

Trenton's new Director of Police sets sights on strong community connections

By Melissa Reyes
Senior Reporter

Sheilah Coley, former Director of Public Safety in East Orange, NJ took the position of Police Director in Trenton last April. In a recent interview with Mayor Reed W. Gusciora, he told The VOICE Coley was selected for her qualifications and experience.

"She has the ability to command the attention of a room and brought the professionalism needed to the police department," Gusciora said.

Coley was an officer of the Newark Police Department and later moved up to be the first woman Police Chief in Newark and Director from 1989-2014. She later moved on to be the Director of Public Safety in East Orange.

Asked about being the first African American woman director of police in Trenton Coley says, "I let everyone else put the emphasis on my race and my gender. I rely solely on my ability and my expertise."

Elizabeth Bondurant, a criminal justice professor at Mercer, and former Chief of Po-

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Trenton Police Director Shiela Coley meets with her team at her office in downtown Trenton, NJ.

PHOTO | ELLIOT SMITH

"I kept hearing, 'the officers don't talk to the people in the community.' So, I took away the cars and put them on walking posts...So now you know they're talking to you, you're talking to them and that has been a really really popular initiative here."

-Trenton Police Director, Sheilah Coley

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Tuition going up again this year

Students say they are hitting the financial limit

By Ben Levitt
Senior Reporter

Tuition is going up again. Typical increases are in the 3-4% per credit range for in-county students. This year students will see a 4.52% increase which follows a 7.8% increase two years ago and a 4% increase last year with each compounding upon the last.

Students say they are

feeling the pinch.

Second-year Physical Therapy major Maya Gordon says, "I feel as though it's going to make the process a little more difficult because I already pay out of pocket, so it's already a \$99 increase. Ninety-nine dollars is not cheap. As a student who is currently already paying out of pocket, it's just making my life a little more difficult."

The tuition increases at Mercer in the past two years are

above what comparable New Jersey community colleges have faced. Middlesex County College, for example, increases its in-county tuition by two dollars each year, according to VOICE research into tuition prices dating back to 2014.

In practical terms, that means that an in-county resident attending Mercer will pay \$190.75 per credit starting next fall, while a similar student would be paying \$150.50

at Middlesex assuming they both paid in-county rates.

Sophia Sexton, a second semester Liberal Arts student says of the increase, "It seems like eight dollars is a small increase. But if you think of it depending on how many classes you take, that's going to fuck up me and my parent's financial stuff, if they have to keep putting up more

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MCCC coronavirus plan presented at public forum

Students, faculty and staff hear from administration about health preparedness plan

By Donny Neuls & Ben Levitt
Senior Reporters

MCCC held an open forum to address the college's preparedness plan for handling the health, safety and educational needs of students and staff in the event of a Coronavirus (COVID-19) emergency. The forum was led by college President Dr. Jianping Wang and held in the Kelsey Theatre on March 4.

Dr. Wang's primary message was, "this Coronavirus is a pandemic that is going to happen. [It's] not whether it is going to happen, but when it is going to happen. The college community will be better served and protected and informed if we get together and talk about it rather than be panicked when it actually happens."

The forum, which was arranged on short notice, was organized for the purpose of providing knowledge to the campus community of the rise in confirmed coronavirus cases in the United States, along with the college's drafted emergency plan if there were to be an infected individual on campus.

As of March 5, there are 11 confirmed cases of the coronavirus in New York and two in New Jersey according to The New York Times.

According to the college administration, if West

Windsor, Mercer County, or NJ declare a state of emergency, the college would begin restricting access to the campus, starting with canceling all non-instructional activities. This includes open houses, performances at Kelsey, and sports and club events.

In the case of an infection on campus, MCCC would shut down and move all courses online.

The draft plan consists of three phases: prevention, containment, and return. The college is currently in the prevention stage and will remain in this phase until told otherwise by the state or by self determination.

In a related note, the administrators said at the forum that the college recently fired its old cleaning company because of an apparent lack of diligence, and has since hired a new one.

