Mercer students hold their liquor

Study finds Mercer students far less likely to drink to excess than students at neighboring 4-years

By Chris Turissi

In a comparative study of students at MCCC, Rider University and The College of New Jersey, students were asked how often they drank on average each week. The students asked were representative of the student body as a whole and 30 students from each campus were surveyed. It turns out that Mercer students drank far less than their peers at 4-year colleges.

At Mercer, 33 percent of the students surveyed said they do not drink at all during a typical week, whereas at both Rider and TCNJ only 16 percent made the same claim. The average Rider and TCNJ students drank nearly twice as often per week as the average Mercer student, roughly 2-3 times per week compared to Mercer’s average of 1-2 times. (For full survey details see the graph at right.)

According to a Texas University Medical study, 4,000 Americans die each year from alcohol and binge drinking related incidents. Fortunately binge drinking has not been a problem at Mercer as it has been at neighboring 4-year colleges. Drinking related issues are not uncommon at Rider and The College of New Jersey.

“I feel like drinking is not as big of a problem here at Mercer because when you’re living away at school, you are given a lot more freedom to do what you want. So if you want to drink, you can pretty much do it whenever you feel like it,” said a 20 year old Mercer student who asked to remain anonymous. Other issues that may contribute to Mercer’s drinking habits include the fact that the average age of a Mercer student is higher than the average age of a typical Rider or TCNJ student, also the typical Mercer student works and does not have as much free time to devote to drinking. Being a commuter campus with no dorms or Greek life may also play a part.

While this survey does not account for every student at these schools, it gives a good idea of how drinking on 4-year college campuses has become more of a problem over the years. When asked about what was being done to address the issue, Rider Dean of Students Anthony Campbell responded, “We’ve done things to improve or situation on campus but alcohol abuse and binge drinking is an important issue that we are concerned about.”

ID badge enforcement gets mixed response

Under Mercer’s new policy all students are required to wear their identification badges at all times while on the Mercer and James Kerney campuses. Students who are not wearing their ID may be issued a first warning. Repeat offenders will be instructed to report to an administrator to discuss the problem. If an else fails, fines may be issued.

In an interview with the President of Mercer County Community College, Dr. Patricia Donohue, and the Dean of Student Services, Dr. Diane Campbell, President Donohue noted it was acceptable to wear the name tag flipped as long as it remains visible.

Following the recent school shootings at Virginia Tech, Northern Illinois University, and Louisiana Technical School which has lead to over 40 deaths in total, college administrators across the nation, including those at Mercer, are increasing their security measures. Although students may feel the ID badge policy is a nuisance or an invasion of privacy, the benefits of identification badges must be considered. In an article entitled “Identification Badges: An Invitational Approach to School Safety”, by Michelle C. Hart that appeared in the Journal of Invitational Theory and Practice, the author studied high schools that use ID badges and found that the ID’s provided a greater sense of safety among students. Hart’s findings mirror other reports on the subject that indicate ID’s have several benefits: they are more inviting and less expensive than metal detectors and other safety measures, they promote school spirit.
Kelsey Theater’s My Favorite Year Show succeeds despite technical shortcomings

By Jonathan Hoff and Ross Nanfeldt

Mercer’s own Kelsey Theater put on a terrific showing of My Favorite Year on February 15-17 and 22-24. My Favorite Year takes place in 1954 where Benjy Stone (William Kamps) is an assertive writer for a trendy variety and comedy show hosted by King Kaiser. Alan Swann (Michael Schiumo) is a washed up actor with a drinking problem. The plot thickens when Swann, Benjy’s childhood TV hero, is set to be a guest star on King Kaiser’s Comedy Cavalcade. Stone is assigned to chaperone Mr. Swann and keep him from drinking too much or losing his job. Both actors come into their own in a whimsical adventure of humor, high notes, and humbling life lessons.

The show suffered some technical issues. The lighting on the stage was not entirely successful, and the sets were a little vague. However, the talent of the cast and hard work of the crew lifted them above the lackluster backdrop.

Because much of the play took place in a television studio, the natural ambiance of the Kelsey Theater itself captured the essence of that studio in a way that the actual scenery could not. The costumes we’re largely 50’s fashion which seemed to invoke the nostalgia of the largely senior citizen audience in attendance.

William Kamps held the majority of the vocal spotlight in this musical with great support from Ken Ambs (King Kaiser), Kevin Palardy (Sy Benson/Uncle Morty), Melissa Angelo (Alice Miller/Belle Carroca), Kyrus (Herb Lee/Rookie Carroca), and the rest of the. The entire company did a spectacular job of playing to the audience and making them feel at home. Backed by a tight live music ensemble, the punch lines were well received, the high notes were hit, and the characters were believable. Overall, the play flowed smoothly. The 2/3 of capacity crowd seemed thoroughly engaged and laughed along with every joke and tapped their toes to every song. It was clear that the cast were not only capable actors, but impressive singers as well.

