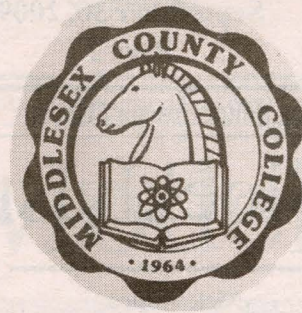


Quo Vadis MIDDLESEX County College



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September 30, 2009

MCC Student Lands Spot On TV Show

Joseph Lisnow
C&C Editor

Walking around the Middlesex County College campus is the latest contestant on "Who Wants to Be a Millionaire." Mark Mindlin, 23 of New Brunswick, recently appeared on the popular game show on ABC hosted by Meredith Vieira walking away with \$7,500.

On the Sept. 14 show Mindlin made it to the \$5,000 question before the show ended. The following day he returned before deciding to leave after answering the \$7,500 question correctly.

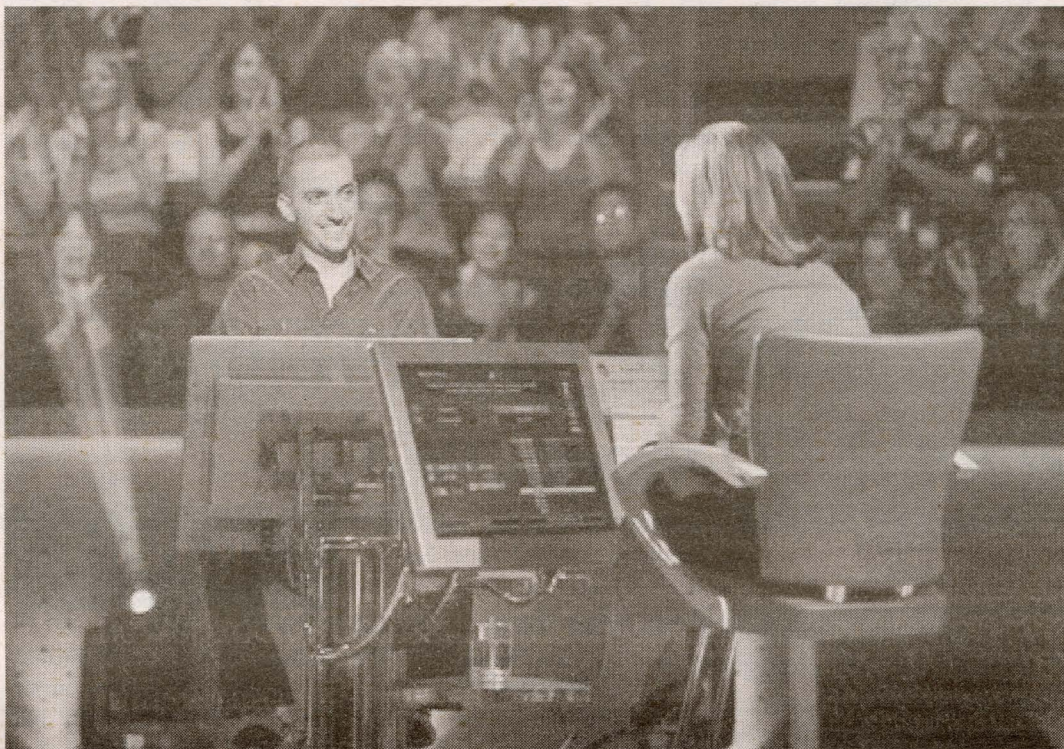
The 2004 graduate of Edison High School and business major at MCC took part in the game show that involves the contestant answering a series of questions. As each question is answered correctly, the contestant moves on to a tougher question with more money on the line for each question, with the ultimate cash prize being

one million dollars. Ask the audience, phone a friend, and double-dip are the three basic lifelines that can be used to help a contest out while playing. Ask the expert is available after reaching the \$5,000 question.

Mindlin's three people for phone a friend were his brother Gregory Mindlin, his best friend Andrei Bulatov from Edison, and his future sister-in-law Amber Elledge of South Amboy.

On the episode with Mindlin a new accumulation format was introduced which allows contestants to reach higher money level questions faster as the dollar values increase faster for the first eight questions.

Mindlin used his first lifeline, ask the audience, to get help with his \$1,000 question from "The Bible" category. The question was "In the Bible Cain says, Am I my brother's keeper after being asked about the whereabouts of whom?" The choices were: A: Noah, B: Abel C: Moses D: Abraham. 98 per-



Photography by: ABC

Mark Mindlin in the hot seat on ABC's hit game show Who Wants to Be a Millionaire on Sept. 14.

cent of the audience helped Mindlin choose the correct answer Abel.

Mindlin said that if he won he had a lot of plans for the money. They included paying

off his school debt, saving for up for a house, and taking a vacation.

PHOTO OF THE WEEK!



The Winner's Circle in College Center

Student Activities Hosts Hispanic Heritage Celebration

Jamie M. Perez
Staff Writer

Starting Thursday, Sept. 24 the Student Activity Department is sponsoring a Hispanic Heritage and Culture Celebration. Dancing and entertaining the crowd, Latin dancers will present a rhythm moving routine in the cafeteria C of the College Center. The event is free beginning at 11 a.m. The series of activities are free to all public, including films in the College Center from 11 a.m. till 2 p.m. in the afternoon.

The first film is Pan's Labyrinth on Oct. 6 and Fools Rush In on Oct. 7. A bus will leave from West Hall at 5 p.m. on Oct. 8 to a theatrical trip where the famous West Side

Story will be performed; tickets are \$15 for students and will be on sale starting Sept. 15 at 9:30a.m. For faculty, staff and alumni tickets are \$20 and go on sale Sept. 29 at 9:30a.m. The tickets will be distributed on a first come first served system.

These proceedings are open to anyone who would like

to participate and contribute some time to the inner and outer community. Inside and outside of school, MCC is keeping up with educational and entertaining events that can satisfy not only those with a passion for Performing Arts, but an opportunity to visualize different cultures and careers.

