

# QUOVO VADIS

WEDNESDAY, FEBRUARY 14, 2024

WEEKLY STUDENT NEWSPAPER OF MIDDLESEX COLLEGE

VOLUME 61 - ISSUE 4

# Assembly Presents Plans

## College Governance Body Votes on Items for this Spring

By Trinity Dunn, Managing Editor

College Assembly held a public meeting at the Amphitheater in L'Hommedieu Hall on Feb. 1 to discuss the charges and recommendations from each of the Task Forces and other plans for College Assembly this spring semester.

Elaine Diadone, current Chair of College Assembly, said the Assembly didn't meet quorum for the December meeting, so the chairs of the Task Forces were asked to restate their charges to the Assembly so that way they could show up in the "official record in the February meetings."

During this meeting, multiple curriculum items presented by Parag Muley, Chair of Curriculum, went to the floor for the Assembly to vote.

Muley said there is a new course recommendation called SCI 135 - Science of Nutrition, a three-credit class planned to be approved for a general science course, will be a replacement for HCD 105 - Basic Nutrition course and suitable for dietetics majors, allied health students and those interested in nutrition.

He said there was a recommendation to revise the Event Planning Management Certificate Program.

Muley said the current versus proposed number of credits differed by two. He stated the current version of the program was 33 credits and the proposed version went down to 31.

He said the third proposal for the Curriculum was a new course recommendation called PSY 275 - Health Psychology.

According to the slide show Muley presented, the reasoning for creating this course was the need for students to have a deeper understanding of specific health behaviors and outcomes and the significance of integrating biology into "the college's psychology course offerings."

Muley said the last item was a new English course recommendation, ENG 266 - Latin American Literature.

"I think the rationale behind this course is primarily the idea that we are federally recognized Hispanic-serving institutions and most of the items on Latin American literature

get covered in other courses in parts and pieces where I think there is enough rationale and need for us to be able to design a course that focuses and can dive a little deeper into what the contribution of Latin American literature is our overall country," he said.

Muley said, "We only have one charge. We are still in the process of updating all our curriculum manual and

are supposed to change to reflect that."

Lavey said, "There have also been some changes in the organizational structure in terms of how many deans we have and who reports to whom and what group various departments are in, so we just want that to reflect who we are today, as

be removed from the Bylaws.

"The last one is the more substantive one, which is to take a look at college governance in general and benchmark ourselves to other schools and see if there are any changes that ought to be made to how we do things around here," Lavey said.

Celia Winchester, Chair of Campus Diversity, said, "One of our particular charges was to examine the potential conflict

bility of having a matte mural in the College Center instead so students can view and contribute to that.

Winchester said they had a recommendation for their third charge regarding the "adoption of a land acknowledgment for the college."

"It is our strong recommendation to establish a committee to oversee the implementation of the land acknowledgment," she said

"In addition, we suggest contacting the Nanticoke Lenni-Lenape National Council of New Jersey to receive guidance and support in crafting this acknowledgment."

Winchester said, "This is a time-sensitive issue and should be prioritized to occur during, we were hoping, the community innovation and opportunity groundbreaking ceremony," she said.

"By taking such action, Middlesex College may demonstrate its commitment to reconciliation with indigenous peoples and recognition of their ongoing connection to the land," she said.

She said the last charge involved "viewing the campus-wide index" and ensuring the college is LGBTQ+ friendly by making appropriate recommendations.

Raymond Daddemo, Chair of Academic Standards, said, "Our first charge was to review a draft of the Middlesex College academic integrity policy."

"So we have a module on Canvas where we've compiled statements from Rutgers, from Kean, from neighboring community colleges and now at our February meeting, our task force is going to be reviewing all of those materials; it's quite lengthy, and kind of making recommendations on how we'd like to see our academic integrity policy change or reflect some general standards that are out there," he said.

Daddemo said, "The second charge was to explore the idea of creating an Ad Hoc Committee to deliberate and recommend actions relevant to artificial intelligence."

He said their third charge was to determine the need to add a history elective to the Associates (AS) degree academic path.



Photo by Trinity Dunn

forms. Between these courses last semester that we spent most of our time, I am happy to say we at least managed to update one of the forms." "We are trying to at least get most of the forms updated to a point where we can bring them as a foothold hopefully before the academic year ends."

Bryan Lavey, Chair of Bylaws, said, "In the run-up to the pandemic, we were Middlesex County College and now that we're meeting again, we are Middlesex College and the Bylaws

opposed to who we were five years ago."

Lavey said there were votes taken back in 2021 to make changes to the Bylaws, so another charge is to make sure those changes to the Bylaws were made.

He said the fourth charge is regarding the evaluation of job titles and whether some of them should

be between the DEI Committee and the Campus Diversity Task Force to determine the scope of each when dealing with commonality with campus-wide issues regarding diversity, equity and inclusion."

Winchester said their second charge was to investigate the possibility of buying and "displaying a flag for each country and state of every enrolled student" to celebrate campus diversity, but it didn't seem feasible given certain circumstances. She said they discussed the possi-