My Favorite Year was initially produced as a comedy film in 1982, and was executive produced by Mel Brooks. Peter O’Toole was nominated for an Academy Award for Best Actor for his role as Alan Swann. More great shows are coming up. Kelsey Theater is located across from the gymnasium complex on Mercer’s West Windsor campus, and information on tickets, upcoming performances, and schedules can be found at www.kelseyatmccc.org.

NPR knows a good thing when they hear it:

Otten and Kownacky’s popular radio show to be syndicated

By Susana Sanchez

The Dress Circle, the WWFM radio program hosted by English Professor Ted Otten and English and Sociology instructor Michael Kownacky, is going to be syndicated in the coming months by National Public Radio (NPR).

On February 17 The Dress Circle celebrated its twenty-fourth anniversary. It began in 1983 as an hour long program presenting Broadway and Hollywood musicals; later it was extended to two hours. Moreover, the program achieved national recognition when the National Federation of Community Broadcasters (NFCB) gave the program “The Silver Reel Award” in 1998.

Thanks to the Bergen Foundation, which donated $10,000 to make the syndication possible, NPR will offer the program across the country. Professor Otten says that the syndication will not bring money to the radio, but it will bring prestige. “Syndication means that possibly millions instead of thousands of people will be able to hear the show. It’s great publicity for the station; it looks like we do admirable andimitable programming” the humble Otten noted wryly.

Throughout the history of the show, Otten and Kownacky have faced challenges, particularly financial ones. Otten says that buying new CDs is not always easy because Broadway releases around 30 new CDs every week, and it would take a substantial budget increase to keep up with them. He sometimes has to borrow CD’s from friends, get them from his own collection or borrow them from a library. Nevertheless, the program is a success. Professor Otten says he is especially grateful to many the people who have helped maintain the quality of the program, like engineer Winifred Howard who edits the program every week.

The Dress Circle is a regular feature of WWFM radio program presenting Broadway and Hollywood musical shows. The Dress Circle. The show has been picked up for syndication by NPR.
Women’s hearts broken and neglected

Princeton cardiologist, Dr. Banu Mahalingam, gave a Distinguished Lecture on risks for women’s heart health.

Jean Kilbourne, internationally recognized for her work on the tobacco industry, addressed the audience over 25 slides including: Princeton Day School, The Hun School of Princeton, The Pennington School, and The Mercers’ School parents, was visibly stunned.

Kilbourne opened her lecture with a slide show with over 25 slides of ads that went along with her main points. The ads featured people having fun while smoking and compared smoking to diseases such as heart attack, stroke, and cancer. She continued to note that there are some risk factors that women cannot change such as family history, increasing age and race and ethnicity.

Kilbourne stresses that although we like to think advertising has little effect on us, according to the editor-in-chief of Advertising Age, a major publication of the advertising industry, “only 8% of an ad’s message is received through our conscious mind, while the rest is worked and reworked deeply in the receptive centers of the brain.”

Kilbourne’s lecture emphasized statistics and her delivery made it feel particularly immediate and powerful. She has done lectures like this for over 3 decades and when commenting on that fact she noted, “When I first started doing this people thought I was crazy,” but now she sees many other activists are also on the lecture circuit. Kilbourne’s books and documentaries including Can’t Buy My Love: How Advertising Changes the Way We Think and Feel, and the award-winning film Killing Us Softly. For more information on Jean Kilbourne visit www.jeankilbourne.com.
IN FOCUS

DREAM program offers special opportunities

A COMMUNITY EFFORT: students who would otherwise have no college prospects are given a

By Maris Fischer, Abraham Silwany and Ricardo Oliveras

Mercer County Community College’s DREAM program is in its third year. Chief executive of Barnes and Noble, Steve Riggio, and his wife Laura, gave a grand of $300,000 through the Down Syndrome Society to facilitate the program.

The DREAM program, which is an acronym for Developing Real Expectations for Achieving Mastery, provides cognitively disabled students the opportunity to achieve success through higher education. In 2005 The New York Times featured Mercer and The College of New Jersey as the only two schools in New Jersey that offer such programs.

Students in the DREAM program take most of their classes with the general student body. Engaging themselves in Language Arts, Math, Reading/Writing, and electives, the students’ goals and achievements cover all areas of academics. Career relations, independent living, and socialization are incorporated within the curriculum to ensure the students the true college experience. Dr. Susan Onaitis, Learning Disabilities Specialist and coordinator of the DREAM Program here at Mercer, describes one facet of the program saying, “They have a transition to college program that helps the students with the differences from high school to college.”

