



Locals rally to protect Mueller investigation

Midterm elections barely over, activists were back on the streets rallying nationwide

By Drew Mumich &
Chelsey Johnstone
Senior Reporters

Protestors took to streets in front of the state Capitol Building in Trenton, after it was announced that US Attorney General Jeff Sessions stepped down from his position at the request of President Trump. This announcement came on Wednesday, November 7, the day after the midterm elections, while votes were still being counted in many parts of the country.

The rapid response action called “Nobody is Above the Law” was prepared months in advance by the progressive organization MoveOn.org, ready to be activated whenever, or if ever, the president fired Attorney General Sessions or took direct action to stifle the special investigation into Russian election meddling being carried out by Robert Mueller.

Activists and progressive groups across the nation signed up on MoveOn.org’s website to receive a message to let them know if the day had come. That message went out on Wednesday, calling people to rally at Thursday 5pm. An estimated 40,000 people participated nationwide on over 900 protests, according to the Move-on website.

One of the roughly 100 protestors in Trenton, Mike Onofri of Bordentown said of the event, “It shows a commitment among citizens that if they can do that within 24 hours it goes right back to the revolution with the minutemen who were ready at moments notice.”

Julie Wilmot, a mom from Cranbury whose son, Ezekiel Wagner, goes to Mercer, was at the event. She told the VOICE: “Speak out. Be heard. Ask your representative to go to Washington and tell your story. Tell everyone you know to vote. Insist there is change. Insist there is redistricting in your legislative district. We can’t do this without the real voices of all the people making the decisions for this country. If you are sitting on the sidelines, you are not part of the solution.”

One of the Trenton rally’s organizers, Laura Zurfluh, a veterinarian from Cranbury,



PHOTO | CHELSEY JOHNSTONE
Laura Zurfluh (left) a veterinarian and activist from Cranbury, NJ organized the the “Nobody is Above The Law” rally in Trenton on Nov. 7.

“Speak out. Be heard. Ask your representative to go to Washington and tell your story. Tell everyone you know to vote. Insist there is change. Insist there is redistricting in your legislative district. We can’t do this without the real voices of all the people making the decisions for this country. If you are sitting on the sidelines, you are not part of the solution.”

-Julie Wilmot

who serves on her local Democratic County Committee, and leads Cranbury’s Indivisible chapter, explained that local progressive activists have been planning for this for months, knowing that it might happen, having people make signs in advance and ensuring that they’re ready to move.

“It used to be that you read the news and you fume at your dining table. Now I read the news and I’m like ‘okay what am I going to do about it.’” Zurfluh said, as night darkened the sky at the end of the event.

Lisa Flythe of Lawrence, NJ, who was at the Trenton rally and is a member of Our Revolution Trenton Metro, a local progressive activism group that was founded two years ago, said, “So often folks can feel isolated in their beliefs, and by standing up with other like-minded people from across the

metro area it shows ‘Hey! Yes!’ It also brings attention to the issue. In our busy lives sometimes it’s very difficult to understand when significant events are happening.”

Specifically, protestors expressed concern over the President tapping Matthew Whitaker to take Sessions’s place, a highly controversial choice since Whitaker has been a vocal opponent of the Russia investigation.

MoveOn.org’s mission statement for the rally reads, “Whitaker has publicly outlined strategies to stifle the investigation and cannot be allowed to remain in charge of it. The Nobody Is Above the Law network demands that Whitaker immediately commit not to assume supervision of the investigation.”

Wilmot later added, “It’s really an opportunity for



PHOTO | CHELSEY JOHNSTONE
Julie Wilmot, whose son, Ezekiel Wagner, goes to Mercer, participated in the “Nobody is Above The Law” rally in Trenton on Nov. 7.

people to voice their concerns together and talk about solutions together. It’s a place for us to gather peacefully and try to redirect where this country is going.”

Indeed, many questions have been raised about the legality of Whitaker’s appointment. Whitaker, who was a former U.S. Attorney in Iowa, went on to promote hot tubs for a scam company that was shut down by the Federal Trade Commission, according to reports from Jon Swaine at The Guardian. Whitaker has not been confirmed by the Senate under the Constitution’s Appointment Clause.

The President’s reaction to the Mueller probe and his firing of former FBI Director James Comey have prompted many questions about a potential Constitutional crisis. Political blog fivethirtyeight.com

describes this type of crisis saying, “The Constitution’s system of checks and balances sets the various branches against each other for the laudable purpose of constraining tyranny. However, due to partisan polarization, individual corruption, or any number of other reasons, sometimes the political institutions in these arrangements fail, sending the governmental system into a crisis.”

This aspect of the Whitaker appointment and of any future actions by the President to thwart the investigation was on the minds of the Trenton protestors.

As Protestor Lisa Flythe told the Voice, “The very foundation of our country is being undermined, our country built on our constitution. It’s the most important document in terms of how we organize ourselves as a legal structure.”



WHO IS MY ADVISOR?
Our new feature offers practical survival tips for MCCC. PG. 6-7



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Who set the campus on fire?

Burnt toast prompts evacuation and brings fire department

By Chelsey Johnstone
Senior Reporter

Student and Faculty members of Mercer were forced to evacuate the SC building in the West Windsor campus after a reported fire took place on Friday, November 2 at approximately 9:50am.

Apparently a piece of burnt toast triggered the evacuation that prompted a full EMS and Firefighter response from West Windsor.

Michael J. O'Conne, Deputy Chief of fire station 43 of West Windsor Volunteer Fire Company reached out to The VOICE via email saying, "From what I can remember, the November 2 incident was insignificant in nature and nothing was noted outside. [We recorded] 'No smoke or fire, fire department services not required.'"

Bryon Marshall, Director of College Safety at Mercer stated via email to The VOICE, "The desk officer (College Safety) attempted to reroute and cancel the alarm but the units had already been dispatched in." Before they could confirm, the auto-dialer made the dispatch.

According to Michael Flaherty, Commander of Safety and Security at Mercer, the reason the rerouting of the units failed was due to the alarm company itself. "When the officer called the alarm company to cancel the fire department, there was a delay because the



PHOTO | CHELSEY JOHNSTONE

Fire fighters of West Windsor Fire station 43 arrived to MCCC on Nov. 2 at 9:50 am after receiving notice of a fire alarm.

alarm company didn't answer the phone right away."

He continued, "when we get to the bottom of it, somebody burnt toast in her office, the fire alarm went off and we followed standing operating procedure."

Marshall released a precautionary statement to the college's faculty and staff after the event stating, "Please ensure that you actively monitor the warming or cooking of food products, shut off all appliances (i.e., toaster, microwave and warmer ovens, coffee pots, space heaters, etc.), and turn off all office lights before leaving your office and workspace."

Elizabeth Kelley current Mercer sophomore was unfazed when told about this burnt toast incident she was unaware of. She stated, "I feel like we lack safety and security a little bit here at Mercer County...as a college we should be more safe."