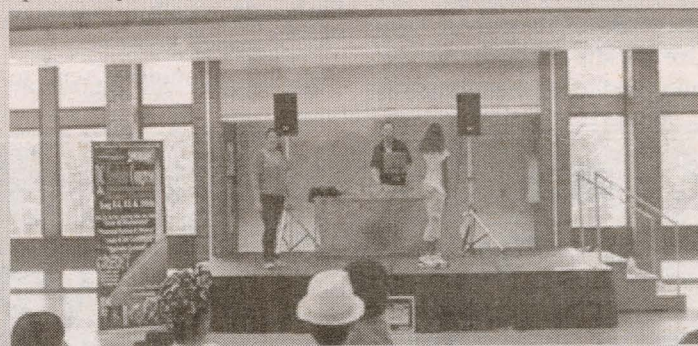
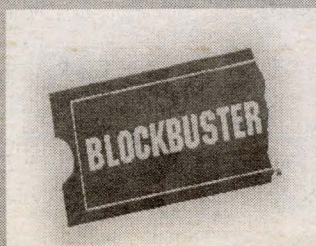


Photo by: Eddie Ortiz

MCC students on stage during the Hispanic Heritage and Culture Celebration

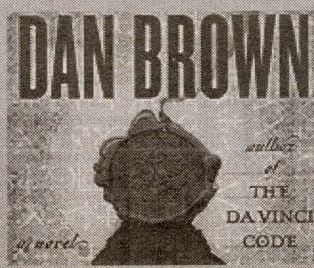
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Blockbuster Set to Roll out its Own Movie Kiosk

Nick Mojica
Staff Writer

With hundreds of their stores being closed down, Blockbuster is preparing to roll out thousands of their "Blockbuster Express" kiosks across the nation. These movie rental kiosks are essentially vending machines for DVDs and Blu-ray Discs. For just \$1 a night, you can get movies from these machines and return them the next day. Blockbuster is planning to have about 2,500 kiosks up by

this year. By the middle of next year, Blockbuster plans on having upward of 10,000 "Express" locations. As of right now, there is not much difference between Blockbuster Express and its competitor, Redbox, besides location. There are a lot more Redboxes than Blockbuster Expresses. Almost every 7-Eleven has a Redbox in front of it, and there are many others in more locations. It has yet to be seen how good the Blockbuster Ex-

press will be, but one major difference between the Express and Redbox will be; new movie releases. Redbox is committed to having DVDs released the same day they release in stores, while Blockbuster has stated they are "fine with certain movie studios holding back their latest discs from kiosks until a month after their retail release dates." After all, they still have many walk-in stores open.

Muscle Maker Grill Promotes Healthy, Delicious Food

Philip Le
Staff Writer

After doing grocery shopping at the nearby Pathmark on Route 1 South, I always see on my right peripheral this medium-sized sign in bright red saying "The Muscle Maker Grill." Directly under the egg shaped sign is their motto, which reads, "Great Food with Your Health In Mind." I figured it would be a great idea to have a restaurant that seems to be health conscious, so my curiosity made me take a look inside. Once entering, the environment seems like a relaxed casual restaurant vibe. They have nice to-go menus once you walk in, and everything on the menu is up on the menu boards where you place your orders. The menu is quite large, consisting of, but not limited to, salads, pasta, wraps, burgers, chicken entrees, and turkey sandwiches. The categories of their foods also give a health conscious and exciting feel to the menu, such as

Warm ups, Fit Salads, Low Carb Solutions, Grilled Super Sandwiches and Burgers, Power Pasta, and Guiltless Entrees.

I decided to go with something from the Power Pasta category and choose the "Cajun Chicken and Penne." I was surprised how quickly it was brought to my table. The dish looked great, with plentiful penne and chunks of Cajun chicken, which had both Red Wine and Brown sauce over it.

And though it looked good and tasted really good, eventually, I felt it was a bit salty. But at the price of \$9.25, it was worth it. The dish does not look like much when you first see it, but when you move around the penne, you realize that its more plentiful than you would think. Overall, I'd say this is a great place for college kids who would still want a splendid meal at a decent price, and still be able to eat healthy. As we all know, eating healthy usually means more "\$\$." I myself know very well that college students tend to

Review

buy what's cheap and can fill them up. Many do not take their health into consideration because they feel that simply their youth will burn off what they ate. That is most certainly not the case. These are the years where our metabolism slows down and where we need to think about what were eating, and make some healthy choices.

What bothered me a bit about the Muscle Maker Grill is the fact that they claim to be "Health Conscious" but actually don't have a nutritional fact sheet. I feel that if they are able to claim such a persona, they need the nutritional facts to prove it. Sure the food tastes good, the vegetables are fresh, and the chicken entrees are made with all white meat, but if an eatery is "conscious" about how people eat, the people should also know for a fact; that what they're consuming is good for their health.

POLICE BLOTTER

On Sept. 16 at 5:05 p.m. a suspicious person was reported at the College Center and Performing Arts Center. An individual was approached by a male in his late 20's; approximately 5'8" tall enticed the victim into a strange conversation and ultimately tried to convince her to go with him to his vehicle. The victim did not feel threatened but did request a report be filed.

On Sept. 15 at 8:18 a.m. disorderly conduct was reported on College Drive East and Parkside Drive. A motorist failed to comply with a police officer's instructions while the officer was directing traffic. The motorist subsequently ran over the officer's foot with their vehicle. Motor vehicle summonses were issued to the driver. The officer was treated for his injuries and released.

On Sept. 15 at 9:22 a.m. careless driving was reported in parking lot 2. A motorist was observed talking on their cellular phone without a hands free device while driving through the lot. The police officer who observed the violation attempted to speak with the driver who became belligerent. After failing to follow the officer's directives and driving away in an erratic manner, the driver was issued motor vehicle summonses.