Onaitis stresses the importance of including the students in everyday classroom environments rather than placing them in “special-needs” classes as most high schools do. The method used at Mercer, known as “inclusion,” is becoming more widely used and accepted at the higher education level. Dr. Onaitis said she felt truly happy seeing that these students are integrated throughout all areas of the college and are looked at as “just normal college students.”

In addition to the help they receive from Onaitis and from their classroom instructors, each DREAM student is also paired up with a student mentor. “Mentors help students if they have questions, making sure they write down the homework, explaining the assignment they have, trying to help them in their performance in class and offering emotional support,” said Susana Sanchez, a College Voice editor who also happens to be in her second semester as a DREAM program mentor.

The DREAM program has enjoyed success with a 100% retention rate. “I’ve enjoyed the freedom of this program. Its been great. Some classes are challenging. Its great getting the help I need but its even better helping out others who need help also.” Said Jaclyn Applebaum a Student/Mentor for the program.

Even though the original grant money will run out, this program will not end. Dr. Onaitis says that the program will be supported by funds from several private donations, grants, and fund raisers. One fund raiser, a casino night, will take place at the Conference Center in the spring. “We’re going to have a Texas Hold ‘em [poker] tournament. I don’t know if I’m going to be any good at that,” said Onaitis. Dr. Onaitis, along with others involved with the DREAM program, hopes to raise plenty of money for the continuation of the program in the coming semesters.

Mercer’s star search leads to the Apollo

By Patrick Amaral

On February 29, 2008 students on both campuses, age 18 and up, will have a chance to audition for Mercer County Community College’s “Searching for the Stars” competition. The prize up for grabs is the opportunity to perform at the famous Apollo Theater in Harlem, NY. In addition, the winner or winners will receive a limo ride to their performance and dinner at local Harlem hot-spot and restaurant, Sylvia’s. But first they will have to audition for judges and survive the “cattle calls” in order to have a spot in the final 16 acts. The acts will be narrowed down to a select few to perform at the grand finale on March 14.

According to the Guidelines, Rules, and Information for Searching for the Stars 2008, “one could perform stand-up comedy, perform a dance routine, do a dramatic interpretation, do a comedic sketch, or provide a musical performance either instrumental or vocal.” This competition will be a variation of talent related shows, such as Star Search, Dancing with the Stars, and American Idol. The judges of the competition include: Jody Person, Program Coordinator of Theater and Dance; Professor of Communications Kathy Paluscia; student activities adviser and counselor at IJC Terrance Carter, and representing the Communication and Liberal Arts departments Monique Simon, Alyyn Haywood, Kitty Getlik, and Donna Richardson-Hall. Also judging, but only at the finale, is Vanessa Rogers from the Apollo Theater.

So how can you impress these judges? According to Professor Person the judges are rating the performance on a scale of 1-5 in several categories. These categories include: presentation, which is the overall feel and look and how professional it comes across; substance, which is how meaningful it is to you or the public; originality, how creative everything is; and, execution, which is skill and technique.

Professor Person, the creator of this competition, said that, “We want to provide a great event so that the Performance and Arts at the Kerney Campus will grow and reach more people.” In addition, he wants to reach others and create awareness of the Communication: Speech and Theater program.

Auditions will begin on February 29 and continue on March 7 with the finale on March 14. Admission for “Searching for the Stars” is free. If you plan to audition, the auditions will be taking place at the James Kerney Campus from 7-9p.m. Auditioners must sign in 30 minutes to 1 hour in advance. The judges will view only the first 60 acts, so get there early to ensure your spot.
YOU’VE GOT MAIL: Mercer students to get E-mail, Some skeptics say they won’t use it

By Christine Yursha and Mohamad Cheble

Internet giant Google may soon dominate college communications. The Web search company will provide all Mercer County Community College students with free, exclusive e-mail accounts by the end of next month, according to Dr. Diane Campbell, the Executive Dean for Student Affairs.

The new e-mail system, known as Google Apps Education, will be provided to students for free as a courtesy of paying the college’s technology fee every semester. The students’ e-mail addresses will be appear in the format of last-name.first-name@student.mccc.edu, and students will have two gigabytes of storage capacity and popular Internet features like instant messaging available to them.

“I have to respond ‘Dear Hotpantz,’ or ask my class ‘Excuse me, which one of you is hotpants35?’”

in the format of last-name.first-name@student.mccc.edu, and students will have two gigabytes of storage capacity and popular Internet features like instant messaging available to them.

