



Reviving Trenton one wall at a time

Local artist Leon Rainbow uses graffiti murals to bathe Trenton in color

By Kristen Miller
Reporter

Web designer by day and artist by trade, local Trenton artist, Leon Rainbow, has made a name for himself with his graffiti artwork for more than 20 years. From complete murals to gallery openings, to body painting, ink canvassing and teaching art, Rainbow spends a majority of his life surrounded by color and creativity.

Rainbow grew up in California and says as a kid he loved playing with bristle blocks, brightly colored plastic shapes that stick together with rounded bristles. By second grade he was drawn to artwork at the same time as break-dancing and hip-hop became popular. He became inspired to get into the related world of graffiti.

Rainbow made his first graffiti tag--a stylized single-color graffiti signature--at the age of 13. He cut school and stole markers. “That was like our rebellious thing that we did when I was a kid,” he says.

Rainbow’s rebellious childhood later lead to a battle with addiction, but now he has 22 years clean and he has used his decades in recovery to advance his work.

“Being in recovery totally revolutionized my life...I couldn’t have been successful, or at least to the level I am now, if I was still getting high,” he says.

The success Rainbow was able to achieve exists in many different forms. He made his first Trenton mural 20 years ago in 1999. For a time he attended MCCC and is an alumn. In 2005 he began working for the Trenton based organization, Terracycle.

Veronica Rajadnya, Writing and Content Manager of TerraCycle says the organization is “a company on a mission to eliminate the idea of waste... Leon Rainbow has been working with TerraCycle since before I got here...I believe as far back as the very first graffiti jam.”

The graffiti jam is part of a larger and popular Trenton festival called Jersey Fresh Jam, which features art, music and



Leon Rainbow works on a mural celebrating MCCC on a wall behind Terracycle in Trenton, NJ.

PHOTO | KRISTEN MILLER



Graffiti artist Leon Rainbow at work.

PHOTO | KRISTEN MILLER

creativity from the locals.

Rajadnya says, “[Rainbow] has a big personality, really fun to be around...very much a friend of TerraCycle...sometimes he’ll come in and say hi to all of us during the graffiti jams.”

Originally called the Worm Poop Jam, the Jersey Fresh Jam festival consists of 50 graffiti artists, 10 music performers, 5- 10 DJs and food vendors. Rainbow describes it as “A

real hip-hop party.” It is located right outside of the TerraCycle office at 121 New York Ave. in Trenton.

Graffiti artists from Trenton, New York, Pennsylvania, Washington, D.C., and Baltimore travel to this event to repaint the walls of their “cork yard”.

“[It’s] basically like an all day party,” Rajadnya says.

Currently, Rainbow

“If you’re dedicated and you do it enough, and have a passion for it, then you’ll get noticed.”

--Leon Rainbow, Artist

and Terracycle are collaborating on a newer project called “Scrapped,” a showcase of work made from upcycled and reclaimed art located at the BSB gallery; a short walk from Mercer’s JKC campus. All of the artworks are created by artists associated directly with the TerraCycle company.

In the past, Rainbow has done graffiti aerosol classes at Terracycle, and he will be teaching them again throughout the spring and summer starting in April.

He has also taught after school classes in Trenton and Princeton for 3 years.

Another music festival Rainbow is associated with is the Levitt Festival in Trenton’s Mill Hill Park section. This project lead Rainbow to get an even bigger project with the Cure Insurance Arena.

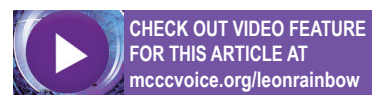
According to Rainbow, a lot of effort is needed to obtain

larger and more advanced projects. “A lot of it is just taking calculated risks and trying to, you know, be able to complete the projects that you do at a high level,” he says.

Rainbow adds, “There’s a lot of people that probably could be more talented than me that might not have the same mindset that I have and might not be able to do the things I’ve been able to do because they’re not going to apply themselves,” he says.

He continues, “If you’re dedicated and you do it enough and have a passion for it, then you’ll get noticed.”

Jersey Fresh Jam will be held at the end of August. See Rainbow’s work at the running show “Scrapped” at the BSB gallery, ending April 13th, and his website, leonrainbow.com



MCCC STUDENTS WIN BIG AT PHILLY FLOWER SHOW
PGS. 6-7



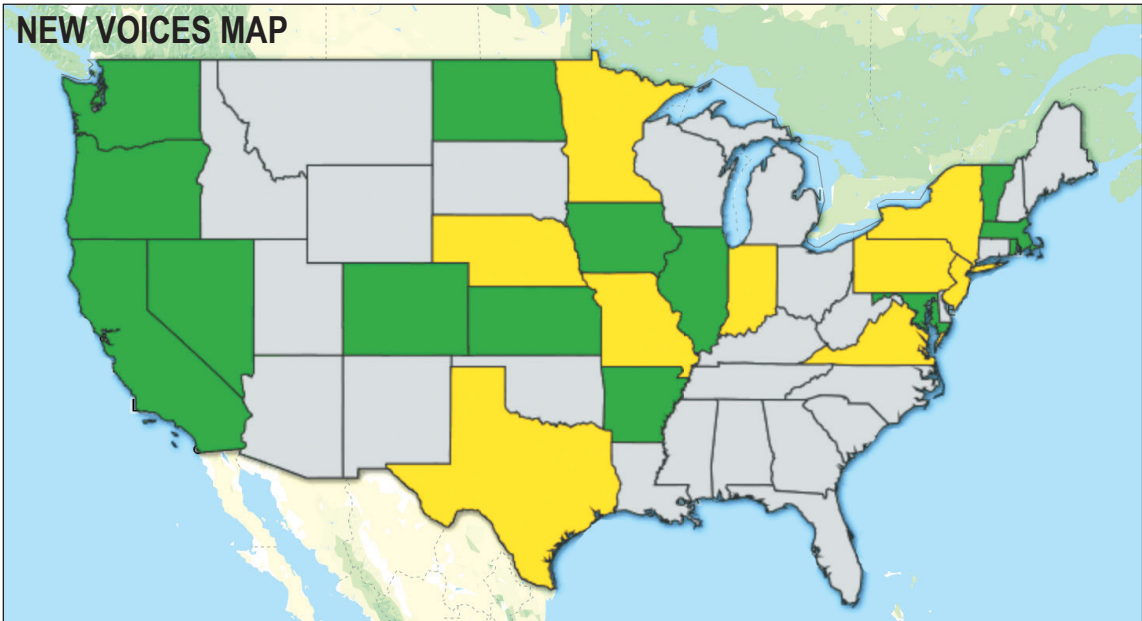
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Unusual coalition works to advance legislation