On Sept. 15 at 12:32 p.m. a motor vehicle accident was reported on College Drive East. Vehicle two struck vehicle one as it was attempting to make a left turn onto College Drive East. Both vehicles sustained damage. Driver of vehicle one complained of neck and shoulder injuries. EMS was called to the scene.

On Sept. 15 at 12:45 p.m. a motor vehicle accident was reported at Thomas Edison Park. Vehicle two sideswiped vehicle one as the driver pulled into the parking space. No injuries were reported.

On Sept. 14 at 1:47 p.m. a motor vehicle accident was reported in parking lot 6A. Vehicle one was traveling east in lot 6A when it was struck by vehicle two. Vehicle one sustained substantial damage to the door and rear quarter panel. Vehicle two sustained front bumper damage. No injuries were reported.

On Sept. 14 at 2:40 p.m. a lost student I.D. card was reported at an unspecified location. A student reported losing his college I.D. card after being in the bookstore. The student was advised that he would be notified should the card turn up and that he needed to go to Student Activities and have another I.D. card issued.

On Sept. 11 at 12:48 p.m. a theft was reported at the Blue Colt Bookstore. An individual reported that she left a textbook with other items on the floor of the Bookstore where students are instructed to leave their backpacks while shopping. When she attempted to retrieve her items, the book was no longer there. There are no known suspects or witnesses at this time.

On Sept. 10 at 10:45 p.m. a motor vehicle accident was reported on College Drive East. Vehicle one was traveling west on College Drive East when it slowed to look for a parking space in lot 4. Vehicle two rear ended vehicle one causing substantial damage to vehicle two. No injuries were reported.

On Sept. 10 at 12:18 p.m. a motor vehicle accident was reported in parking lot four. Vehicle one was struck by Vehicle two while attempting to make a right hand turn into lot 4. Vehicle one sustained major damage to the driver's side rear door and corner panel, vehicle two sustained damage to the passenger side corner front bumper. No injuries were reported.

UPCOMING ISSUES OF QUO VADIS

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Leader, Mother and Role Model

Jamie M. Perez
Staff Writer

Middlesex County College (MCC) holds an astounding Latin leader, Mirtha I. Reyes, who has and will continue to contribute a helping hand to the Hispanic Heritage Celebration. Reyes is a departmental assistant for Computer Science & Information Technology. After graduating from MCC with an associate degree in business administration, Reyes worked with career and counseling services for eight years at MCC. However, in February 2008 she became the assistant for the department of computer science. As an example to younger Latinos, Reyes enjoys working with all kinds of religions. She is always willing to help out. She said her goal is to productively have a walking smile in and out of her office all the time.

She believes she is a

Latin influence, role model, and mother to students who believe there is not room to succeed for Hispanics. "It doesn't matter how long it takes, the goal is to accomplish it," Reyes said. Reyes was born and raised in the Dominican Republic, "[I'm] Very proud of my culture," Reyes said. She is also attending many of the events that Student Activities is sponsoring. In fact, she facilitated the Hispanic American club for three years. The Hispanic Heritage Celebration is an annual event, and every year Reyes is invited and welcomed to convey her enthusiastic motivation to others.

Proud of her family, students, and school, Reyes continues her studies at Kean University. You can find her on the cover of the 2007-08 college "Pathfinder" and reach her in Room 201 at the Johnson Learning Center, at MCC, always available to assist students and staff. Reyes said she enjoys her job.



Photo by: Jamie Perez

You can find Reyes in Johnson Learning Center room 201, always willing to assist students.

Director of Play and Professor of Direction

Eddie Ortiz
A & F Editor

Like all professors, Martin Kushner takes control of the minds of his students and basically "runs the show." Then again, Kushner is different in that - he literally runs the show.

See, Professor Martin Kushner is a fourth year adjunct professor in English and Performing Arts, as well as a tutor in Project Connections. That is his commitment to Middlesex County College; however, his other commitments (past and present) led him to the world of performing arts.

Kushner was born in Salem, MA and came to Avenel, NJ when he was 5 years old. He attended Woodbridge High School, and later the University of Pennsylvania. Kushner then went on to Yale school of drama for a master's in directing and MFA (Master of Fine Arts) in directing. After his master's, he worked in Stratford, CT in the Shakespeare Festival. Kushner taught film and Popular Culture at Mercer County College and is currently coordinator for an educational video conferencing network with twelve public high schools in Mercer County.

Kushner began to really embrace the performing arts world growing up where theatre always seemed to surround his life. "Growing up in a small town in New Jersey and being an only child, I occasionally went to the movies a lot," he said. "I used to take the bus

three times a week from Avenel

to Perth Amboy where they had five theatres. I think at least three played double features all the time. I finally saw my first Broadway [production] at about ten. In the comedy, I saw the main character had 'shot' a television. I saw the smoke in the air, I heard the loud bang, and it was funny. Theatre appealed to my imagination and I think sometimes I could imagine myself doing a movie."

Kushner is director of a Slovenian produced play called "The Corridor." The play is about reality television and its effect on the people associated with it.

"The play is really questioning what message these shows are sending for the people that watch them and participate in them," he said. "The issues are privacy, embarrassment, exhibitionism, and humiliation. This play takes a certain point of view and in this play you will wonder who is winning if the stack is decked, and if the winner is already chosen."

As dedicated to making his production work and



Photo by: Eddie Ortiz

Professor Martin Kushner

entertaining the performing arts world, Kushner does not let that take away from his dedication to the students of MCC.

"After finishing drama school, I enjoyed teaching. I didn't teach to make a living, I really enjoyed it. The thing that motivates me as a teacher as much as possible is to bring as much of the world into my classroom as I can. I think in part that college is about coming in contact with a bigger, wider world in your community and high schools. It is also a challenge to a teacher to help students open themselves up to new experiences and new cultures, and all of the best that humans can do. Create!"

