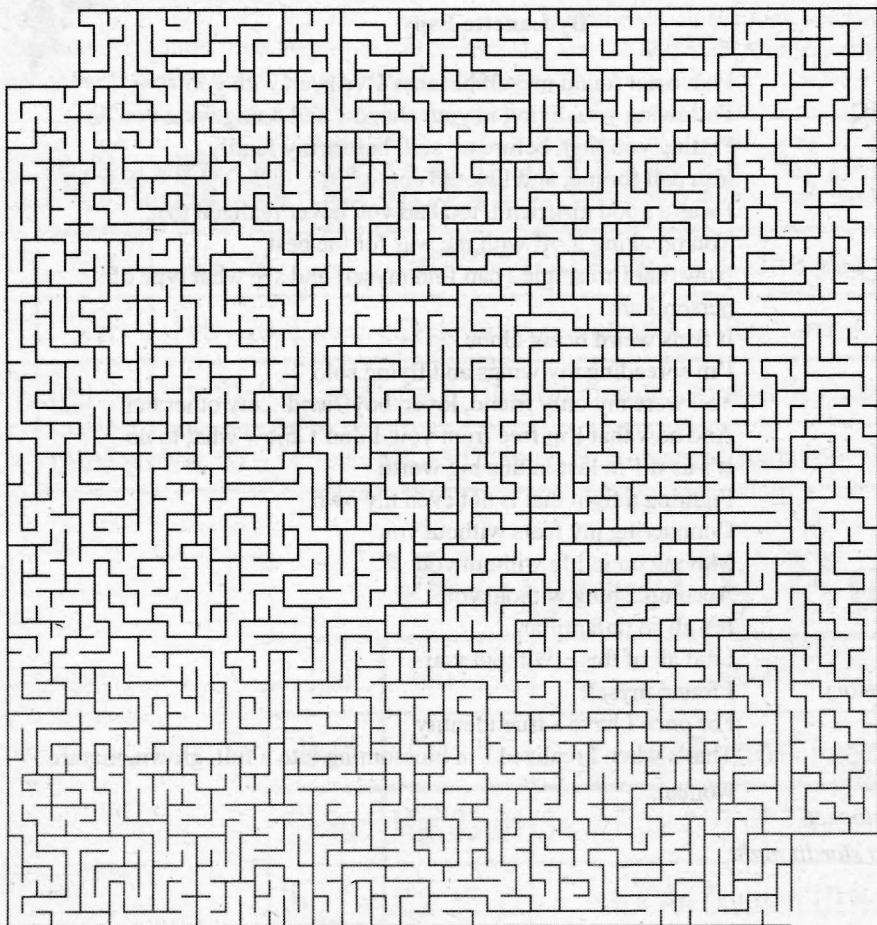
Libra (Sept. 23- Oct. 23) There are some good opportunities for fun this weekend and there are a couple of friends ready to share that fun! Don't waste the opportunity, go out have fun and forget your worries. **Lucky Number -20 Compatible Sign - Capricorn**

Scorpio (Oct. 23 - Nov 21.) Don't be surprised if you feel a rather somber mood descend. In your case it could be a touch of insecurity over what someone might be thinking about you. Have faith in yourself! **Lucky Number -87 Compatible Sign - Taurus**

Sagittarius (Nov. 22- Dec. 21) While romance continues to top your agenda you might find that one or two incomplete chores or assignments begin to reappear! Unfortunately you will need to deal with these before you can totally relax. Continuing to ignore them will just cause underlying stress! **Lucky Number -71 Compatible Sign - Libra**

Capricorn (Dec. 22- Jan. 19) You've experienced a couple of noticeable mood swings lately, but if you take an impartial approach to these temporary and minor communication blips their impact will be minimized greatly. **Lucky Number -29 Compatible Sign - Scorpio**

Fun and Games: Maze



QUO VADIS

New Brunswick Hosts Winter Art Festival

By Jennifer Procanik
Staff Writer

In an attempt to prevent social hibernation in these frigid winter months, New Brunswick's State Theatre is hosting a winter arts festival called, The Hub City Carnivale.

This festival which presents 61 different art events is being held over a 24-day period this month and will end

on February 25. The theatre has enlisted the help of Gladys Knight, Bobby Vinton, Garrison Keillor, Clifford the Big Red Dog, storytellers, drummers, Beatles impersonators, comics, acrobatic troupes, and hip-hop dancers to help in the on going battle against the winter blues.