NJ could be 15th state to ensure student press rights



By Drew Mumich
Senior Reporter

What do you get when you combine a beauty pageant winner, a pair of veteran high school teachers, and some supportive lawyers, politicians and journalists? You get a movement to try to bring into existence new legislation aimed at securing student journalists in New Jersey against censorship.

Katy Temple, the current editor in chief of *The Torch*, the newspaper at Bergen County College, won the Miss Liberty beauty pageant and as part of her community service work as she heads toward the Miss New Jersey competition she has dedicated herself to promoting student press freedom.

Temple says, "I think for anyone, it takes a really long time to find your voice, and once you do find your voice, there is no fathomable reason why it should be taken away."

Temple is working on an effort spearheaded by two veteran New Jersey high school journalism teachers, Tom McHale and John Tagliarini, who have been working for several years to make New Jersey the fifteenth state to enact New Voices legislation. If passed, the legislation would ensure that student reporters and their advisers don't "leave their First Amendment rights at the schoolhouse gate" as Justice Abe Fortas described it in the 1969 US Supreme Court Case, *Tinker vs. Des Moines School District*.

The *Tinker* case set a precedent that protected public school students' rights for almost 20 years before the Supreme Court handed down a decision in a case known as *Hazelwood* that gave high school administrators much more latitude to determine content for student newspapers. As schools have grown increasingly image-conscious, cases of direct censorship have increased nationwide, and New Jersey is no different.

"I think for anyone, it takes a really long time to find your voice, and once you do find your voice, there is no fathomable reason why it should be taken away."

--Katy Temple,
Editor in Chief of The Torch and NJ Miss. Liberty 2019

Tom McHale, an English and Journalism teacher at Hunterdon Central High School member of the Garden State Scholastic Press Association (GSSPA) board, says, "We saw it as a need in New Jersey, there had been a couple of high profile censorship issues that had lead to dismissals by chief advisors of schools."

McHale himself resigned his position as media advisor at Hunterdon after a new administration began to enforce a board policy that called for the administration to read and approve everything before publication, a process known as "prior review," in 2014-2015.

McHale and his students lobbied to get the policy changed but without success.

"I couldn't change the policy. I mean these policies [at other public schools] are the same policies that my school had. They are very very common through throughout New Jersey," McHale says. It was at this point that he started looking into how he might better be able to protect his student journalists from undue censorship and met up with fellow GSSPA board member John Tagliarini.

Tagliarini says, "The [New Voices] legislation is important because it would set very important limitations, also the rights of students journalists, basically bringing it back to how the *Tinker* decision was a number of years ago..."

The bill that McHale and Tagliarini helped craft

reads, in part, "A student journalist has the right to exercise freedom of speech and of the press in school-sponsored media," this is regardless of how that student journalists newspaper is funded or if the article was written within a class. The bill also protects advisors from being suspended, fired or otherwise dismissed due to an article their students wrote.

The bill's supporters are quick to point out that it does not give students rights that exceed what was common for decades, nor does it promote student press to the same level as mainstream media.

Lawyer Frank LoMonte, the former director of the Student Press Law Center says New Jersey is a state that has a demonstrable need for the legislation.

"One of the very first workshops I taught, was a workshop for New Jersey high school editors. It was about 60 people from around New Jersey down in Washington DC, and I asked this room, 'how many of you have been told not publish something just because it would make your school look bad?' And easily 50 out of the 60 people raised their hand; And then I say, 'Of the people whose hands are raised, how many people called the Student Press Law Center or called the ACLU, or called your local TV station and complained?' and every single hand went down." LoMonte said in a phone interview.



COLLEGE VOICE | FILE PHOTO

College student Katy Temple, Editor of *The Torch* at Bergen County College, current NJ Miss Liberty and student press rights advocate, at the College Media Association conference in New York City, March 8, 2019.

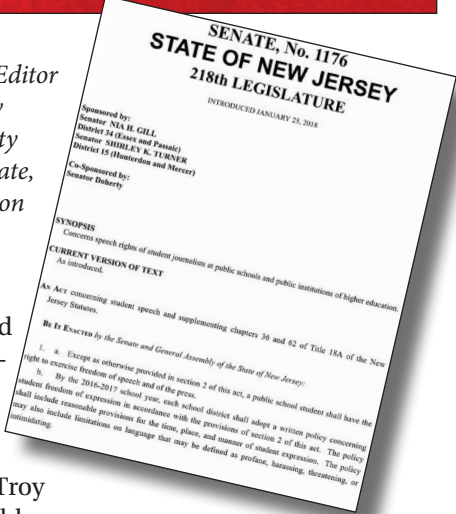
When Tagliarini and McHale first started reaching out to state lawmakers in 2016, they received bipartisan support for the legislation. Assemblyman Troy Singleton (D) and Assemblywoman Gail Phoebe (R) introduced the bill in the Assembly and Senator Diane Allen (R), Senator Nia Gill (D) introduced the matching bill in the Senate along with support from Senator Jennifer Beck (R).