An opportunity for a career, begins here

Ruth Lapidow

Eddie Ortiz
A & F Editor

All students have that one common goal here at Middlesex County College, to earn an opportunity for a career. Students look for paths and guidance to obtain that career they want and Ruth Lapidow is one of the anchors for that.

Lapidow is the Coordinator for Career and Job Placement Services/Career Training. In short, "coming in and going out," said Lapidow.

"I deal with a lot of student issues. Students come in for training on interview skills, resumes, meeting with employers, and helping them get back to work. I also work with Tracey [Montani] on the non-credit and certificate programs," Lapidow said.

Lapidow has worked at MCC for past twenty-four years for MCC.

"I was here before some of the buildings," she said.

She has helped in Edison and at the New Brunswick Center for five years and Perth Amboy for one year in career development. A dedicated worker to the students of this school for so many years, she has helped plenty.

"What we are doing is

helping the unemployed and we feel it is a service. The career services have been here for about 30 to 35 years. I enjoy students and seeing them come in and how successful they [leave]. I like to see them more comfortable with what they are doing and successfully complete it."

Lapidow comes from Hillsborough, NJ, and grew up in Roselle, NJ. She attended Springfield College in Massachusetts and received a master's degree in NJCU in special education. She is a former GED and high school equivalency teacher in Bound brook, NJ for military and army students with no diploma. Ruth Lapidow is also accompanied in the faculty by her husband who teaches Physical and Environmental Science. Lapidow's son also attended MCC and graduated from Rutgers to pilot helicopters for the army.

Lapidow had these words of encouragement for the students trying to get back on track and achieve the common goal, "It's not easy to come back to school, it's tough, but hopefully in the end it's all going to work out. You can't progress without education."



Review: Dan Brown's 'The Lost Symbol'

Nicholis Mojica
Staff Writer

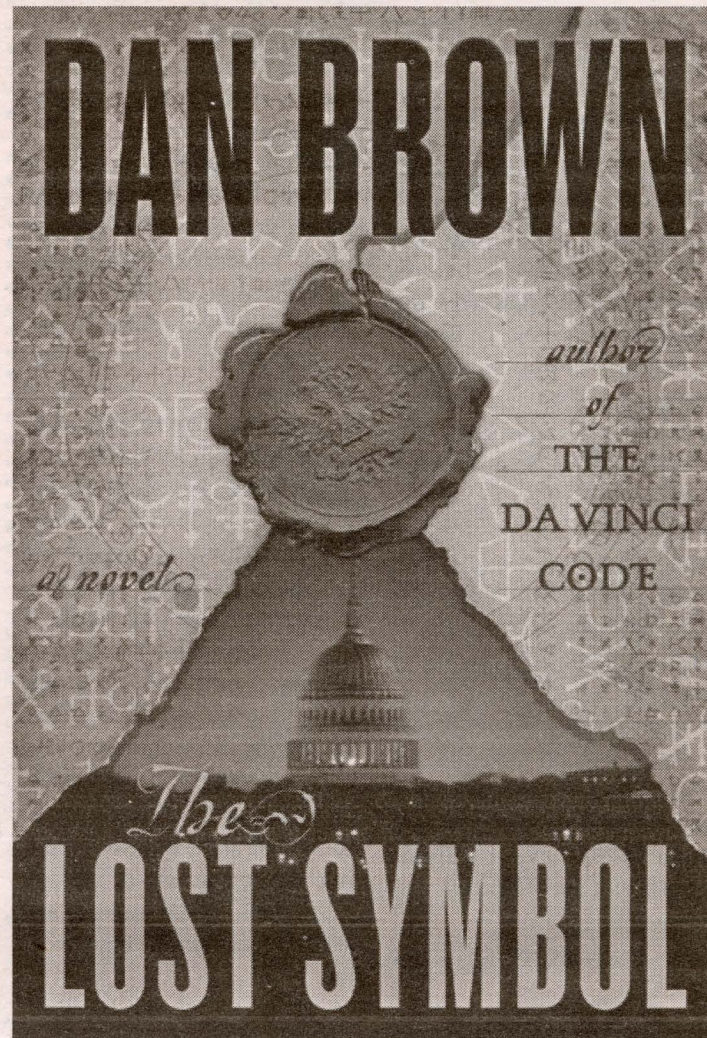
A new age is dawning in Dan Brown's latest novel, *The Lost Symbol*. This is Brown's fifth novel to date, and his third featuring world-renowned symbologist, Robert Langdon. As its two prequel installments have done in the past, *Angels & Demons* and, more notably, *The DaVinci Code*, *Symbol* is sure to bring with it a cavalcade of ridicule and opposition, much of which will probably be directed from Catholic Church. However, when you put the controversy this book is sure to inspire aside, what you are left with is a 509 page thriller that is sure to make you take second look at the architecture and artwork strewn across Washing-

ton, D.C. From the painting the lines the interior of the Capitol Building's rotunda to its surrounding monuments, Brown's novel makes assertions that are unnerving, fascinating and meticulously woven into American history.

The main character, Professor Robert Langdon, is summoned to Washington early in the novel to be a guest speaker at a high profile social event inside the Capitol Building. He arrives in Washington, prepared to give a speech on the Masonic history of the United States of America only to realize that no one knows what event he's referring to...until his phone rings. One ominous phone call and mysterious icon later, Langdon finds himself immersed in a millennia-old race to

recover mankind's greatest loss.

As per usual with Brown's novels, boundaries are crossed and bold declarations are made and a slew of other hot-button issues run rampant throughout. However, while reading one must remember that this book is a novel, in other words, a work of fiction, and should be regarded as such. Authors create stories on how they perceive things to be and bridge various mysterious events in ways that, in terms of the plot, make sense, but are not necessarily based in fact. Overall, Dan Brown has penned an intense, wonderfully crafted novel, and if you enjoy having your jaw dropped, then this book is definitely for you. Enjoy.