One faculty member, Associate Professor of Math Jamie Beth Fleischer asked, "Are we asking [the cleaning crew] to double down their efforts to get us up to speed with cleaning in advance for if something might happen?"

In response, Dr. Wang said "Yes, indeed. They actually sent us over 20 people last night to do just that. It took so long to clean even one bathroom, because of the neglect left by the previous company."

The virus, which was first detected in China at the end of December 2019 according to the Centers for Disease Control (CDC) has spread rapidly and caused major disruptions to international travel, commerce and daily life. International students and college students studying abroad are facing particular difficulties.

In emails that went out college wide prior to the event, Dr. Wang explained that all NJ colleges were working with the Office of the Secretary of Higher Education (OSHE) and the NJ Department of Health (DOH) to establish plans.

Emails also laid out the directives from the CDC that include basic advice such as washing hands frequently, staying home if you're sick, and seeking health care in the case of a respiratory ailment.

For all email blasts, the President states students "will get the same information all employees get, almost simultaneously."

An email on March 3 included a link for a survey asking basic questions about whether anyone on campus had traveled abroad to countries that are seeing high levels of the virus in the past 14 days.

As of March 5 at 8 a.m., 426 students, staff, and faculty have completed the survey. Six said they had traveled to an affected country, 17 have had

contact with someone who has traveled to an affected country, and 31 have shared some of the symptoms associated with the virus.

The president indicated that the results of the survey will be updated regularly on Mercer's Campus Health page on the website, www.mccc.edu/mccchealth, along with more information about the Coronavirus and the recording of the open forum.

At least 80 countries have had confirmed and presumptive cases of the virus as of this writing, with China and South Korea being the hardest hit according to CNN. Although the virus generally presents similarly to a common cold or flu, an estimated 3,200 people have died from it including 11 in the United States.

Dr. Wang says, "You take good care of yourself. Take good care of your fellow coworkers, your students, your families, your community members by being cautious. You cannot be overcautious. There is nothing more important than your health."

For more information, you can call the 24/7 hotline offered by the state at 1-800-222-1222. You can also stay informed at nj.gov/health with information updated by the Department of Health and Human Services.

Students brace for 4.52% tuition increase starting fall 2020

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money for me to go to class."

In a VOICE poll of 30 students, 46.7% of students surveyed said that the tuition increase would make it harder for them to pay for their education.

When asked for comment about the proposed tuition increase, the Financial Aid Office said, "The Financial Aid Office does not do anything with tuition. Free tuition offered by the state of New Jersey will be decided when the Governor does his budget in the summer of 2020."

Many students do qualify for financial aid through federal and state programs including Governor Murphy's new free college initiative that he originally announced at MCCC in spring 2018.

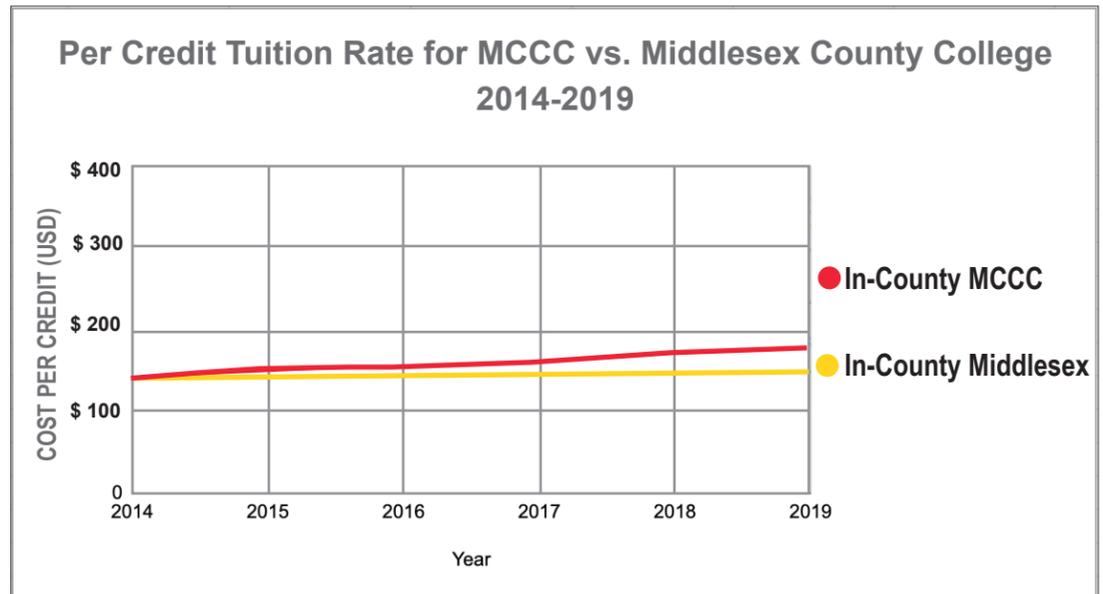
Free tuition is not available to all students, however, including international students, and is only available to the students in the lowest socioeconomic brackets. Additionally, the amount of federal financial aid that undergraduate students can receive is capped at \$57,500