As of now, it is unclear who burnt the toast and what room it occurred in. Last year on November 16, the AD building was evacuated over a rumored burnt popcorn. It seems as though these "false alarm" fires are quite common to the West Windsor campus.



PHOTO | CHELSEY JOHNSTONE

Fire fighters of West Windsor Fire station 43 check fire hydrant at MCCC West Windsor campus following burnt toast incident on Nov. 2.

College releases annual campus crime report

By Drew Mumich
Senior Reporter

Mercer's annual crime report for 2017 indicates that several crimes occurred on our campuses as well as in related off-campus locations during the past year.

The James Kerney Campus saw very little crime, with just one on campus incident of dating violence. On the West Windsor campus, there were two robberies, three burglaries, two incidents of stalking, one incident of domestic violence, and a violation of liquor laws and possession of an illegal firearm.

All colleges that receive federal money are required to release annual crime reports as part of something called the Clery Act. The law is named after a college student, Jeanne Clery, who was murdered at Lehigh University in 1986. After learning that 38 other violent crimes had occurred on that campus without anyone being notified, her parents pushed for a law that would require greater accountability. In addition to

the annual reports, colleges also have to keep a daily crime log.

Jim Gardner, Mercer director of Public Relations says, "Overall, I think any college would be pleased with the safety report, the noticeable difference is that the campus has expanded both down in facility and downtown."

Though, this year's report also shows that several crimes took place in non-campus buildings, including two rapes, two incidents of domestic violence and one incident of stalking.

The Clery handbook defines on-campus buildings as: "Any building or property owned or controlled by a student organization that is officially recognized by the institution; or any building or property owned or controlled by an institution that is used in direct support of, or in relation to, the institution's educational purposes, is frequently used by students, and is not within the same reasonably contiguous geographic area of the institution."

When asked what the

non-campus buildings were involved in the crimes given on the 2017 report, Michael Flaherty, Commander of Safety and Security at Mercer indicated that he did not know, but said, "Basically, we record all the crimes that take place on the college campus that fall under Clery."

This is the first year that Mercer has also included Rider University's crime statistics as an appendix in the annual report. This is necessary because Mercer has established a partnership with Rider that allows students to reside in their dorms. Rider reported very low levels of crime, the main one being a two week period in which eight flyers were set on fire in a residence hall.

Mercer has run into problems with not complying fully with the Clery Act in the past. As reported in The VOICE in 2012, for three years, starting in 2008, the college filed reports listing zero crime of any sort even though crimes had occurred on the campuses. Since the problem was revealed, Mercer has improved its reporting practices, though some issues



Jeanne Clery after whom the Clery Act is named.

Jeanne Clery after whom the Clery Act is named, was beaten, tortured, sodomized, raped and strangled in her own dorm room by another Lehigh University student in 1986. Her parents didn't know there was a history of violent crime on campus.

with the maintenance of daily crime log have persisted.

In 2017 a Mercer student, who had three prior convictions for sex offenses, was arrested after he exposed himself to children in the showers in the PE building. When The VOICE viewed the daily crime log, there was no record of the call made to the West Windsor Police Department to report the incident or the visit from the police to pick up the student.

By contrast, as recently

as Nov. 12 when an altercation broke about between two students and one student was punched badly enough to require first aid, the log was updated with the information.

Compared to other community colleges in New Jersey, Mercer's levels of crime are moderate.



Women's basketball falters in last minute

By Chelsey Johnstone &
Caitlin Clarke
Senior Reporters

The Mercer Women's basketball team lost another game to out-of-region opponent SUNY Sullivan on Tuesday, November 13. This comes soon after Mercer lost to the team in a November 3 away game that was part of the Sullivan Invitational Tournament in New York state.

Mercer's team, with a roster size of only nine players, consists of six newcomers: five freshman and one sophomore. There are just three returning second-year players.

With very little senior leadership and multiple injured players, Mercer's team seemed to be at a disadvantage before the game had even started.

While Sullivan could handle setbacks such as two players fouling out of the game, for example, Mercer simply did not have the amount of subs necessary to absorb any similar blows.

Vikings head coach Mike Tenaglia, who is entering his 28th season with the team, said "Two of our girls were hobbling around out there and two others decided that they didn't really want to play this year."

Tenaglia continued, "I think physically [the players] get tired, and when you get tired you make mistakes."

Despite those mistakes, Mercer still came very close to a win. Sophomore Tylisha Livingston alone put up



PHOTO | KRISTEN MILLER

Players from SUNY Sullivan Generals take a shot on basket during tight game against MCCC Vikings on Nov. 13 that was won by Sullivan in the last 1.6 seconds.

26 points, more than half of the team's total points.

In fact, the game was tied at 51 to 51 until the final 1.6 seconds, at which point Sullivan was able to drain a clutch 3-pointer and pull off the win. The lead changed hands a total of seven times over the course of the game.

Sullivan Head Coach

Daniel Lang said, "Mentally, we were prepared and focused for everything."

He continued "We changed a few things, as far as defensively [from the last game], but [Mercer] did a good job of countering that with whatever changes they made... They get to the line and make

you play."

Stand out offensive performances from Sullivan's team came from freshmen Jayda Allen and Traynise Livingston, who combined their efforts for a total of 25 points. Freshman Jade Walls dominated the court, ending the game with 13 rebounds on the books.

According to Coach Tenaglia, "[Mercer's team] has good basketball IQ to a degree... they're really motivated to play and to hustle, which is always a good thing."

Tenaglia continued, "If we were a little more patient we might have got a better shot and we might have got that girl before she could shoot the three."

JKC gallery show features photos of Alaskan hometown

By Michael Bolden
Reporter

The most recent exhibit at JKC Gallery on Mercer's downtown campus is work of photographer Patrice Helmar. The exhibit titled "Dirty Old Town" focuses on the awe and familiarity of returning to one's hometown after living in another place for some time. In particular, it captures the everyday lives of people living in a small Alaskan town. A reception was held on Oct. 24 for the opening of the exhibit and approximately 20 people attended it.

According to Helmar, she used a 1940's 4x5 film camera that took about 30 minutes to set up each shot.

"Each picture is like burning a \$5 bill," says Helmar, who comes from a working family and who used to be a bartender.

"Making work of your hometown is pretty personal, it's like revealing something about yourself that's near and dear"

Helmar says she was excited to have her work shown at Mercer, noting, "If somebody from Alaska can have a show in Trenton, then somebody in



Trenton can have a show or do damn near anything they put there mind to."

The current Gallery director is is Mercer Photography Professor Michael Dalton, who says he came across Helmar's work while producing his photography podcast called "The Real Photo Show." They are also both graduates of Columbia University and Professor Dalton says he also knows her from the club she has started called the "Marble Hill Camera Club."