Assembly cont on page 3

College Assembly voting on a recommendation in the Amphitheater on Feb. 1

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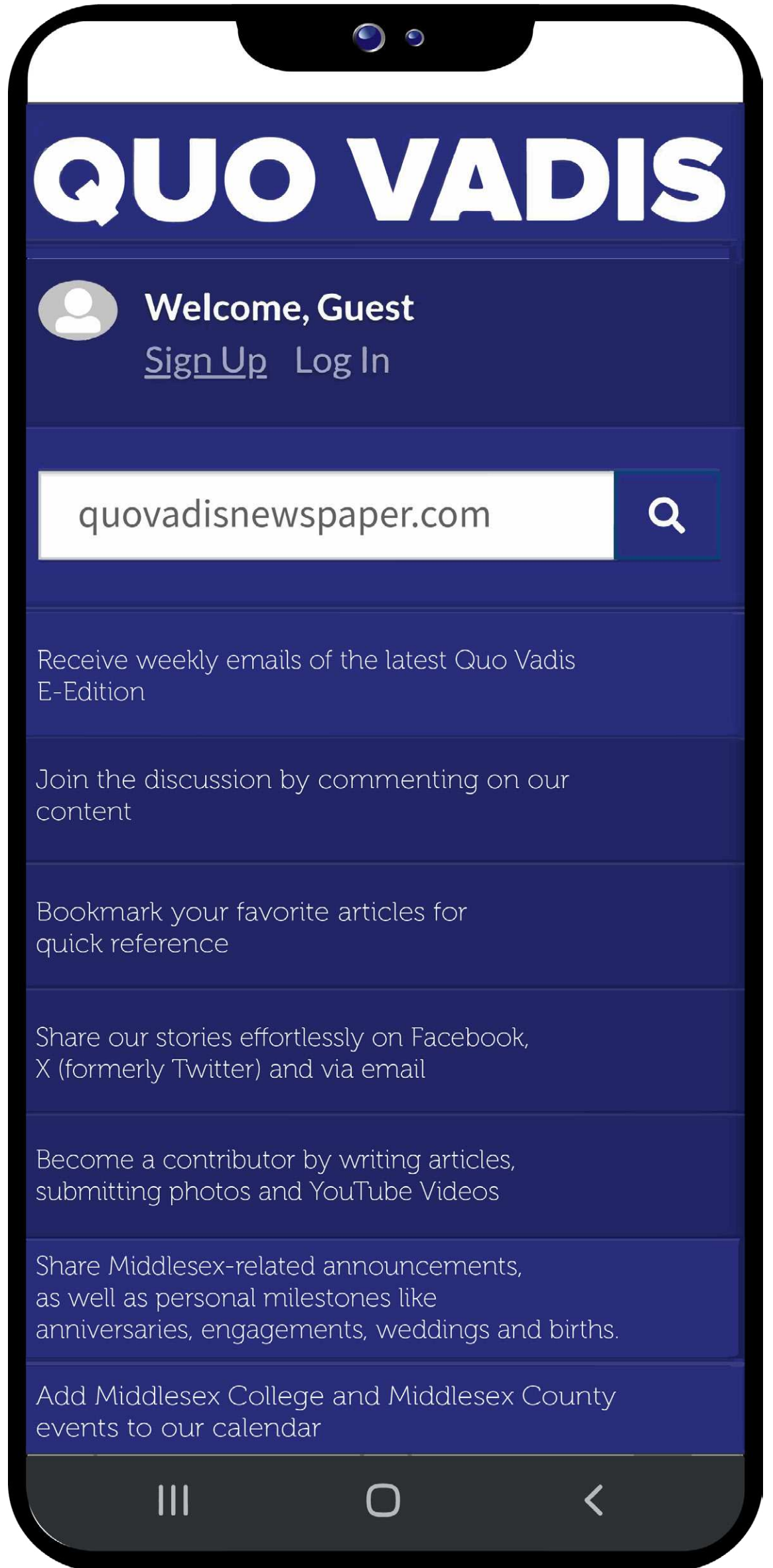
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Quo Vadis promptly addresses any and all errors submitted to the faculty adviser. If you have comments or concerns about the accuracy of our reporting contact Faculty Adviser, Melissa Edwards, at [medwards@middlesexcc.edu](mailto:medwards@middlesexcc.edu)

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By Quo Vadis



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Share Middlesex-related announcements, as well as personal milestones like anniversaries, engagements, weddings and births.

Add Middlesex College and Middlesex County events to our calendar

## Middlesex College Info Board

### Campus Hours

West Hall: Mon, Wed, Fri 8:30 a.m. - 4:30 p.m., Tue 8:30 a.m. - 6:30 p.m.  
 Library: Mon-Thu 8 a.m. - 7 p.m., Fri 8 a.m. - 4 p.m.  
 Computer Center: 9 a.m. - 9 p.m.  
 Testing Center: 9 a.m. - 9 p.m.  
 Cafeteria: 9 a.m. - 9 p.m.  
 Counseling Services: 8 a.m. - 4:30 p.m.

Edison:  
732-548-6000  
 New Brunswick:  
732-745-8866  
 Perth Amboy:  
732-906-7755

Edison Campus Map



Lost?

### On-Campus Food:

- Starbucks Café
- Main Hall
- Mon - Fri 7 a.m. - 5 p.m.
- Colt Café
- College Center
- Mon - Fri 7:30 a.m. - 2:30 p.m.



Edison Campus Food Menu and Prices

### Off-Campus Food:

- Panera
- 2700 Woodbridge Ave, Edison
- Mon - Fri 7 a.m. to 9 p.m.
- Wawa
- 2720 Woodbridge Ave, Edison
- Open 24 hours



Panera Menu



Wawa Menu

- Bookstore
- Mon - Thu 8 a.m. - 4 p.m.
- Fri 8 a.m. - 3 p.m.
- Sat - Sun. CLOSED

### Lost and Found

All items are held for 90 days prior to being re-classified, auctioned or discarded.

Lost and Found items can be retrieved during normal business hours of Monday through Friday 8:30 a.m.-4:30 p.m., excluding weekends and holidays.

Missing property should be reported as soon as the discovery is made either by calling the College Police directly at Ext. 3500 from on campus, or 732-906-2500 from off campus. Or, complete and submit the form [here](#).

### Food Pantry

Location: College Center (Rooms 170 and 171)

Entrance is on College Drive East at the rear of College Center, across from the Physical Education building, between parking lots 16 and 3. Parking: Visitor lot 3

When you visit: Please bring your Middlesex College Student ID card and a couple of reusable grocery shopping bags.

Enrolled students can register with the [Hub & Pantry](#) to access:

- Food Pantry (weekly grocery shop, daily grab & go snacks, meals prepared by our HCD students, new Lunch Club program)
- Chromebook Loaner program
- Resources and Referrals to additional support and services
- Student Emergency Grant application and information

## Join the Quo Vadis Newspaper Team

Students interested in joining Quo Vadis Newspaper can use this link: <https://rb.gy/4reflq> to attend our weekly meeting every Friday at 2 p.m.

## Middlesex Gets a New Health Program

By Trinity Dunn, Managing Editor

Middlesex College plans to add a new Sterile Processing Technician Program to its Workforce Development and Lifelong Learning Program and have it at Robert Wood Johnson (RWJ) hospital and/or the college this spring semester, to address the needs of RWJ and the new cancer institute and Hackensack Meridian Health, as well as a pathway to employment opportunities for students by providing hands-on training.

Joanne Coffaro, Executive Director of the Workforce Development and Lifelong Learning Program, said Sterile Processing Technicians make sure that all the tools being used to work on patients during surgeries are sterile, so a lot of training is needed.

"It's a sterile environment. So 400 hours of hands-on practical experience will happen at the hospital. There's some classroom, it's about 120 hours where they learn about the different things, but you really need to be in the hands-on practical portion," she said.

