

# Angry preacher disrupts campus, tells students they're going to hell



By **Tori Pender and Donny Neuls**  
Senior Reporters

Campus life was disrupted when a preacher, and two followers, began shouting on the quad while holding signs containing words of hate against numerous groups including Muslims and gays, on December 5.

Aden Rusfeldt, also known as Pastor Aden, is the leader of the Key of David Christian Center in Philadelphia. According to the church's website, it is a "non-denomination Christian Church."

Rusfeldt arrived on campus around 12:45. Two younger boys accompanied him, one filming on a camcorder and one holding a large sign reading "STOP SINNING OBEY JESUS OR HELLFIRE" on one side and the other it said, "WARNING HOMOS - WHORES PORN FREAKS - M----- BATORS"

See **HATE** page 3

Students reacted to a street preacher named Aden Rusfeldt who set up on the quad and yelled incendiary remarks for hours on December 5, 2019.

PHOTO | KRISTEN MILLER

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**GOT A NEWS TIP?**

## POLITICS

# Students planning to vote in 2020 Health care and college debt are key issues

By **Patrick Mulligan**  
Senior Reporter

The United States Presidential election is officially less than a year away. Voters will head to the polls on Tuesday, November 3, 2020 to determine who will be in office through January 2025.

There are many im-

portant issues being discussed, such as climate change, gun control, health care, and the rising cost of higher education.

A recent VOICE survey of 30 Mercer students found that 63% are registered to vote and of those, 84% are planning to get to the polls.

The issues of greatest concern to students were

health care reform, the cost of college, and climate change.

Next year's election will be a referendum of sorts on Trump's first term in office. 73% of students surveyed said they were unsatisfied with the President's performance so far.

The survey also indicated that Bernie Sanders is the front-runner among declared

candidates vying for the Democratic nomination. 36% of respondents said they are likely to vote for the Vermont Senator next year.

In terms of current favorite candidates, 20% of respondents indicated they were planning on voting for Elizabeth Warren, followed by 18% for Joe Biden.

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# Arson investigation pursued in campus fire

*Liberal Arts building closed for days following fire in second floor women's bathroom*



PHOTO | PATRICK MULLIGAN

Hamilton Fire Department was first to respond to campus fire on Nov. 14, 2019.

By Ben Levitt  
Reporter

The fire that took place in the second floor women's bathroom of the Liberal Arts building on Thursday, November 14 is being investigated as an act of arson.

According to Public Relations Officer Lt. Mark Lee at the West Windsor Police Department, the fire was started by someone lighting a toilet paper dispenser on fire.

He went on to say that even though the fire was small, the burning plastic casing caused large amounts of black, heavy smoke.

Some students say they are concerned that the culprit has not been found.

Second year Civil Engineering student Elliot Hamerstone, said "There are a lot of issues with pure order, and even fear of showing up here. People might not want to show up."

However, Lt. Lee says that the Police Department is not worried about a serial arsonist because of the amount of time that has passed since the fire.

According to college president Dr. Jianping Wang, the fire was discovered when Security Commander Michael Flaherty was walking through the Liberal Arts building and noticed smoke coming out of the vent in the door of the women's bathroom. Commander Flaherty immediately notified emergency services, and the building was evacuated.

An employee, who asked to remain anonymous for job safety reasons, said a security officer showed them cell phone pictures of the burned out wall of the bathroom and the toilet paper dispenser, and said that Security Commander Michael Flaherty had found a note at the scene.

When asked about the note, College President Dr. Jianping Wang stated "I have never seen one, our security didn't take a picture and show me the note. I don't know where that came from. Some people just have too much time on their hands."

Students and faculty did not receive a notification message about the issue



PHOTO | PATRICK MULLIGAN

ABOVE: Fire Fighters from West Windsor and Hamilton responded to the fire in MCCC's Liberal Arts building second floor women's bathroom on November 14, 2019. RIGHT: Fire fighter from West Windsor runs hose from the Ladder 43 truck into the LA building to help put out the bathroom blaze.



PHOTO | PATRICK MULLIGAN



PHOTO | KRISTEN MILLER

Fire results in repairs and construction on second floor of Liberal Arts building.

through the college's emergency alert system until five hours after the fire occurred.

When asked about the process of issuing an MAlert Dr. Wang said there are several steps and that it had to go through the PR office, but said of the timing of the alert on November 14, "It had nothing to do with the process. It has everything to do with the [phone] line was down."

She explained there had been ongoing problems with the campus phone and wi-fi services throughout the week, and they are necessary for activating the alert system.

As previously reported, when asked for comment about

how emergency notification is handled in the case of a technology problem, Dr. Jianping Wang, said, "We are actually right now, examining [what we do] in the event of an emergency....What do we do if the internet is down?"

The college has also not put out any public statement that mentions a fire, causing many students to feel uneasy about the college's response.

As first year engineering student Tre Cook put it, "I don't feel too good about that because class is canceled, and shut down. But now I know that it was a fire. It wasn't through Mercer though. I still want to know what that fire was about,

because I've heard so many different things, so I'm like what is the true story? They should be in touch with that."

If you have any information that could assist the West Windsor Police Department in their investigation, please contact their tip line at 609-799-0452.

Find more on this topic online



[mcccvoice.org/fire](http://mcccvoice.org/fire)

## Building alarms go off but no MAlerts

On Monday, November 25, two building sirens on campus went off back to back, causing students in both buildings to be evacuated. The first was in the SC building at around 8:45 a.m., the second in the MS building at 9:00 a.m..

According to Security Commander Michael Flaherty, this was caused by construction workers installing new alarms without the monitoring company being contacted to tell them that work was being done.

He explained the reason that the alarms in the MS building went off is that the alarms for the SC and MS buildings are connected to each other.

The West Windsor Fire Department responded, and left shortly after.

Second year Communication major Albanie Brown, who was in the cafeteria when the alarms went off said about her state of mind, "I was panicking because I thought something really bad was going on."

When asked why no MAlert went out, PR director Jim Gardner said that because it was determined that students and faculty were not in danger, there was no reason to dispatch an MAlert.



# Response to hate: comebacks and YMCA

Continued from page 1

MONEY LOVERS - WITCHES  
LIARS - MUSLIMS  
DRUNKS - SISSIES  
THE POPE - ANKLE BITERS  
GANGSTERS - WHOREMONGERS  
OBEY JESUS OR HELLFIRE."

Asked why he came to MCCC, Pastor Aden responded "We heard rumors that there were homosexuals on this campus and we wanted to love on them and share 'Jesus or Hellfire' with them."

Rusfeldt started his preaching by holding up a sign reading "Do you have anything intelligent to say?"

Students responded with questions and soon began arguing with him based on their opinions of what Christianity is.

One sign said "Feminists are witches!" which was attributed to the book of Samuel in the bible, verse 15:23.

Asked about the sign, he said, "This sign is pretty self-explanatory. We didn't make that up. God made it. That's why we have scripture references. But we know people in community colleges aren't as smart as university, so we put the references there so they could look it up."

More than 100 onlookers gathered and reacted to the scene with the number growing and changing throughout the day.

One student yelled, "You know this isn't free speech. This is hate speech."

Pastor Aden shouted back, "I don't hate you guys. If I hated you, I would have stayed at



PHOTO | GELAREH KOLAHCHI

Student Daniel Montero, a member of the college's LGBTQ+ group Rainbow Coalition, waves a gay pride flag in front of Pastor Aden, an evangelical Christian who yelled homophobic and racial epithets on the quad for several hours on December 5, 2019.

my job today and made money."

Rusfeldt's actual day job is unclear, but a recent report in the Philadelphia Inquirer notes that he was once a community college student, then a semi-professional snowboarder and was later "sued by the Commodity Futures Trading Commission in Texas for defrauding clients. In a settlement, he was barred from giving financial advice and ordered to pay \$1.9 million," the article said.

Aden said he preaches at 32 different colleges and universities each year. He identifies as a street preacher. He also preaches at different Christian churches along the east coast.

The posters and signs

carried by Rusfeldt and his followers all contained the url to ChristianInterviews.com. The url does not lead to an active page, but the same web address was on the posters used by preacher Jesse Morrell, who was part of a protest that took place on the Princeton campus last March and whose Open Air Outreach has a YouTube channel of over 13,500 subscribers.

Although Rusfeldt's incendiary comments ran the gamut from Islamophobia to homophobia and everything in between, much of his hatred was focused on women, whom he referred to as "whores."

Asked what his primary goal was, he listed getting

"whores to close their legs until marriage" as central.

One female student told The VOICE, "He called us whores. One girl was wearing leggings and he said she was going to hell."

At one point he asked a group of female students if they knew how to cook. Instead of answering, they returned the question.

Rusfeldt responded, "Of course not. I'm a man. I barbeque."

He also asked the women if they had had abortions. He asked other similarly incendiary questions such as "Are you tired of being treated like hos?"

Two security officers were already present at the scene

and one police officer from the West Windsor Police Department arrived around 1:04 p.m. More WWPD officers arrived later.

At one point while campus security was talking to the police, a student approached Rusfeldt and stole one of his anti-abortion signs.

Rusfeldt grabbed the student in order to get the sign back. The student escaped his grasp then proceeded to tear apart the sign with his hands and teeth.

At that point Rusfeldt noticed an officer approaching and threatened to press charges on the student. However, he did not appear to be following through, and no one was physically hurt during the event.

While many students engaged in the beginning, towards the end of commotion, LGBT students waved rainbow flags. Lots of students danced to tunes like "YMCA" and "The Monster Mash" that were being played at top volume from the police vehicle.

Sharmila Sen, an English Professor, stated "I was outraged and horrified by the vitriol they were espousing against everyone who was not Christian, the LGBTQ community, and women. However, I admire our students and the police who neutered their hatred by playing music and dancing to it."

As Mercer is a public campus, security and the police were not in a position to force Rusfeldt and his supporters off the property based on current college policy. Rusfeldt packed up and left around 3:00 p.m.

## Muslim students grapple with their expression of faith

By Ayesha Sultana  
Reporter

Ahmed Elmasry, an honors student at Mercer majoring in Liberal Arts, grew up in Egypt which is a dominantly Muslim country. From his childhood, he says he was a faithful and devout Muslim. He had many friends and never had any issues publicly expressing his faith. Then he moved to the US when he was 18.