Professor Dalton says that the Helmar's camera choices used allowed her to capture an incredible sense of the landscape. He says, "In Alaska there's great dramatic lighting



PHOTOS COURTESY OF JKC GALLERY

Mercer's Trenton campus JKC art Gallery installation of the exhibit "Old Dirty Town" in which photographer Patrice Helmar explored her home town in Alaska through intimate portraits of locals.

and distant to be seen and I think that's part of her work"

Christie Ciberey a Graphic Design major at Mercer who attended the exhibit said that "As you walked around you almost went through a timeline of the story shared through photography".

Rachel Stern who has

an M.F.A from Columbia University and teaches photography at Mercer also attended the reception for Helmar's exhibit. She says Helmar's work "was very lyrical. [The photographs] felt like they told a story. There were these very beautiful and sometimes challenging little glimpses into a different place

than where I'm from and a different life then I lived but the story I felt like was told in a very human way."

Helmar says the people featured in her photographs have reacted well to them, and that she'd like to hold an exhibit in her native Alaska at some point.

Hilarious musical has crowd cheering for menopause

By Chelsey Johnstone
Senior Reporter

“Menopause the Musical” has been touring for almost two decades now, and while the topic might not seem to lend itself to song and dance numbers, the show is a consistently relatable and hilarious hit, and not only with older audiences.

The current cast recently played two shows at The State Theatre in New Brunswick on Saturday, November 10. The musical, as of now, has run in 13 different countries, over 350 cities, and has reached nearly 11 million people. The musical manages to bring humor to the often not discussed and taboo topic of menopause.

The sparse set is organized as a sequence of doors representing elevators to different floors that feature restaurants, beauty salons, and department stores. As each section ends the lights dim and then there is a ding of the elevator changing floors and a female voice announces the next floor, setting the scene.

In one particularly memorable scene, the four principles are fighting over lingerie at Bloomingdales. The audience that included many middle-aged women, laughed continuously at the seemingly familiar to life scene.

In another scene, also regarding lingerie, the character whose role is referred to as “Iowa Housewife,” played by actress Teri Adams, attempted to spice up her love life searching for the perfect piece of “nightwear.”

Sifting through a rack, with not a word said, she takes the tiniest piece of clothing she could find and attempts to stretch it across her body. Although the actress stays silent, her pantomime inspired the crowd to loud laughter.

One audience member, Margery Miller, 78, of Bridgewater, New Jersey says that was one of her favorite scenes.

“The mime scene with the lingerie, I thought she did a fabulous job. Not a word and she was phenomenal,” Miller said.

The show specifically focuses on the story of four women going through menopause. Each character copes with and highlights different scenarios and human experiences that are part of this rite of passage, such as night sweats, failing vision, forgetfulness, and body pains.

One character in particular, the powerhouse figure, played by actress Linda Boston, is a tough managerial woman going through menopause. She is combating the menopausal symptoms that might have a conflict with her role as the powerhouse figure, such as forgetfulness.

“I created my own backstory for ‘professional woman’ or ‘power woman,’ that’s what she’s called,” says Boston. She continues, “Being able to pull some real life to develop that character and then incorporate that with some questions that people have asked me over the years about my own life, that’s how I’m able to get her and make her solid.”

Bringing the real life experiences, such as the fact Mrs. Boston has a daughter, to her fictional character gives audience members a relatable quality to grasp onto. Miller stated, “[There is] a lot of personal connection to it. I think it spoke to a lot of women and often times that doesn’t happen.”



PHOTO | KRISTEN MILLER

At the end of “Menopause: The Musical” the cast (all wearing black and sequins) invites audience members on stage for a celebratory dance.



PHOTO | KRISTEN MILLER

Friends, many of them women of a certain age, gathered to see Menopause: The Musical at The State Theater in New Brunswick, NJ on Nov. 10. The cast played to a full house in the 1,847 seat theater.

Patty Farris, 57 from Piscataway said, “It brings humor to it all. It had me laughing because obviously, it’s so relatable.”

Boston reports, however, that some audience members are always skeptical about the subject.

“I hug people in the audience. This one woman didn’t want me to hug her and I embarrassed her. I said ‘give me a hug girl’ and everybody laughed at her. She couldn’t help it, she had to hug me.” Boston said, continuing, “Those people that are offended, need to lighten up. It ain’t that serious. It ain’t that deep.”

According to Boston men often respond well to the light-hearted comedy in the show.

“When the men come, they laugh very loud, generally louder than the women, because they get it in a whole other way,” Boston says. She continues, “There was one male patron that did come that said this should be a mandatory workshop for all men.”

Farris said, “Bring husbands, bring men. I was going to bring my husband only because I’m going through some of these

things and I thought it’d be fun for him to see it’s not just me. All women have to go through these things.”

Because menopause is an inevitable change in a woman’s life, audience members advise bringing women of all ages to prepare them for what’s ahead.

Maryland Perez, a 50-year-old audience member from Clifton, New Jersey stated, “You don’t have to be a certain age... If you don’t experience it, you’re going to know what you’re going to be getting into.”

One of the ways “Menopause the Musical” appeals to a crowd of all ages is by taking classic hit songs and rewriting the lyrics to address a humorous part of menopause.

Boston said, “Songs like ‘My Girl’ and groups like The Temptations and The Beach Boys and The Bee Gees, The Supremes, and Mary Wilson; all of those things will always be there. Those are classic tunes.”

Some of the crowd favorites seemed to be Aretha Franklin’s “Chain of Fools” reworked into the menopause “Change of Life,” as well as the popular “The Lion



PHOTO | KRISTEN MILLER

Actress Terri Adams (left) who plays “Iowa Housewife” in the musical, danced with two theater-goers at Nov. 10 performance of Menopause: The Musical at The State Theater in New Brunswick, NJ.

Sleeps Tonight” transformed into “My Husband Sleeps Tonight.”

A musical lasting almost two decades so far has to be doing something right. According to Boston, it is not just the pure hilarity and relatability that gives it staying power, it is also the way it touches the lives of those in need of a smile.

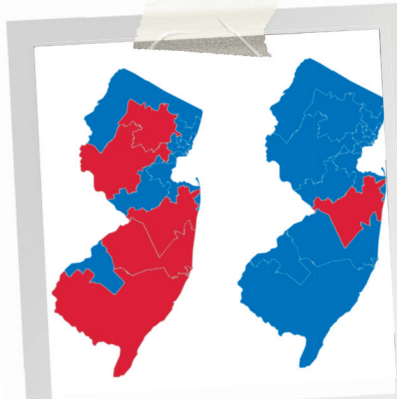
She says, “What touches me the most, I would say, is when women who haven’t laughed in a long time, or women who have been thrust into menopause due to illness....they come and they have

their heads covered and they cry because they haven’t laughed in so long. That’s one of the most moving experiences I’ve ever had.”