But then the legislation sat there for two years and became a casualty to New Jersey's legislative time-table and a host of other setbacks. For example, Assemblywoman Donna Simon (R) reintiated the legislation, but in November of 2018, she lost her reelection bid, forcing the New Voices advocates to start the hunt for bill sponsorship over again.

Tagliarini and McHale did not give up. Senators Nia Gill (D) and Shirley Turner (D) are sponsors of the current New Voices bill S1176, and others have signed on as cosponsors, making it a bipartisan effort.

Katy Temple says, "The biggest issue right now is we need to get it on the agenda. If that includes lobbying, writing letters, social media campaigns then that is kind of what my focus is right now."

McHale says, "We have



READS1176
ONLINE



Read the bill at mcccvoice.org

a limited amount of time. You have to get [the bill] first heard in the Senate, then that will help it get heard in the assembly committee, education committee, and eventually, get to a floor vote, and then [if it passes] it's on the governor's desk."

Aine Pipe, a junior at Cherry Hill East High School who is also a student reporter and the president of the student chapter of Garden State Scholastic Press Association, says, "New Voices is essential to our mission. We need the protection to do our jobs, to tell the stories that need to be told."

New photo exhibit asks who feminism belongs to

By Bianca Martinez
Reporter

“Who does feminism belong to?” This is the central theme of Tamara Torres’s new photography and video exhibit that opened at the gallery on Mercer’s Trenton campus on February 28 and runs through April 4.

The show, titled “La Feminista: Soy Yo?” (translated “The Feminist: Am I?”) explores the concepts of feminism across cultures and generations and shines a light on internal and external struggles and the realities of culture and status as it relates to female empowerment.

Torres said at the exhibit opening on March 6, “Personally, [feminism] didn’t mean much to me growing up as a young Latina. I didn’t fully understand it until my early adulthood, and until this day still, I question if feminism was meant for me, or only for those women who were already privileged in this world.”

Torres was born and raised in Trenton, New Jersey and suffered long-term abuse, prejudice, and abandonment throughout her life. She says that she has always taken shelter in her art, though it took time to become a form of activ-



ARTWORK by TAMARA TORRES | PHOTO | BIANCA MARTINEZ

Tamara Torres’s exhibit asks where marginalized groups fit into feminism.

ism.

In the early stages of her career, she started with fashion photography. She later did photos for bridal magazines, weddings and catalogs.

She said, “Fashion photography became to bougie, and when I did my portrait ‘Freedom’ is when I discovered my passion for political art.

That analysis [changed things. I saw] a child being a victim in the world, and not having the means to push for what is greater beyond her years and beyond this world.”

Torres says, “I began to push into my photography more; my art, my dreams and ideas and the things that I saw around [me], and then eventu-

ally people started looking for local artists.” She continues, “It was all by accident, I still don’t think I am a political artist. I’m just literally sharing what I feel and putting my voice out there,”

Torres’s work has been shown in New York, Scotland, London and Rome. The Trenton exhibit depicts a variety of collaborations with grandmothers, mothers, and daughters from different cultures, both locally and internationally.

Torres described her motivation saying, “I heard Jane Fonda [once] and how she talked on having the honor to be a feminist and she had the means of being a feminist. And I was thinking about, what about the mothers and individuals who don’t have the means and are out here working two jobs and have to worry about their children going out there and having to repeat the cycle? Are they not feminist because of that? What about them? What about us?”

In taking each portrait and video of the models, Torres poses the question of “What does feminism mean to you?”

At the talk on March 6, Torres discussed how along her way she has made a lot of good friends. She has photographed and had the chance to work alongside them, and they have helped her gained success.

Torres mentioned that

many people have been supportive of her and have kept her focused and inspired throughout her career. She singled out her long-term friend, Fatima Mughal who is an activist and part of a group known as Stand & Take Action Now for Democracy or STAND.

Later Torres and Mughal discussed their perceptions of feminism at length, worrying that it has become a “fucking trend” and that like all trends it may die.

Mughal told The VOICE that even men who try to support feminism are often patronizing.

“Men feel the need to--even when they are talking about feminism--they’re like ‘let me tell you what feminism is.’” Mughal said.

She continued, “There is a time when you need to step back, and you need to share the platform with other people... The definition of feminism to me is a mother working three jobs and taking care of all of the kids. Now see that is badass feminism to me.”

Torres says, “At the end of the day I am still a human who still has insecurities and self-doubt.”

Humanity, insecurity and self-doubt. Perhaps those are the core elements of feminism itself.

Veils from around the globe presented at Princeton Y

By Bianca Martinez
Reporter

Veils [De-Coded], an informative, cultural presentation was held Friday, March 8, at the YWCA by The Princeton Middle East Society.

The presentation began with Marilyn Jerry, the head of the Princeton Middle East Society, who introduced Isabella de la Houssaye, a Princeton alumna who went on to Columbia University and became an investment banker, lawyer and philanthropist.

De la Houssaye is a 54-year-old mother of five who lives in Lawrenceville, NJ and is also an endurance athlete who completed the famed Ironman triathlon in Kona, Hawaii this past October while battling stage IV lung cancer.

In addition to her many other pursuits de la Houssaye has an avid interest in world culture. She showcased the traditional veils worn by people and societies from North Africa to Central Asia, and discussed how understanding their significance and meaning can help to better understand the cultures behind them.