“The most important aspect about the e-mail is being connected to our students and communicating in a timely fashion,” Dr. Campbell said. “For years, other community colleges and four-year universities have been offering this service,” she said, adding that this “was a long time in coming” for the students at Mercer. Dr. Campbell said that students will receive information on school closings, school activities and emergency announcements through the new e-mail system. But the college’s effort to implement this system may be thwarted if the student body doesn’t take advantage of the service.

In a survey of students across campus most students said they had no idea that the college was preparing to offer a new e-mail service for full- and part-time students, but virtually all of them overwhelmingly support the idea. Even so, many students said they weren’t sure if they would use their new e-mail accounts or if they would be more inclined to continue using their old accounts at sites such as Hotmail and Yahoo.

“It’s a great idea,” said first-year liberal arts student Sean Wallace, but he added he’d stick with my old” e-mail account rather than use the new college-issued one. Information technology student Avery Tarasov also said it was a “good idea, but I will not use it.”

Although there may be some who are slow to warm to the new e-mail system, other students and professors do seem ready to embrace its arrival. “I will use the new one,” said Sara Basmer, a full-time Political Science student. Technology student Abdul Hakim Chebly said the new e-mail system will be superior in emergencies and added that it will be “better than the phone. Most of the time nobody answers the phone, and we have to leave messages for professors or when we need to ask any questions.”

Math Professor Alison Becker-Moses said “I think it’s great,” and added “It will be a good tool for me to get messages about my classes to the students.” The new system may have unexpected benefits as well. For example, students applying for jobs can include their Mercer e-mail address on resume’s and cover letters for employers to contact them; a school e-mail address will look more formal than a Hotmail account. Psychology Professor Karen Bearce also noted that it would be helpful to have students’ names built into their e-mail addresses since she often receives e-mails from students with addresses like hotpants35@yahoo.com who do not identify themselves in the body of their e-mail. “I have to respond ‘Dear Hotpantz’ or ask my class ‘Excuse me, which one of you is hotpants35?’ it’s pretty ridiculous.”
YOGA HELPS: For stressed out students relief comes one breath at a time

By Carmela Pecana and John Bunting

In mid October, a former Mercer student, Soroyal R. Washington, 20, of Trenton claimed that she was raped by fellow student Nolan W. Hall. Later Washington recanted her initial statements and was charged with giving false information to law enforcement officers. A statement from the prosecutor’s office indicated that Washington had given “incomplete and inaccurate statements” to investigators.

As asked how the college responded, Chief of Security John Raimondi replied, “Mercer security secured the scene as soon as it was reported, evidence was held and we took her report. After that, we turned the investigation over into the hands of the West Windsor Police department and school administration.”

The rape allegation prompted college officials to take preventative actions. “We’ve added 4 additional call boxes throughout the school. We also have in the fiscal budget for the upcoming year to add cameras throughout the buildings and parking lots,” Raimondi said.

A common complaint among students regarding safety concerns the long walks along the dark paths to the parking lots after night classes. “I feel that security needs to be more of a presence in the student parking lots at night,” said a student who asked to be identified only as Mary Lou, though she added that she had “never had a negative experience or situation with campus security.”

What Mary Lou and other students may not realize is that Security Services at MCCC offers escorts to vehicles among other security measures. According to Chief Raimondi, “We have a variety of ways we help students such as car jumps and car openings when they’re locked out.” Raimondi continued, “A lot of students don’t know they can come to us for help,” he said. Noted the ubiquitous red phones that are installed throughout the campus on which students can talk directly with campus security at no cost.

Student Kristen Morgan applauded security’s increased safety efforts since the claim of rape was made in October. “Ever since the recent controversy at Mercer, security has stepped it up. They do a great job.” Another student, Ashley Walton, echoed Morgan’s sentiment. “I feel safe at Mercer. I see security guards around a lot.”

Considering that half of Mercer’s campus us located in a city that has suffered from a crime problem over the years, Mercer has an impressive safety record. See chart below for details.

Raimondi, who served as a Marine at the U.S. military base in Guantanamo Bay, Cuba, is well qualified to talk about security levels. “Mercer has some of the best in the business in terms of security,” he said. “Our security is certified by the State.”

YOGA HELPS: For stressed out students relief comes one breath at a time

For the past four years, Mercer’s Student Activities department has been giving yoga classes at no cost as a courtesy for students and faculty members. The funding comes directly from the school. Yoga instructor Classes are given once a week, every Monday night at 5:30pm in the PE building, room 225. As instructor Tracy Ulshafer states, “Any age is welcome to attend.” There are no applications to fill out and yoga mats are provided.