overall, meaning whatever they spend at MCCC is money they will not have left to pay for tuition at a transfer school.

Vice President of Student Affairs Dr. Diane Campbell gave her opinion on how the tuition increase will affect students saying, "I think for the most part I haven't heard any complaints, I don't think the tuition increase is something that will hurt. If you can pay the tuition now, the increase is not going to cause a lot of pain. The people who are paying out of their pocket, they will feel it some. But I don't think it is going to be the thing where they are not going to be able to handle it."

Another tuition issue that students say they are facing is the new registration policy that was implemented starting this semester, requiring an upfront payment of \$182.50 per credit.

When asked about this policy and why it was put into place, College President Dr. Jianping Wang said, "We have in the past, students who register



but don't pay. As a result, it becomes a bad debt for the college. When the college has high bad debt, you have to put good money to guarantee to pay for that... If you accumulate seven hundred, eight hundred thousand dollars of bad debt every semester, before you know it the college is going to run to the ground."

She also provided her perspective on the tuition increase saying, "Our goal is not to increase if we can, at all. But if we have to increase, we want to increase in a way that doesn't really pose a significant burden on students. The college is, fortunately, doing well because we have been very responsible and prudent in increasing every year

a little bit, so that we don't ever have to get to a point where we do a big jump."

Yet there are still students that feel like this increase may be too much.

As said by second-semester Liberal Arts student Sophia Sexton, "I feel like community college is supposed to make it easier for people to go to school, not make it harder."

Famous trans comic came, entertained and inspired



Rainbow Alliance sponsored a visit from comedian Julia Scotti on February 13, 2020.

PHOTO | DONNY NEULS

By Donny Neuls
Senior Reporter

Comedian Julia Scotti appeared on season 11 of NBC's *America's Got Talent* in 2016. At the time, she was 63 years old, not a typical contestant.

She told jokes about being "fat, old, single and broke," including a bit about how if she was on the Titanic she'd be expected to give up her seat to a pretty younger woman to which she would respond "F**k that! You're going to have to learn to live with disappointment...At least for another few minutes."

She took the judges and audience by surprise.

Concluding her set, Scotti received a standing ovation from the crowd and Howie Mandel, one of the four judges. Mandel asked why she had waited so long to start comedy, and she

paused.

Scotti recalls, "I said 'I'm never going to get this opportunity again and I could help a lot of people.' So I took a big deep breath and just blurted it out."

In front of 13 million viewers, Scotti came out publicly as transgender, explaining that for the first 28 years of her life she was known as "Rick Scotti." The crowd roared in support. Scotti received praise from all four judges and continued on the show, eventually becoming a quarter-finalist.

A New Jersey native, Scotti visited MCCC on Thursday, February 13 for an event hosted by the Rainbow Alliance and the Student Government Association. Students gathered in SC104 across from the cafeteria to hear her words of advice.

Leonard Winogora, the Mercer On-Site Coordinator for William Paterson University and club advisor for Rainbow Alli-

ance, said they invited her to provide motivation because she was someone who would "bring a perspective about trans people."