Long tables were spread with veils and other garments collected by de la Houssaye throughout her travels around the world. De la Houssaye credits her travels for making the difference in how she views the items.

“I saw my first veil in

2001 and I had to learn more,” she said.

Jerry said, “The Middle East Society is dedicated to educating the public in this area about the Middle East, including history and culture. So, her collection really fits in with a cultural event with us.”

De la Houssaye first spoke of the presence of veils in the United States and how many people see them as concealing items. However, she explained, even as far back to the 19th century, veils were used as identification in tribes and were usually a symbol of an individual’s wealth and/or social status.

The first of the veils showcased was the Sinai face veil, traditionally from the Sinai region of Egypt. These veils were decorated with many coins, which represented a bride’s dowry. The colors of the veil and the headpiece would often represent what village the wearer was from.

The Sinai veils represented what a woman was considered to be worth in monetary terms. Virgins were worth a higher price, while the divorced or widowed were worth less, meaning they received less valuable veils.

Other items showcased in the presentation included the Paranjās from Central Asia, specifically Uzbekistan. They were made out of horsehair and, for urban women, they were a sign of status.



PHOTO | BIANCA MARTINEZ

Traditional Bedouin face veil.

Moving on to discuss Tajikistan, Houssaye highlighted the wedding veils that women wore that often symbolized fertility and love. Symbols of fertility were often embroidered on the veil by the wife herself.

Another piece revealed to the audience was the ‘batoola,’ also known as ‘batula.’ Typically worn by Bedouin women from the Persian Gulf region, including Oman. These include a small mask centered by a beak nose which is traditionally indigo.

One of the last groups to be discussed was the Tuaregs of the Sahara, a nomadic group in which the men rather than the women are required to veil themselves. For them, it is seen as vulgar to show the face, especially the mouth. Houssaye explained how she experienced seeing these men eat, slipping the food under their veil. They are also known as the “blue



PHOTO | BIANCA MARTINEZ

Local Isabella de la Houssaye presents veils from around the world at the Princeton YWCA on March 8, in conjunction with the Princeton Middle East society.

people” since their veils are traditionally made of indigo, which bleeds on to the skin.

According to a 2013 article in The News Journal, de la Houssaye “Began collecting veils during a visit to Egypt in 1999. Two years later, she spent

\$10,000 on veils at a museum in Amman, Jordan, that was closing. On the way back home, she spent a day in an Egyptian jail after being accused...of money laundering.” Her collection of priceless veils is one of the largest assembled.

First major new medication for depression in 32 years

By Nina Pemberton
& Staff of the College VOICE
Reporters

The first new antidepressant to hit the market in 32 years is here. Created by Johnson and Johnson and approved by the FDA early this March, the drug, called Spravato™, is administered through a nasal spray as well as an oral pill. It is specifically targeted to those who have treatment-resistant depression as well as in trials to treat suicidal individuals.

Although the dosage won't make anyone hallucinate, the medication is based off of and chemically similar to Ketamine, the anesthetic found in the party drug Special K. This dissociative drug is often used as a "date-rape" drug because of its immobilizing effects.

The last time there was a breakthrough in drug treatment for depression was in 1987 when Prozac and other classes of SSRIs were released.

The Food and Drug Administration Division of Psychiatry Products Director, Tiffany Farchione, M.D. states on FDA.gov, “There has been a long-standing need for additional effective treatments for treatment-resistant depression, a serious and life-threatening condition”

According to the National Center for Biotechnology Information, there are more

than 3 million cases of major depressive disorder (MDD) reported in the US each year. Treatment-resistant depression, which affects about a third of patients with MDD, is a type that doesn't improve even after treatment with at least 2 different types of medication.

According to a survey of 30 Mercer students, 86 percent believe that depression is becoming an epidemic in college. Sixty percent of the student surveyed self-reported that they currently have or have had some form of depression. Out of those students, 30 percent have taken medication for it, with 17 percent reporting having taken three or more types.

Amanda Canto, a criminal justice major in her second semester at Mercer recently swapped her depression medications, Duloxetine and Gabapentin, for a natural supplement called Vitamin B12 due to side effects.

She explains, "It would have these weird side effects that made my skin crawl, and literally my limbs would just jerk randomly, so I would be driving and all of sudden my foot would just jerk up. It didn't do anything for my depression. It just made feel sleepy."

After the poor experience with antidepressants, she came to the conclusion that "Everyone finds their own path with depression and anxiety. I found it, but it's not through



Spravato may help treatment resistant depression, but at a steep cost.

COLLEGE VOICE | FILE PHOTO

medication.”

The most common non-medication treatments for depression are exercise and B vitamins. But as a recent article in *The Washington Post* by Jill U. Adams explained, “Exercise seems to help alleviate depression, but not for everybody.” For those who cannot find relief, the new medication may be a good option.

Lea D. Knight, Vice President of Finance at Johnson & Johnson's Janssen Supply Chain, however, is hopeful for this new antidepressant.

She says, "Spravato could help as many as [five million] adults with treatment-resistant depression."

But the price tag for the new medication may stop some people in their tracks. Johnson & Johnson says that depending on the dose, each treatment will cost between \$590-\$885 during the first month, and then half that during the following months.

There are other considerations, too, including the way in which the drug will be administered. Due to its status

as an often abused substance, the drug is planned to be given once or twice a week at a special Risk Evaluation Mitigation Strategy (REMS) certified location.