The current average class size is 15 to 17 people which are a mix of both faculty and students, though the classes observed seemed to contain mostly people over the age of 50 which may indicate that more faculty than students attend. The fact that the class takes place during the time many people are going home from work may affect students’ ability to attend, but according to class regulars, the payoff is worth the effort it takes to get there. One student who did not give her name stated, “Taking yoga has been a tremendous stress-reliever.”

Originally, the yoga classes were taught by an independent yoga instructor, Claudia Testa, who left after her contract expired. She was replaced by Ulshafer who is the director and a yoga teacher at the One Yoga and Wellness center in East Windsor.

Ulshafer received her yoga teaching certification after completing a 300 hour Hatha Yoga training program. She also trained at the Health Choices Holistic Massage School. Her previous career, however, was in the corporate world where she endured physical pain and a back injury from a car accident. Her career totally changed after finding healing through yoga. Ultimately, this made her want to teach others of its spiritual rewards.

In an interview, Ulshafer explains, “Hatha is like the vanilla ice cream of yoga because it is the foundation of yoga.” Hatha covers all the basic yoga techniques; it involves meditation and also focuses on strength and flexibility.

Studies show that attending yoga classes can reduce stress as well as foster relaxation and unity between the mind, body and spirit, something all hard-working students can appreciate.
Salem men under-staffed still give Vikings a fight

By Chris Vilano and Chad Shropshire

The Salem Oaks men’s basketball team came to Mercer on Saturday, February 16, hoping to avenge their loss against Mercer earlier in the season. The previous meeting saw these two teams duke out a high scoring game in which Mercer was able to come away with the win 88-82.

Salem’s roster currently only includes six men and one couldn’t make it to the game, so all five players had to stay on the floor for the duration of the game. Mercer took advantage of this by playing up-tempo all game long. The first half was a tight affair that saw the lead change and tie consistently back and forth every time the men went up an down the court.

The score was still tight going into halftime. It appeared that Vikings coach Kelly Williams must have given the team a good pep talk. They returned to the floor seeming revigorated at the start of the second half. Mercer was able to build up a sizable lead that seemed like it was going to last them the rest of the game, but Salem did not go down without a fight. They made a resilient charge going on a run that cut Mercer’s lead from 16 points to nine. After a time-out, the game returned to the style of play from the first half with both teams exchanging the ball and Salem getting to with five. But Salem’s efforts were not enough, they fell to Mercer with a final score of 95-87.

The Mercer Vikings will now go on to the Region XIX tournament starting February 29.

Salem Oaks get chopped by lady Viks

After slow start the green and gold came back to win 56-47

By Chris Vilano and Chad Shropshire

Before the final home game of the season, in which they played Salem, the lady Vikings had a farewell celebration for their four departing sophomore girls. They began the game hoping for a similar result from earlier in the season when they beat Salem 58-52.

The game got off to a slow start as a couple times the shot clock almost ran out on both teams. In the early going both teams struggled to score until Jeanette Bell began to bring her trademark style of play to the floor. Bell helped Mercer build up a decent lead that they fought hard not to give up. Stretching the lead to double digits at one point, they looked to have the game under complete control. Then Salem Oak Shakia Sistrunk began chipping into that lead. Sistrunk’s energy seemed to rejuvenate her teammates and the game which had started off slow became intense and fierce.

The game was not decided until the final minutes when the Viking women were able to make some crucial shots to hold and take the win at home; they ended their season on a high note with a score of 56-47.

Next up for the Mercer Women will be the Region XIX tournament that begins on February 28, a day earlier than the men.
CAREER SERVICES: jobs aplenty but few takers

By Jay Brown and Richard G. Visovsky, Jr.

The career services office at Mercer provides a variety of services to students and alumni but few students are taking advantage of the resource. In a survey of 30 students, 14 said they were not aware that Mercer has a career service office, 12 knew about the office but did not have any intentions of visiting it, and only 4 had built a career counselor.

The career service office is located directly between the bookstore and the admissions office on the second floor of the Student Center. Students and alumni have options to set up an appointment with either of the career counselors, Gail LaFrance and Patrick Corozza. The office provides help with networking, Internet job listings, interview preparation, and assistance in writing a solid resume.

When asked about the number of students using the facility, Corozza responded, “Only five or six students meet in a day, and it’s a shame because we’re here to help you.” Corozza notes that ideally students would visit the office at least twice during their time at Mercer, once early on to help in the selection of their major, and then again at graduation time to begin a job search. Most students come to Mercer with the intention of using their degree to get a better job and the career services office is there specifically to facilitate that.

Civil Rights hero Jesse Epps spoke on race and history

By Justin Cartwright and Leah Alambre

On Monday February 25, 2008, Dr. Eric Watson, Professor of History at Mercer County Community College welcomed Civil Rights Activist, Jesse Epps, back to Mercer for the second time, to speak to students about the struggles and hardship that African-Americans faced throughout our country’s history.