Ahmed says that his identity as a Muslim seemed to create boundaries for him in making friends in college.

He says, "I was a strict Muslim as a kid, not because of my parents. I wanted to be. But then I lost faith."

He says a big part of his fall out from Islam was due to an emotional tragedy.

"I was about 16 or 17. I had to watch my grandmother die slowly after a stroke which left her disabled. I had to bury her with my own hands. Then I lost faith. When I lost faith, I started having an identity crisis."

Crises of faith are not unusual for adolescents and can be particularly common for Muslims.

In an article from NPR written by Leila Fadel in 2018, she explores the struggles of young Muslims and the reason why they erase or conceal their faith.

Fadel states, "erasure

comes in part from the focus, negative or positive, on Muslim immigrant communities and a depiction of Islam as only a foreign faith."

Fadel goes on to cite author Su'ad Abdul Khabeer who wrote the book, *Muslim Cool: Race, Religion and Hip Hop in the United States*. In the book Khabeer writes, "Not only are we losing the generation before us and their leadership, but we're also being sort of erased."

In the aftermath of his identity crisis, Elmasry says, "I lost a lot of Muslim friends after getting a tattoo and that hurts."

Tattoos are prohibited in Islam as it is considered a form of altering the natural physique of the human body.

Although Elmasry is no longer devoted, he says, "I don't say I'm Muslim. I say I was raised Muslim. I'm afraid of being judged by that and because of the media's perception. On this campus, I didn't have any friends the whole first year. I tried to make friends and once I told them I'm Muslim, they stopped talking to me and some completely avoided me."

Elmasry says that putting his faith aside and becoming more integrated with his non-Muslim peers gave him more acceptance.

He says, "I didn't use to give a damn but I realized I do

want to care about the people I'm attached with."

Others have taken a different path.

Amira Mubarak, a freshman at Mercer majoring in Biology explains her experience saying, "People said to me, you're beautiful, you're young, you don't have to [wear the hijab]. The only problem I have is in prayers in college that people will be watching me and judging me and I feel insecure."

Non-Muslim students at Mercer have varied reactions toward Islam and Muslims at college.

Brian Amigh, a Mercer Honors student majoring in Psychology says, "Isn't American culture founded on the basis of religious freedom? The right to dress religiously is integrated into our culture. Muslim people feel judged at the school. In an ideal world, no one views them different but that's not the reality."

Those who have expertise in cultural studies, such as Mercer sociology professor Dr. Edward Avery-Natale have specific advice to offer.

Dr. Avery-Natale advises Muslim students who are intimidated to show their identity out of fear of being judged that "Being vocal is the right choice. There's evidence to suggest that knowing a larger group of people [from any race or religion] diminishes



PHOTO | AYESHA SULTANA

Muslim students, like Minhal Mir pray on campus where ever they can find a quiet space, such as the library.

prejudice and having regular interactions with a diverse group, you come to understand they are not just a group but unique individuals and [this] diminishes stereotypes. It's hard to believe all Muslims are terrorists if all the ones you know are good, how can they all be evil?"

Dr. Eric Villepntou, an adjunct professor of Anthropology at Mercer, expresses his ideas on raising awareness of the Muslim identity saying, "We can make more headway if we try to talk about it. We hear about ISIS a lot. I wish we had more [Muslim] stu-

dents share their points of view and be involved in discussion. I'm seeking diversity. I thrive on that stuff."

Although he encourages people to be vocal, he also voices his concerns saying, "The USA has a history regarding treatment of minorities...We lump people in certain groups and put them in an envelope and close that envelope."

One Muslim student at Mercer, Rukhma Mir, shares her perspective saying, "If you're not accepting yourself, you will not be accepted."



# Rutgers hosts vigil for Trans Remembrance



PHOTO | ROSS POTTER

Slain trans individuals were honored with a memorial shrine at Rutgers's Trans Remembrance Vigil.

By Ross Potter  
Reporter

In remembrance of the 26 transgender lives lost in the US due to hate crimes in the past year, the student organizations LLEGO and Transmissions at Rutgers University in New Brunswick collaborated to hold a vigil for Trans Day of Remembrance on November 21.

The event began at eight o'clock in the evening on the Brower Commons Steps at Rutgers's New Brunswick campus and was led by Shaan Williams, who is the treasurer for both LLEGO and Transmissions. Approximately 40-50 people attended.

In addition to honoring the lives of the 26 transgender individuals killed, the event also aimed

to raise awareness about other issues the transgender community faces beyond outright violence, such as discrimination in the workplace, harassment and lack of legal protections which all make members of the trans community more vulnerable in general and to anxiety and depression in particular.

According to Williams, "About 22-43% of trans people have attempted suicide at some point in their lives."

Hyacinth Rivera, Social Media Coordinator of LLEGO said, "LLEGO's mission is to empower queer people of color."

Landon Stimson, the Social Media Chair for Transmissions stated, "Our goal is really to provide a safe and inclusive space for trans and non-binary students on campus."



PHOTO | ROSS POTTER

After the Trans Remembrance vigil at Rutgers, New Brunswick on November 21, participants stayed to enjoy camaraderie and activities.

The two organizations hold events and offer services for transgender people at Rutgers University, including the Trans Day of Remembrance vigil. Other events include dances and open mics.

During the event, Morgan Hunlen, a graduate student of Rutgers University, then delivered a speech in which they said, "In 2019, we still exist in a time where tomorrow is not promised."

They went on to describe both the fear of living as

a transgender person in this world and the freedom that comes with living what they define as an "authentic life."

Morgan concluded, "The most powerful thing a trans person can do is live as themselves."

After the presentation ended, the crowd was led back to Rutgers's Center for Social Justice Education & LGBT Communities (SJE) for the vigil, where members of the community paid their respects with a moment of silence and then

by leaving sticky note messages of love and support that they placed at a small display with picture of the 26 trans victims of hate crimes.

As the LGBTQIA+ community was honored, food, conversation, and trans supportive coloring books were provided. According to Matthew Fontana, Office Manager of SJE, "It's really nice getting together with the community. It felt really nice being able to remember those we've lost and also be here with the living, I think."

# Locals continue pushback as plans for development of Dam Site 21 move forward

By Donny Neuls  
Reporter

The Mercer County Park Commissions' draft of their master plan for Dam Site 21 faced public disapproval at its reveal at the Conference Center at Mercer County Community College on Tues. November 13, 2019.

The project aims to develop a 280 acre property of wetlands and woodlands that lies across several townships and is less than a mile from the MCCC West Windsor campus. The plan includes development of facilities for "water-based programming" and "other activities" that the Parks Commission says don't presently exist at any of their other locations.

The master plan was drafted by planning and designing firm, Simone Collins Landscape Architecture. According to their website, they are "committed to creating an ecologically enduring society."

Peter Simone, the Project Principal for Simone Collins Landscape Architecture, presented the majority of the draft with assistance from Project



PHOTO | DONNY NEULS

Two Mercer County residents viewed a diagram of the current state of Dam Site 21 and Parks Commission plans presented at an open meeting on Tuesday, November 13.

Manager Sarah Leeper.

After the presentation, attendees were allotted a time limit of three minutes to speak freely and ask questions to Simone about the draft. However, many spoke for much longer, some nearing as much as ten minutes.

The Mercer County

Park Commissions is headed by Executive Director Aaron Watson who remained silent throughout the heated public comments portion of the meeting.

Residents of Mercer County expressed a strong opposition to the renovation of Dam Site 21.

When speaking against the proposed access points local resident Jeniffer Cordell said that existing facilities already exist.

She stated the access points "are not meant for what they have now, let alone the addition of [more activity]."

Douglas Tindall, a West

Windsor Township resident, said he will be the most affected by the Dam Site 21 project.

Tindall leases part of his farmland from Mercer County. However, the draft plan requires the reclaiming of the leased land over time.

Some individuals spoke who are in favor of the renovation but were not as outspoken as those opposed.

One person in favor of the renovation is a resident of Hamilton Township who did not state her name during her public comment.

She said, "To see people protest a park, it's just a little bit sad."

There is a 60 day grace period to allow Mercer County Park Commissions and Simone Collins Landscape Architecture to develop the final draft for Dam Site 21. Public input may be considered and it will be revealed in January of next year.

Find additional coverage of Dam Site 21 by The VOICE at [www.mcccvoice.org/dam-21/](http://www.mcccvoice.org/dam-21/).



# Kirby, faster than a speeding snail

## Tortoise in the MS building likes to get around

By **Tori Pender**  
Senior Reporter

A mischievous tortoise is capturing student’s attention in the MS Building of Mercer County Community College’s West Windsor Campus.

His name is Kirby, and he is a *Chelonoidis Carbonara* or a Red Footed tortoise. He was most likely named after Kirby from the Kirby video game series, though the kid who went away to another college gave him up never explained why he named him that.

Mercer has been Kirby’s home since 2015. “Someone didn’t want him anymore, didn’t want the responsibility to take care of him,” according to Professor of Biology Patrick Natale III.

Kirby resides in the MS Building rooms 218 and 228, the prep room and Biologist Professor Patrick Natale III’s office.

Kirby is around 10 years old. The Red Footed tortoises can live to 50 years old according to reptilesmagazine.com.

In a quick poll of 30 Mercer students, only one knew about Kirby’s existence.

However, “Students respond well about having life in a biology lab,” Natale says.

Haley Schweitzer a Liberal Arts Major first met Kirby when she had her Biology 101



Ten-year-old Kirby the Red Footed tortoise is a fixture in the MS building, following favorite students around and looking for snacks of fruit or a trip out for a stroll on the grass.

PHOTO | TORI PENDER

lab. Schweitzer describes Kirby as “friendly and adorable.”

By all accounts, he is also mischievous, inquisitive and friendly.

“He has his favorite people. He will go in the professor’s room and just chase them,” says Professor Natale.

Kirby’s chase speed is at 0.06 mph, meaning it would take Kirby a little over an hour to complete a 100 meter dash. But he’d get there twice as fast a snail with a 0.02 mph average.