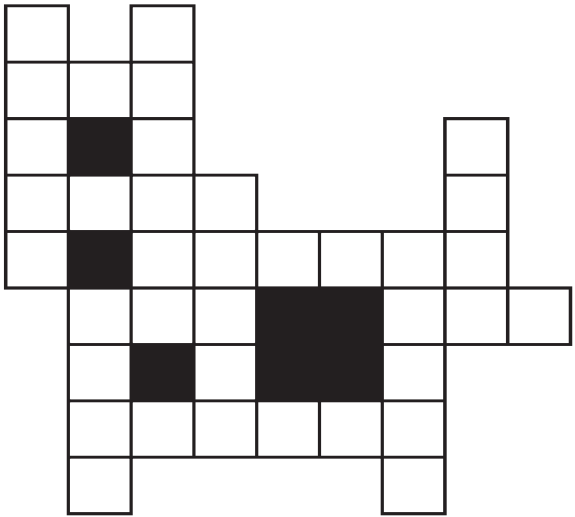
The dose will be too low to induce hallucinations. However, the FDA states that due to “the risk of sedation and dissociation, patients must be monitored by a health care provider for at least two hours after receiving their Spravato dose”

According to Knight, the drug was to be shipped the week of March 11.

PUZZLES EXTRA



TEM
DETSLE
TARLA
EXPA
♥RANIEM
AYL
♥ENMA
EDILY
EAX
XYNAST
METOE
♥RAYT



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Unscramble these twelve letter strings to form each into an ordinary word (ex. **HAGNEC** becomes **CHANGE**). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥**RATHE** becomes **HATER** or **EARTH** or **HEART**). Fit each string's word either across or down to knot all twelve strings together.

King Crossword

ACROSS

- 1 Jewel
4 Appointment
8 Con job
12 Boxing leg-
end
13 Big story
14 — Major
15 Medieval
entertainer
17 Anger
18 "— lazy river
..."
19 Extreme
21 Assault
24 Heavy weight
25 Hawaiian
neckwear
26 With it
28 Complete
range
32 Exam format
34 Illustrations
36 Soybean
paste
37 Eastern
potentate
(Var.)
39 LummoX
41 Profit
42 Needlefish
44 Aplenty
46 Graham
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| 59 | | | | | 60 | | | | | 61 | | |
- 56 Israeli airline

57 Carbon compound

58 Where (Lat.)

59 Roll up

60 Almost black

61 Knock

country

9 Gator's cousin

10 Largest continent

11 Shoppers' mecca

16 Hot tub

20 Pooch

21 Lotion additive

22 Expression

23 Sedona automaker

27 Expert

29 Labyrinth

30 Addict

31 Carry

33 Humorous hoax

35 Playground game

38 Aries

40 Kin

43 Japanese noodles

45 Actress Ullmann

46 Staff leader?

47 Streaming video giant

48 Winged

49 1492 craft

53 Penultimate mo.

54 Cagers' org.

55 Try the tea
- DOWN

1 Leg, slangily

2 Yale student

3 Little details

4 Break off

5 Spring mo.

6 Layer

7 Brilliance

8 Older spelling for a South American

Mercer hosts battle of the bulbs

High schoolers from across the state compete in horticulture expo

By Patrick Mulligan
Reporter

The 2019 FFA Horticulture Exposition was held on Friday, March 15 through Saturday, March 16 on the second floor of Mercers Student Center overlooking the quad on West Windsor campus. This is the eighth consecutive year that Mercer has hosted the event in which more than 500 students from 27 New Jersey high schools participate.

Students submit entries each consisting of floral and botanical arrangements, with other materials like ribbons or beads used to accent the display.

Tables filled with colorful and quirky displays stretched three-fourths of the way around the quad in the hallways on the second floor. A number of guests walked down the hall, pausing to look at specific pieces that caught their attention.

Hamilton Township resident, Joanna Turner said she was impressed with the creativity of some of the designs, particularly those in the category titled “Look at that Container!”

The pieces in this group consisted of arrangements “Done in a container not normally used for this purpose; must be able to hold water,” according to the table description.



PHOTO | PATRICK MULLIGAN

Entries were displayed throughout the second floor hallways of the SC building at MCCC for the 2019 NJ FFA Horticulture Exposition held on March 15.

“It’s neat how they used items like a coffee pot and a sink to hold the flowers,” Turner said.

A display in the category “Country Delights” showcased a log overgrown with wildflowers and other shrubs. On top of the log were two squirrels made out of a plant crafted into the shape of the animals. A first place ribbon was pinned to the display with the comment, “Very creative and good use of materials.”

Categories for judgment fell under a variety of themes, including: Harvest Festival, Jersey Fresh, Mardi Gras, and Leprechaun Festival.



PHOTO | PATRICK MULLIGAN

An entry in the “Country Delights” category included two woodland creatures at the 2019 NJ FFA Horticulture Exposition held on Friday March 15 at MCCC.

Each category has specific criteria that need to be met, according to Professor Amy Ricco, program coordinator for Ornamental Horticulture and Plant Science at Mercer.

Ricco said via email, “The flower arrangements all need to be priced out correctly and have the appropriate elements and principles of design.”

Entries in each category were judged based on their design, balance, functionality, and uniqueness. Prize ribbons were awarded to displays that exemplified these qualities while failing to include a re-

quired element lead to disqualification.

The New Jersey chapter of the Future Farmers of America (FFA) was responsible for organizing the exhibition. Judging took place on March 15 and all the entries were displayed for the duration of the day on March 16.

Jacob Newkirk, a state Officer of FFA and a sophomore at Cumberland County College studying Animal Science stated, “People and their families come to look at them and then the students come and take them home at the end of the day.”

Most of the students represented at the exposition attend a high school that offers a class in floral design, according to Brittany Smith, the state FFA Secretary and a freshman at the Rutgers School of Environmental and Biological Sciences. There are even one or two chapters from middle schools.