He continues, "We've had forums on this, but never had, actually, a speaker who really could talk about the issue, what it was like, and at the same time be a comedian."

Scotti started comedy when she was 28 years old, when she was still Rick Scotti, and stuck with it for more than a decade before stepping back from the microphone to begin another chapter in her life.

She decided to return to college to become a schoolteacher and begin her transition from male to female.

During that time, she came out to her 9 year old son and 12 year old daughter. Scotti got divorced and had to fight for rights to share custody of her children, which the court eventually



PHOTO | CHELSEY JOHNSTONE

Comedian Julia Scotti shared tips for self acceptance to students attending her presentation in the SC on February 13, 2020.

granted.

Scotti says, "I didn't see them for 14 years. I missed my daughter's graduation. I missed my son's little league games. I missed it all."

She continues, "But my truth was that I was who I am. What kind of a parent would I have been if I lived a lie?"

Scotti has since reunited with both of her children.

Attendees were moved by her story, but Scotti continued making them laugh and smile with her light-hearted and positive spirit.

First-year Cyber Security major Aniela Krzeminska who attended the event said, "I took away how important it is to

be authentic in the face of adversity even when you're facing, you know, a world that might reject you. It's so important to be who you are."

After Scotti finished her question and answer session, students and faculty stuck around to take pictures with her and thanked her for her advice.

Scotti says, "If I die now, I wanna die on stage. That's how I wanna go. You know? That's how much I love what I do. And I love what I do because what I do now is true to me."

Scotti will be featured in an upcoming Showtime feature called "More Funny Women of a Certain Age" on March 14 at 10:00 p.m.

Dogs work on campus to serve and support students



PHOTO | SERENA BOLITHO

Jadie Tomé and her dog Ravioli in the middle of a recall exercise at Therapy Dog Training in Hamilton.

By Serena Bolitho
Reporter

Although pets aren't allowed on campus, students at MCCC are likely to see dogs from time to time. There are two different situations where that can occur, when a student with a specific disability has a service dog with them, or when therapy dogs are brought on campus to help students deal with stress and anxiety.

In 2016 a dog named Louie accompanied his human, graduating student Gabe Matt, to the podium to deliver the commencement address at graduation. Matt had come to MCCC after serving in the Army for 11 years. He served two tours in the Middle East and suffered multiple injuries. Louie became a regular sight on campus as Matt earned his A.S. in Engineering Science and he got to cross the stage with Matt to get his diploma.

Arlene Stinson, the Director of the Center for Inclusion, Transition, and Accessibility processes requests from students who require a service animal,

based on documentation from a qualified professional, says there are usually several service dogs accompanying students.

Having service animals in the classroom is something professors say they appreciate.

Department Chair and Professor of English Sharmila Sen, who has had service animals in her classroom in the past says "If the dog helps my student, he/she is very welcome."

English Professor Diane Rizzo echoes that sentiment saying, "I can't think of a single instance where the animal was obtrusive or in any way disruptive to the students learning, both the student with the service animal or any other students in the class."

Even though most students do not rely on service animals, a quick VOICE survey of 30 students found that 29 out of 30 said they enjoy and appreciate the presence of a dog on campus.

In 2018, scientists from the University of British Columbia set up a study to measure whether spending time with a therapy dog actually boosted students' well-being.

They assessed the stu-

dents' happiness levels before and immediately after the interaction by having the participants fill out the same questionnaire twice.

The researchers concluded, "The dogs were found to have a strong immediate benefit for the students. They significantly increased happiness and energy levels and reduced stress right after the sessions."

For students who don't meet the requirements to have an animal but could use the company during stressful times, Mercer's Student Government Association has it covered. Copresidents, Ruth Anderson and Laura Ceras explain that the school brings therapy animals to campus.

Anderson said, "Before the end of the fall and spring semester, during finals, there is a heavy presence of the dogs."

Ceras added, "There are a few [additional] events that the therapy dogs visit include 'Destress Fest Week' and the 'Health and Wellness Fair.'"