A typical day for Kirby begins around 8:30a.m. when Natale lets Kirby out of his of-

*“He has his favorite people. He will go in the professor’s room and just chase them.”*  
-Biology Professor Patrick Natale III

fice. Kirby starts with some breakfast that consists of various fruits and vegetables. Then Kirby proceeds to make his rounds. Students tend to bring in fruit treats for Kirby.

Once Kirby has made

his rounds, Natale says he spends a lot of time trying to find a comfortable corner to rest. At night Kirby sleeps in Natale’s office waiting for the cycle to begin again.

When the weather gets warmer, pay attention outside because Natale’s work-study students tend to take him on walks because he enjoys the grass.

Kirby also enjoys the greenhouse but “you gotta keep an eye on him” in case he wanders or eats something he is not supposed to, says Natale.

MCCC EVENTS  
CALENDAR

DECEMBER

10 Zumba (Free) PE at noon

11 MCCC Jazz Band Winter Concert (Free) Kelsey Theater 7:30

13-15 Kelsey Theatre production of The Nutcracker

16 Nursing program info session MS 214 at 10am

18 Mercer County Symphonic Band (free but tickets required)

JANUARY

3-12 Kelsey Theatre production of Calendar Girls

13+ New Student Orientation (SOAR)  
13th = 11:30-1pm  
14th = 6:30-7pm

17-19 Kelsey Theatre production of Twelve Angry Men

17 Student newspaper VOICE retreat 10am-2pm (all students welcome)

21 CLASSES START for spring 14 week session

# Night students have different experience at MCCC

By **Tori Pender**  
Senior Reporter

Jessica Meisberger, a third-year Nursing major at Mercer, begins her day at 5:45 a.m. when she gets up and prepares to take her daughter to school. On days when her daughter doesn’t have dance practice, Mesiberg-er takes night classes and does not return home from work and class until 10 p.m. at which point she starts on her homework assignments.

Mesiberg’s story is typical for a non-traditional student attending the West Windsor campus. She recalls missing some of her daughter’s dance competitions and “Missing school events... due to class during the week” in order to complete the hours needed for the mandatory clinic for nursing students.

More than 60 percent of nontraditional students report being working students according to Strayer University’s U.S. News Partner Insight. This leaves night classes as the only option. About 2,498 students are taking night classes this semester according to Nina May, Director of Institutional Re-

search at Mercer. Besides the traditional problems college students face like deadlines, stress and financial struggles, night students face additional problems with the cafeteria and bookstore. All of these resources close early, being inaccessible for night students.

Meisberger addresses one concern which night students have more than 9-5 students: security. When asked about security Meisberger stated she has “never seen them on campus at night.”

Meisberger is not the only one, Uma Patnik, a Sports Management major, stated “people are shady and tend to follow me.”

Patnik also stated that she has never seen any security officers at night on campus.

Michael Flaherty, the Commanding Officer of Security, stated the security officers on campus have assigned positions and are always there, unless officers call out from work.

There is a small security force covering 292 acres of the West Windsor campus. In that case the officers disperse

tasks to each other. Mercer’s West Windsor campus, the criminal activity that occurred on campus during 2018 included 16 burglaries, two domestic violence offenses and five stalking offenses stated in the Annual Clery Report for Mercer. Based on the size of the school, these numbers are low.

But even a low crime rate doesn’t make everyone feel safer.

When asked what they feel could be improved to make the campus feel safer at night, Patnik suggested brighter lights on the paths leading out to the parking lots, and Meisberger suggested that security should try to be around more visibly when classes are let out.

If you are feeling unsafe on campus at night, Dr. Carlen Smith, an adjunct Professor of Biology that teaches at night, recommends walking and parking in well lit areas.

Commander Flaherty adds that “At night, students need to unplug [from their phone] and be aware of their surroundings.”

Flaherty says it’s important to “always know where you are.”



PHOTO ILLUSTRATION | ODALIS BARRIENTOS

Night students have less access to facilities like the cafeteria and library and some say they feel concerned about their personal safety on the way to and from parking lots when it is late and dark.



# Women's team preps for busy season

By Donny Neuls  
Reporter

Mercer's Women's Basketball team has a current season record of 2-6 but the season has just begun, with 17 games remaining.

This year marks head coach Mike Tenaglia's twenty-eighth season with Mercer. Tenaglia has over 350 wins under his belt, with a streak of 14 consecutive winning seasons.

Sharing his hopes for the new season, Tenaglia said, "I anticipate this team will be a competitive team, and I'm hoping they will."

Mercer has 11 total players, five of which are returning sophomore players. Tenaglia appointed sophomore Madison Diaz as Team Captain.

Diaz said she would like to "beat teams we really aren't expected to because...it's exciting being the underdogs."

The Vikings prepared for the start of the season by playing two scrimmages in October, with a final scrimmage against Ocean County Community College on Tuesday, Oct. 29.

Tenaglia said, "[A scrimmage is] an opportunity



PHOTO | DONNY NEULS

Viking Nydia Liles dribbling toward the net in scrimmage against Ocean County College at home on Tuesday, Oct. 29.

for [the players] to experience college basketball, for the freshmen at least, before we actually have games. You know, it's more of a learning experience than anything, and hopefully we learn some things from that."

Besides the scrimmage, the Women's Vikings have done a lot to prepare for the upcoming season.

According to Athletic Director John Simone, the girls practice at least five days ev-

ery week. They have practiced both individual and team based drills.

Tenaglia said, "I think if we get to the Region Tournament, anything beyond that would be gravy."

# Men's basketball high hopes, slow start

By Steve Kolber  
Reporter

The Mercer Vikings' Men's Basketball team is gearing up for what they hope is another successful season.

For Head Coach Howard Levy, the start of the season is a chance to keep the program trending upward following the Vikings' playoff appearance in the 2018-19 season.

When asked about his team's preparations for the upcoming season, Levy said, "The way we're trying to teach these guys to play is a little more time consuming maybe than some programs so I just want to make sure we're on an upward trajectory."

Levy added, "the [NJCAA] playoffs are definitely a reasonable goal for us."

James Bruestle, a sophomore center and one of the team captains, says he's seen the building process before.

"I saw it last year, [coach] always says it's a struggle early and by December everything starts picking up and everyone starts seeing [the floor] a little better," Bruestle said.

When asked if the team felt any pressure to perform, Bruestle responded "there is no reason why anyone should have the thought in their mind that this team can achieve anything less than playoffs or even a championship."

While the team's core offensive philosophy is generally built around sharing the ball

and working to create an open shot, there have been two particular standouts on the court: returning Nottingham alumnus Kevin Alexis and freshman Tyrae Green, a Philadelphia native.

Green says he's been enjoying getting his feet wet at the college level, but says he's just tried to do his best to get acquainted with life at MCCC, saying "It's been good, chill, really quiet...everything's been going smoothly."

The preparation has translated to the stat sheet, with Green putting up 23- and 16-point performances in the team's season opening tournament hosted by the Community College of Rhode Island.

Alexis led the team with 27- and 15-point games against respective opponents Roxbury and CCRI.

When asked about Green, his head coach said "I think he's very talented and he's got great instincts for the game, it's going to take him a little while to learn what to do, but the fact that he's been pretty effective already says that he's got a chance to be good."

Bruestle called both Alexis and Green "very key" but echoed his coach's preference for sharing the ball when possible adding "we don't want to have just one or two guys putting up big numbers, we want everybody to put up points and contribute."

Amongst the less ball-dominant players is Alazaie Edwards, a freshman from Dimona, Israel who has provided



PHOTO | STEVE KOLBER

Players from Mercer and Ocean County jostle for rebound position during a scrimmage at home on Tuesday, Oct. 29.

a shooting touch from beyond the arc, giving the Vikings 25 points including 6 of 10 from beyond the arc in the CCRI Tournament.

Edwards's journey to MCCC indicates the reach of the program, but Levy was sure to point out that regardless of where players come from, the priority is on guys who truly want to be here.

"We're not begging anyone to come here anymore and I think that's actually helped us in terms of getting some local kids and mostly we've been going on recommendations from people we trust, we've got some overseas connections and we'll

look at those [recommendations], but that's how we put this together," Levy said.

"I think [this particular group] seems to be getting along pretty well just seeing how they're interacting here [at practice]," Levy said.

The Vikings's next home game is against Morris County on Thursday, Dec. 12 at 7 p.m.

Admission for all games is free for students and \$3.00 for all other persons. Games are played in the gymnasium, located in the Physical Education building on the West Windsor Campus.

## UPCOMING WOMEN'S BASKETBALL GAMES

### DECEMBER

- 10 - Rowan (Cumberland) (A)
- 12 - Morris (H)
- 14 - 15 - Holiday Tournament at Montgomery College in Rockville v. Hostos (A)
- 17 - Brookdale (A)

### JANUARY

- 9 - Morris (A)
- 16 - Valley Forge (H)
- 18 - Westchester (A)
- 21 - Rowan (Burlington) (H)
- 25 - Bucks (H)
- 28 - Union (H)
- 30 - Rown (Gloucester) (A)

## UPCOMING MEN'S BASKETBALL GAMES

### DECEMBER

- 12 - Morris (H)
- 21 - Frederick, MD (A)

### JANUARY

- 9 - Morris (A)
- 11 - Del Tech (A)
- 14 - Essex (H)
- 16 - Valley Forge (H)
- 18 - Westchester (A)
- 21 - Rowan (Burlington) (H)
- 25 - Bucks (H)
- 28 - ASA (H)
- 30 - Rown (Gloucester) (A)

Find up to date scores, schedules and information online:



[mccc.edu/athletics\\_home.shtml](http://mccc.edu/athletics_home.shtml)



# The Happenings of Dance

## Student dance performance

By Alessandro Rivero  
& Staff of The College VOICE

The Happenings of Dance was a student-run dance production that took place at MCCC's West Windsor campus on November 21 and 22. The student choreographers were Casey Koval, Nasir Jackson and Kayla Plunto.

The concert was done to provide Mercer choreography students the necessary experience in learning to choreograph, rehearse and perform their dances, as well as select them from auditions and the technical qualities that go behind such a performance.