Review: Kid Cudi's

Tatiana Smith
Managing Editor

"Day 'n' Nite" has been played way too many times this summer then anyone could stand. Thank god Kid Cudi has a new album out to get us through the next semester.

His first album, "Man on The Moon: The End of Day", gives you a deep look into the type of person he is, how hard he had it growing up after the loss of his father, and just why every other guy is biting his style. He's becoming a star, but is just as bitter and sad like everyone else that his shine won't blind us.

It's only been a little over a year since Cudi blew up,

but still, 'Man on The Moon' was so greatly anticipated that once his album leaked a few weeks before it went on sale, fans still flooded Twitter with comments of how they were still going to buy the album after downloading it illegally, and they should.

The CD is broken up into acts. Tracks one through three comprises "Act One: The End of Day". In this section songs like "Soundtrack to My Life" go into detail of how alone he felt after his father's death from cancer and what he did to cope. Cudi remarks that "they all didn't see the sadness in me...Scotty", continuing to bring home how he hid his pain."Act Two: Rise of the Night Terrors" uses tracks four through six to express the sub-

title. Missing his father, not fitting in at school, but wanted to still be his own person seems to be a scary time for the Kid. "My World" gives you that nightmare feel. Don't listen to this in the dark. Eerie electric piano tunes play the background for quotable

'Man on The Moon'

lines. Remarking that he "was too artsy known to be a clown" shows his distance issues but self-awareness of his talent.

"Act Three: Taking a Trip" is on a whole different level. "Day N Nite," "Sky Might Fall" produced by Kanye West & co-produced by Kid Cudi himself, and "Enter Galactic" makes up this journey. You do feel like you're on a trip, a drug induced pill-popping trip. Cudi is conscious of his gift in music and his connection to it. In "Sky Might Fall" he notes "awesome sounds so profound within, (beat drops) It'll grip you...you can see it, If you hear you can feel it too."

With only two Acts left, Kid Cudi brings out the big guns. Guest appearances one might have dreamed about come true. Kanye West comes back around not only to produce song twelve "Make Her Say" but to drop a few lines with Common as well. Common also acts as narrator between songs adding a bit more to the experience of the CD. Despite being sick of Lady Gaga, sampling from her hit "Poker Face" seems to fit with the quick-witted sexually charged lines of "Make Her Say."

The emergence of other fan favorites such as MGMT and RATATAT just makes for an even better end to the CD. Together, they grace the "Pursuit of Happiness." Still a part of the "Act Four: Stuck" drama, psychedelic MGMT keeps it interesting but it's still

kind of crazy since RATATAT is in the mix. The title, "Pursuit of Happiness" is in the present tense so it is up to Cudi to relay real time feeling. He means it when he sings "if I fall, if I die, know I lived it to the fullest" cause he still feels that way as you read this review.

Sometimes endings can be a good thing. "Act 5: A New Beginning" is an example of tak-

ing you to a place where old school beats can work with new school cool acoustic guitar strums. Kid Cudi leaves you with two songs that complete the feel of the CD but leave the door open for future projects you want to pick up as well. If you don't have this CD something is wrong with you. Yes this is blunt, but it's the truth.

CD RELEASES

Backstreet Boys - This Is Us

Lake - Let's Build A Roof

Cheap Girs - My Roaring 20's

Lights - The Listening

The Clientele - Bonfires On The Heath

Music Go Music - Expressions

Everclear - In A Different Light

Mr. Hudson - Straight No Chaser

The Gossip - Music For Men

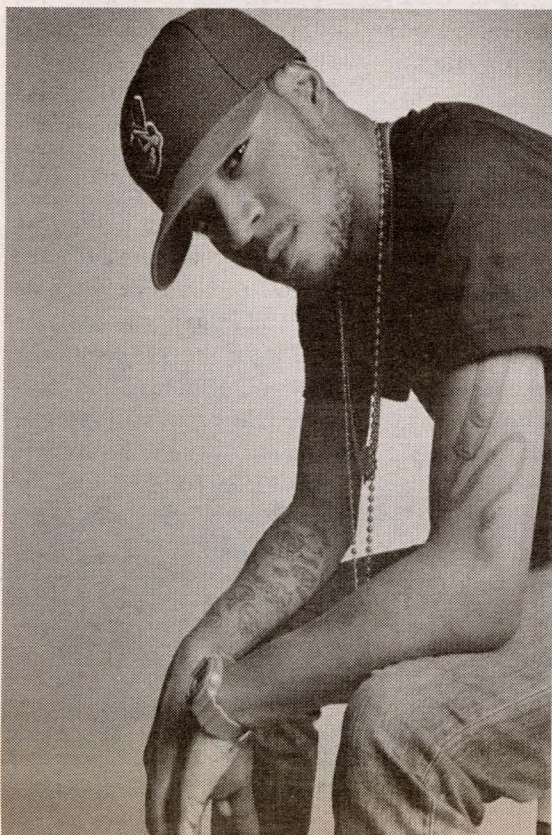
No Age - Losing Feeling EP

Headlights - Wildlife

Joe Perry - Have Guitar, Will Travel

Horse The Band - Desperate Living

Switchfoot - Hello Hurricane



College: A Con?

Nicholis Bills
Staff Writer

In today's day and age, not having a college education is unheard of. You need to have the pretty piece of paper to get a good paying job - that's what everyone in business says. Although that is not completely true, the odds are against you in finding the cure for cancer, making that million dollar invention, or becoming the next American Idol. Here we all are, in college spending all sorts of money striving to get through it for the ideal job that society has told us is out there, but how true is that? Why must we spend a fortune to make our

"fortune?" Because society has cornered us into it.