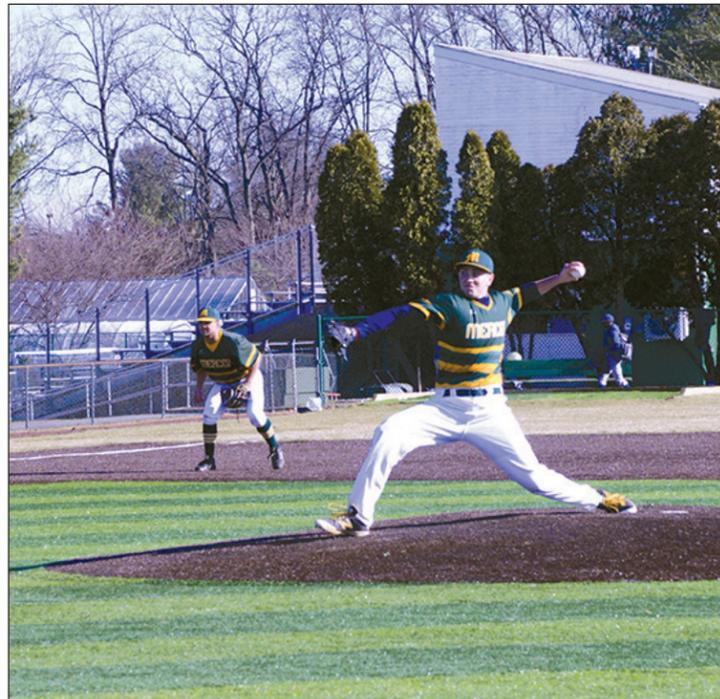
Generally, the furry friends come by "when students are more stressed and in need of relaxation" said Ceras.

Baseball starts season with high expectations and hopes



MCCC lost home game against the Monroe Mustangs on March 4.

PHOTO | ELLIOT SMITH



MCCC pitcher faces Monroe Mustangs, March 4.

PHOTO | ELLIOT SMITH

By **Karina Ryan**
Reporter

Mercer's baseball team has been practicing six days a week since January 15 in preparation for the start of the 2020 season.

Head coach Fred Carella returns for his second

year as head coach of the Vikings.

Carella was an assistant coach for 15 years with Mercer, starting in 2003, before taking the helm in September 2018. The Vikings finished last season with a 36-16 record.

"The expectation this

year is to win the region, to advance to the super regionals, and this is the expectation every year," Carella said.

The baseball team has been successful throughout the years and is nationally recognized, according to Athletic Director John Simone.

Freshmen Justin Fogel, a catcher, says that "We have a really strong chance [of winning the regionals] because we're really young and energetic and our pitching will help us out."

The current team skews to the younger side, with 21 of the 33 players on the roster freshman.

"Hopefully they get a good start and get confidence because confidence has a lot to do with it," Simon, a former

baseball coach himself, said. "Once you get that confidence, you tend to be more resilient and persevere through some tough times so it should be interesting."

Freshman Jake Kmiec, an outfielder says, "I'm very confident, we have the pitching to go far, we have the hitting, we have the fielding, once we put it all together there's definitely no stopping us."

Men's basketball evaluates a season full of challenges



PHOTO | ALESSANDRO RIVERO

MCCC basketball team receives feedback from Coach Levy.

By **William Seymore**
Reporter

With the men's basketball 2019-2020 season officially over, the Vikings have begun to focus on improvements for the 2020-2021 season. This season's record of 7-18 left the Vikings without a spot in the playoffs.

In the 2018-2019 season, the Vikings finished the regular season with a 19-10 record and a playoff berth.

The team faced a variety of obstacles throughout the season compared to last season.

Out of the 13 players in the 19-20 season, 11 were freshmen.

According to Head

Coach Howard Levy, "This is probably the least experienced team we've ever had."

He adds, "You really have to teach them everything."

Athletic Director John Simone summarized the season saying "We've had injuries, we've had academic situations where students were not eligible because they were not meeting the credit criteria, and we just haven't gotten a break"

Coach Levy and the team will use these lessons and what they've learned this season to bounce back next year.