Smith said, “A lot of the kids definitely are going to pursue a career in plant science, landscaping, or in the actual growing of nursery and horticulture plants.”

However, according to Newkirk, “Some of them just do it for fun.”

REVIEW: Junior’s cheesecake, so good you’ll cheat on your diet

By Vanessa Woolcraft
Reporter

In the heart of New York’s theater district, between a dark gray sidewalk and the steel beams of a skyscraper, a bright orange sign marks Junior’s Restaurant, a diner famous for its cheesecake created by Harry Rosen in the original Brooklyn location 1950. The atmosphere is classic diner complete with bright lighting, a soda fountain, and Elvis playing on the stereo.

Junior’s prides itself creating an entire generation of Junior’s cheesecake lovers. According to their website, “[Junior’s] cheesecake was as important as the Brooklyn Dodgers... the Fox Theater...Coney Island... [and] Brighton Beach.”

The original Junior’s site in Brooklyn on Flatbush Ave. has since expanded to three different locations; in the heart of Times Square, Connecticut, and a factory outlet in Burlington, NJ which ships worldwide. This is good news for all cheesecake fans in the tri-state area who want a taste of cheesecake history.

But Junior’s has made a name for itself not only through its cheesecakes but also through political activism. Junior’s locations typically offer discounted

slices on Election Day to those who vote. They have also hosted many politicians such as Bill Clinton and Barack Obama, who both stopped by for slices during their terms.

Junior’s cheesecake recipe has gone unchanged for 69 years. Third-generation owner Alan Rosen states on Junior’s website, “Each cheesecake consists of the basics; cream cheese, sugar, heavy cream, fresh eggs and vanilla.”

However, one thing that differentiates Junior’s cheesecakes from the rest is that in place of a traditional graham cracker crust, there is a layer of sponge cake on the bottom.

The upbeat diner and smiling staff take the edge off the high price tag of \$9 on a single slice of strawberry cheesecake. Moreover, the soft, creamy consistency and the large portions make the slice worthwhile.

If you have to wait for a table you may end up next to the cheesecake display case. New Yorkers come in to pick up the confections even if they aren’t staying for a meal. On a recent visit, a man named Eddie G. stopped by to purchase a \$42 10” cake. He asked for his full name to not be used because “I’m on a diet but my wife is on vacation and my birthday is coming up.”



PHOTO | KRISTEN MILLER

Each giant slab of Junior’s signature cheesecakes runs about \$9, but it’s worth it.

FLOWER

Philadelphia Flower Show brings spirit



By Michael Bolden
Senior Reporter

“Flower Power” and the spirit of the 1960s was the theme of this year’s Philadelphia Flower Show at the Pennsylvania Convention Center. Hosted by the Pennsylvania Horticultural Society (PHS) and dating back to 1829, it is now the nation’s largest flower. This year’s show also hosted the Interflora World Cup. The last time this event was held



in the United States was 1985. Crowds filled the Center, many embodying the spirit of the event, wearing hippy flower crowns, bell bottom jeans and psychedelic colors surrounded by even brighter flowers. Mercer’s own Horticulture students presented a display. The title of the project was “The Power of a Rooftop Oasis” and it paid homage to the difficulties and unique beauty that urban container gardening can bring. Mercer won a silver medal in the educational category. Mercer’s exhibit featured a flowered edged walkway, a water fountain, and a graf-



fiti painted hut set against a backdrop of Trenton’s skyline. Amy Ricco, coordinator of the the Horticulture program says, “We had to decide what was going to be our platform for teaching container gardening and we decided to do something completely different this year in our sixth year doing this. So we decided to use a rooftop as our platform.” Professor Ricco says one of the hardest



RIGHT: A child interacts with a marsh display at the 2019 Philadelphia Flower Show.



LEFT and ABOVE: Yellow flowers highlight the 1960s “Flower Power” theme and pay homage to the start of spring at the 2019 Philadelphia Flower Show.

POWER

rit of the 60s to Convention Center



elements is forcing the plants to bloom on time.

"We're shooting for the end of February to have stuff in bloom that might normally bloom in the summertime... Some people will hire other people to do it but we're doing it here and it's a challenge," Ricco says.

This project wouldn't have been possible if not for cooperation of the whole team. The help of the graphic design, digital media art,



graffiti artist, and horticulture departments worked with each other to piece this exhibit together.

James MacDuff, who was studying graphic design at Mercer had his logo chosen for the display. He says "The whole convention was about flower power...so I looked at certain fonts that were from the 60...and then our thing is 'urban oasis' so for the urban I used a cityscape".

Professor Rico says "It's great collaborating with other programs on campus...It's neat for us to be able to represent Mercer in this way and have it be such a valuable learning experience" Reese Amorosi, who participated



in the flower show and had plants in the competition that won various places and ribbons says, "I like being around people who are also so involved in growing whether it's for food or beauty. To be around people that are also inspired by your dream and of our city or county is inspiring."

One attendee of the event, Lisa Cawley who lives in Philadelphia says "Since I was born in the 60s this is awesome for me" The sentiment was echoed by many.



RIGHT: A waterfall provides a prominent feature of interest in the Mercer horticulture students' award-winning entry in the 2019 Philadelphia Flower Show.



ABOVE: Hundreds of people participated in and thousands more visited the annual flower show held at the Pennsylvania Convention center. TOP ROW MIDDLE: Ribbon winning flowers on display.