Martin Shamberger, Recruitment & Program Manager of the Workforce Development and Lifelong Learning Program, said, "There are many challenges, such as finding qualified instructors, obtaining funding, and working with a host facility for the clinical components

and it's rewarding to overcome those challenges."

Coffaro said, "We are still in the process of finding an instructor. This has been a real big challenge for us. We've had instructor fairs, we've reached out to other community colleges, we've reached out to our credit Nursing Program. We're really trying. I think we have three candidates that just applied through our online employment opportunity portal."

"We really want to kick this off in March or April. We have the curriculum. We have the hospital, and they've agreed to the 400 hours; so, it's really onboarding and getting that instructor up and ready, because it is a long program," she said.

Coffaro said the hands-on practical experience will go through decontamination, preparing and packaging instruments, storage distribution sterilization, and disinfection. She said that once students finish the program, they are credentialed with CRCST.

"It's a Certified Registered Central Service Technician, which is backed by the Healthcare Sterile Processing Association which is the HSPA. So it is an industry credential that they will obtain. That's kind of where we're at right now," she said.

Angie De Leon, first-year student, said, "It's great that we have a new

Sterile Processing Technician program coming to the College. Sterile Processing Technicians are essential to ensure a patient's safety in the operational unit. I think it will bring various opportunities for healthcare students in our community."

Coffaro said, "I know both hospitals have a significant need for this. Robert Wood Johnson currently runs this program during the day for their employees who want to move up in the company. So this is going to kind of give them another arm to get additional people into the hospital and these roles as a certified Sterile Processing Technician."

Arleny Luna Espiritusanto, a first-year student, said, "I think this new program opens new windows and opportunities for Middlesex College to welcome students interested in said program; and it also has a positive impact on the healthcare industry, as it's becoming a need in

hospitals for professionals with that certification."

Coffaro said they are looking at two options for where they will have this program.

"I do believe, in the future, we will have the classroom instruction here [at the College], and then 400 clinical hours, hands-on, will be at either hospital. But I think as we start this first pilot program, it may take place all at the hospital," she said.

Shamberger said, "There's been a growing public interest in this career field. We try to provide training that leads to employment opportunities and sets the student on the first step of a career pathway. It's great to see how a program starts with an idea and works its way to fruition."

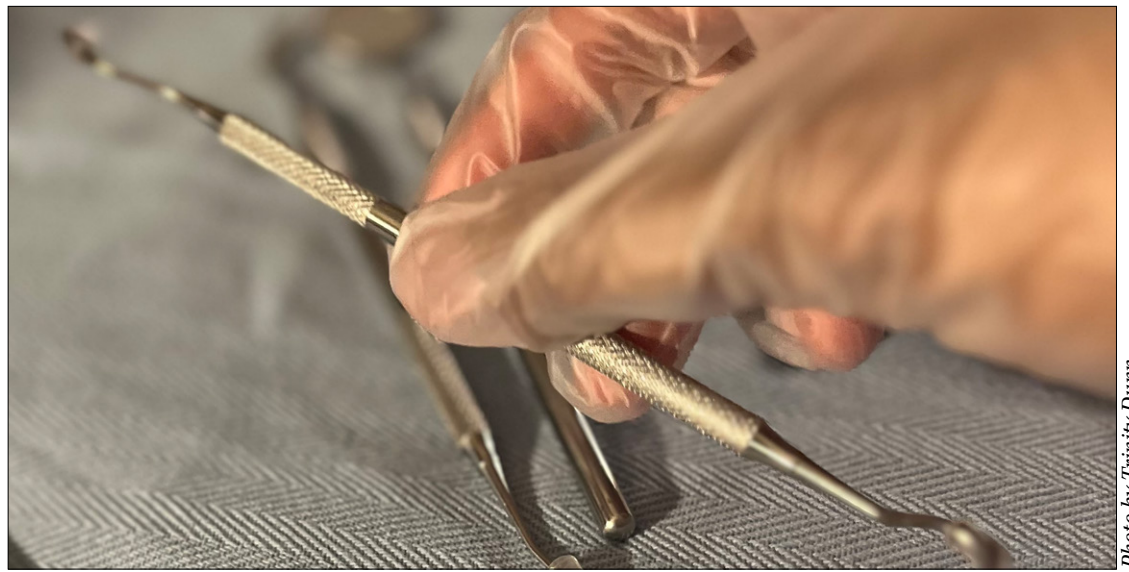
"We should all be proud of the fact Middlesex College is considered to be such a significant partner among such a group of large and influential organizations," he said.

Coffaro said the impact on the college community and the county as a whole is amazing.

"Our area is really community-driven. We wanna make that sure we're meeting the needs of the county as well as our local employers," she said.

She said if the college continues to establish programs that can assist the county and local employers' needs, it will allow the college to be used as a tool to help their companies grow.

"We're very supported by the county. We're very supported by our local employers. Whether it's hiring our students, or even looking over our curriculum. Both Hackensack Meridian Health and Robert Wood Johnson Barnabas have reviewed our curriculum for our programs," Coffaro said.



Gloved-hand picking up dental tools in a sterile environment

Photo by Trinity Dunn

### Milltown Public Library Hosts Free 'Yoga at the Library' Event



A woman doing yoga

Photo Courtesy of Pixabay

By Samantha Golden, Staff Writer

Milltown Public Library is sponsoring Yoga at the Library, a free event where members of the community can practice yoga with a certified yoga instructor, one Tuesday a month at 9:15 a.m.

Instructor of the event, Marci Zidweg, said she has been practicing yoga for 10 years and is yet to be bored of it.

She said she loves teaching people of all different walks of life.

"I see all different body types in my classes and honestly it doesn't matter, yoga is for everybody," Zidweg said.

She said that no one should be afraid to come and participate in one of her classes, everyone is welcome no matter their experience level, and everyone has equal opportunity to learn.

Zidweg said she believes that yoga is for the people, which is why Yoga at the Library must be available for free.

Debbie Miller, the Supervising

Library Assistant II, said, "Programs bring the community together, and here at the library, they're free of charge, so whether you're able to pay or you're not able to pay you can still come and participate."

Jaimie Golden, program participant, and library patron, said that her favorite part of the class was that Zidweg wanted to help a participant with the pain he was having and tailored the class so that he could get the most benefit from it.

Golden said, "The whole group is non-judgmental and friendly."

She also said the class was very accommodating to its students.

"Marci took care to make sure to check each of us throughout the class and come over and give us one-on-one help if needed. She also encouraged us to go at our own pace. She created a very open, non-judgmental space to practice in," Golden said.