Many of these performances are interactive and include the audience in their show.

"When people come here, usu-

ally it is to sit and watch," said Lian Farrer, the State Theatre's vice president for education. "We wanted to start moving in the direction where people come here not only to observe and enjoy others making art and performing, but we want people to be able to come here and themselves be artists."

Such events include an Air Guitar Competition being held on Wednesday, February 21.

Prices of these events range

from free admission to \$100 per person. Such events include an Air Guitar Competition being held on Wednesday, February 21, and the cost of admission is \$5.

"The theme is 'imagination at play,' said Farrer. "This one month is putting a magnifying glass to that... We want to create energy and excitement and a sense of playfulness and fun."

For a schedule of events visit www.Statetheatrenj.org

Bamboozle Fest 07 Coming in May

By Melanie Badillo
Staff Writer

Fans of emo, punk and/or rock music, have probably heard of the Bamboozle Festival, which has taken over Giants Stadium on many May weekends over the past few years.

This year's 'Boozle takes over The Meadowlands Sports Complex in East Rutherford on May 5 and 6 and features some of the world's most promising bands.

"It's convenient because a lot of my favorite bands are in one venue at the same time. Plus it's during the summer and who doesn't want to go to a concert in the summer?" said Ana Ferrer, 19, East Brunswick, who's favorite's include Muse and Jack's Mannequin.

Some very familiar names at the top of the lineup include New Jersey's own My Chemical Romance, who are said to finish off the first night's festivi-

ties, and Linkin Park, ready for their long-awaited comeback.

"I love My Chemical Romance. I've been dying to see them for a really long time. I'm so excited," says Patricia Vazquez, 21, a Communications major at MCC who is one of the many fans anxiously awaiting the festival.

Out of the 120+ bands that made the cut, Hellogoodbye, Meg & Dia, Muse, Cartel and Silverstein seem to pop out as crowd-pleasers.

"I saw New Found Glory in concert recently and they were awesome! I can't wait to see them at this year's Bamboozle. I didn't get to go last year," says Ashley Coppola, 20, Manalapan.

Bamboozle has helped launch the careers of some of today's favorites, such as Fall Out Boy, Panic! At The Disco, Taking Back Sunday and AFI, all of which played at last year's festival.

For the full lineup and ticket information, visit www.thebamboozle.com or www.myspace.com/thebamboozle.

Pan's Labyrinth Is Not The Average Fairy Tale

By Maria Chaples
Staff Writer

Movie Review

Pan's Labyrinth has too many awards and nominations to mention. Nominated for a Golden Globe and numerous Academy Awards, and winning Best Picture of the Year from the National Society of Film Critics as well as many others, it is evident that this movie was well received by critics. The movie had its premiere at the 2006 Cannes Film Festival where it received a 22 minute standing ovation. In the United States, it was given a limited release on Dec 29, 2006, with the nationwide release on Jan 19, 2007. This film, about a girl discovering an overgrown, neglected labyrinth, will remind you more of classic fairy tales like the Brothers Grimm than a Disney movie. It's unique way of being brutal, yet enchanting, is a feast for the eyes.

Set in the aftermath of the Spanish civil war, the movie begins

with Ofelia, a young girl, and her pregnant mother traveling to live with Ofelia's new stepfather, a fascist captain. As her mother grows sick and becomes bed ridden, Ofelia's only refuge is the magical underground world found at the center of an old labyrinth behind Ofelia's new hostile home. Powerless and lonely, Ofelia lives out her own dark fable as she confronts monsters both mysterious and human.

Ivana Baquero, the young Spanish actress who plays Ofelia, is amazing, portraying a remarkable combination of innocence and maturity, vulnerability and strength. As the writer, director, and producer, Guillermo Del Toro does an incredible job delivering this unique, gothic fairy tale. I recommend that everyone see this film. Don't let the subtitles deter you because you will hardly notice. Also, although the story is fairy tale-like, it is not appropriate for children

Submit poetry for our poetry section to quovadis_newspaper@hotmail.com.