In the distant past, a high school education was amazing to have. Most jobs were founded by hard work and experience in the field. Years went by, and the majority of employers wanted those with a high school education as standard. College was more of an extra, or only for certain fields. I remember commercials on TV stressing to not drop out of high school, the diploma will get you a good job. But when I was almost finished with high school, all I heard was, "If you don't have a college education, you won't get anywhere in life." Feeling cornered, I decided to go for a two-year degree. The expenses for it have been horri-

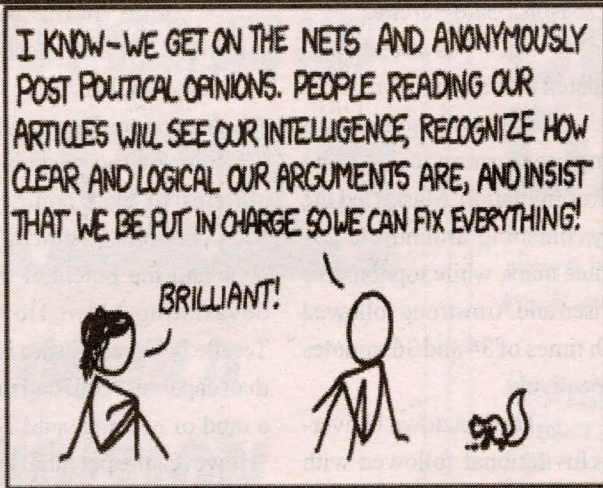
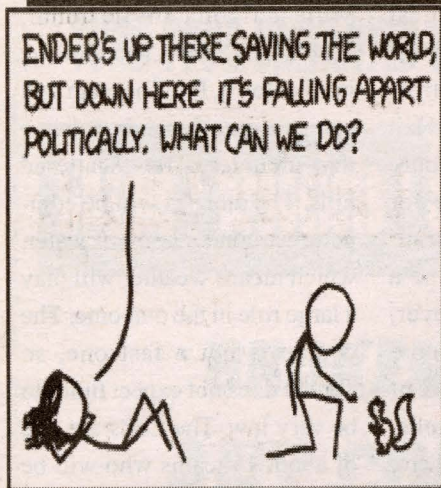
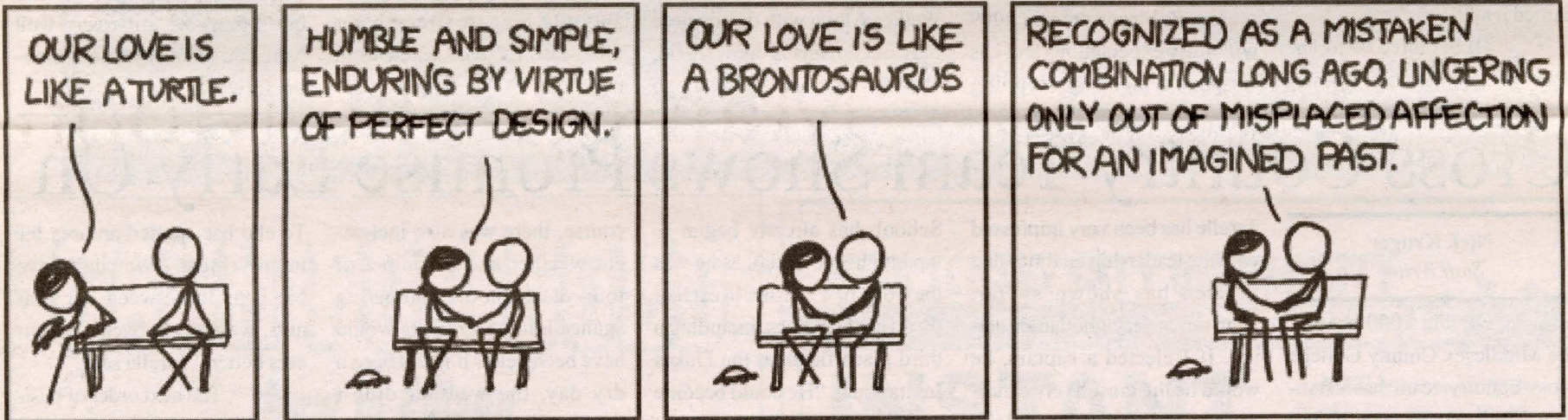
bly extravagant, but I'm nearing completion of it. Of course, when I was half-way done, I am told it is all about the bachelor's degree. So guess what I will be doing after I get my associate's degree?

Why am I doing this?

In the news, jobs are being lost, the "ideal job" once promised is not guaranteed, yet I am spending more money than I ever made in my life on college to get it. Sure, the loans are a lot cheaper than your standard loan; some people are able to get grants and other free aid that they do not have to pay back, but many of us are getting screwed with all these costs. Keep in mind it is not just the general college costs of classes, enrollment, or books, but in-

clude the money you spend on travel, any food you might end up buying while at college, or dorm costs for those living in them. And not everything goes to plan; you might realize the teacher for that one needed class does not know what they are talking about, or a tragedy occurs and your grades start to suffer, so you withdraw. You are not getting that money back though, because it is the middle of the semester and the refund period for withdrawal has ended. You can take the classes next semester, but the money already has been wasted. Say this happens when on a scholarship or grant and your grade or GPA has fallen below the requirement for it. Crap! Now you have to pay.

By the time any of us graduate, we will already be in debt, and if our dream job is not available at the time, we will likely be working in jobs that were already open to us with a high school diploma while we wait for the job we have been majoring for in the last four years. The debt required behind college is unfortunately necessary though, so society has dictated. What can we do but just take it? Work on our singing and hope American Idol will feature us? Maybe the cure for cancer is in our back yard. Or perhaps we can make a product like ShamWow or the Slanket. Good luck in that- let us just look forward to our debt when we graduate.