### Assembly cont from page 1

"Under the umbrella of the AS degree, certain majors, when students transfer and go to another institution, are required to take a history that we are not requiring and so the result is students are paying more to take a required class at their next institution," he said.

Dademo said, "What we're doing now is looking into the viability of adopting something like that."

"But we realize that there will be so many affected parties that the next step is possibly to lead some larger conversations with all relevant stakeholders," Dademo said.

He said, "The last charge is to investigate the feasibility of, and subsequently recommend, instituting a college-wide policy on the proctoring of exams for asynchronous and remote live courses."

He said some institutions aren't accepting credits if a certain percent of the course isn't taken under supervision or a type of standardized testing isn't involved.

He said they are also aware that some institutions, given that AI is becoming prominent in use and post-pandemic, are minimizing their online offerings.

Kara Kaldwai, Director of the Nursing Program, presented a report on the two charges for Educational Resources.

She said one was replacing blackboards with whiteboards and the recommendation was that the Assembly take no action on this charge.

Kaldwai said the reason for this recommendation was that there is a sufficient number of both black-

boards and whiteboards for teachers to choose from based on their preferences.

"The second charge is a collaboration with the Academic Standards Task Force, exploring the creation of an Ad Hoc Committee to deliberate and recommend actions relevant to AI. It is recommended that the group consist of a large number of faculty who teach online and have some familiarity with AI," she said.

Kaldwai said, "This committee should also include someone from the e-learning center, some administrators who are familiar with AI's impact on higher education and two students from each academic division."

Bruce Schaeffer, Chair of Accessibility for Persons with Disabilities, said they had four charges regarding accommodating students and faculty with certain disabilities, the way Human Resources "onboards employees about accommodations" and investigating the need for more handicap parking near IRC/JLC and making suitable recommendations and the possibility of having "the Testing Center open earlier for students."

Theresa Orosz, Assistant Dean of Liberal Arts, said there are continuous plans for the future meetings to come this spring.

She said, "The Assembly will accept nominations from the floor for chair-elect. So, if there's someone who wants to self-nominate or somebody wants to nominate somebody, that will happen at the March meeting."

Diadone said, "The chair-elect po-

sition will serve until the end of the academic year of 2024-25 and then the fall of 24, will form a nominating committee to fill the second chair-elect. So that's our effort to get back to regular order and back to speed."

Orosz said the nominees for first chair-elect are Terrence Corrigan, Donna-Marle Gardner, Daniel Grek, Parag Muley, Crystal Quillen and Mohit Nigam.

"All of the nominees for chair-elect will do a brief presentation to the College Assembly and then the vote for the next chair-elect will be held at the April meeting," she said.

Diadone said, "I'm very pleased that we met quorum and we were able to move forward and conduct the business of the Assembly. We did a lot."

"We look forward to the next meeting of Assembly," she said.



Theresa Orosz speaking at the College Assembly meeting

Photo by Trinity Dunn

# Professor Enjoys Directing Plays on the Side

By Trinity Dunn, Managing Editor

At Middlesex College, she is a teacher and more, although outside, Celia Winchester works with The Premier Theater Company in Monmouth County. She said that some of the things she does are set design, set building, scenic art and for the last two years, she has been directing for them. Winchester is genuinely passionate about what she does and is quite glad to be back in the game after taking a several-year-long break.

Growing up in a family full of teachers, Winchester said it was only natural for her to want to be one. At the early age of 6-years-old, Celia Winchester got involved in theater as a performer, and she said it took her about 20 years to conclude that she didn't want to be on the stage

anymore. So, she said that she tried only getting into the tech aspect of theater, which is working backstage and building the set. But Winchester said she had begun to miss the performing element of it, and that's why she signed up to become a director instead and got accepted.

"I feel like directing allows me to still be part of the performing aspect, but without me being on stage because I love theater. I love starting from scratch and creating something," she said.

Winchester said she loves the endless amount of creativity that theater allows, and it's something you don't always get as a teacher.

In her college days, where she first began directing, Celia Winchester was studying theater and she said

her interest in becoming a director started off as projects.

"I'm very much about intrinsic and extrinsic motivation, and working in community theater, especially musicals, I started to notice that very often the focus is on the singing and the dancing and then the acting kind of gets lost," she said. "But I wanted to kind of get back into it to see if I could give a professional touch to community theater. I had worked in professional theater for a couple of years, and so I wanted to bring what I had learned to my local community, to the company I was working with. I wanted to see if I was able to excel and be successful in the directing aspect as I was with art and building."

She's said she also wanted to be a director so she could "have a little

more control over the final project." Winchester considers herself to work well within groups and loves to be a part of the team. Additionally, seeing growth within actors and in her students is something that Winchester enjoys, and it was exhilarating to "make the actors think a little more" in-depth about their character.

One of the most challenging things for her to do as a director is casting because Winchester said she is a "people-pleaser and fixer," and there is a certain anxiety that comes with being the "bearer of rejection" since she doesn't like to see people disappointed.

"I cast with my gut. I know when I see someone and I see how they interact with someone, I know that they're the one that I want. That's never a question for me, but it's the letting down of other people. It doesn't mean they're not talented, but, you know, rejection sucks and I don't like to be the bearer of rejection, so unfortunately, that comes with the job," she said.

She said that she doesn't have a long history in that sense, but she is very experienced in being a director, educating and organizing in other aspects of her life.

When she was in college, Celia Winchester directed "Angels of America." Recently, in 2022, she directed "Something Rotten" and last summer, "Into the Woods" and she hopes to direct some more this year. She said that before 2022, she hadn't directed since her college days.

This is another reason Winchester said that getting back into directing has been very exciting for her, and she wants to continue with it.

She said, "It's just a matter of finding what I'm good at, what I'm needed for, what I'm going to be offered. I

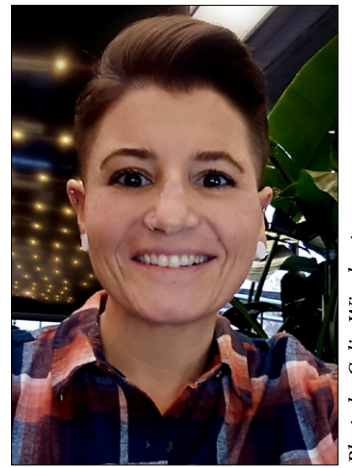


Photo by Celia Winchester

Celia Winchester

don't want to direct, simply to direct. I want to make sure that the projects that I'm getting involved with are something I'm passionate about."