According to Viking point guard Tyrae Green, nearly everyone is coming back next season and wants to work hard.

Assistant Coach Stanley Tucheze believes "If we can



Middlesex takes control of the ball in February 15 game.

PHOTO | ALESSANDRO RIVERO

return our core group for next year, then I expect us to be pretty good. We will have a larger group who has matured and gained the understanding."

Coach Levy plans to improve next season based on the knowledge the team has gained this season.

Levy says, "Besides Offense and Defense, you're always learning how to get to these kids. Teach them, turn them into competitors. We'll keep applying what we're learning and if we keep going through our process, we'll be successful."



Mercer beat Middlesex 72-64 on February 15.

PHOTO | ALESSANDRO RIVERO

Faculty speaker says drug use is medical not moral problem

By Patrick Mulligan
Senior Reporter

A lecture to discuss the ways harm reduction policies can be utilized as a way to reduce drug overdoses in the United States was given by Mercer and William Paterson University Professor of Sociology Michael Prohaska on Wednesday, February 12 in the Communications Building as part of Mercer's Distinguished Lecture Series.

The talk, titled "Pragmatism vs. Puritanism: Harm Reduction Policies Applied to Drug Use in The United States," looked at drug use as a medical problem and not as a criminal or moral issue.

The talk was sponsored by Professor Leonard Winogora, who serves as the on-site coordinator for William Paterson University at Mercer.

"I think it's time we had a conversation in America and revisit the drug laws because they've been extremely ineffective. And we're not addressing critical issues in our society," Winogora said.

Prohaska emphasized that harm reduction policies seek to maintain the dignity,



PHOTO | PATRICK MULLIGAN

Professor Mike Prohaska in the classroom teaching sociology students.

agency, and self-empowerment of the drug user.

"Harm reduction does not encourage the use of drugs at any time," Prohaska said.

One harm reduction strategy explored in the lecture was needle syringe exchanges, where people come in with used hypodermic needles and swap them for clean needles. According to the Amfar database, 40 states in the U.S. currently have

at least one syringe exchange program. These exchanges are shown to be safe and effective, according to Prohaska.

Safe injection sites were another harm reduction strategy discussed by Prohaska. These sites are places people can go and use intravenous drugs. Nurses are on-site to monitor this process, though they cannot actually inject the user. There is usually a safe

room on-site for the people to go to after they inject so that they do not have to immediately go back out onto the street.

"According to the media & government, drug users are junkies. There is no in-between," Prohaska said.

This stigmatization only serves to marginalize drug users and push them into a corner, according to Prohaska.

We simply try to sweep things under the rug and pretend they don't exist, rather than address the real issues and find fundamental ways of resolving them," Winogora said.

This results in addicts using drugs in unsafe surroundings, out of the public eye.

"It wasn't the drugs that killed us, it was the environment where we took the drugs," said one lecture attendee, who did not want to give his name because he is a former addict.

Prohaska also discussed how "Protestant ethics are ingrained in who we are [in America]" and because of that drug users are looked at as being morally bankrupt.

When it comes to drug use, Prohaska said that, "Self-indulgence is sinful because it affects productivity"

The lecture was pre-

sented at a time when the United States is facing a major opioid epidemic. According to the Centers for Disease Control (CDC) overdoses resulted in 70,237 deaths during 2017, the year for which there is most recent complete data. Among these, 47,600 (67.8%) involved opioids, representing a 12.0% rate increase from 2016.

Further, according to the New Jersey Department of Law and Public Safety, there were 109 suspected opioid-related overdose deaths in Mercer County in 2019.

Nearby Philadelphia has been hit so hard they are planning on opening the nation's first supervised injection site as a way to try reduce drug overdose. Philadelphia has had one of the highest rates of death from unintentional drug overdoses among the nation's largest cities and counties, according to a 2019 survey by The Pew Charitable Trusts.

"Hopefully people will take what's going on now, in our culture, and move forward to harm reduction and not do a 360 and fall back on the War on Drugs, which would be going backwards," Prohaska said. "We need to go forwards and harm reduction is forwards."