However, Mercer students were not the only participants. Mercer Alumni came to audition for the concert. Guest choreographers included Mercer Alumni Rachel Sanchez and Diego Montealegre, along with current student Emma Bryce.

"I thought it was great, I thought the dancers were very expressive and that it flowed very nicely," said audience member Sarah Negron.

The performance consisted of ten separate dances, spanning from fun and energetic to emotional and tragic. With themes of

death, love and conflict, each routine was followed quickly by the next to keep the audience entertained.

Rebecca Brodowski, the instructor for the Dance 285 class, which is what puts this show on" and the "stage manager, director, all that goes along with that" helped teach these students how to create the show, run it, and practice it.

As a professor, Brodowski thought the showcase "was phenomenal. I think these dancers really got their message across to the audience, and I think all the hard work that they have put in really has shown through onto the stage."

The hidden Black-box room in the CM building was packed and the show was well received by the audience of locals, parents, and friends who said "we have phenomenal talent at Mercer" and "I thought it was great" or "fantastic."

Montealegre thought the "dancers were all talented, very hardworking, and I think out of all our winter showcases this is the most exciting, diverse."

The spring student dance showcase will be May 16 and 17 at 2 p.m. at the Kelsey Theater.



Student Victoria Pender (left) and Mercer alumna Rachel Sanchez (right) performing Nasir Jackson's Possession.  
PHOTO | ALESSANDRO RIVERO



ABOVE: Performance of Nasir Jackson's Possession. RIGHT: Guest choreographers Emma Bryce and Diego Montealegre performing their duet, The Choreographic Process.



Victoria I. Smalls performing Nasir Jackson's Notification.



Guest choreographer and MCCC student Emma Bryce warming up before the performance.

PHOTOGRAPHY | ALESSANDRO RIVERO







# PROBLEM SOLVED:

PROBLEM SOLVED is an on-going VOICE feature aimed at breaking down common student problems with step by step solutions and easy to follow explanations.

By Melissa Reyes  
Reporter

Many students start their studies at MCCC without thinking about what comes next in their education or what is involved in the transfer process in general. They are just focused on that first semester and getting the hang of being a college student.

Many students, especially those that are the first to go to college in their family, might get a late start thinking about and planning for transfer because they feel unsure or overwhelmed by where to transfer or what to do and have no idea what steps are involved in the transfer process.

**FIND A MENTOR**  
Students don't neces-

sarily know, for example, that it is important to find a mentor who knows the ropes and can take the mystery out of the process. This could be an academic advisor, a trusted professor, a success coach, or someone in transfer services.

A good mentor can help a student think about what matters to them and what they want in a transfer school. A specific program? Rural? Urban? In state? Out of state? Public? Private?

A mentor can also help explain things like how to fill out an online application, how to request transcripts, how to ask professors for recommendation letters, and how to write a good application essay.

**VISIT TRANSFER SERVICES**  
Director of transfer services, Laurene Jones, says that she notices many students make the

mistake of waiting late in their journey at MCCC to talk to a transfer advisor.

"Students often think they can wait until it's almost time to leave Mercer to gather their information then. It's really important students start early."

The common notion is that students at community colleges transfer at the end of their sophomore year, but the definition of a sophomore year is more complex than it seems.

More than half of MCCC students attend part time and the number of students who complete their Associates degree in two years is under 20%.

**STAY ON TRACK**  
For those on the two year track, thinking about the

transfer process early is critical, but for everyone else, it's important not to forget about it along the way because it seems so far away.

**MAKE CONNECTIONS**  
Professor Bettina Calouri, director of the Honors program at MCCC, explains the importance of making connections.

She says, "Everyone should know how important it is to go to office hours because going to office hours is where a student talks one-on-one with the professor and the professor gets to know them a bit more. You're automatically forming a stronger impression about how motivated you are because you took the time to go to office hours, but the most important thing is that the professor knows

## STAYING IN STATE

- PROS:**
- The transfer process is generally much easier if you are applying to state schools.
  - NJ has some really good transfer schools.
  - Going to a public state school is less expensive for students who reside in that state. (Not including international students)
  - Public colleges in NJ are required to award you all 60 credits if you have completed your Associates degree, whereas private or out of state schools may choose not to give credit for some community college classes.
  - (NOTE: If you apply to a private school like Seton Hall or Princeton, your process will be much the same as the out of state transfer process.)
- CONS:**
- You have fewer schools to choose from.
  - You may have to keep working or keep taking on family obligations or be influenced by old friends who may be distracting or not be fully supportive.
  - You may have less time to focus on studying and maturing and finding your own way in the world.

## GOING OUT OF STATE

- PROS:**
- You have many more options. There are 3,313 non-profit colleges in the US, and there are only 47 in NJ.
  - Sometimes leaving home gives you more time to focus on yourself and your education and personal maturing, rather than working or taking care of family members.
  - Many out of state schools make a strong effort to enroll former community college students, particularly those who are high achieving, some with emphasis on minority and/or socio-economically disadvantaged students. Even the more expensive private ones often offer large or even complete scholarships.
  - Many out of state colleges are in beautiful and interesting locations and have very comfortable spaces and educational resources that NJ schools don't offer.
- CONS:**
- You may have to take on more debt than staying in NJ and going to a public school.
  - Unlike NJ public schools, private or out of state schools may choose not to give credit for some community college classes.
  - You have to leave your comfort zone and adapt more to new cultures and experiences.
  - Some students feel a sense of not belonging that is called "imposter syndrome" where they feel like they don't deserve to be at a "fancy" school. It can be isolating and tough to push through.

## RIDE

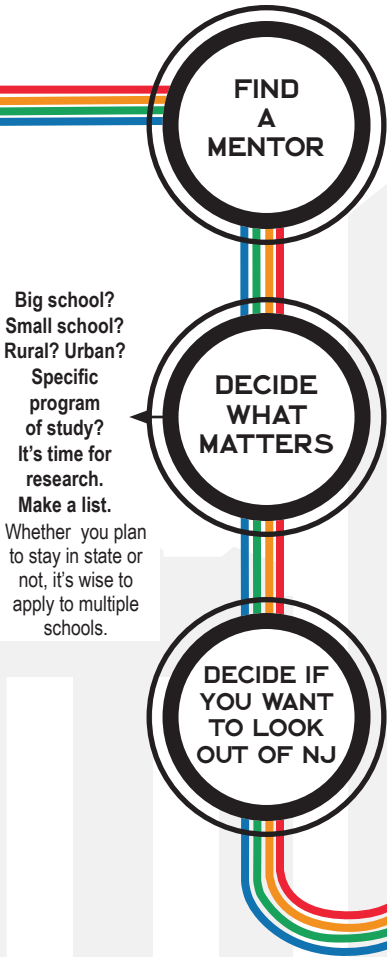
**IN STATE GUARANTEED TRANSFER**

NOTE: To use FAFSA is a required step for guaranteed transfer.

**START YOUR PROGRAM AT MCCC**

**HOW TO START**

- CORE CLASSES**  
Start moving through your core classes in Math, English, Communication, Science and Language.
- TRY NEW THINGS**  
Take a variety of Gen Ed classes. To start finding your interests.
- STAND OUT**  
Make a good impression by sitting in the front, raising your hand, getting work in on time, and making steady improvement.
- OFFICE HOURS**  
Go to office hours even when you don't need to. Make a good connection with a professor or two that you like.
- GRADES**  
Work on getting your GPA up.
- HONORS**  
If you have a strong GPA think about applying to the Honors program which has smaller classes and more academic rigor.
- ACTIVITIES**  
Get involved in activities that will look good to your transfer school.



**IN STATE PUBLIC COLLEGE-UNIVERSITY**

NJ Common Transfer Public 4 Year Schools  
Rutgers - Kean - NJIT - William Paterson  
Montclair - Rowan - TCNJ - Stockton

**IN STATE PRIVATE COLLEGE-UNIVERSITY**

NJ Well Known Private 4 Year Schools  
Princeton - Drew - Monmouth - Drew Rider - Seton Hall - Fairleigh Dickinson

**OUT OF STATE PRIVATE OR PUBLIC COLLEGE-UNIVERSITY**



Complete your financial aid application early. You'll need several documents including your parents' tax info unless you are over 23, in which case you only need your own.

- MAKE A LIST OF:**
- DEADLINES for each app (put them on your calendar)
  - CONTACT INFO for each school
  - ANY SPECIAL APPLICATION REQUIREMENTS (such as SAT)

**EARLY DECISION**  
Deadline is usually **Nov. 1**. Apply early decision if you have one school you have your heart set on. If they offer you admission, you are required to go there. You get your decision in December.

**REGULAR DECISION**  
Deadlines is usually around **Jan 1**. You get your answer by May 1.

## BASIC TIMELINE

FIRST 15 CREDITS

SECOND 15 CREDITS

THIRD 15 CREDITS



# HOW TO TRANSFER

you more as an individual, and that will help when they want to write a letter of recommendation.”

A basic timeline Jones says is this: “In the beginning, attend a [transfer] workshop, come in and meet with a counselor and then each semester choose your classes, maybe visit the school, gather information, go to transfer days.”

## KNOW THE OPTIONS

Jones says staying in state and graduating MCCC with an Associate’s Degree is usually what most students decide to do because state schools are lower cost and because NJ has a beneficial transfer law.

“They have to give you 60 credits no matter what,” Jones says.

This means that while

private and out of state schools may look at a MCCC transcript and not award credit for certain classes, New Jersey state schools are required to give transfer students who have completed their Associates all 60 credits.

This is a law that has benefited many transfer students as well as limiting the programs to 60 credits for each degree program, instead of allowing more credits to be added as requirements.

As a result, most of the transfer workshops at MCCC are held are for in state schools.

MCCC alumni, Jackson Thompson, who transferred to Rutgers University and is now a Senior majoring in Journalism, says this transfer agreement was very helpful in his decision to stay instate. He knew that it would be an easier process

when transferring credits.

Thompson gives this advice to students, “Treat the transfer process like it’s going to determine your life, so just cherish the process.”

But Jones noes that there are resources available on the web for students looking to consider other options. One program that connects a significant number of MCCC students with out of state schools is Mercer Honors and having honors classes on a transcript can look good when it is time to transfer.