Over the years, Winchester has come across many people of different personalities, so she's learned a lot of things as a director, whether those things are personal or how to work with certain situations.

"It's allowed me to work on my people skills because there's such a diverse group of people working together, and, you know, not everyone is going to get along with each other. But it still allows me the opportunity to find the best in everyone, get everybody on the same page, leave whatever it is they have at the door and just create a fantastic environment," she said.

Winchester said being granted this opportunity has truly helped her in the classroom, too, because she's learned little tricks to help everyone get along with each other, and the same thing goes with her years of teaching experience, which has aided her in becoming the director she is today.



Photo Courtesy of Celia Winchester

Rehearsal for Into the Woods in 2023

# Multitalented Middlesex Native Takes on Student Life

By Erin Hellhake, Section Editor

Zulema Cheek signed on as the new Director of Student Life at Middlesex for the spring 2024 semester.

The director said she values assisting with student success in higher education environments; she thrives in and enjoys overseeing collaborative and inclusive student projects and initiatives.

Cheek's goals for her position at the college are to help expose students to the school resources available and to increase student engagement on campus, she said.

The director is enthusiastic about her position at Middlesex; "I think that Middlesex is a great place, and I'm excited about the changes that are happening on campus and what may be coming to the college down the road," she said.

"As the college grows, I expect for how we serve our students to grow; I'd like to be in alignment with that," Cheek said.

She hopes to contribute to stu-

dents' sense of belonging at school, become more attached to the student engagement process and receive the opportunity to branch out with hands-on experiences, the director said.

Cheek is currently working on her Doctor of Education degree in organizational leadership at Grand Canyon University.

Cheek attended elementary, middle and high school in Piscataway; she is from and has spent much of her life in Middlesex County.

Cheek said, "I was very involved in my church; and, in high school, I was involved in choir and performing arts."

"I was always very outgoing as a child," she said. "I found my niche on stage, if you would, because I sang," said Cheek.

Cheek said her family is faith-oriented and very musically inclined, which influenced her interests in adolescence.

Cheek attended Union County College (UCNJ) and Rutgers University.

Later, she left college to work at the Arc of Somerset and the Arc of Union, assisting developmentally disabled individuals.

"Then, I returned back to Union County College as an employee," the director said. "When I returned back there, I decided to finish my associate's; so, I went back to school while

I worked."

While working, Cheek acquired her bachelor's and master's degrees.

During this time, Cheek said she was still heavily involved with her church; "I directed a hundred-voice choir, and I was involved in the youth ministry."

Her initial job at UCNJ was as a secretary for their counseling and transfer department; she said this is where she began involvement and developed a passion for student success.

Cheek eventually moved from this position into the Executive Assistant for the Vice President of Student Development at Union.

At UCNJ, Cheek helped develop the Project Achievement Initiative; "this was to help our Black male students be successful in their academic journey," she said.

From 2021 to 2023, Cheek was the Assistant Director of College Life at Union; the UCNJ College Life program is similar to Middlesex's Student Life program, she said.

"At that point, student development and student affairs were all my life; that's all I knew and that's what I wanted to do," Cheek said.

Cheek said she often recalled an acronym for 'life' that she referred to; for her, it means "learning is forever."

"That's something that you should live your life knowing," she said. "Each day, there's an opportunity for growth and to learn something that

you didn't know before."

Cheek is passionate about her family, faith, pets, people, singing, songwriting and graphic design; she is married with a daughter and a son.

Cheek has directed multiple musical performances at venues, churches and theaters.

In her free time, Cheek enjoys spending time with her family, lis-

tening to music, watching movies and shows and applying the rules from Food Network programs into cooking competitions with her husband.

"I just like to enjoy life. You're only given one chance at this, and I believe that you're supposed to give your all into whatever it is that you're doing," she said.



Photo by Trinity Dunn

Zulema Cheek at the Student Life Fair



Photo Courtesy of Zulema Cheek

Zulema Cheek

# Che Pizza Satisfies Customer

By Sean Huey Melido, Managing Editor

In the heart of downtown Metuchen is the Italian restaurant, Che Pizza. Serving Italian cuisine, they are available for dine-in, online orders, and catering. Located on 21 Pearl St, Che Pizza is not difficult to park by, unless it is a busy Friday afternoon or weekend, where patrons may fill up parking as far as Metuchen Station; thus, I recommend going any other day and time. Although surrounded by countless restaurants and dessert places, the convenience is that they're right in the middle of it all.

The outside of the restaurant offers seating with black chairs, tables, and umbrellas to protect you from the sun's blinding shine, especially in the warmer seasons. The front of Che Pizza is all glass, letting passers take a peek at its interior. Near the door on both sides are beautiful and healthy plants in a black cylindrical vase. 'Che Pizza,' in thin red letters, was above the double door. Admittedly, this exterior didn't catch my attention—this is the reason I had never attempted to go farther than taking a peak at this area of downtown Metuchen. I was brought here by a friend, and it was to my surprise, as I didn't expect the restaurant they were talking about to be in this area that I passed by so many times before.

However, the vibrant interior instantly contradicted its dull exterior. Walking through the doors of Che Pizza, I saw their counter, which stood in the center of the place, and the large dining area to the left and right. The counter's base was made of stone and with a white marble countertop. The left side of the countertop was decorated with displays

that revealed various pizzas behind them. On top of these displays were more food and miniature kegs with 'Che Pizza' written on them for decoration. At this counter, I examined their menu which included pizzas, calzone, stromboli, sides, appetizers, wings, soup, salad, wraps, cold subs, hot subs, burgers, panini, traditional and baked pasta, chicken, seafood, gluten-free options, desserts and drinks. Additionally, there is a kids' menu to order from. Their pizzas have three different sizes, a 12-inch personal, a 14-inch medium, and a 16-inch large; prices will vary for the different kinds of pizza and toppings. The cheapest item on their menu is the french fries appetizer for \$4.25, while the most expensive is the 50-piece hot, mild, or BBQ wings for \$50.95. After deciding, my sibling and I ordered a personal Margherita pizza for \$13.95, two cheeseburgers for \$8.95, and two sodas for \$5.31, all amounting to \$40.43.