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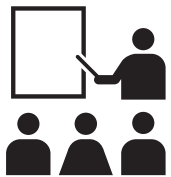
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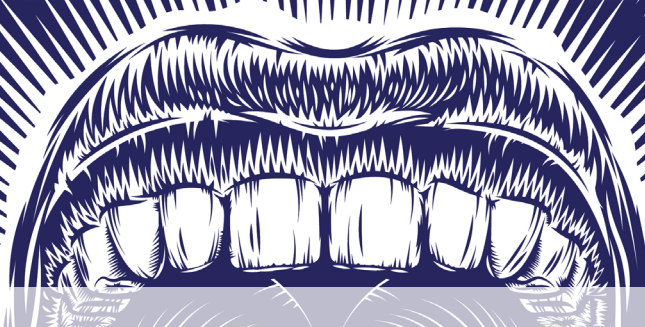


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THE HISTORY BEHIND WOMEN'S HISTORY MONTH

LEARN FROM ME



Laurie Gallagher

March is Women's History Month, a tradition started in 1987 according to womenshistorymonth.gov. During this month we take a special moment to celebrate the accomplishments of women in our history. We can find amazing women all the way back to the early days of what is now the United States. For example, there was Anne Hutchinson, a Puritan woman who preached that heaven was open to everyone, an idea so new that she was treated as a heretic, but she inspired many people and changed perceptions. In more recent times, we recognize the role models of women like Supreme Court Jus-

tices Sandra Day O'Connor and Ruth Bader Ginsburg, and first ladies like Michelle Obama who was used her position to encourage kids to have healthy meals in school. This is a time to celebrate our grandmas, mothers, sisters, daughters, aunts, and friends both past and present. Women haven't always been able to use their voices. They weren't able to vote or go to work. But because of pioneering women, things are different now. They are not perfect, but at least now women can go to school, have careers, vote, and use our voices to be heard on important issues in the government. When I was a child I always wanted to become a writer of some kind and never thought I would get to go to college and become a student reporter. These opportunities weren't always open to women, especially ones like me who were born with Down Syndrome. My mother believed in me and told me I could accomplish what I wanted. We must continue to celebrate women in our society and encourage girls to find jobs and find their voices. By speaking up we honor the efforts of all the women who did so much to make a better life for all of us.

We must kill the "pink tax"

My Perspective



Cassie Webb

Over the past couple of years, there has been a spark in the fight to free feminine products from the phenomenon known as the "pink tax." The "pink tax" is a term coined by ___ to describe the way that companies charge women more for personal care products that are identical to products for men, such as razors, but often placed in fancier packaging. The pink tax is real. It is everywhere. And it's absurd. In 1994, the State of California ran their own gender pricing study and found women paid about \$1,351 more per year than men on goods and services. That's about \$2,188 in today's money and you can see how that adds up over the course of a lifetime. Not only does gender-based pricing remains a stubborn issue, but women also have to pay more than men because they have to buy more undergarments as well as personal hygiene products like tampons and pads. According to Nicole Kaeding who is the director of Federal Projects at the Tax Foundation, where she researches federal and state tax issues, the subject topic of "Pink Tax" includes the argument

that feminine products should not be taxed. Living in the state of New Jersey we are 1 out of 14 states that do not apply sales tax to feminine products. Morgan Papp, a 19-year-old, Mercer Sports Medicine major says, "I don't like the fact that we have to pay for pads and tampons because only females need them and not males. If there was any way we could fight to not pay for them I'd be all for it, but if I have to settle in paying for them at least just don't tax them". Having to pay taxes for these feminine products to support a natural process our bodies have to deal with, literally adds to women's stress and can increase the pain that comes with periods. Throughout a woman's lifetime, we average about 450 periods, about 2,200 days of our lives, and spending 6.25 percent of our lives dealing with it, so making it any more painful or expensive is unfair. Mercer Fashion Merchandise major Taylor Hawks says "We [women] have no other choice but to deal with mother nature and have no choice but to buy and pay for what we need to control and help our bodies...It's not fair for girls because we go through something we never asked to go through". Women should not be charged for being women. That's the bottom line. Dan Schermond, an Assistant professor of Sociology at MCCC tells the VOICE that "we don't tax food because it's a necessity, so why should we be taxing things like pads and tampons?". The only way to get rid of the Pink Tax and all that comes with it is to take matters into our own hands, hold companies and lawmakers accountable.

top ten

Most Popular Yogurt Flavors*

1. Strawberry blend
2. Vanilla
3. Plain
4. Strawberry
5. Peach
6. Blueberry
7. Blueberry blend
8. Vanilla blend
9. Mixed berry
10. Other

*U.S. sales, 2018

Source: Statista

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It's time to talk about vaginas

The stigma around feminine health leads to ignorance

Straight Talk



Tory Richardson

In the words of Maya Angelou, from her iconic poem "Still I Rise," "Does my sexiness upset you? Does it come as a surprise that I dance like I've got diamonds at the meeting of my thighs?"

Vaginas are powerful and beautiful, but unfortunately, the diamonds at the meeting of women's thighs go through a lot, and there is a stigma around discussing even the most common vaginal health issues.

One issue that deserves discussion, that deserves us to push beyond the taboos, is yeast infections, also known as thrush.

Lots of women don't

know much about how their own bodies work, and lack of education and social stigmas have led to confusion and uncertainty about reproductive health in general and thrush in particular.

Thrush is most common in women between ages 20 and 40 according to the New England Journal of Medicine. The reproductive hormone estrogen seems to "enhance the proliferation and attachment of Candida albicans to the vaginal inner lining."

It is that Candida that is the source of the trouble. When it gets out of control the sacred flower becomes an itchy, painful mess.

According to the Department of Health & Humans Services, "Three out of four women will have a yeast infection at some point in their life. Almost half of women have two or more infections." And though it is possible for men to get yeast infections too--resulting in an inflamed or itchy penis according to the Mayo Clinic--women are far more susceptible.