In the 1960’s Epps served as an advisor to Martin Luther King Jr. as well as to former President Lyndon B. Johnson. He became friends with President John F. Kennedy and participated directly in some of our nation’s historic moments. In 1968 he worked alongside Martin Luther King Jr. to help settle a strike between black sanitation workers and the city of Memphis, Tennessee. These men were suffering from greatly lower wages, no benefits and inhuman working conditions that their Caucasian counterparts did not have to deal with. Sadly, it was during the sanitation workers’ struggle that Dr. King was assassinated.

The act brought an end to the strike, and allowed Epps and the sanitation workers he represented to negotiate a legitimate contract for the 1,300 employees.

Jesse Epps lives by the words that his friend, the late President Kennedy, spoke in his inaugural speech, “Ask not what your country can do for you, ask what you can do for your country.” He feels that we, the people, can help this nation to grow and develop to her true potential with hard work and love. In his lecture to Prof. Watson’s class, Epps talked about how we citizens are truly the government of our country. He emphasized what we can achieve if we stand up and fight for what we believe in. The people in our government offices are the people’s representatives, they are the ones to help us make the changes in our government when it is needed or requested, he said, Jesse Epps has helped our nation do just that. He is a man of great wisdom and passion and Mercer was honored by his visit.

ID Badges: trying to keep our campuses safe: Students and security guard sound off about ID policy enforcement

By Bartholomew J. Battista and Alexandra Hough

On page 1 to address one another by name, and they can be useful in speeding up lines if they are set up to pay for cafeteria, library and other campus services. Students and security guard responses to the new level of enforcement remain mixed, however. Mercer student, Neil Palmere, stated the policy “doesn’t work because there aren’t any checkpoints, and when security checks ID’s the checks seem arbitrary at best.” By contrast, Arthur Cipriano, a student who was wearing his name tag during the interview said, “I personally don’t have a problem with it. The policy is intended for our safety.” When asked what the guards and security guard who asked to remain anonymous stated, “My personal opinion is that I can see the benefits and the detriments of the policy. It does show who is and is not a student, but at the same time I feel it violates the student’s privacy to a degree.” He went on to add, “If a student forgets their ID, technically, despite the fact they are a student the security guard must escort them off campus, I see it as an offense to students because we are denying them their education.” The fate of the policy seems to rest on the students’ willingness to concede its possible benefits.
Vantage Point

The concept for Vantage Point seems like it would make a good movie, however, it gets repetitive. The movie focuses on eight different people, each who saw a different aspect of the American President being assassinated while in Spain. The movie goes back 23 minutes before the assassination over and over again showing each of the eight people’s views and what they saw. Each time there is another clue, however, it is very repetitive. At one point, audience members groaned in frustration when they saw the “23 minutes earlier” show up on the screen for the sixth time. Vantage Point stars Dennis Quaid, Forest Whitaker, Matthew Fox, and Sigourney Weaver.

Genre: Action/Thriller
Grade: C+

Jumper

There wasn’t much hype about this movie, but it was surprisingly good. The main character played by Hayden Christensen of Star Wars fame, discovers he is able to teleport himself anywhere at any given moment. Christensen uses his powers to find the man who murdered his mother, eventually becoming a target of National Security Agency officer (Samuel L. Jackson) along with another young teleporter. Jumper also stars Rachel Bilson and Jamie Bell. It is an engaging romp and it makes you actually wish you could teleport.

Genre: Sci-Fi/Fantasy, Action
Grade: B+

The Spiderwick Chronicles

Based on the books series written by Holly Black, The Spiderwick Chronicles is the newest Sci-Fi/Children’s flick. Jared Grace played by Freddie Highmore, moves into an old house his family inherited along with his twin brother (Highmore), his sister, and his single mom. Like any old house in a movie, bizarre things start to happen. However, Jared finds the book that holds the secrets to the mystery, leading to several unusual creatures living in and around the house. It may sound like it’s been done before but the plot remains exciting and interesting throughout the entire movie. This movie is definitely for fans of The Golden Compass and Bridge to Terabithia. The Spiderwick Chronicles also stars, Mary-Louise Parker, David Strathairn, and Sarah Bolger.

Genre: Sci-Fi/Fantasy, Children
Grade: A-

Step up 2 the Streets

If you have seen the first Step Up, you’re guaranteed to enjoy the sequel. It basically follows the same formula of breaking into dance at every opportunity. The plot is nothing new; dancers have to prove they are good dancers, street dancers. The music and dancing are fun, and as much as I don’t like admitting I like to dance, Step Up 2 really made me want to go clubbing. Step Up 2 the Streets stars Briana Evigan, Robert Hoffman, and Adam G. Sevani.