After ordering, I had the time to admire the place again. To the right were four tall refrigerating compartments; all of the beverages stowed inside made these compartments colorful. Even further to the right was a limited amount of counter seating by the windows, allowing one to get a view of downtown Metuchen while enjoying their order. This was a rectangular and smaller seating area than the one to the left of the counter, which consisted of multiple square tables with four seats each. These tables were black polished wood while the chairs were either steel or metal with more polished wood for the actual seat. The flooring was brown wooden tiles. Each table was also stocked with napkins,

forks, spoons, and condiments. An especially impressive part was the painting on the wall of a Che Pizza restaurant. The Che Pizza in the painting was two stories high; the first story's walls were white with a door, window, umbrellas, tables with plants, and a menu. The second story was the color of peaches and had even more windows—some open and some closed. Green moss appears surrounding the windows and at the restaurant's top. This painting made the restaurant more colorful; it gave me the feeling that I was in Italy.

The first item that came to our table was the personal Margherita pizza, consisting of marinara, fresh mozzarella, and basil. Expecting a cute, mini pizza, I was taken by surprise by the large pizza that was set in front of me. Despite being a personal pizza, its size was large enough that I could easily mistake it for a medium. It was a ravishing sight—the fresh melted mozzarella lay enticingly on the cooked dough with the marinara sauce and basil which held the color of a very rich green. On any other object, these colors would not match, but on this pizza, they go uniquely together. The presentation was nothing less than exquisite. Ready for my first bite, I took a slice, feeling the warm dough right on top of my fingertips, and sank my teeth into the softness of the pizza. The sweetness of the marina sauce, the earthy flavor of the basil, and the creaminess of the mozzarella cheese combined to create a pizza true to high standards. Its crust was not thick, nor was it too thin; it was just right. It was crispy and not stretchy. Admittedly, my first bite was almost blistering, but that did not take away the taste of the ingredients. This per-



Photo by Sean Huey Melido

Margherita pizza

sonal Margherita pizza was a pleasant experience.

What took longer to arrive was the cheeseburgers. When it did, I was truly astonished by the sight. This burger was larger than I expected, like the pizza. However, this was not a bad thing at all, as I love big portions. Additionally, I was surprised to see a side of fries, as I did not remember seeing them in the description. Again, this was a good thing for a fries lover like me. To top it off, a knife was keeping the large burger together, being stabbed through vertically. I am unable to identify the type of buns, but it is not the usual burger buns at fast food and it seemed to have been toasted. This meal also included tomatoes, lettuce, and cheese. In my first bite of the burger, I tasted the saltiness of the meat, the sweetness of the tomatoes and lettuce, and the toasty buns. Within

more bites, parts of the meat seemed to be unfortunately overcooked and burnt. The buns as well were not my preference, but it was ample. The quantity of the fries was good, they were salty and when dipped in their ketchup, served their purpose. In the end, I was able to conclude this burger was adequate. What I longed for was the taste of more cheese, but it's understandable not everything could meet my desire.

Having difficulty finishing the personal Margherita pizza and cheeseburgers, I put the rest in a box to take home. Ultimately, the meals were very filling. Although the burger did not completely live up to my expectations, the pizza did. Che Pizza has beautiful scenery and friendly staff to complete the restaurant experience. If you're in downtown Metuchen, Che Pizza is a place to consider for fulfilling and tasty foods.

## Dessert Place Offers Yummy Sweet Treats

By Sean Huey Melido, Managing Editor

The popular Festival Plaza in Edison houses numerous Asian shops, restaurants, and cosmetic services that attract many people for their affordability, authenticity, and quality. Featuring big names like H Mart, Kung Fu Tea, Boom Boom Chicken, and more, the food choices greatly vary while serving as a haven for people of Asian descent and for those who want to experience Asian authenticity.

Icy Melon, located on 1729 Lincoln Highway, is a dessert place and another addition to Festival Plaza that heightens that Asian experience. Previously, the place was a Mango Mango Desserts. Right in between a bubble tea shop and another dessert place, the choices for a sweet treat are endless. With a unique menu, Icy

Melon introduces new desserts with fruitful flavors and a refreshing experience.

An instantly noticeable feature, once you enter the place, is the light fixtures that brighten up every part of the shop: Low-hanging chandeliers hang with no particular pattern but complement the seating areas, and recessed lighting lines the walls from the top and bottom. Their walls had two different textures, smooth white walls on one side and stone brick walls on the other; their flooring was brown wood tiles. From the entrance, the area to the left resembles a lounge and a space for guests to wait for an open table. The name, Icy Melon, was embedded on the wall, with a graphic art of a watermelon slice in between the two words. An intricate wood design where lines sprouted in various directions surrounded the name. The right side of Icy Melon was a seating area involving white cushioned seating, black marble tables, and miniature trees and plants that also lined the walls. A humorous addition was the figure of a golden pig that was positioned to face guests as if welcoming them.



Photo by Sean Huey Melido

Melon Sundae

Dessert cont on page 8

## 'The X-files' Lures Viewers With Suspense and Drama

By Trinity Dunn, Managing Editor

Up to being spooked and having your mind thrown for a run because of a mystery? Well, if you are or aren't one for old TV shows, the 1993 to 2018 "The X-Files" could be something that interests you. With nonstop extraterrestrial occurrences, FBI Special Agent and conspiracy theorist Fox Mulder always finds his way into something dangerous because he is determined to find out the truth.

By his side is his best friend and work partner, Dana Scully (Gillian Anderson), a realist and FBI Special Agent. We follow them throughout the show trying to prove the truth is out there, and will not give up on finding it. They are hired to investigate cases known as "X-files," cases that cannot be explained with normal reasoning. But they are caught in the crossfire once they dig too far into uncovering the truth. So much goes on in this show, and there's never a dull moment. Between alien abductions and their invasion by incorporating themselves within society, you could say Mulder never really gets to rest. Alongside always getting into dangerous situations, Mulder is serious, silly and ambitious. He isn't one to back down when things get

interesting or challenging, and he does his best to follow through. He and Scully continuously fight this ongoing battle between people and aliens in this show. When we follow them, we can also see Mulder and Scully developing their relationship. Starting out as colleagues only, it's sometimes hard to tell who fell in love first. From observation, it could be Scully.

As I mentioned, love isn't the only thing shown here, it is a dark sci-fi and drama show. With the show being 11 seasons long, there is plenty of comedy, gore and action to fulfill your heart's desires, so your attention is fully captured, and Mulder's unique personality is hard not to love.

Something to appreciate about this show is that they try to keep things PG-13 for the most part. But there is still a decent amount of violence, so it might be safer for teens 13 years old and above to watch this with or without their parents. With that being said, there is something about "The X-Files" that is unfortunate to know once you get too far into the series. Unfortunately, David Duchovny, the actor of Mulder, is not seen for a couple of seasons in the

series because of certain issues; as a result, we lose the leading actor for a while but thankfully get a replacement for a season or two before Mulder's return.