## GIVE YOURSELF AN EDGE

Professor Calouri says, “If it works for someone’s program and they’re a strong student, then the nice thing about an Honors course is that it’s discussion-oriented, and the smaller class size [means] stu-

dents can function more as leaders. The four year [transfer] schools will assume [the student has] a level of initiative, and a deeper engagement with a topic, and that can help.”

In addition to finding a mentor, going to transfer workshops, and considering Honors classes, other things that help make a student a strong transfer candidate are maintaining a strong Grade Point Average (GPA), and participating in sports or curricular activities, particularly ones that are related to the field they want to study.

Jones says, “The idea is you don’t have to do it alone. That is what we’re here for. We do this day in and day out and meet with students and try to guide them as much as possible.”

## THE TRANSFER TRAIN

### CHECK ELIGIBILITY

Students in certain majors with a high enough GPA (and, in some cases, other factors) may be qualified to automatically get into certain NJ schools. Check if your program and if you qualify.  
[www.mccc.edu/student\\_services\\_transfer\\_dual.shtml](http://www.mccc.edu/student_services_transfer_dual.shtml)

### FILL OUT FORMS

There is often an “intent to enroll” form that you need to fill out in a timely manner. Check deadlines. Call the school’s transfer office to be sure you didn’t miss anything.

**NOTE:** The goal of this chart is to give students a basic starting point for thinking about transfer decisions and plans. It is not a substitute for talking to an advisor.

### COMMON APP



Most schools use the Common Application which must be completed online. You can fill it out once and then submit it to multiple schools. Start it early and save it as

### TRANSCRIPTS



You will need to fill out a form to get copies of your official transcripts (lists all your courses and grades) from MCCC, any other colleges you’ve gone to, and sometimes your high school. You may have to do this more than once.

### REC LETTERS



Ask 2 professors whose classes you’ve done well in and with whom you’ve made a connection, if they will write a recommendation letter for you. Ask them well in advance of the deadline.

### ESSAYS



The Common App has several written portions and you have to write them well to get into good schools. Write a draft, work on it, then consult with a trusted mentor for advice on how to improve it.

### SUBMIT



Make sure you’ve read over and completed every portion of your Common App to the very best of your ability. Proofread one more time. Then hit SUBMIT.

### WAIT

Different schools take different lengths of time to review your work. Watch your calendar.

### DECIDE

Wait to hear from all your schools then talk through your options with a mentor. Make your pick and respond YES to your new school and NO to the others.

### MAKE CONTACT

Be in touch with the admissions offices at each school you are interested in. Double check that you have the right deadlines. Ask if you qualify to get application fees waived.

### TAKE SATs if NEEDED

Not every transfer school asks for standardized test scores, but many do. Starting this process early is key.

1. Check if school requires it for you
2. Apply to get fee waiver call: 888-SAT-HELP
3. Register to take the test on a date BEFORE your application deadlines.
4. Get a test prep book and study.
5. Take the test.
6. Make sure scores are sent to correct schools.

### COMPLETE ANY SUPPLEMENTAL REQUIREMENTS

Some schools ask for extra items like a sample graded essay from class, midterm grade reports, or a portfolio of work ,if you are applying to a specialized program (like art, design, or film). Take care of special requirements early. Check that each school received what they needed.

Find Multimedia Content for this Article Online



[mcccvoice.org/transfer-train](http://mcccvoice.org/transfer-train)

0 15 CREDITS

FINAL 15 CREDITS





## MCCC offers free Zumba classes to students and staff

By Kaylee Reyes  
& Staff of The College VOICE

Mercer provides free Zumba classes in the PE building at 12-1.p.m. on Tuesdays. Colleen Skillman has been the instructor since 2010 having gotten her certification and started working at gyms like the Hamilton YMCA and Retro Fitness. Skillman is licensed to teach Zumba, Zumba® Kids & Kids Jr.

According to the Mayo Clinic's website, "Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness."

Zumba is a trademarked style that originated in the 1990's by Alberto "Beto" Perez, a Columbian dancer and choreographer.

Brittney Major, a student in William Patterson's University program at Mercer, says, "When you go to Zumba, you don't think about anything else, just that you want to have a good time."

Skillman says "Here we have all different fitness levels and all different ages. I try to make everyone feel comfortable. I always tell people to do their level of fitness. You can go all out to get a higher workout or be a bit more gentle depending on your fitness level."

There are several health benefits that come from doing Zumba.

According to the Mayo Clinic, "Zumba is an aerobic activity that can count toward the amount of aerobic activity recommended for most healthy adults by the Department of Health and Human Services...If you enjoy Zumba, you're also more likely to do it regularly and experience its benefits as an aerobic exercise."

When asked, "What do you think needs to be changed in order to improve Zumba?" a current participant said: "More classes a week would be great!"

By Aaliyah Patel  
Reporter

Mercer's fitness center offers students daily non-competitive open swim time at the Fitness Center, promoting health benefits at no additional costs.

Recreational swimming can help students remain well-conditioned according to Erin Cahill-Wetzel, Coordinator of the Fitness Center and Swimming Pool.

"Swimming promotes great cardiorespiratory development because it heavily involves the upper and lower body. It's low impact, so it does not have the pounding and stress of movements like walking or running," Cahill-Wetzel said.

The swimming pool is also heated, providing a healing component that targets body aches and stiffness.

Cahill-Wetzel says that "Water can help provide relief to sore muscles and joints and can help promote recovery. Our pool is kept warm to try to accommodate all groups that use our pool ranging from toddlers to senior citizens."

Community members are required to purchase membership passes at either monthly, quarterly, semi-annually, or annual rates. Monthly rates can be as low as \$35 and annual rates can be as high as \$225. These passes give members full access to all of the facilities.

Seanna Kelly, a chemistry and biology major at Mer-

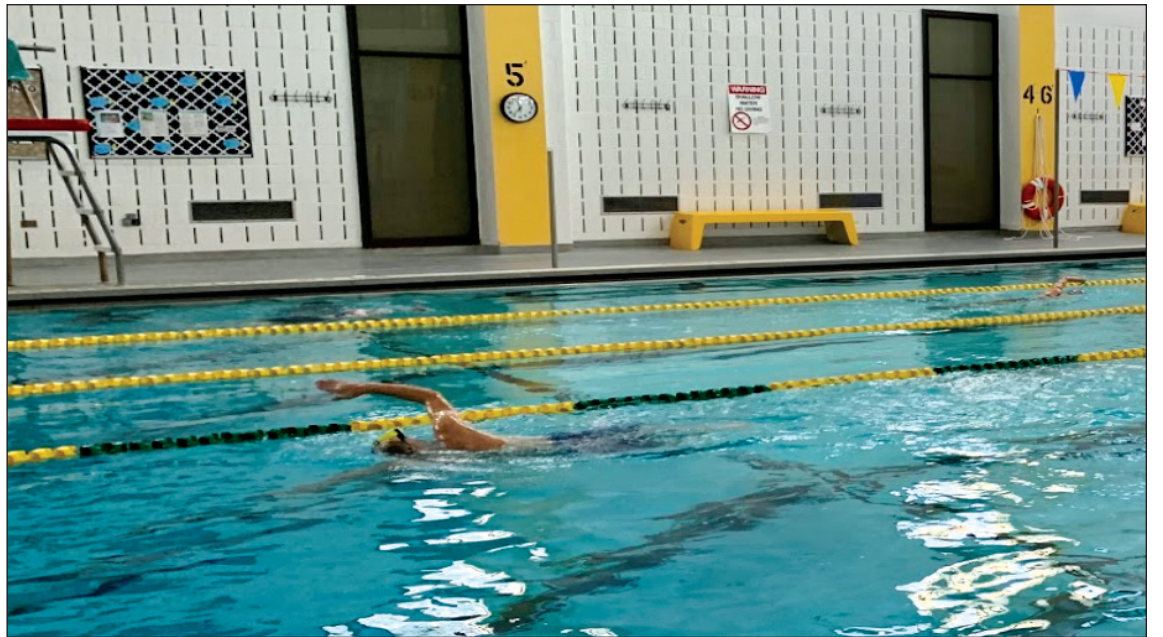


PHOTO | AALIYAH PATEL

Students, faculty and staff at MCCC are able to use the pool facilities during regularly scheduled open periods for fitness and recreation, as this swimmer is doing.

*"Any form of exercise helps with stress management. Getting into the pool can be particularly relaxing for your muscles, so I think it's a great option for students as finals approach and stress levels are high."*

**-Erin Cahill-Wetzel, Coordinator of Fitness**

cer, is a lifeguard at the fitness center. She shares how full-body pool workouts are a good alternative to other strenuous forms of exercise since it can relieve body pain.

"I've been playing water polo for most of my life; [swimming] technically works out your entire body and it does help with joint problems because you're not putting as much pressure on them."

Swimming also offers students the opportunity to strengthen muscular organs through aerobic exercises.

"It also promotes your heart because it's like a steady cardio," Kelly says.

For students and community members who are interested in swimming but are not experienced, the fitness center offers swim programs.

Lizeth Perez, a biology

major at Mercer, said she thinks more students would use the pool if they were made aware of the fact that one is on campus.

"I would go if their hours were expanded and if they promoted it more because I didn't even know we had a pool."

With the end of the semester approaching, Cahill-Wetzel encourages students to utilize the pool as a form of stress management.

"Any form of exercise helps with stress management. Getting into the pool can be particularly relaxing for your muscles, so I think it's a great option for students as finals approach and stress levels are high," she says.

## REVIEW: Impossible Whopper, deceptive and delicious

Staff of The College VOICE

Burger King is now offering an Impossible Whopper that is 100% vegan, as long as you don't get it with mayo or cheese.

Impossible Products is a line of food products that are available widely outside of just Burger King. In addition to a bunch of unpronounceable things, the Impossible website says their product contains wheat protein, coconut oil and potato protein. Something called "heme" a soy derivative that produces their notable pinkness (their best-known competition, Beyond Burger, "bleeds" using beets).

The VOICE conducted a taste test to determine if all the witchcraft that goes into the burger actually works.

Out of ten VOICE staff members, 80% thought the burger was good, while the other 2 people did not have a strong reaction one way or another.