Girl No More

By Jennifer Procanik

*I am nothing to you, more than a girl
A daughter in my lawful place.
My fate is predestined
And my choices made clear.
That I am always to be a child, imprudent and untainted
My life tired in the thought
My mind burning with passions
Wanted to be realized
This girl is no more
This girl is a woman.
Strength of power; mind and body
A child no more, forever more
I am not that little girl that you want me to be
I have thoughts of my own, and a tainted history
Blamelessness no more, I can hide
I have experienced life in its unbroken identity
I used to be perfect, in my idyllic splendor
Now I am damaged by this hurtful place.
I used to be innocent in life
But I have grown spines for shelter
I am nothing to you, more than a girl
But this girl is no more
This girl is a woman.*

POETRY

Nightly Memories

By Jennifer Procanik

*I feel the pleasure,
A sensation of your breath
Rolling down the back of my neck.
I can sense your presence
As you lie next to me
The warmth of your body
Soothes and comforts me.
With each heaping breath
My body tingles
Radiating with luxury
This moment is my sanctuary
As you touch me so lightly,
I fear the threat of morning
A nightmare, I relive each night
Knowing that this can not last
It will become nothing but a memory,
That fades with the rising sun
A memory of purity and bliss
That will come alive again
While were warm beneath our blanket,
And sheltered in the blanket of a star lit night.*

Blossoming Into A Woman

By Lanette Espy

*I have not found myself because I've been with you
Following you, living in your shadow and doing what you do
Putting you first, before myself, before my family
You call for me, and I would come
I was a good girlfriend, too bad you never realized that
You breaking it off with me was for the best
Now that I'm single I can find myself and see what type of person I am
It feels weird being alone
I'm spreading my wings and flying solo
You were my only friend, lover, boyfriend...my other half
And now that I'm free from you, I don't know what to do
It's as if I'm lost in this big world
Fighting a fight that is not even my own
Conquering my fears without you
Moving on in life without you
Accomplishing without you
It's all so unfamiliar
I did all of this...without you
I found myself
For once I have a true identity
That's when I realized I'm blossoming into a full, grown, mature woman.*

QUO VADIS

Men's Basketball Coach Speaks About Team's Progress

By Adam Garabedian
Staff Writer

Corey Lowery, head coach of Middlesex County College's men's basketball team, insists that even though the team is moving up in the NJCAA Division III rankings, there is still much work to be done.

Lowery said that a major part of the team's success this season has been their improved work ethic and "understanding what it takes and what the coaches expect" of them. Lowery also said that the reason the team has been playing so well this season is because of developing chemistry with each other,

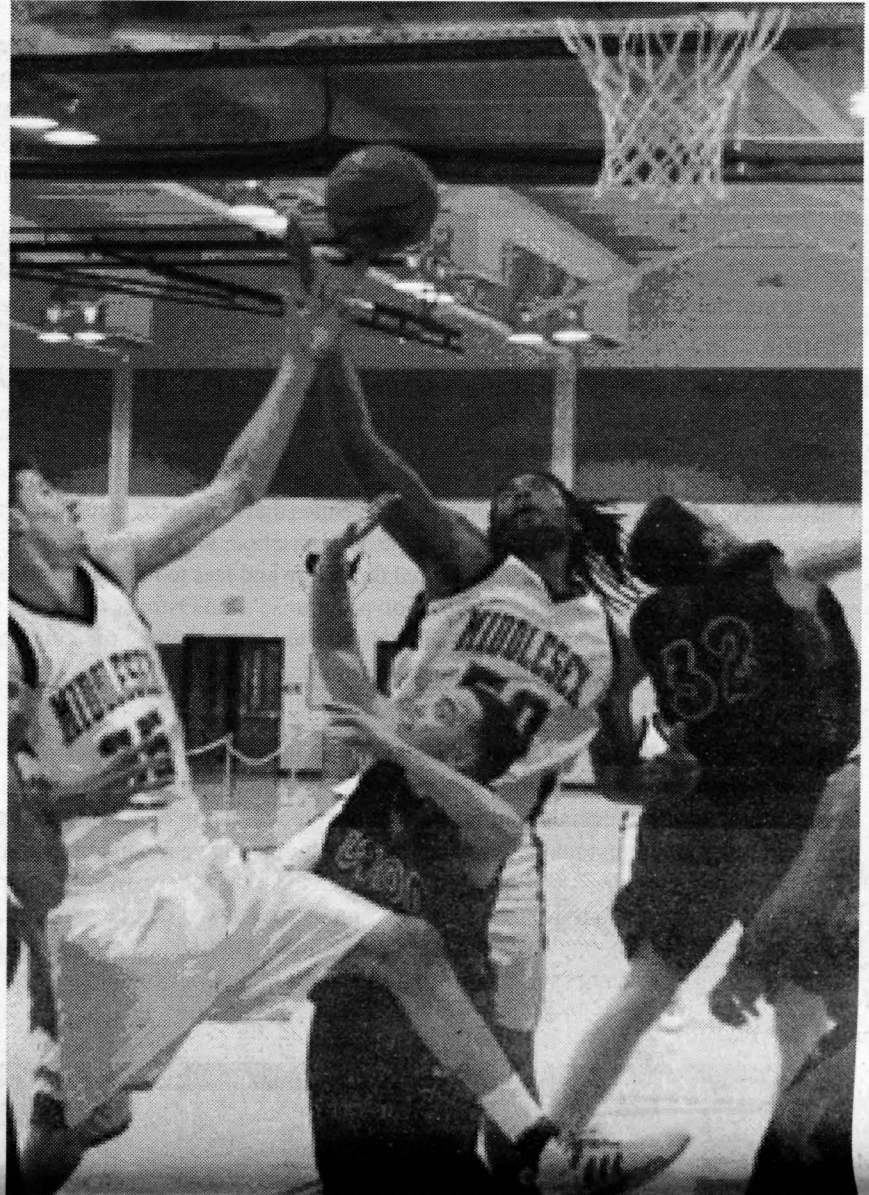
and "setting goals and working towards those goals."