Other than that, "The X-Files" is a great watch if you are into sci-fi or supernatural genres of TV series. In general, if you have some free time and love to watch older shows, "The X-Files" should be something to consider looking into. You can never go wrong with older TV shows like this one!

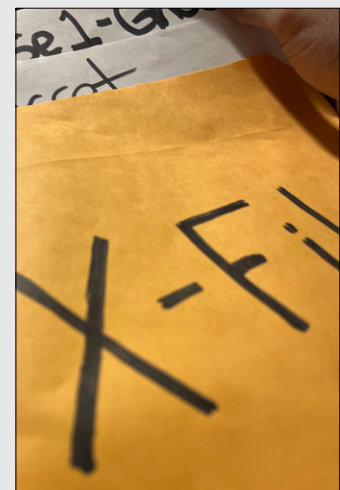


Photo by Trinity Dunn

Secret files

# Short Stories

## *The Fear of Public Speaking*

By Trinity Dunn, *Managing Editor*

I couldn't breathe. One minute I was above the surface, the next minute it felt like I fell below the dark abyss of the waters. There was a weight heavy on my chest I couldn't lift, and my heart was pounding in my ears so loud. I was struggling to hear the surrounding voices, with my thoughts being the most overbearing of them all. Today was the day when I would do my first speech of the semester.

I was up next on the speech list, and no amount of encouragement could calm my nerves. My friend kept asking me if I was okay, but the only thing I could do was give a subtle nod. I don't know what happened. I felt fine yesterday when I was rehearsing for it, now my mind is a clean slate. Everything I went over had gone out the window. Maybe I spent too much time overthinking this; the speech was only supposed to be five minutes long.

Coming out of my thoughts, I heard clapping and then silence, the cue that I was next. Picking up my laptop I sauntered over to the podium. I looked up and saw all eyes on me, and it was too much. I had to look back down. Taking a deep breath, I glanced at my outline displayed on the laptop and began the presentation.

After a minute went by, I started to feel more com-

fortable. The more I chose not to think about what I was doing, the easier it became to talk naturally, and soon enough the presentation I had stressed over was done. I held my breath for a second before the classroom erupted with applause, and I was filled with relief. Walking away from the podium I sat down knowing I did well, and that the first speech was over.



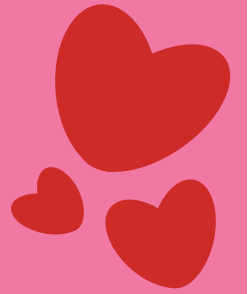
Kyrillos Girgis looking nervous to speak at a Computer Science Club meeting on Feb. 6

Photo by Kenneth Ortega

## Spotify Playlist

Here is a list of the top five songs from our Valentine's Day Spotify playlist!

1. L-O-V-E by Nat King Cole
2. What is Love by Twice
3. Break of Dawn by Michael Jackson
4. Boop by Jeff Williams, Casey Lee Williams
5. Love Is by Ingrid Michaelson, Jason Mraz



Scan the code below through your Spotify app to listen to the rest of the songs on this playlist!



## Vote for Favorite Valentine's Day Candy

What is your favorite Valentine's Day candy? Scan our QR code below to make your choice!



A daughter giving a Valentine's Day gift to her father

Photo by Trinity Dunn

# Advice Letter

By Trinity Dunn, *Managing Editor*; Marro Hawkins II, *Section Editor*



Photo by Trinity Dunn

A gamer using their Nintendo Switch

Dear Jack Colt,

I have started college this spring semester, and I'm a heavy gamer. But my major doesn't involve gaming whatsoever, and I have no clue how to balance my work or stay focused! Each time I try to focus on my homework, I end up imagining Mario characters dancing across my work, and get the urge to play my Nintendo Switch. It's like my life is slowly turning into a real-life virtual reality. How should I resolve this issue before I become one with my video games?

Best wishes,  
Student Gamer



Dear Student Gamer (great name by the way),

Congrats on making it to college! Big adult move on you! You gotta focus on getting your degree. Going on adventures with Mario and traveling through the Mushroom Kingdom is fun, but real life is much more fun, because you can hang out with people and have people help you when you need it. Being around people and friends who share similar interests as you makes life more entertaining than any video game.

I would recommend getting as involved as you possibly can while you attend your spring semester. It may feel scary to reach out and talk with people. However, the more you do and get out of your shell, the less you'll feel you're just going through the motions. Talking and interacting with people helps a student to grow, because it teaches something video games can't: people skills. Once you have friends, you won't need any video games, because your friends will help you focus and get your life going. And hey, if things are going well, you can always set up a Smash Bros. Ultimate graduation party!

Best wishes,  
Jack Colt



# 2024 Middlesex Hall of Fame Updates

By Marquis Pullins Jr., Section Editor

Middlesex College Athletic Director Rocco Constantino gave the latest update on this year's Middlesex Athletics Hall of Fame on Wednesday, Feb. 7.

Constantino said the first Hall of Fame class was in 2022, so this event is very recent.

"Middlesex has a database where former Middlesex athletic students can fill out a form regarding the eligibility of the candidate," said Constantino.

The website requires those who want to sign up for the Hall of Fame to have certain criteria for the nomination, such as having brought honor, exhibited a good reputation outside of the school and maintained a positive relationship with the school.

Constantino said the website was established by candidates with great respect throughout the school and has a good history.

"We also want the public involved in deciding who is eligible to go into the Hall of Fame, that is why we extended the link to our social media platforms to see what they think," he

said. Every two years we induct five honorees and one team into the Hall of Fame, said Constantino.

Constantino's goal is to make sure that everyone who has had some impact on Middlesex College gets their proverbial flowers in some facet, he said.

Constantino said a Hall of Fame induction ceremony was long overdue for this school.

"Unfortunately, last year, one of the inductees, former Athletic Administrator Robert Zifchak, passed away before he got inducted," said Constantino.

"Fortunately, his daughter was there to send him off right," Constantino.

The induction ceremony for the Hall of Fame happens around the fall; presently, the official date for the event is still undecided.

"I wish everyone, in any way possible, to show their support in any way possible when the ceremony gets closer," said Constantino.



Last year Hall of Fame Class of 2023

Photo Courtesy of Middlesex College

# Middlesex Women's Basketball Team Comes Up Short Against Raritan Valley Community College

By Marquis Pullins Jr., Section Editor

The Middlesex women's basketball team lost against Raritan Valley Community College on Thursday, Feb. 8 at Raritan Valley Community College.