The consensus was that the burgers were perhaps less juicy than most, and that might have made the pickles and iceberg lettuce a bit more prominent, but the smell, appearance, texture and taste were generally true to what you'd expect in a

typical Whopper.

Alex Santos, a second year Digital Arts major, said, "It fooled me. If I didn't know it was an Impossible Whopper I wouldn't have been able to say 'Hey, you just gave me something different from a Whopper!'"

Kristina Hontz, a first year art major who describes herself as more of a chicken person, said "I don't eat at Burger King a lot, but they did a good job."

One person enjoyed the burger but was skeptical about its intent. Vegetarian Donny Neuls, a first year Liberal Arts major, said he felt the Impossible Whopper is "More for meat-eaters who want to try eating vegetarian but still like to eat meat."

Neuls's perspective is backed up by fact, as a recent New York Times article notes, "The market research firm NPD Group says that 90 percent of the customers purchasing them are meat-eaters who believe the products are more healthful and better for the environment."

The same article provides specifics about how Impossible "meat" compares to beef nutritionally saying,

"Compared to a beef patty, the Impossible and Beyond burgers have similar amounts of protein and calories, with less saturated fat and no cholesterol. They also contain fiber; real meat does not. But compared to real beef, the two plant-based burgers are considerably higher in sodium, containing about 16 percent of the recommended daily value. An uncooked four-ounce beef patty has about 75 milligrams of sodium, compared to 370 milligrams of sodium in the Impossible Burger and 390 milligrams in the Beyond Burger."

Multiple sources report an intense conflict between the beef industry which claims Impossible (and its cousin Beyond) are un-

healthful poseurs, and Impossible saying that the beef industry is just riled up because they don't like what's coming for them.

In this fight, Impossible seems to have an edge, at least in terms of taste.

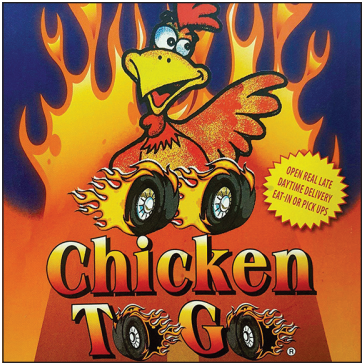
Media adviser Holly Johnson remarked, "It's like the weird people you wouldn't usually hang out with but who turn out to be cool after all."

Ben Levitt, a first year Advanced Manufacturing Technology major said "I started out skeptical. I left confused. How it is not bad? This feels wrong."





# The chicken you need, with taste and speed



Chicken to Go is not on DoorDash but is worth dashing to.

By Steve Kolber  
Reporter

The semester is ending and you’ve reached the academic boiling point with exams and papers backing up on you. Also, you’re starving.

At moments like these, students do have options beyond Wawa and QuickChek. One such option is Chicken-To-Go, an establishment that sits on an island at the intersection of Chambers Street and Route 206

in Trenton.

Chicken-To-Go specializes in freshly prepared fried chicken as well as a number of sauces and sides, and as the name suggests, it is available for takeout, which is the best option since the dine-in area is overwhelming with only a few more seats than Pac-Man machines (one).

But as long as you are able to navigate the triangular parking lot, the trip is worth it. Whether you prefer wings, ten-

ders, or classically fried chicken, Chicken-To-Go will get dishes in your hands quickly and without the grease that is associated with fried foods.

One local, Percey Lopez holds Chicken-To-Go’s buffalo chicken sandwich in the highest regard, mentioning only Princeton’s legendary Hoagie Haven as a potential rival.

The establishment is open from 11:00am until 2:00am every day and even extends to 4:00am on Fridays and Satur-

days. Unlike certain holier-than-thou chicken establishments, Chicken-To-Go is also open on Sundays, making it an ideal option for enjoying football with wings and some potato wedges.

Prices are student and family friendly with a number of individual specials meant to keep the price under \$10.00.

Deliveries, however, are cash only, and they aren’t on any of the popular delivery services, but the food is worth the drive.

# Haitian focus inspires Lawrenceville’s Cafe Du Pain

By Thomas Lillja  
Reporter

As winter rapidly approaches, Café Du Pain Bakery in Lawrenceville, NJ looks to warm its patrons with unique baked goods.

Café Du Pain, which is located in the Lawrence Shopping Center, was founded by Marie Onyeani, a Haitian immigrant and chief baker for the establishment.

When it comes to her experience as a baker, Onyeani says “[When I was] growing up on the island [of Haiti], My mom was a baker, so I grew up watching her bake...I have always had a passion and love for baking, then I decided after 13 years of teaching that I wanted to pursue a real career into the baking industry.”

Onyeani notes how after several years of classes and research, she opened up Café Du Pain from her home in 2016. In 2018, the business re-opened with a retail location in Lawrenceville.

When walking into the bakery, one immediately notices the orange and brown walls, which are adorned with beige images of France and baked goods.

Twent-two-year-old physical therapy assistant and Lawrence Township resident Kyle Ossowski notes that he likes this aesthetic, as “the earth tones bring out the bread.”

Café Du Pain’s color

palette is not the only thing that stands out, as its staff greets customers like friends when they walk in. This comradery continues after one’s order has been taken, as the establishment’s staff converse with customers as dishes are being prepared.

When creating new menu items for Café Du Pain, Onyeani says that inspiration comes to her when she looks at international dishes with tastes that might be unfamiliar to the community. Onyeani also says that she puts a special focus on Haitian dishes.

One such example is the veggie pate lacaye, a pastry that costs \$3.75 and is described as “Haiti’s favorite snack” on Café Du Pain’s online menu. While the pastry’s exterior is buttery and flakey, its center is filled with a savory vegetarian filling that has a subtle spicy kick to it. As a result, the center’s flavors feature a harmonious blend where neither flavor seems to outweigh another.

For those who are more traditional in their food choices, Café Du Pain also sells chocolate almond croissants. With a price of \$4.75, the croissant features a soft, flakey consistency that is accompanied by a buttery taste. While the chocolate works well with this butter, it also blends perfectly with the almonds and powdered sugar sprinkled on top.

According to Café Du Pain’s Developer of Business and Strategy of Partnership Judith



PHOTO | KRISTEN MILLER

Friends enjoy a coffee break at Cafe Du Pain in Lawrenceville.

Registre, the bakery intentionally sources their ingredients based on where they come from. For example, Café Du Pain Bakery sells La Colombe Coffee because of the company’s workshops in Haiti.

Speaking of hot drinks, Café Du Pain is currently selling spiced hot chocolate as a seasonal item for \$2.50. While the drink’s spice is well-pronounced, it slightly overwhelms the chocolate. As such, it is best to let the

drink cool slightly before indulging.

If there was an element to the bakery that could be better, it would be the music selection, as fast-paced jazz music plays behind the counter. While pleasant, the music is more reminiscent of a fashion show more than a bakery. Since the establishment has a focus on international food, music that reflects the dishes’ origins might be more appropriate.

Café Du Pain maintains a fol-



PHOTO | KRISTEN MILLER

Macarons and coffee are a Cafe Du Pain staples.

lowing throughout the local area thanks to its food and service.

61-year-old accountant and Yardley PA resident Denise Crum notes how her favorite menu item at Café Du Pain is the egg croissant. Crum elaborates on the item, saying that “the [egg] croissant is light and fluffy. It’s not oily and greasy like a lot of them are.”

Café Du Pain is also the recipient of the 2019 Lawrence Township Growth & Redevelopment Committee New Small Business Award. Melissa Clark, a committee member, says she nominated Café Du Pain for their community outreach.

Café Du Pain is located at 2495 Brunswick Pike, Unit 12.

# Former vegan pop up now a Lawrenceville breakfast and lunch favorite

By Pamela Hernandez  
Reporter

Located only 15 minutes away from Mercer’s West Windsor campus at the Trenton Farmers’ Market, the Savory Leaf Cafe is a 100% vegan establishment meaning all of their food is meat, dairy, and egg free. It is the only restaurant in the Lawrenceville, N.J. area serving plant-based comfort food packed with flavor.

Eduardo Calderon and Marie Barber originally opened the Savory Leaf Cafe as a pop up in the fall of 2018, and had their grand opening April of 2019.

Their slogan is “Good Food for Good Souls” and Calderon says he prides himself in living an ethically conscious lifestyle by choosing a diet that does not contribute to the suffering of animals.

“By making food like [vegan] cheesesteaks, and hamburgers, it is still food that we like to eat everyday. We don’t have to

sacrifice by eating an eggplant or a carrot, we can eat something that feels like the real thing, but is not,” Calderon says.

The Savory Leaf is a source for both vegans and non-vegans to enjoy food without the added cruelty behind animal-based meals.

Some of their food menu options include the BBQ “VIB” cheesesteaks, a chickpea “tuna” sandwich and the “veuben” sandwich all ranging between \$8.75 to \$9.75.

Their specialty entrees include homemade mac and cheese, vegan ribs and the Impossible Burger, with prices from \$7.25 to \$11. Apart from the mac and cheese, the dishes are served with your choice of chips or coleslaw.

Samantha Cruz, 23, said “I was skeptical about the cheesesteak at first. I’ve been a vegetarian for over 10 years now and have never had a vegan cheesesteak. I was thoroughly impressed, and

have been coming back to get this sandwich ever since I first tried it.”

If you are in the mood for something a bit lighter, they also have their soup of the day (\$5), and their seasonally inspired salads (\$6.50).

To top it all off they have a selection of fresh baked desserts priced from \$2 to \$3.

Their beverage menu consists of organic coffees and teas (\$2) as well as bottled water (\$1.25).

Savory Leaf offers vegan breakfast every Saturday beginning at 9:30 a.m. where they serve pancakes, vegan sausage egg and cheese, and a variety of delicious breakfast alternatives.

The cafe is decorated in vibrant green colors and paintings of, what the owner describes as, “smiling animals.” The option between low top and high top tables provides variety within the small space.

Kicha Lugo, owner of a



PHOTO | PAMELA HERNANDEZ

Savory Leaf’s treats are vegan.

holistic skincare company, says of the cafe, “I am not vegan or vegetarian but I like to try different things and at this cafe I get the same good flavor that I would at any other regular cafe, and honestly the brownies are amazing!”