Najhay Green, a student studying to be a licensed nurse practitioner at Lincoln

Tech, says, "I have had a yeast infection, yes. In fact, I have had two already and it is only just the beginning of the year."

Green is comfortable with her body enough to talk about what her vagina goes through and feels that the discussion of a yeast infection should not be silenced.

She says "I don't mind talking about it because it has become normal to me." She continues, "I knew it was something women get naturally."

Nurse Practitioner, Shannon Witkowski who is employed at the Rite-Aid in Robbinsville, NJ says, about once a day they "get a guest who comes in to get treated for a yeast infection and to gain information."

The Rite-Aid in Robbinsville provides STD and STI testings to locals who are worried about their sexual health and has NPRs on site for monthly check-ups.

Witkowski says, "The way to prevent reoccurring yeast infections would be to take a daily probiotic, always wear cotton underwear, going to the bathroom before and after sex, and to eat yogurt on a daily ba-

sis."

Why yogurt? Apparently, it contains probiotics that help bodies produce healthy bacteria that can balance the system.

But when yogurt just isn't enough, the next step is over the counter medication which comes in the form of creams, tablets, ointments or suppositories. You can apply treatment in one dose or daily for up to seven days, depending on the brand you choose. Unfortunately, they do not come cheap. One of the highest rated brands, Monistat 1-Day Maximum Strength, typically costs around \$16.

At that price, the preventative options are all the more important. But unless we talk about these issues women won't know what they can do or that they are not alone.

Najhay Green says that "Women shouldn't feel uncomfortable talking about their bodies if there has been a change to their health and women cycle. They should feel comforted in a way knowing that there are other women who have similar experiences."

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Let's end the myths about community college

By Patrick Mulligan
Reporter

When I was in high school, I never once seriously considered going to community college after I graduated. I wasn't much of a free thinker in my adolescence and social pressure caused me to just go along with what my friends were doing. None of them were heading to Mercer after graduation. Looking back, I still remember the disparaging tone one classmate used when talking about Mercer as "M-triple-C." Now I cringe at how we viewed community college.

I am a 2010 graduate of Ewing High School. After high school, I attended a four-year state school and eventually left without graduating. I took a break and worked at various jobs and have now enrolled at Mercer for my first semester.

One of my high school classmates, Elias Deleon, graduated from Ewing in 2011. He studied at Mercer for four years, finishing in 2015 with an A.S. degree and then transferring to Rowan University, where he graduated in 2017 with a B.S. in Biochemistry.

"There's a stigma about community college, definitely," Deleon says, continuing, "People

say, 'Hey, you graduated high school and now you're going to the 13th grade.'"

That's MYTH #1 about community college, that it is basically just an extension of high school. This is simply not true. Professors here don't hold your hand through every assignment or project like a teacher would in high school. You're given your task and then sent off to get it done. You have to develop independence and time management skills in ways that go beyond high school.

MYTH #2 is that people who go to community college don't have the smarts to go to a four-year school. This is simply not true. There are plenty of intelligent people at Mercer who easily could have gone elsewhere if circumstances allowed. Most of the time, money is the issue.

According to Forbes, he average cost per year at a four-year institution in 1989 was \$13,223 (after being adjusted for inflation). The average cost in 2016 was \$26,120.

Sixty-five percent of college students graduated in 2017 with student loan debt, according to TICAS (The Institute For College Access and Success). They owed an average of \$28,650, which is 1 percent higher than

the 2016 average.

"I applied to TCNJ, Rider, Ramapo, Bloomfield, and Temple. I got accepted to all of them," Deleon says. But because he graduated in the top 15% of his class at Ewing, Deleon qualified for the NJ Stars program which helps pay tuition of high achieving Jersey students who go to community college first.

Deleon says, "[NJ Stars] helped a lot with tuition costs. I'd say it covered at least 90 percent of it. I picked community college because it was cost effective."

MYTH #3 is that students at community college aren't very serious about their studies or are just there to fool around. Sure, some people are still looking for direction, but that's not the norm.

"When I was [at Mercer], I focused more on schooling. I didn't care what everyone else was doing. I was going there to study," Deleon says.

One thing that is not a myth is that lots of students start at four-year schools and then find that for a variety of reasons it is not a good fit. They leave without graduating and then shift to community college. But because of all the myths and stigma surrounding community college education, students who go from four-year to two-year colleges often

feel embarrassed, as if they have taken a step backward.

"I do feel embarrassed when I tell people I go to community college and then I'm immediately ashamed by that embarrassment," said Morgan Teller.

Teller also graduated from Ewing in 2011 and went to The College Of New Jersey immediately afterward.

"I didn't even think about attending Mercer right out of high school," Teller said.

She left TCNJ without graduating and started at Mercer in the summer of 2018. Teller is currently applying to the nursing program at Mercer and if accepted, will start full time this fall.

"I've really enjoyed every class I've taken so far," Teller said. "My professors have been so smart with a lot of offer."

It is time to end the stigma attached to going to community college so that high school students don't feel pressured by well-meaning parents, guidance counselors, and other students who just don't know how valuable community college can be.

"With careful preparation, Mercer can be like a ladder to climb up to the next level of studies when you transfer out. I saw it like a base where you can climb up to reach your next goal," Deleon said.

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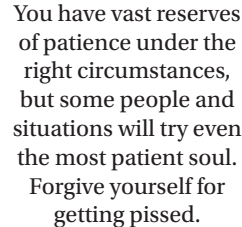
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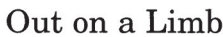
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4	7	5	3	8	1	9	2	6
6	1	3	9	2	4	7	8	5

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by Gary Kopervas