Genre: Drama/Dance
Grade: C-

Night Life at Trenton’s KatManDu:
Party animals should come late and bring plenty of cash

By Victoria Pace & Ashley Hamon

It really does feel like a little island getaway when you walk in to KatManDu in Trenton, with its bright colored walls and the big windows. Getting in, however, can be a challenge. They gave us quite a hard time at the door when they found out that one of us is only 20. Eventually the manager gave us the okay to stay and eat, and we were seated in an island theme room. It was 9:30pm and we had the place to ourselves.

KatManDu offers a full menu from appetizers to desserts but it is pricey on a community college student’s budget.

In terms of the food, it was less imaginative than the décor. We began with calamari; seafood seemed like a natural choice for an island themed club, but it was completely inedible.

It was the consistency of hardened rubber. The que-sadillas and wings were your standard bar food.

The real highlight of KatManDu is its line up of entertainment. They have live acts almost every night of the week. An event that interested us is in particular, and one that is typical of their offerings, will occur on Saturday, March 15. The event is a “Hot Hero Bachelor Auction” and all the proceeds raised from the auction will go to the Officer Down Inc. Officer Down is non-profit that helps the families of injured or deceased New Jersey Law Enforcement officers. Such promotional events add to the strong entertainment line up.

If you do go, be aware that they have a strict dress code. Most of the restrictions seem like reasonable safety precautions for downtown Trenton, but disallowing tan work boots and athletic jerseys, seemed to us to be going a bit far. We asked our waiter, why the strict dress code and he said that they are trying to make it a better atmosphere for everyone. The club is trying to promote a more family atmosphere and we heard that the Saturday brunch does attract a family crowd, but so far that trend has not spread to Thursday nights.

OUT & ABOUT

BOX OFFICE: See it or skip it? Our editor’s top picks

By Alexandra Hough

The Spiderwick Chronicles

Genre: Sci-Fi/Fantasy, Action
Grade: C+

Vantage Point

Genre: Action/Thriller
Grade: C+

Jumper

Genre: Sci-Fi/Fantasy, Action
Grade: B+

Step up 2 the Streets

Genre: Drama/Dance
Grade: C-

Picture of the Week

Members of Phi Theta Kappa sell chocolates outside the cafeteria on Valentine’s Day to help raise money for their upcoming projects.
BUDGET REVIEW: Operating costs rise as federal and local higher education funding slows, forcing some tuition increases at Mercer

By Jason Stives and Bartholomew J. Battista

As students, most of us are only mid way through the current school year, but President Patricia Donohue and other officials here at Mercer County Community College are looking towards the future. At a recent "town meeting" held in the Communications building on the West Windsor campus, President Donohue unveiled a proposed budget plan for the 2009 school year.

The $53,350,738 proposed budget for the school year of 2009, surprisingly will not have a large impact on student tuition and registration fees. Under the new the student body of fall of 2009 will experience a 2 percent increase in tuition and fees.

There are multiple reasons for the 2 percent increase; all over the country food prices and heating costs are soaring, but the primary reason the increase is needed is that the college does expect an increase in funding on state and local levels due to the current economic slump and tax cuts on state levels. President Donohue also made it known that this budget is congruent with the assumption that the school will be receiving the same amount of funding on the state and county levels.

So where is the money going? The largest portion, at 60.1% of the budget is going toward teacher and staff salaries with another 16.9% going to benefits. The fact that 77% percent of the budget goes to paying faculty and staff is normal for higher education and makes sense when you consider that the professors' skills are the school's primary commodity. The student body is also increasing at an approximate rate of 2% every semester, a figure that may go up if the country falls into a recession. With the increase in students, more teachers will most likely need to be hired to keep pace.

Although not completely etched in stone, as of now, the proposed budget for next year should not be a cause for much debate or outcry amongst the students and staff. What this proposed plan is set to ensure is that the changes here at Mercer County College are not just for the good of the students and faculty but is also for the good of the community at large.
Slackers, quit smack talking Mercer!

Students who act like Mercer is merely 13th grade are an embarrassment

By Bartholomew J. Battista

What to eat? This is the question that runs through everyone's mind when they enter the Mercer Cafeteria. Though when you're a diabetic or someone with special dietary needs the question becomes all the more important. As a Diabetic, making healthy eating decisions is your first step in controlling your diabetes.

One of the common misconceptions about Diabetes is that it just means you can't have sugar or sweets. This is not the case. Almost all kinds of food you get broken down into glucose. SUGAR. The real issue arises when you make poor eating choices.