While Lowery admits that being ranked is good for the school itself, he insists that the team's main focus is simply continuing to work hard, and the winning will take care of itself.

"Good things come with working hard," Lowery said.

Lowery is proud of all of his players and said that in addition to being proud of the team for their great playing this season, he's also impressed with how they are all developing as people.

Lowery said that his team has improved as students and from that will come an improvement in attitude and life.



By Tom Peterson

Men's Basketball Team

MCC Men's Basketball Defeat CC of Morris

By Philip Mathew
Staff Writer

The MCC Colts Men's Basketball Team continue their winning ways with a 14 point victory against a Morris team that handed the Colts one of their two losses. The game was close in the 1st half with plenty of fouls and inconsistent play, however MCC went into half-time with a 15 point lead.

The second half of the game saw MCC extend their lead to as much

as 20, but the amount of fouls called kept Morris around, with the final margin being 14 for the now 19-2 Colts.

Rodney Freeney led the scoring again with 31 points, Hensley Charles had 14 points and 11 rebounds. Sean Ogunnoiki almost had a double-double with 11 points and nine rebounds, and Jarred Sanders had 10 points in the victory.

The MCC Men have five games left before the first round of the NJCAA Region XIX Tournament that begins on Feb. 24.

Lady Colts Defeat Ocean

By Jason Parsons
Staff Writer

The Middlesex County College Women's Basketball Team defeated Ocean County College 71-52 on Saturday February 10, extending Ocean's losing streak to six games. MCC now stands at 6-14 with 5 games remaining in the regular season.

Coral Willis led the Lady Colts with 15 points and went a perfect 4-4 from the free-throw line, in which category she is ranked first in the country at

just over 84 percent. Teammate Shaunique Cisson, who is averaging a double-double on the season (12.5 points and 13.4 rebounds), chipped in another 14 points for Middlesex.

Ocean's Kelly McDonald dropped 30 points in the loss.

As a team MCC is ranked second in the nation by the NJCAA in free-throw percentage with 66 percent. They are also ranked fifteenth in 3 point field goal percentage at 27 percent.

Middlesex closes their season on February 22 at Salem Community College.

Stay Tuned for News on Other Spring Sports

Wrestling
Baseball - First Game - March 7
Softball - First Game - March 24
Outdoor Track and Field
Golfing

Men's Basketball Schedule

Sat	Feb 24	1st Round of Region XIX Tournament	TBA	TBA
Wed	Feb 28	2nd Round of Region XIX Tournament	TBA	TBA
Thu-Sat	Mar 01-03	Semi-Final & Final Rounds of Region XIX Tournament	A	County College of Morris
Thu-Sat	Mar 15-17	NJCAA Division III National Championship	A	SUNY Delhi, Delhi NY

Women's Basketball Schedule

Thu	Feb 22	Salem Community College	A	6:00pm
Wed	Feb 28	1st Round of Region XIX Tournament	TBA	TBA
Fri-Sun	Mar 02-04	Semi-Final & Final Rounds of Region XIX Tournament	A	County College of Morris
Thu-Sat	Mar 15-17	NJCAA Division III National Championship	A	SUNY Delhi, Delhi NY