Another patron, Andy Dieudonn, a Liberal Arts major at Mercer, says, “I believe eating healthy is important because it sets the foundation to a fulfilling

and successful life. That is why even though I am not vegan I like to come to this cafe.”

Notably, Savory Leaf offers a 10% student discount if they show the cashier their student ID.

They are open Wednesdays 11:30 a.m. to 3:00 p.m., Thursdays and Fridays from 11:30 to 5:00 p.m., and Saturdays 9:30 a.m. to 5:00 p.m.





Jasmine G. Class of 2019

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**WHAT'S NEXT?** Heading to Rowan University at Glassboro.

**DREAM JOB?** Working at a publishing house



**SAAD AHMED**  
Managing Editor

**WHAT'S NEXT?** Los Angeles Film School or The New York Film Academy. Not sure yet.

**DREAM?** To direct an independent full length feature film.



**KRISTEN MILLER**  
Social Media Editor

**WHAT'S NEXT?** Working as a photographer assistant at LimeLight Entertainment.

**DREAM JOB?** Taking awesome photos of people. Maybe in fashion or music.



**THOMAS LILLJA**  
Reporter

**WHAT'S NEXT?** Heading to TCNJ to study Communication.

**DREAM JOB?** Public Relations

How clean are the labs?

By Bianca Martinez & Saad Ahmed  
Senior Reporters

Among faculty in the sciences at Mercer, concern exists regarding its steps to address cleanliness in offices, classrooms, and labs. Professors specifically worry about the potential safety risks it poses to students and fellow colleagues.

When asked about the steps the administration has taken to fix the problem, Carlo Alfare, Professor of Chemistry at Mercer, says, “[The college] gives the [cleaning] contract to the lowest bidder and they’re not going to send [extra] people here to clean. Look at these floors.”

Ellen Genovesi, Professor of Biology says, “We have a lot of concerns, in particular, the cleaning of the lab floors. It was obvious that they really hadn’t been mopped in quite a long time and they were getting really, really dirty.”

Dirty lab floors pose risks, professors say, especially with the series of mold-related problems Mercer has had in the past two years.

Genovesi states, “It’s overall cleanliness. It’s also, we had a lot of problems last year with mold in the labs. We had mold growth on everything. We had items inside cabinets that were covered with mold.”

*“I really wanted to look and see, you know, what had the cleaning company promised to deliver? Are our expectations too high? Are our expectations too low?”*

-Ellen Genovesi,  
Professor of Biology

Mercer did take the necessary steps to remediate the mold problem, however, Genovesi says.

“Maintenance did a lot of work in controlling the humidity. We have permanently mounted dehumidifiers that have pumps. It automatically empties itself, so the humidity levels have been fairly low considering how hot it was at the beginning of the semester.” Genovesi says, but notes that this doesn’t address the issue of cleanliness that they are facing now.

Genovesi states, “I had asked several individuals for a copy of the cleaning contract. I really didn’t get anywhere with that, so I put in an OPRA request. It’s a request for open, public documents, because I really wanted to look and see, you know, what had the cleaning company promised to deliver? Are our ex-

pectations too high? Are our expectations too low? One thing I found is that they’re supposed to do the counters every night. And I was like, I’ve been kind of doing them, so there are areas that we were cleaning that they should have been cleaning.”

Other tasks, like cleaning the whiteboards daily, were hit and miss according to Genovesi, even though it was included in the contract.

Chemistry faculty are particularly vigilant about lab cleanliness since many chemicals and biohazard items are stored there.

Professor Alfare says, “They have got to be careful because they can’t just grab a bottle and move it. If it’s an acid, for instance, and they drop it, they don’t know what’s in it.”

Professor Genovesi adds that things have been getting better since meeting with the regional manager of ABM, the company that provides the cleaning services at Mercer.

She says, “So, probably in the last three, four weeks, it has improved,” while explaining that the process took about seven weeks into the semester to get started.

Outside of the science department, questions remain whether or not other areas at Mercer are getting properly cleaned.

The difficult path to self love

By Ashley Lewallen & Kristen Miller  
Reporters

Students at Mercer County Community College face many challenges, one of them being low self-esteem.

Dorothy Gasparro, a Senior Counselor at Mercer, says she sees many students with low self-esteem.

She believes low self-esteem issues arise because “We grow up in a society that tells children don’t pat yourself on the back and don’t toot your own horn. When the truth of the matter is that we need to be doing that because what we’ve done instead is beat ourselves up”.

A VOICE survey of 49 students found that 74% have struggled with low self-esteem and 14 of them said it affects their daily life.

Diana Rackowski, a Mercer student, says she has been struggling with her self-esteem since she was a senior in high school.

Rackowski says it stems from, “isolation from friends and just growing up and not really knowing what you want to do and who you are.”

According to the American Psychology Association, people who base their self esteem off of external sources are reported to have more “stress, anger, academic problems, relationship conflicts, and had higher levels of drug and alcohol use and symptoms of eat-

ing disorders.”

During stressful times, positive self-talk can be a self soother. It can take a negative frame of mind to a much better one. People have to remind themselves that they are better than they realize.

Gasparro works with students on reframing their negative thoughts and turning them into positive ones.

Rackowski practices positive self-talk, making sure she’s aware that everything will be okay. She reminds herself, “I’m great, I’m really nice, I’m really beautiful, everything’s gonna be okay.”

Mentalhealth.net asks those with low self-esteem to “consider how they may feel about things in their lives that they value” in order to understand what having high self-esteem feels like.

An example of this would be to imagine your favorite item. Then, imagine the pride you feel showing that item off and how looking at the item makes you happy. Now imagine that item as yourself and that’s what high self-esteem feels like.

Nunu Laster, a transgender student at Mercer, says she has struggled with her self-esteem since she was 14.

“I was born a boy and I didn’t feel myself. I wasn’t comfortable in my skin, in my body,” Laster says.

Laster believes that if you know of someone going through their own problems with

self-esteem, then you should compliment them and let them know they are more than how they see themselves.

Support can be as simple as asking if someone is okay or saying you care.

People are encouraged to continue doing the things they love during these times. Even if they feel like they are losing the passion for it. If it becomes unhealthy, start over and try to find new activities to fall in love with.

Gasparro says “I think we just need to point out the positive and be grateful... I think gratitude is a huge way to turn self-esteem around, to be grateful for the things we have. So what we can do for others is to remind them of the things they have that are things to be grateful for.”





# Can we get some peace and quiet?

## Long term pros demand better plan for short term cons

The View



Kristina Hontz

I arrived at Mercer just in time for the construction. When you look through the hunched over fence by the Fine Arts building you can see an empty wasteland. However, the place is way more active than it seems.

One day in my 2D Design class, I remember a student trying to explain their art piece for a critique. All of a sudden this loud, rattling erupted out of nowhere. A construction worker was right outside the window drilling away at the ground.

You never know when the workers are going to jumpscare you. The times they work are so random that it seems like there is no organization to it at all. You'd think they would try

to work on days where classes aren't running, but sadly they don't, and I doubt they get to set their schedule, and I realize the campus is in use most of the week.

Apparently, they are building a new University Center to accommodate the growing number of four-year school programs being offered directly on our campus by universities like Rutgers, William Paterson and Wilmington.

Students can graduate from Mercer, apply to one of those programs if they have a major you want, and do their remaining two years of college right on the West Windsor campus and at a reduced tuition rate. It's sensible and convenient on one hand, but up to now the programs have been stuck offering a lot of night and online classes because of lack of classroom space. It sounds like the project is aimed to address that.

One of the onsite coordinators is Leonard J. Winogora, an adjunct Philosophy professor at Mercer who is the coordinator for the William Paterson transfer students.

He says, "We'll have our own facilities, so we won't

be using up valuable classroom space and office space in Mercer's buildings."

If you ever go to Professor Winogora's office you can see how randomly placed it is in the LA building. Such an important office doesn't belong there.

When asked about the University Center itself, Winogora stated that "the idea was proposed by [the College's president] Dr. Wang and presented to the 4-5 [university] partners at the time."

So right off the bat this center was going to be utilized by multiple universities and was planned way in advance. I appreciate that, but how much discussion was there about the impact it would have on current students who have paid their tuition and are trying to get an education?

The construction is also a pain for the Fine Arts professors. An Adjunct Professor at Mercer, Dave DiMarchi, teaches Printmaking and 2D Design in the FA building. He says the main concerns are not even about the sounds of construction, he is more concerned about "the long term future of the current FA building or the

immediate future of holding classes in current spaces."

DiMarchi adds that "The biggest interruption to most seems to be the loss of the faculty/staff parking lot adjacent to the FA building."

And even though DiMarchi works "on a less populated day," this loss of a parking lot has negatively affected professors. Some students are sliding into the other spots being cordoned off for faculty at the edge of the student lot and professors say they are frustrated with the situation, no matter how temporary it may be.

And how long is it supposed to take? Clearly a while longer.

While researching for this article I did come around a bit on the whole thing. My view was shifted in particular by Professor Winogora's new hope for the identity for his university students. With this new center, he says students and coordinators of different universities can "more or less identify ourselves as our universities. Many students feel that they want a sense of differentiation between the community college and the universities. So we will be working on that for their

purposes."

If I was one of those students, I can understand it would be quite confusing having to go on a campus that is not really your own.

Professor Winogora also mentioned a secondary issue I hadn't considered at all. He said, "When President Trump put a tariff on steel, it significantly raised the price which forced cutbacks on the original plans. And as a result the center probably is somewhat smaller than anticipated. But the action was of President Trump...and NOT the president of the college."

That makes sense, and I can see the pros outweigh the cons.

It's not like I want them to stop building the center, I understand that it's important. I'm sure there will be good that comes from the chaos. And with growth comes growing pains, but the incoming students weren't warned and fine art studies require quiet concentration. If the project can't be helped, maybe some of our classrooms could at least be temporarily moved until it is completed? Is that so much to ask?

# Laurie's 7 Holiday Gift Ideas

By Laurie Gallagher  
With support from the Staff of The College VOICE

In her ongoing "Learn from Me" column, Laurie Gallagher offers explanations and tips for students on every day topics, with support from the staff of The VOICE.