Find future venues and dates for “Menopause the Musical” at www.menopausethemusical.com. Go see the show. As Boston says, “All [who come] are transformed, whoever sees it, they change...no pun intended.” Learn more about actress and musician Linda Boston by searching her name at imdb.com.

Noteworthy in New Jersey - Midterm Election Results

NJ Midterms Overview



In the 2018 Midterms New Jersey turned four Republican congressional districts Democratic. Republicans kept the Senate. Democrats took the House of Representatives. President Trump's Russia scandal added more drama to the mix.

Chris Smith Still Here



In striking contrast to Kansas voters, where Native American lesbian Sharice Davids was elected making a number of firsts, voters in NJ's 4th district rewarded Chris Smith to yet another term in his contest against Josh Welle. Smith is infamous for his anti-gay rhetoric.

Possible local racists fail



In Hamilton, school board election as candidates Richard C. Crockett III and Sherry Morency came under scrutiny after racist comments were found on their social media accounts, according to communitynews.org. They blamed hackers. They lost to Dr. Susan Ferrara, Richard Kanka, and Angelo Hall.

Andy Kim's tight win



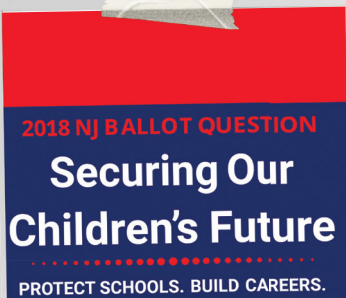
With the thinnest of margins Andy Kim defeated incumbent Tom MacArthur for the 3rd District congressional position. MacArthur didn't concede until more than a week after the election. Kim is a former Obama aide.

Menendez has to fight



Senator Bob Menendez, whose corruption charges resulted in a mistrial won but by less than he did in 2012. The New York Times reports that Menendez won 58% of the vote then. In 2018, according to the Washington Post, he won only 53.7 %.

Children's Future Bond Act Passes



Of special interest to Jersey's college students was the ballot question asking if New Jersey should issue \$500 million in bonds for additional education funds- public colleges included. New Jerseyans voted yes. According to northjersey.com this brings New Jersey's debt to "more than 46 billion."

New Face for 4th



Mikie Sherrill a former US Navy helicopter pilot and Federal Prosecutor had the largest win margin of the 4 congressional seats that flipped red to blue. She took the 11th district with 56.2 percent of the vote.

Malinowski beats Lance



In the 7th district incumbent Republican Leonard Lance, who has served for 9 years, was defeated by Democrat Tom Malinowski, a former State Department official.

STUDENT NEWSPAPER NOW RECRUITING!

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ADVISORS

HOW DO I FIND MY ADVISOR AND WHAT DO THEY DO?

By Drew Mumich &
Brandon Simms
Reporters

A lot of students enroll themselves in Mercer classes when they start or get someone in the Enrollment Center to help them, but those staffers are really only there to advise first semester students. Afterward, students are assigned a full-time faculty advisor depending on their major but they don't know what they do or how to find them.

In a recent survey of 30 Mercer students, 1 third of the students didn't know who their advisor was, or how to even in contact with them.

Let's clear up the confusion. First, all students can go to Enrollment Services in the Student Center to get them registered for classes, but as Gina Migliaccio, a staffer there explains that the advisors in The Enrollment

Center are good for kick-starting your first semester at Mercer by looking at SATs, ACTs, or Placement Tests scores, and registering you based on those. But after that, students should go to find their academic advisors.

An academic advisor has the advantage of knowing exactly what classes you have to take to graduate on time. They have regular office hours where you can drop by their office and ask for advice not only on what classes to take but also on how to stay on track. They can tell you what professors may be a good fit for you based on your personality and goals. They can tell you how to transfer, help you understand how to write applications to transfer schools, explain how to get teacher recommendations when you need them and so on. They can even help point you in a different direction if you want to change majors.

There are also three Success

Coaches at Mercer, one for each division, and they can help with first semester registration but are also on hand for advice for students struggling with time management, falling behind in courses and so on. Often instructors who see a student struggling in class will send them to see a success coach for help.

The success coaches as seen are Victoria Onori Bowman (Liberal Arts), Jehan Mohamed (Business and STEM), and Nicholas Killian (Health Professions).

Victoria Bowman, the success coach for the Liberal Arts Division explains "So you come into the college, as a new student, first time, full-time student, and you go up to enrollment, and they do what is called intake, and I do that as well, and we schedule your classes and get you on pace to being a successful student. An overlap of that is a success coach, from the beginning to the Student Advocate.

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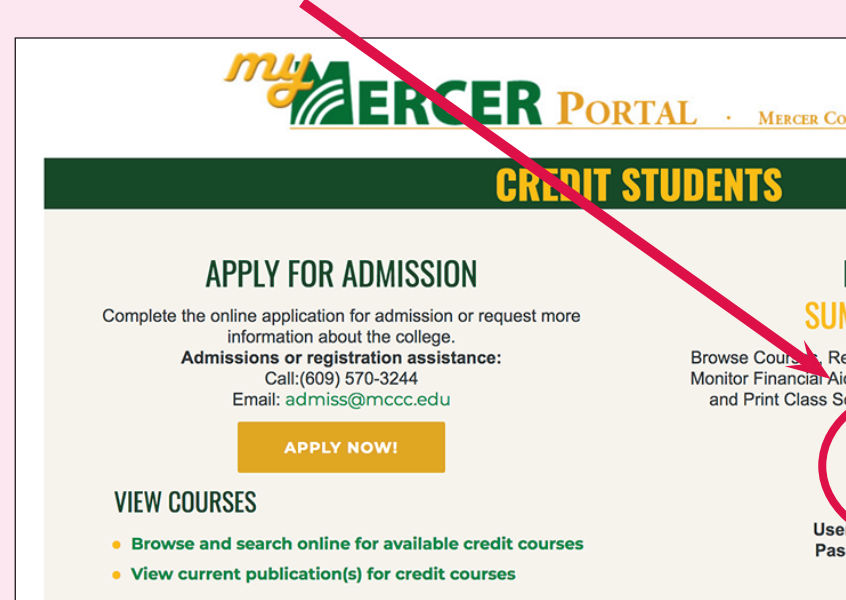
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STEP 1 - Log in to your MyMercer portal

- 1 Go to the Mercer home page at mccc.edu and click on MyMercer on the top left of the page