Eating things like packaged snack foods or high carbohydrate meals like pasta or even hamburgers can be a bad choice. The point is to keep yourself as level as possible and have spikes and dips in your blood sugar level. This can cause a variety of symptoms ranging from mood swings to slurred speech, to extreme hyperactivity or malaise, all of which are difficult to manage in a classroom setting.

So what are the right decisions? The key word is balance. The average person has a blood sugar level of 70-120 mg/dL. A diabetic with the proper use of insulin and diet strives to be in that same range. When making eating decisions every food has a different amount of carbohydrates, fat, and protein. Knowing what to eat to achieve that balance is key. Then their is the problem of the right choice available?

In the Mercer Cafeteria the right choice may not be available. In my case used to generate classroom setting.

In my case I had no choice but to accept the growing incidence of Diabetes across the nation we have to question if what we need is more pizza and pannini additions to our eating selections. Also, the revamp on the pricing of salads by weight may make them more expensive and have the unintentional consequence of causing a budget conscience student to opt for a less expensive and less healthy choice. While I have no choice but to accept the situation, it may be that I will soon find myself eating in the near future.

Bartholomew J. Battista
Capricorn
Dec. 22 - Jan. 19
This isn't Vegas; what happens at Mercer doesn't always stay here, so don't try to get away with things.

Aquarius
Jan. 20 - Feb. 18
Spring break is coming, but this is not your year for a fancy trip. Save your money and stay close to home.

Pisces
Feb. 19 - Mar. 20
When was the last time you spoiled yourself? You know you deserve a break. Go ahead and take one.

Aries
Mar. 21 - Apr. 19
Don't like the way things are going at work? Now's your chance to seek change or promotion.

Taurus
Apr. 20 - May 20
The solution to the problem that's been bugging you will soon present itself but in an unusual place.

Gemini
May 21 - June 20
It's easy for you to get stuck in a rut these days. Try something totally different; it's okay to risk it.

Cancer
June 21 - July 22
You can't please everybody and right now you can't please anybody, so just go your own way.

Leo
July 23 - Aug. 22
Romance may not be on your mind but someone else is having palpitations over you, you hottie!

Virgo
Aug. 23 - Sept. 22
You are a wonderful, kind and hard working person. Your constant effort will pay off in the long run!

Libra
Sept. 23 - Oct. 22
There is no such thing as spontaneous combustion, if you want spark you'll have to make it yourself.

Scorpio
Oct. 23 - Nov. 21
Being blunt won't help. The best way to get what you want right now is to use a little misdirection.

Sagittarius
Nov. 22 - Dec. 21
A new creature will soon come into your life. It may not be what you expected but it will be good.

Editor's Pick in MUSIC: Raising Sand

Unlikely duo, Alison Krauss and Robert Plant, join to create immaculate sound on new album

By Jason Stives

Every so often, two forces come together and create something so original and so different from what is out there that it is almost indescribable. Such is Raising Sand, a collaboration album from country star Alison Krauss and Led Zeppelin lead singer Robert Plant.

Plant and Krauss's collaboration is a most unlikely pairing; she is a well established country music star and he a legend of hard rock.

But what both artists bring is an array of skills and talents that balance one another on one album.

Plant's voice offers timelessness and maturity, while Krauss's songbird vocal styles are innocent, real and offer a down-to-earth quality which is a rarity in today's mainstream country music.

From the opening track, "Rich Woman," the record's atmosphere is set with both Plant and Krauss' vocals combining into an eerie but incredibly calm sound. Each singer gets a chance to display their vocal styles and craft a song solo while the other stands back and provides support. The album is a continuation of Krauss -- "Sister Rosetta Before Us" -- and "Through the Morning, Through the Night," as well as an original contribution from Plant and his former Led Zeppelin cohort Jimmy Page called "Please Read the Letter."

The rest of the album is rounded out by several other tracks including the single, "Killing the Blues," and a cover of an Everly Brothers song entitled "Gone, Gone, Gone." Skipping any track on this album would be a mistake as the album must be listened to in full whether on a long drive home or while sitting in a chair with your feet placed on top of an ottoman on a lazy Sunday afternoon.

For country fans, this album is a continuation of the amazing work Krauss has presented in her career. For rock fans it may take some getting use to the idea of one of rock's greatest front men going country, but Plant does it most naturally.

This album is for moments of clarity, not moments of anger or frustration; in order to fully appreciate the mood of the album one has to be calm and relaxed. What the album requires is a listener with an open mind, because Raising Sand is an album of music, not a country album nor a rock album but an album of stripped down collaborative music. Thumping back beats, echoing guitar riffs, and almost other worldly vocals make for a record that can only be described in one definitive word, immaculate.