1 FUZZY HAT AND MITTENS



2 HANDY WATER BOTTLE (STAY HYDRATED!)



3 YOU CAN'T GO WRONG WITH GIFT CARDS



4 PERFECT COCOA MUG



5 USEFUL OFFICE SUPPLIES



6 NEW YEAR: NEW CALENDAR!



7 AIR POPPER FOR COZY TV NIGHTS





## 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!




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

1.) The photo featured in the article "DeLorenzo's Tomato Pies: Running on Tradition" in November 11, 2019 edition of The VOICE was not taken by reporter Brent Grocott as indicated but was originally used in a 2013 article on NJ.com. No attribution is currently provided. The VOICE apologizes for the error. A different photo appears in the online edition. That photo is by Grocott.  
2.) In the November 11, 2019 edition, the article entitled "PROFILE: Team captain Jaimie Ervin motivates new players" spelled the player's first name incorrectly. It is Jamie, not Jaimie. It was spelled correctly in the remainder of the article.



Find us online at [mcccvoice.org](http://mcccvoice.org)

## Editorial

# Call a fire a fire

## The college is obliged to keep us informed and safe in an emergency

MCCC is not able to handle communications during an emergency and that has to change.

A fire occurred in the second-floor women's bathroom of the Liberal Arts building that caused an evacuation of several hundred students on Thursday, November 14 and the entire event showed how unequipped Mercer is to handle emergency situations.

As soon as the event occurred a message should have been sent out via the college's MAlert system letting students, faculty and staff know basic information such as: *there is a fire in the LA building, it is being contained by firefighters, for safety's sake no one should enter the building, and anyone with knowledge about the event should contact security.*

Instead, nearly five hours passed before an MAlert finally arrived but it said only that classes were cancelled in the LA building for the rest of the day due to **"unforeseen maintenance repairs."** By that point classes were already over.

Slow response time put people at risk of physical harm.

Because people who were in other parts of the campus during the initial evacuation received no notification, and side doors to the LA building remained open, many walked right back into a building that was literally on fire.

The fire alarms went off at 1:50 p.m. and security guards were finally escorting faculty and staff out of their offices on the first floor by 4 p.m.

To be clear, the burden should not have been on our security force to instantly secure an entire building with numerous entrances and exits. The administration needed to

alert the community so that security could do their job.

The wording of the message that finally did go out is just as problematic as how long it took to send it.

The phrase, **"unforeseen maintenance repairs,"** was used in the alert instead of the word "fire." **"Unforeseen maintenance repairs"** was the term used on the signs put on the doors to the building, and on the college website noting the building closure as well.

In fact, at no point to date has the college used the word "fire" to describe what happened.

Every word in the English language has meaning. There is a significant difference between **"unforeseen maintenance repairs"** and "fire."

Relying on euphemisms is not a good PR strategy and saving face shouldn't take precedent over people's safety.

To get people out of a building and keep them out, you have to make it clear what is really going on.

Furthermore that bathroom is busy at 1:50pm and someone might have seen something that could have helped with the investigation into what happened, but there was no notification about who to call or indication that anyone cared if you did have information about the so called **"unforeseen maintenance repairs."**

What happens when administration doesn't keep the campus informed is that information--sometimes inaccurate information--is shared via social media instead. People basically pick stuff up off the street. That is no way to handle an emergency.

The VOICE worked

to cover the story quickly and get accurate information out within 24 hours of the event but it wasn't easy.

We were told of an elaborate procedure for getting MAlerts sent out, one involving prior approval from the PR office and the college president. The president shouldn't be signing off on telling us the college is on fire.

We were also told that there was a problem with the campus phone systems which is what slowed down the MAlert being sent out. If that's true then you have another example of the college being unprepared for an emergency. There has to be a back up plan if there's a problem with the phones.

Next we were told that MAlerts are only sent out when the entire campus is closed which would explain why we basically only ever get them if school is closed for snow. The whole school wasn't closed because of the fire, but the whole school needed to know to avoid a potential danger on the campus.

Other schools are proactive when there is a problem. They don't try to cover up what's going on or make a fire sound like some loose floor boards or a leaky pipe or something.

Mercer's reaction to campus emergencies is NOT normal and it's not safe. What if there had been a shooter on campus? What if the blaze had been bigger?

Students, faculty and staff deserve transparency and the truth and it needs to come in a timely manner.

We, the Editorial Board of The College VOICE, call on the college administration to create a reliable, easy to understand plan of action and use it for future emergency situations.

### editorial cartoon

Flamin' Classics  
MCCC Style

Fight Unforeseen Maintenance Repairs with Unforeseen Maintenance Repairs  
By Metallica

Set Unforeseen Maintenance Repairs to the Rain  
by Adele

We Didn't Start the Unforeseen Maintenance Repairs  
By Billy Joel

I'm on Unforeseen Maintenance Repairs  
By Bruce Springsteen

Just Like Unforeseen Maintenance Repairs  
By P!nk

Unforeseen Maintenance Repairs in the Henhouse  
By Our Lady Peace

Kristina Hontz

See more Kristina Hontz Art



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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, tone or clarity.

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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 saw my professor crying in the hallway. What is the protocol for this situation?  
-Eek

Dear Eek, Leave them alone seeing another student might add to their depression.  
-The VOICE

Dear VOICE,  
I can't decide if I should park on the West lot or the East lot. My class is in the BS building. Which closer? They both seem

too far from my class. Help.  
-Confused Freshie

Dear Freshie,  
Neither lot is closer. They are both equally too far away. You can try flagging down security in a golf cart, getting a hoverboard, or taking the free Zumba classes to increase your cardio. See page 10.  
-The VOICE

Dear VOICE,  
Why is MCCC saying that there are Unforeseen Maintenance Repairs in the L.A. Building instead of a fire?  
-Confused Student

Dear Confused Student,  
I assert my right to plead the fifth  
-The VOICE.

Dear VOICE,  
It's December and the weather is getting colder. Tips on how to brave the low temperatures?  
-Freezing Student

Dear Freezing Student,  
I can roast you and you'll be warm.  
-The VOICE

Dear VOICE, I haven't slept in 3 days because I'm so anxious about the end of the semester and finals. What should I do? Sincerely, Severely Stressed Student

Dear Severely Stressed Student,  
When I find out, I'll let you know.  
-The VOICE

NOTE: THIS FEATURE IS FOR ENTERTAINMENT PURPOSES ONLY.

HOROSCOPES



Capricorn

Dec. 22 - Jan. 19  
There's always that one person who won't leave you alone, no matter how many times you excuse yourself and go hide in a bathroom stall. It's time to just tell them to give you some room.



Taurus

Apr. 20 - May 20  
Someone or something you've been missing turns up this month and gives you a boost you've been needing. Be sure to send your gratitude back out into the universe.



Virgo

Aug. 23 - Sept. 22  
Warmth and friendship will surround you soon and you will be able to relax. A solution finally comes for a problem you've been thinking about a lot.



Aquarius

Jan. 20 - Feb. 18  
As the semester winds to a close don't get cocky. There's still more to do. Keep organized and stay focussed or you'll get blindsided by tasks you should have seen coming.



Gemini

May 21 - Jun. 20  
During the bustle of the holiday season some small things are getting on your nerves and starting to add up. Before you get road rage or hell at someone at Target, go for a walk in the woods. Breathe.



Libra

Sept. 23 - Oct. 22  
Animals are your friends this month. Feed a squirrel, go on a bird watch, spend time at a pet shelter. Good things will come from furry and feathered places.



Pisces

Feb. 19 - Mar. 20  
How many times do the stars have to tell you that if you help people you will get help in return. Karma is real. If that little old lady needs help crossing the street, you know what to do.



Cancer

Jun. 21 - Jul. 22  
Someone you've lost is looking down and sending you love right now. You are not alone. There is support for you that you may not be able to see, but you can feel if you hold still and reach out with your heart.



Scorpio

Oct. 23 - Nov. 21  
When you ask you shall receive. There may not be extra credit, but there may be extra time to get things done if you aren't afraid to let people know you need it. Don't be a hero.



Aries

Mar. 21 - Apr. 19  
Although you want to make time to slow down and care for yourself, that hasn't always been possible lately. Good news: you'll have a break soon. Now is the time to catch up with yourself.



Leo

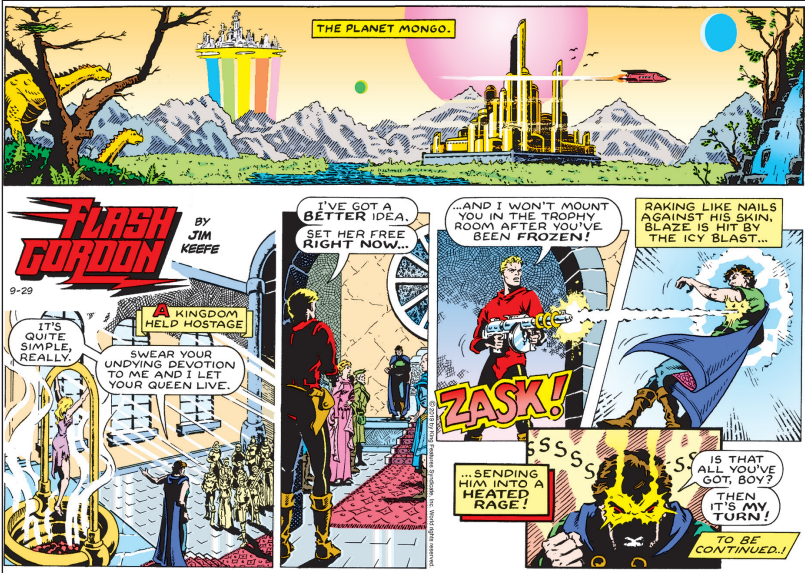
Jul. 23 - Aug. 22  
Two and two doesn't always make four if each one of those things has a million little parts. Save yourself a headache and commit to doing a little less for the next few weeks.



Sagittarius

Nov. 22 - Dec. 21  
By the time you read this, something will have turned up at your door that you weren't asking for, but which may prove useful. Bring it in off the stoop.

FLASH GORDON



SUDOKU

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

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!

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

Answer

2X PEANUTS



2X DILBERT