What Not To Wear *con't from page 9*

Ugg boots and your hair up in what looks like a messy attempt at a pony tail looks just that, messy. People don't see you and think, "Wow she looks cute," people think, "Wow did she even take a shower today?" So if you want to put your hair up in a pony tail please use a brush, and instead pair your track suits with a pair of cute sneakers, keeping it simple is the key. As for your Uggs, you have a plethora of options such as wearing them with jeans, mini skirts, and even the newest trend of leggings.

Now just because you're a guy do not think for one moment that you are safe from making huge fashion don'ts. If there is snow on the ground or it is below 60 degrees, give up on the surfer look, shorts and the flip-flops are seasonal, and unless you have not noticed New Jersey is not warm year round. You do not look stylish, you look like an idiot, and we know you're cold. Do not worry; summer will come again, but until then wear pants and sneakers.

It's not hard to be fashionable, do not copy head-to-toe what you see on the runway; use your head. Choose one style at a time. Remember less is more, and as long as you think before you get dressed and perhaps use a mirror, you will be fine.

Tuition *con't from page 1*

According to Ostrov, there have been a number of years of flat rates where there were no tuition increases at MCC. The fiscal year covers the summer and has nothing to do with this spring semester.

Tuition normally increases every year in county colleges. According to Ostrov, there are three major components of revenues that support 92 percent of the operating budget; county appropriation, state appropriation, and tuition and fees.

"This is significant. We have a goal for tuition and fees to minimize tuition without jeopardizing the quality of education programs," said Ostrov.

President Dr. Joann La Perla-Morales also announced at the meeting that the foundation has completed it's capitol campaign-increase internship.

Trans Fats *con't from page 8*

well as many household food items that contain the unhealthy ingredient.

The new and upcoming bans on trans fats around the country may shed enough light on the dangers to our health that people will begin to alter their diets and pay closer attention to the fat in their diets, including the very dangerous trans fat. This "secret ingredient" can be found in Bisquick, along with many other common foods. It appears that even very small amounts of trans fat can be harmful to your health. In addition to heart disease that can result from high-fat diets, obesity and several types of cancer are also attributed to diets high in fat content.

BHM *con't from page 8*

age or circumstance in which it is born, but through leadership it can choose to make the age in which it is born an age of enlightenment, an age of jobs, and peace, and justice. Only leadership - that intangible combination of gifts, the discipline, information, circumstance, courage, timing, will and divine inspiration - can lead us out of the crisis in which we find ourselves. Leadership can mitigate the misery of our nation. Leadership can part the waters and lead our nation in the direction of the Promised Land. Leadership can lift the boats stuck at the bottom."

African-Americans, most of whom are from African stock, have in our own way contributed much to the enrichment of the Black race and the global family through music, sports, culture and intellect. We have bequeathed to our nation and the world great citizens like Rosa Parks, Martin Luther-King, Richard Prior, Malcolm X, Sugar Ray Leonard, Louis Farrakhan, Sidney Potier, Ossie Davis, even Colin Powell, Mohammad Ali, Michael Jordan, or the myriad other heroes who have helped make this a great country.

Black History Month is a vehicle through which we can showcase this contribution, and so help to provide a model for our young, who are so badly in need of example. The growing self-destructiveness that we see in our young leads us to the question, what models are they following?

The central lesson of Black History Month is that with courage and initiative, we can change things.

Counseling *con't from page 1*

curricular activities, or even their career or educational goals.

Another new technique that the Counselor & Career Services is trying this semester will be helping students prepare and gain confidence for interviews. There is a new twist to this; students will practice giving interviews with a web cam. There will be questions setup and the students can answer the questions into the camera. An advantage to using the web cam to do this is that it can be done at home.

"There will be no need for anyone to feel embarrassed because it can come from the privacy of their own home. The more you practice the better you get. We can help students practice in this area," said Quigley.

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Free Classified Ads in Quo Vadis for Students and Staff

All Students are invited to the Quo Vadis Campus-Wide Meeting:

Find out how you can submit articles!

Tell us what you think about our coverage!

Feb. 26

12:30 p.m. to 1:30 p.m.

College Center Art Gallery (3rd Floor)

Light Refreshments!