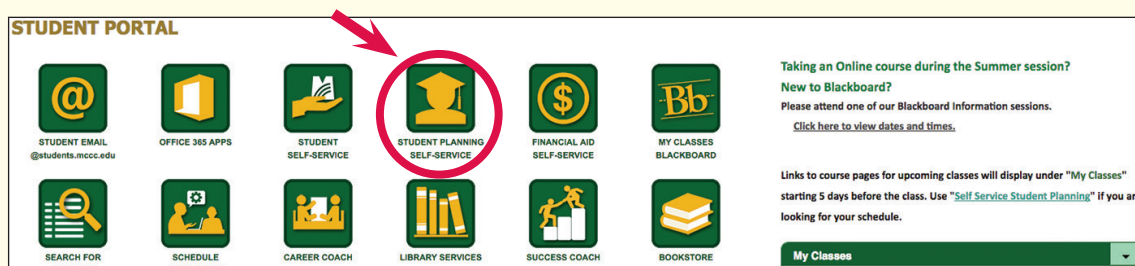


- 2 Click on the SIGN IN icon on the right

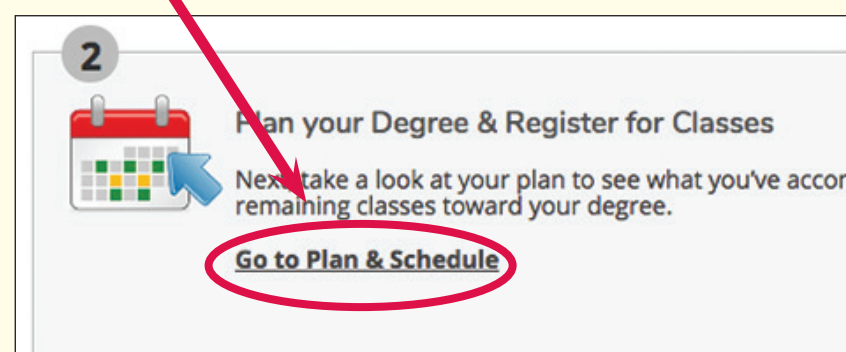


STEP 2 - Go into Student Planning and then Choose

- 1 In your student portal select STUDENT PLANNING SELF SERVICE



- 2 Select Plan & Schedule



EXPLAINED

THEY DO?

What comes in between is your academic advisor.

Why is it valuable to see your faculty advisor? A study from the University of Nebraska called “The Effects of Academic Advising on College Student Development in Higher Education” says “Academic advising was a contributor for 93% of student’s satisfaction with their college experience.” The study also showed a correlation between advising and improved GPA, and a overall happiness with college life.

This begs the question, where can you find your advisor they are so important? Below we have given you a visual step by step guide to help you do just that!

As Bowman told the VOICE, “We want you to know that you are not alone in the game. We want you to have support.”

There are three different types of advisors!



Student Advising and Enrollment Services

Best for first semester enrollment!



Success Coaches

There is one for each of the three academic divisions. Seek them out for help with early semester enrollment or extra help and support as you progress, particularly if you are struggling.



Faculty Advisor

Best for advising after first semester! This is a full time faculty member who teaches in your major and can help you plan your classes, get organized, prep for transfer and stay on track to graduate.

TIPS

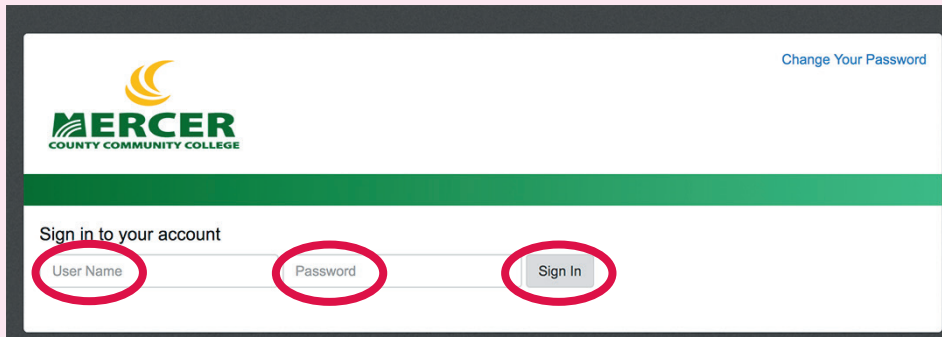
YOU CAN CHANGE ADVISORS
if you want. If you have a professor you like working with, you can change to have them be your advisor. Just ask them.

ADVISORS HELP YOU GRADUATE ON TIME
Faculty advisors in your major know what you need to get done on time. They can help you avoid taking classes you don’t need.

“SELF ADVISING”
You can always organize your schedule and register for classes on your own, but studies show seeing your advisor can help you graduate faster and save money.

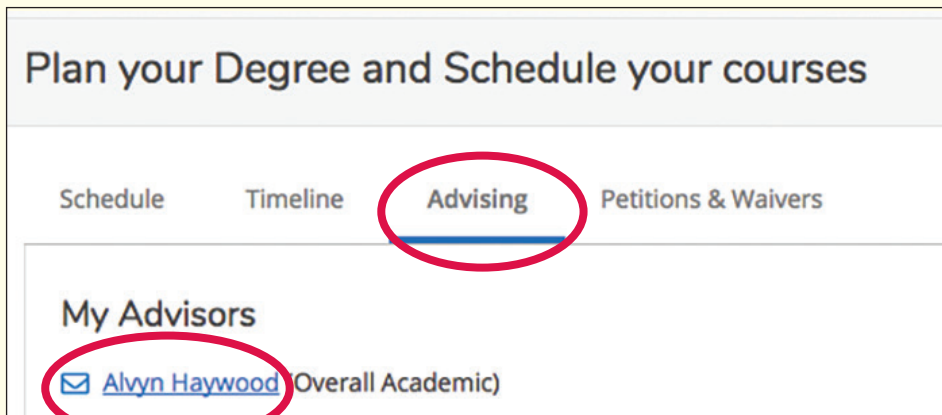
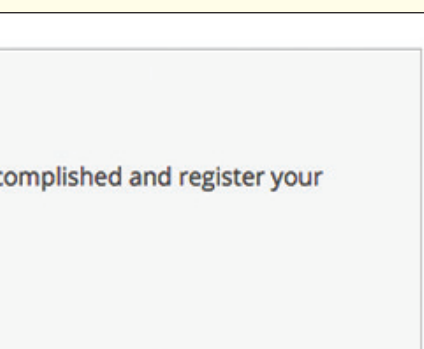
SPRING 2019 ENROLLMENT HAS BEGUN!
Now is the time to go see your faculty advisor and get enrolled for classes before they fill up.

- 3 Enter your user name (firstname.lastname) and password (birthdate mmddyy) and click SIGN IN



Use Advising

- 3 Click on the “Advising” tab and your faculty advisor’s name will appear in blue. Click on it to send your advisor an email.



This is your faculty advisor!