This loss puts the Middlesex women's basketball team at a record of 15 wins and 10 losses.

The game proved the toughest test for the women's basketball team all season, as they went up against the number one team in the state, Raritan Valley.

"Focus, ladies," said Coach Michel Powell.

The team was all laughing and having a good time on the way to the game.

Once they reached the court, they were focused and knew the job that had to get done.

We had to stand on business, said guard Kezia Feaster.

In the first quarter, guard Courtney Hansen and the Colts set an expectation for the game as they concluded the quarter with a five-point lead of 18-13.

"Continue to be aggressive and

play smart," said Coach Powell.

The second quarter was a battle, as the score was tied 29-29.

Every possession mattered in that second quarter.

If Raritan made a 3-pointer, then Middlesex would respond with a 3-pointer of their own.

In the third quarter, there was the same level of vigor as in the first and second quarters.

Middlesex was taking advantage of the foul calls that were given and that is what kept them in the game in the third quarter.

"Hey, anything to win," said forward Jalena Santiago.

At the end of the third quarter, the score was 47-49; Raritan was up by two points.

The fourth quarter is when the game started to come apart for Middlesex.

In the fourth quarter, Middlesex scored 10 points.

While Middlesex was trying to catch their stride, Raritan started to make shots.

This led to Raritan pulling away at

the lead, to make the final score 57-70.

This was a winnable game, said

Coach Powell.

In the loss, the women's basketball team made a statement that this

team could battle with the best New Jersey colleges have to offer.



(On the right) Courtney Hansen with the ball

Photo by Thomas Brady of Raritan Valley

## Scheduled Games

|                        |               |  |
|------------------------|---------------|--|
| <b>Feb. 14</b><br>WED. | <b>6 p.m.</b> | Men's Volleyball<br>@<br>Atlantic Cape Community College   |
| <b>15</b><br>THU.      | <b>5 p.m.</b> | Women's Basketball<br>@<br>Orange County Community College |
|                        | <b>7 p.m.</b> | Men's Basketball<br>@<br>Raritan Valley Community College  |



(On the left) Courtney Hansen on defense

Photo by Thomas Brady of Raritan Valley

# Attend the Quo Vadis STUDENT NEWSPAPER

## General Virtual Meeting every Friday at 2 p.m.

QV is hosting fun, campus-wide meeting **for students, administrators, faculty and staff** to learn about how we can best serve our readership!

Come and have a great time with us!

**We want to learn more about  
what you want to read!**

<https://rb.gy/4rcflq>

### Dessert *cont* from page 5

The setting differed from the other places, presenting a more elegant and high-class feel.

The center of the room was another seating area that only fit two tables with two seats each—this was the area where I sat down with a friend. From their large quantity of menus, I grabbed one and browsed their many choices, which included mini descriptions and photos. Their food choices include Fruit Icy Bowls, Signature Waffle, Sweet Sticky Rice, Sundae, Crepe Cake, Hot Dessert, Melon Bowl Granita, The Granita, Signature Crepe, and Dorayaki, ranging from \$4.95 to \$16.95. Their drink choices include Milk Tea, Smoothie, and Hot Tea, ranging from \$4.95 to \$7.25. Additionally, their toppings include sago, lychee jelly, herbal jelly, basil seed, and jelly for 75 cents; meanwhile, boba, red bean, black rice, rice balls, and popping jelly

are \$1. Their menu even includes handcrafted fruit jelly for \$6.45. After a while of browsing the choices, I went with the Mango Crepe Cake for \$8.25 as a safe choice; I didn't want to try something out of my taste and end up disappointed or unsatisfied. Meanwhile, my friend got a Melon Sundae for \$7.45. A crepe cake was something I'd never heard or tried before. Nonetheless, I enjoyed crepes, cakes, and especially the succulent taste of fresh mangoes for as long as I was alive, so it was a selection I looked forward to.

Time spent waiting for our desserts quickly passed by as my friend and I filled it with idle chat. Eventually, the desserts that we eyed on the menu would be brought and put down on the table right in front of us. To my surprise, the dessert almost perfectly replicated the image on the menu, looking almost unreal.

The vibrant colors, large size, and detail in the presentation enticed me. First things first was to swipe my phone screen, quickly opening up the camera app. Taking a dozen photos to keep in your camera roll and show friends and family was the norm. A camera couldn't justify the desserts' beauty, but it was still fun. Despite its name, the Mango Crepe Cake wasn't an entire cake, but only a slice. Although, this was perfectly fine considering the size and price. The dessert's color palette consisted of various hues of orange, yellow, and in between. It was a thick and moist crepe cake, decorated with mango syrup, flour, slices of cut mango, and a sweet cream on the side. Altogether, it was a beautifully well-presented dessert. With my utensil, I removed a piece of the cake and put it inside my mouth. The soft texture of the crepe, its pancake taste, and its mango flavor took its time dancing on my taste buds while I chewed with curiosity. With a couple of bites in, enough

time has passed to declare this dessert was the perfect and delectable sweet treat I assumed it would be. Halfway through the cake, I took the square mango slices that sat beside the cake and dipped them in the sweet cream, then put them inside my mouth, tenderly. Fresh mango never disappoints, and that was exactly what it tasted like. Its cold feel and juicy flavor, combined with the creamy sweet substance, melted flawlessly in my mouth.

I was able to taste the Melon Sundae as well, thanks to my friend. Like its name, this dessert consists mainly of two huge scoops of melon-flavored ice cream in a mint green color, almost resembling honeydew. The ice cream was drizzled with green syrup while various fruits filled the corners and finally, it was topped off with two pieces of rolled wafers. Once the ice cream entered my mouth, it was instantly met with a refreshing feel but also a very sweet flavor. Before trying this sundae, I

was hesitant—I expected the melon flavor to be too strong and not my preference. To my second surprise, it wasn't like that. The flavor was not powerful and even just right, the sweetness that accompanied every bite of the ice cream made it fulfilling. Although, I could not be greedy and ask any more than what my good friend had offered. Nonetheless, I was left satisfied. Toward the end, it became difficult to finish our dessert, but with time, we were able to. These desserts ended up being filling and the perfect sweet treats.

Meeting my expectations, Icy Melon is a dessert place that serves quality sweet treats. Although the food can lean on the expensive side, I believe it is justifiable with the flavor, class and presentation that goes alongside it. Like other places in Festival Plaza, Icy Melon is another addition that does not disappoint and leaves a great taste in your mouth.