Quo Vadis Editorial Policy

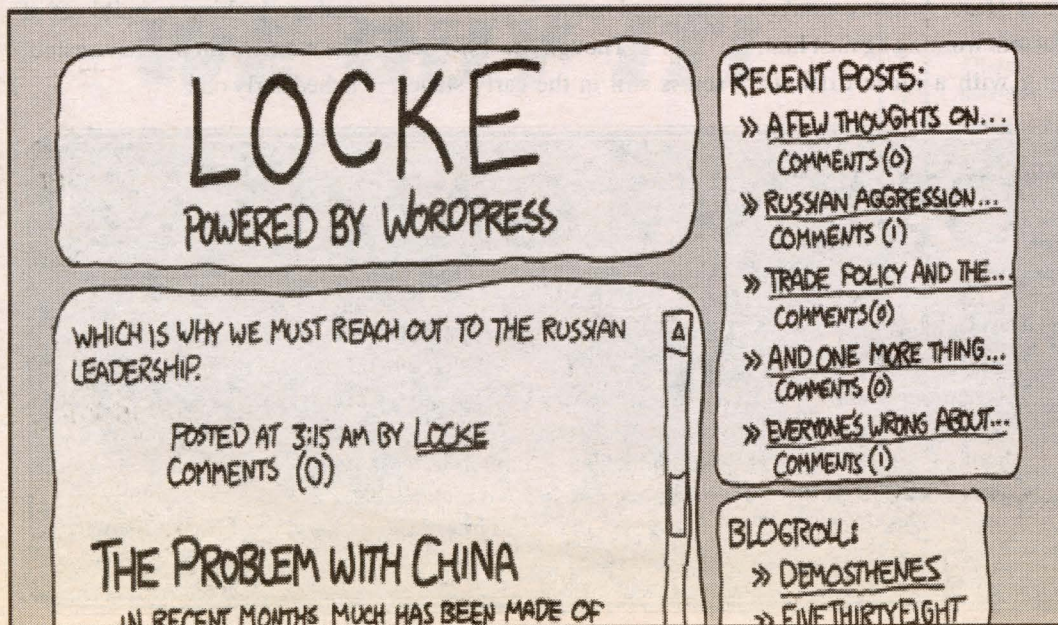
1. *Quo Vadis* is published 15 times a semester by the students of Middlesex County College (MCC).
2. Letters, articles, and photographs that are submitted become the property of *Quo Vadis*.
3. All letters and articles must be sent to quovadis_newspaper@hotmail.com. Submissions must include a complete name, signature and telephone number.
4. We encourage articles from students not associated with *Quo Vadis*.
5. The Editorial Board reserves the right to reject or edit any

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Women's Soccer Team Un-Scored Upon in 3-0 Start

Matthew Kardos
Sports Editor

Three games into this young season, the Middlesex County College women's soccer team has begun the campaign with an impressive 3-0 record, and have appeared nothing short of dominant in each contest. The Colts have outscored their opponents 16-0 thus far and the stellar team defense can be attributed to the Colts superb start, Head Coach Ted Fiorentino recognizes it to be the strongest asset of his squad early on.

"After three games, defense is definitely our strength right now," said Fiorentino. "We haven't allowed a goal in three starts, and they are just going out and playing smart and aggressive soccer right now, it's a better start than I was expecting but the girls have played hard and they have earned it all."

Of the three victories, none was any bigger or more im-

pressive than the win pulled out over conference rival, Brookdale. The 1-0 victory on Sept. 17 sent a message to the entire GSAC that they are going to be a force to be reckoned with in 2009.

"Brookdale is generally a good team," said Fiorentino. "Beating them shows that we can be competitive in with the stronger teams in our conference and it was certainly good to get our first GSAC win this early in the season."

Second year goalie Laura Robinson has been arguably the best goal keeper in Region 19 early on. After turning heads with her gritty play last season, Robinson entered 2009 with lofty expectations and has surpassed them by stopping

every shot that has entered her path.

"Laura did an outstanding job for us last year," Fiorentino said. "I expect much



of the same to continue as this season moves forward."

Midfield play has been the catalyst of the stifling defense. The anchor of the defense has been Captain Lindsay Walker. Along with the inspired play of captains Ashley Kuzio, Natasha Jaikaran and Kaliegh

Daluca, they have provided the vital element of leadership to the younger players while maintaining a defensive prowess that has proved to be the teams' foundation for success.

"A lot of our success will depend on how those players can control the tempo," said Fiorentino. "Together the three of them should turn out to be a very strong midfield as the season goes on."

Championships are not typically attained on the play of one sole player; it takes a concerted team effort from top to bottom to achieve the ultimate prize. With that said, depth and quality play from the bench

is always a make or break element on every team. If you have it, you're going to go far, if you don't, than you're going to burn out in the long run. Luckily for the Colts though, depth is probably the biggest strength for this season's team aside from the ability of the defense.

"Nicole Kizlinski

, Kellie Groves and Alexa Kane are all second year players who are going to be strong coming off the bench for us this season," Fiorentino said. "With the depth we have on this team, I am sure all three of them will get several starting assignments this year."

With three of the next five contests on the schedule against conference foes, the Colts cannot afford to become complacent and satisfied with their early taste of victory. The schedule is too grueling for comfort to set in, and at this stage, the team could be headed for a top seed in the playoffs as long as they maintain their defensive intensity.

"At this point there are no serious glaring problems that we have to fix," Fiorentino said. "We have some small mistakes that we have to work on, but nothing major right now stands out. I think we are a very well balanced team right now moving forward."

Cross Country Team Shows Promise Early On

Nick Kruger
Staff Writer

For the 2009 season, the Middlesex County College cross country team has established momentum even before the season has commenced. The athletes prepared individually during the summer, without the guidance of their head coach, Robert Terelle, until late in the summer. "They had races amongst themselves over the summer, but they didn't run with me until the last week of August," said Terelle.

The 2009 Colts team is highlighted by the return of top performers Mark Parisen and Darnell Armstrong, each of whom have recorded times within the 34-minute range in the first two meets of the season.

Terelle has been very impressed with the leadership qualities that Parisen has shown so far. "Parisen is very good at directing. If I elected a captain, he would be the most likely candidate," said Terelle. "He is also a member of the NJ STARS program here so you know he is a quality student as well." Nicole White, Ashley Klimek, Adora Ekeochoa, and Aranda Ekeochoa also return to propel the women's team.