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2018 Open House

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Transfer Information Session

Tuesday, November 20

Register or schedule a visit: qu.edu/visit

Apply: qu.edu/transfer

Email: transfer@qu.edu





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Tuesday, November 27, 2:30 - 4 pm

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I can't help it. I'm just S.A.D. Winter brings mood shifts

MY VIEW



Tahjia Brantley

As I write this, my room looks like a tornado hit it. I'm a little depressed. I haven't been getting enough sunlight. Every time I turn on my space heater my lamp flickers and I have been religiously dodging any and all questions regarding my okayness. I am okay, I'm just sad. I am dealing with S.A.D. which stands for Seasonal Affective Disorder.

The condition, according to American Psychiatric Association has the same as the criteria as major depressive disorder but is recurrent for two consecutive seasons. It's more likely that you have S.A.D. if you have a pre-existing mental condition. As someone diagnosed with Generalized Anxiety Dis-

order, Major Depressive Disorder, and alcohol dependence. I almost feel like I never had a chance to not have S.A.D..

The American Academy of Family Physicians says that "About 4 to 6 percent of people may have winter depression. Another 10 to 20 percent may have mild S.A.D. S.A.D. is four times more common in women than in men."

So I am not alone. But it feels incredibly isolating when you find it hard to vocalize certain mental struggles to your professors. I'm not always sure how to tell my professors that I can't come to class because I barely have the energy to brush my teeth. Even when I do make it to class, and I raise my hand and get marked "present" a lot of the time I am not. I am worrying about transfer applications, A.A. meetings, whether my classmates can smell my dirty hair, and when I can get my next sugar fix.

Which makes sense because the APA adds, "The most commonly reported S.A.D. symptoms include significant fatigue, pervasively sad mood, loss of interest in activities, sleeping more than usual, craving and eating more starches and sweets, gaining at least 5 percent of body weight and difficulty concentrating."

"Even though I know it's hard, because it is for me, try to be patient with yourself and let your professors and friends know that you're struggling. Most professors are understanding about mental health and its impact on student success. They will often work to give you extra time or help to keep up with your work. They can also just offer a listening ear."

According to an APA feature with S.A.D. expert Kelly Rohan, it's not the cold weather that causes this mood change but the tilt of the sun in relation to the Earth. SAD is a subtype of depression sparked by a lack of sunlight. This affects North Americans slightly more, with people in the South being less affected due to their physical location to the sun.

But while many people may not meet the overall qualifications for full S.A.D. many people experience some form of seasonal lower mood and fatigue. This is especially the case for college students. A survey comprised of 25 Mercer students found that nearly 80 percent experienced a mood decline due to the transition from summer to fall/winter.

This doesn't necessarily mean you have S.A.D.; it differs from the winter blues. The Mercer student survey also

indicated that most Mercer students find exercise to be an effective coping mechanism.

Other treatments for lower grade seasonal blues include vitamin D3 supplements and meditation. For more severe forms, light therapy and anti-depressants may be prescribed. Kelly Rohan, the S.A.D. expert, believes that Cognitive Behavioral Therapy (CBT) is the best treatment for S.A.D. and I believe that to be true.

I have been to CBT. You learn about certain errors in thinking, like catastrophizing which is when you have one small thing seem to turn into a huge problem in your mind.

For example, sometimes, I feel like if I get one bad grade will cause me to fail the class, and lose my financial aid, and somehow end up homeless. CBT is designed to help confront that kind of thinking. CBT also emphasizes the im-

portance of self care which doesn't always look like face masks and essential oil diffusers. Self care looks different for everyone and finding my own mode of self care has helped me a lot.

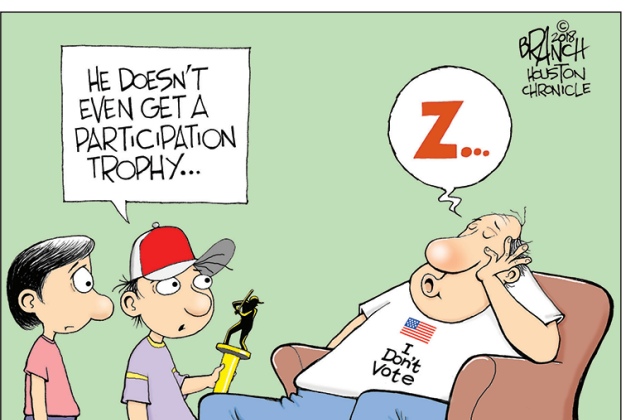
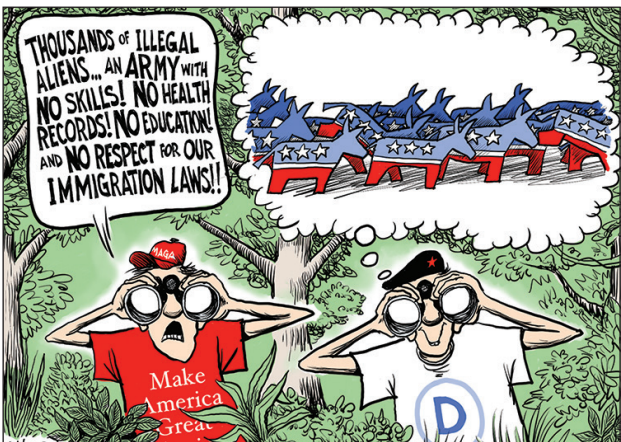
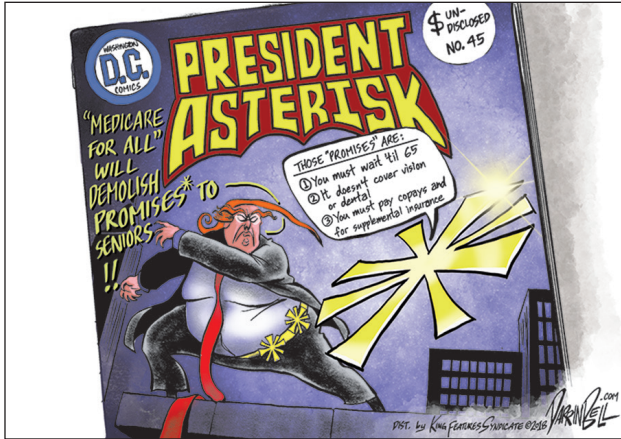
CBT has been a big help particularly because it's usually done in a group setting which always makes me feel safe and validated.

If you are struggling with low mood yourself right now, it's important to let yourself feel your feelings. It's not reasonable to expect to be happy every second of your life, but check in and see if what you're going through is something you can take steps to alleviate either with small changes or with professional help or some combination.

Even though I know it's hard, because it is for me, try to be patient with yourself and let your professors and friends know that you're struggling. Most professors are understanding about mental health and its impact on student success. They will often work to give you extra time or help to keep up with your work. They can also just offer a listening ear.

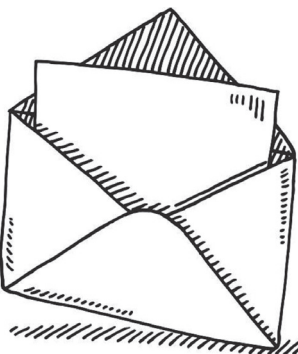
Life happens, the sun hides, but life does go on.

EDITORIAL CARTOONS



MAIL CALL

What do you think? Do you agree with the opinions you see here? Do you like our coverage of College and local issues? Is there a topic you really want us to cover? DROP US A LINE AND LET US KNOW!



the college

VOICE

The VOICE is online at mcccvoice.org Read documents and extra materials to go with all the articles you see here.

Do you see a typo?

Good. Join the staff and help us fix it!

Mon + Thur 12-1:15 in ET 127

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CORRECTIONS

Note the following corrections to our Oct. 21 article *"PROFILE: Mercer's new biology professor is a passionate advocate for students and an avid athlete"* Prof. Rivera took classes at Rider University but did not receive her B.S. from that institution. She is part Hispanic but not Puerto Rican. Her role for Sons of Ben was volunteer in nature. And while she was on her own for part of her teenage years, her parents has not passed away.

HIGH GPA?
JOIN PTK!

If you have a GPA of 3.5 or higher and have completed 12 credits or more of classes at the 100+ level you may be qualified for the Phi Theta Kappa Honor Society.

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NOTICE

MCCC LIBRARY
now open SATURDAYS
10am-4pm!



#MeToo: What can good men do to help?

PERSPECTIVES



Sean O'Connor

I once asked my dad about his taste in music and if he liked the country singer Dolly Parton. "She has nice tits," he said.

Though my father seemed at times flamboyantly obsessed with sex--openly boasting about pornography videos he owned--he did see more in a woman than merely sex. At his funeral, a couple remarked to me, with palpable gratitude, that he saved their marriage. He was a psychologist who specialized in marriage counseling. That said, he certainly overlooked Dolly Parton as a musician and even at 16 (I think I was) I found my father's comment degrading and disrespectful.

That incident happened over a decade before the #metoo movement gained serious traction with the arrest of Harvey Weinstein in 2017. But

it's worth thinking about the many men who had and still have such a mindset and what can be done about it.

Not all men can shift such fundamental perceptions of women but many can and we should try.

It might help if we can distinguish the difference between embracing sexuality and succumbing to hypersexuality which is clearly a factor in the trove of reports that women are subject to all kinds of sexual misconduct which we are inundated with.

I cannot help but wonder: have we--maybe some of us unconsciously--interpreted the sexual revolution as a kind of license to oversexualize women? Have some men used it as a rationalization for their lack of self control?

Have I ever looked at woman in a way that suggested I thought she was my private pin-up girl? I hope not, but in light of all I've learned in the past two years about how pervasive the degradation of women is in our society, my feelings about attraction have become conflicted.

On the one hand, it's impossible for us not to see and look at each other if we are to interact socially. And sometimes we just can't help but feel that spark of fancy and attraction. But the instant that

becomes more than an internal experience, for example, looking at a woman in a way that instantly conveys objectification is degrading and disrespectful. It overlooks the fact that she has a soul worth knowing and that you do too.

Seeking insight on how to distinguish "good lust" from "bad lust," I spoke with Mercer and William Paterson University professor of sociology Michael Prohaska. "I would not try to differentiate 'types' of lust," Prohaska said in an email. "Lust has too much of a negative connotation, balance lust the negative with desire the positive."

I like that. "Desire as opposed to lust."

Desire is the experience of appreciating a woman's sexuality. You can keep it to yourself, and if you interact with a lady you happen to desire, your desire does not move you to treat her like a mere fantasy. You treat her like a person.

In contrast, lust diminishes a holistic view of a woman, and increasingly sexualizes her to a point of dehumanization. This is the realm in which sexual misconduct flourishes.

In a society where men and women of various sexual preferences are increasingly open, where orgies and masturbation are depicted in Netflix shows, where exhibitionist pornography is a click away, the

difference between amorous desire and toxic lust--the experience of sexual attraction versus the experience of dehumanization--needs to be reiterated.

Let us not exploit women who embrace their sexuality and look sexy. Women should feel free to be sexy without men blatantly oogling, flaunting their lust, or thinking of sexually liberated women as "sluts."

As Professor Prohaska said to me, there's a "sexual double standard, which is used as a social control to stigmatize women who defy the patriarchal agenda....men are players.....women are sluts."

He reminds me, we still live in a patriarchy.

The patriarchy exploits our female friends, partners and family members. The very least we men can is ask ourselves, the next time that woman walks past you, and you turn to look at her, moving your eyes up and down, are you merely gazing, processing your desire internally, or are you staring, gawking, probably making her uncomfortable. If the latter, realize it's wrong, and stop doing it.

Oh, and for the record, Dolly Parton has won nine Grammy Awards, released 42 top 10 country albums, and had 26 songs reach number one on the Billboard country charts. Let that sink in.

You're here anyway: 3 ways to make the best of time on campus
Editorial

Mercer is a commuter campus.

Sure, things get a little interesting around here if there is, say, a mildly alarming, largely unaddressed mold problem or an emergency evacuation caused by a burnt piece of toast on the grounds, but, other than that, the general consensus is that there is not much to do on campus.

You came to college rather than staying home to watch Law & Order reruns, but no one can study non-stop and

a lot of us are trapped on campus for hours between classes or waiting for transportation.

What if there was something to do here that was fun, cheap and beneficial to you and/or a group of your peers?

We, The VOICE editors, believe this campus has more to offer than meets the eye.

First, of course, you could joint the newspaper. We have a cozy office and we are a bunch of quirky, fun-loving, supportive folks. We have a Keurig and a stockpile of Ra-

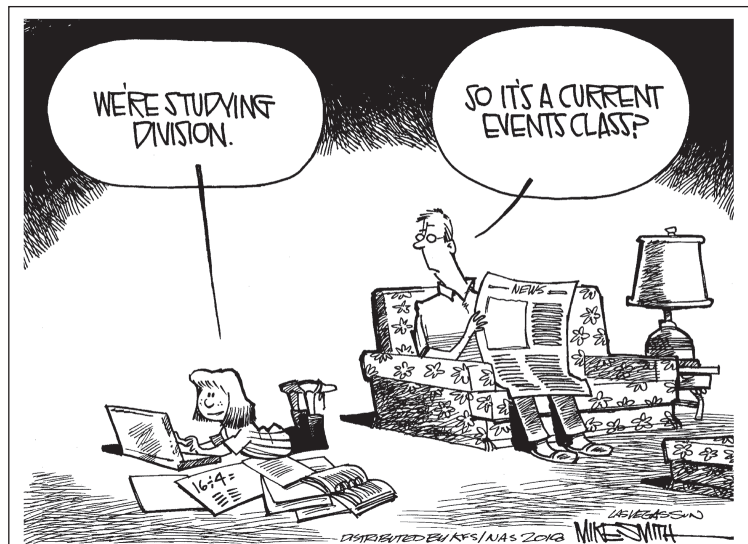
men. Plus our advisors can help you learn to write better. And we get to go to conferences and stay in nice hotels while learning more about reporting.