The Colts also have a number of impressive freshmen that will play key roles this season. Tom Masko and Sean Kelly lead the men's team while Afshan Ahmed, Lorraine Munoz and Ataysia Ingram will undoubtedly be key cogs for the women's squad. Masko, formerly of Union Catholic High

School, has already begun to tap into his potential, as he was the Colts first finisher in each of their first two races, including a third place finish at the Dukes Invitational. "He could become an All-American by the end of the season," said Terelle.

MCC has already participated in their first two meets of the season with some sparkling performances. At the Dukes Invitation, Masko led the way, finishing around the 29-minute mark, while sophomores Parisen and Armstrong followed with times of 34 and 36 minutes respectively.

The Kutztown University Invitational followed with Masko leading the Colts with a time of 31:30, despite a number of factors working against him. Along with a more difficult

course, there was also inclement weather and a number of four-year schools competing against him. "Our times would have been better if it had been a dry day, the weather didn't help," said Terelle.

One of the biggest questions for Middlesex was how they would replace former All-American, Ron Hall. Hall was one of the greatest pure athletes to ever compete for MCC, not having him as an anchor had the potential to be a devastating blow. However, Terelle believes Masko is more than capable. "Hall had more of a rand of running, said Terelle. "However, the potential is there, Masko is a very dedicated and interested runner."

Though the 2009 season is still in the early stages,

Terelle has spotted an area for improvement. "We can't have big gaps in between our runners, we need to pack our runners better," Terelle said.

The next order of business for the Colts will be the Mule-Falcon Invitational, hosted by Cedar Crest College in Allentown, PA. The team will compete on a deceiving course that includes a few scattered hills. The athletes will be competing around a body of water, which means weather will play a large role in the outcome. The course is not a fast one, so Terelle does not expect times to be very low. The Colts are one of about 15 teams who will be competing at the tournament and are looking to build off of the momentum that have established early on..

COLTS UPCOMING GAMES

Date of event:	Date of event:	Date of event:	Date of event:	Date of event:	Date of event:	Date of event:
October 1	October 1	October 3	October 3	October 3	October 5	October 6
Event description:	Event description:	Event description:	Event description:	Event description:	Event description:	Event description:
Men's soccer away vs. Ocean County College	Women's soccer home vs. Ocean County College	Men's soccer away vs. USMAPS	Women's soccer home vs. Bucks Community College	Cross Country meet at Belmont Plateau-Philadelphia, PA	Women's soccer home vs. Camden County College	Men's soccer away vs. Camden County College
Time of event: 4:00 p.m.	Time of event: 3:30 p.m.	Time of event: 12:00 p.m.	Time of event: 12:00 p.m.	Time of event: TBA	Time of event: 3:30 p.m.	Time of event: 4:00 p.m.

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JAN 5, 2010**

**11 a.m. to 2:30 p.m.
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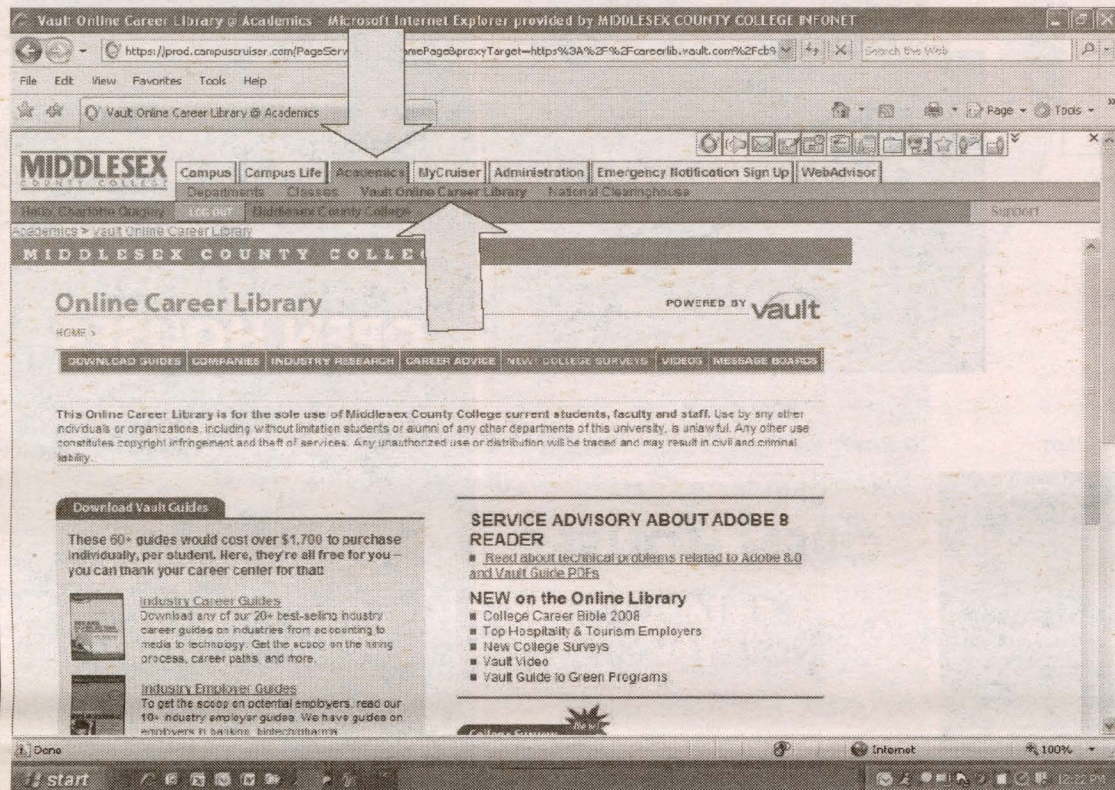
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