Another option to liven up your days on campus is to head to a sports game. We have consistently successful teams and a variety of sports to be watched. Not enough people come out to watch but the games--soccer, basketball, baseball, tennis--but they are intense, fast paced. You won't be bored.

Looking for more community and places to meet people that aren't the Library or the "quiet room" in SC? If you have good grades you can sign up for Honors classes. They have a nice computer lab that doubles as a hang out space.

Mercer is not all depressing vaping in the parking lots, sitting in the smelly chairs in dank hallways playing Angry Birds. It's not all the smell of mold and despair. You're here anyway. May as well make the most of it.

EDITORIAL CARTOONS



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The College VOICE is written and edited by students of Mercer County Community College and published every 3-4 weeks under the guidance of faculty advisers. The material printed in The College VOICE, be it articles, advertisements or opinion pieces, does not necessarily represent the views of the editors, the faculty, staff, administration or the board of trustees of Mercer County Community College.

Write to The College VOICE!

Do you have something to say? The College VOICE accepts letters to the editor. Submissions should be no more than 300 words; longer submissions may be shortened. Submit materials in electronic format, and include your name and status at Mercer (major and year, faculty or staff position or alumnus). All materials submitted become the property of The College VOICE, which reserves the right to reject or edit material based on length, taste or clarity.

How to contact us:

e-mail: kochism@mccc.edu

phone: (609) 586-4800 ext. 3594

write to: **The College VOICE**

c/o Prof. Matt Kochis

Mercer County College

1200 Edinburg Rd.

West Windsor, NJ 08690

ASK THE VOICE: GOOD ANSWERS TO TOUGH QUESTIONS



Help is here!

Dear Voice,
I hear that there is free tuition now. Is that true?
-Broke

Dear Broke,
If you really are broke, meaning your family makes less than \$45,000 a year total, and you've used up all your other financial aid, NJ will make up the difference. So basically some major restrictions apply.
-The VOICE

Dear Voice,
I found my advisor's office, and the door was open, but the only thing sitting in there was a potted plant. What now?
-Need Advising

Dear Need Advising,
Unless it tries to convince you to change your major to horticulture, there's no reason to think the plant can't be helpful. Support comes in all shapes and sizes at Mercer.
-The VOICE

Dear Voice,
Last month you guys wrote about a mold problem affecting the college. Has anything been done about it?
-Asthma Man

Dear Asthma Man,
Well....the college did finally send an email to students letting them know the mold existed. Of course they played down the potential hazards, but admitting you have a problem is an important first step, am I right?
-The VOICE.

NOTE: THIS FEATURE IS FOR ENTERTAINMENT PURPOSES ONLY. ANY RESEMBLANCE TO ACTUAL PROBLEMS IS PURELY COINCIDENTAL.

HOROSCOPES



Capricorn

Dec. 22 - Jan. 19

How many times can you ask someone to do something, have them agree, and then not do it? Your frustration level may be at an all time high this month. Time for some deep breaths.



Taurus

Apr. 20 - May 20

Eating healthy may need to be a new priority, which can be a big challenge when the holidays are looming. Do the best you can. Have some extra salad.



Aquarius

Jan. 20 - Feb. 18

Transportation issues may abound this month. Good news: it should be resolved by the new year. That seems like a long way off, but it is coming fast.



Gemini

May 21 - Jun. 20

You just need to laugh. Don't feel ashamed of a trip to YouTube to watch your favorite silly videos. Keep funny people close by. If you can't laugh, you will cry.



Pisces

Feb. 19 - Mar. 20

Transportation issues may abound this month. Good news: it should be resolved by the new year. That seems like a long way off, but it is coming fast.



Cancer

Jun. 21 - Jul. 22

A serious situation will find resolution soon. It may have been emotionally exhausting, but you will be able to recharge your batteries and get support over the holidays.



Aries

Mar. 21 - Apr. 19

The lack of light in the winter may be getting you down. If you can't be outdoors, it may help to stay active inside. The gym can be a good outlet for stress.



Leo

Jul. 23 - Aug. 22

You are struggling to understand the inner workings of someone else's mind. This can drive you crazy. People are crazy. It's time to move on and do your own thing.



Virgo

Aug. 23 - Sept. 22

Cut back on news, social media and online time in general this month. It will keep you from getting depressed and help you focus on the work you need to get done.



Libra

Sept. 23 - Oct. 22

Your birthday may not have been all you hoped and deserved. This is such a busy time of year and getting ready for the holidays may be distracting people. But feel confident those around you love you.



Scorpio

Oct. 23 - Nov. 21

Help is on the way! But you may have to ask for it. You've been trying to do too much completely on your own lately. Trust others to be able to pick up some slack. Ask. Accept. Repeat.

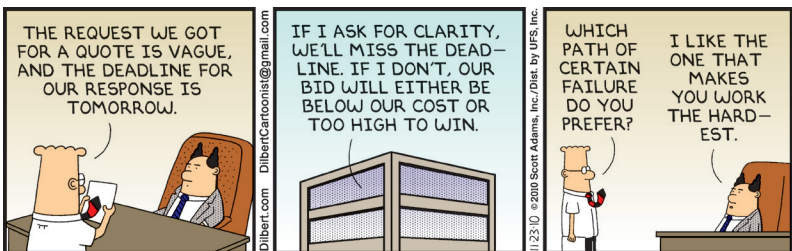


Sagittarius

Nov. 22 - Dec. 21

Money has been an issue more than usual and you are worried about something financial. Try not to panic. Keep an eye on the big picture and do what you can to plan for the future.

2X DILBERT



SUDOKU

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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

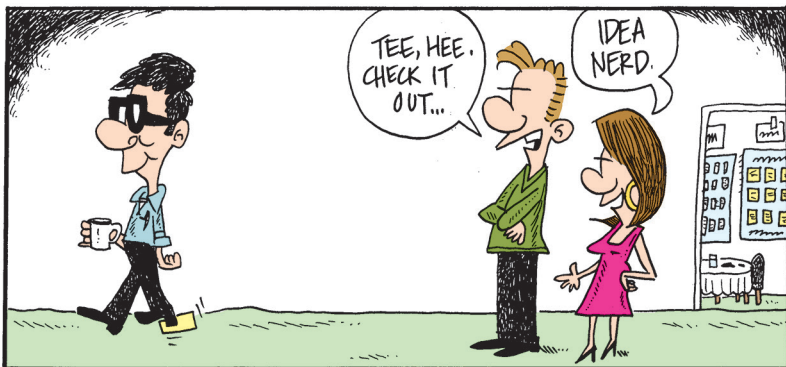
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Answer

FLASH GORDON



Out on a Limb



by Gary Kopervas