Student Arts Corner

"Ocean"

By Ayesha Susan Sultana

The ocean is roaring within
Waiting to flood the soul
Restrained, I won't give in
God is my only goal

Raindrops streamed down my face
Kissed my feet
Left no trace
With a smile, I did greet
But my heart lost the race

Sins like sand, numerous
June brought colder bliss
November is here, yet I still fear
The end is drawing near

December I dread no more
Let my heart live galore
Thank the Lord, I am free
But call on Him to rescue me

They say the pure have no cure
Pain is their true love
Love gashes their veins
Yet their faith is so tough

Lord, one dose I order, please
A brimming cup to rid me of my disease
One drop will suffice
To change me from haughty to nice

One ray of light is all I need
Help me to succeed
Won't gamble with my heart
Why let it fall apart

"Artist's notebook"

By Erin Simpson



Trenton's new Police Director puts connections first

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lice in Plainsboro Township was profiled in a The New York Times article in 2008 about how only 1% of police chiefs and directors in the US were women. Now that number is up to 3% according to the National Institute of Justice but women of color make up only a tiny fraction of that 3%.

Professor Bondurant says, "More women need to go for the job. We need more diversity in the ranks...The departments, let's just call it the complexion of the departments, is still very white male. It is just that is what it is."

While Coley says ability and expertise are her selling points, residents say they see value in her minority status.

Local resident, 25-year-old, Josue Lora, who owns his own media and graphic design business, on learning of Coley's previous experience laughed and said, "She hood, hood," but then added, "I think it's great that they put a person of color in position because like they might understand different cultures better than like a white guy. Like a white guy is always in charge, and clearly, they don't understand black and brown people, and Trenton is filled with black and brown people. So I think that having somebody that looks like most of the community is definitely a good thing. I think it's like a good step."

The city has seen crime rates go down in 2019 from previous rates in 2018. The Police department recently released a report indicating there has been an average of 20% decrease in each major crime category with



PHOTO | ELLIOT SMITH

Trenton Police Director Shielah Coley took her new position in May

"More women need to go for the job. We need more diversity in the ranks."

**-Professor of Criminal Justice
and former Plainsboro Police Chief Elizabeth Bondurant**

the exception of an increase of 10% in sexual assaults.

Director Coley explained that although she has been on the job for less than a year, and no two cities are the same, she knows what works based on her previous experiences.

She says the key is "to try to bridge the gap between the community and the officers, because one of the things that I kept hearing was, 'the officers don't

talk to the people in the community.' So, I took away the cars and put them on walking posts... So, now you're out and walking amongst the people, and so now you know they're talking to you, you're talking to them and that has been a really really popular initiative here."

Mayor Gusciora says he believes the relationship between Trenton neighborhoods and the police is important to

improve because of the misconception in many urban areas that people can't trust the police. He says he believes that Director Coley is already making the changes necessary by implementing initiatives such as the walking posts.

Business owner Lora says he previously worked in a studio from 2010-2014, on East Hanover Street and sees a change in policing since his time working there.

He says, "That block was dangerous as hell. People would get shot, people were selling drugs..You did see a lot of things. I almost didn't pay attention to it, but I didn't see police presence there at all, like for the most part, they would come when there was a large crowd. Now they walk it. They walk the streets."

Professor Bondurant echoes Coley's sentiments about current best practices in law enforcement saying, "It's about being accessible. It's about inviting people in, about inviting people in to see what you're doing. Policing, historically, has been very secretive about what we're doing and what you need to know. And now we need to turn that around and be more transparent and let people know what we're doing and why we're doing it."

In addition to strengthening connections between law enforcement Coley says she is committed to working on use of technology.

She says, "It could be technology that the officers actually use, it could be technology to gather intelligence out in the field and it can even be linked to the camera system to help thwart or we can later go back and view

in terms of solving the crimes."

Another area that many Trenton law enforcement officers and residents have asked Coley to address is the fact that more than 105 officers were laid off between 2011 and 2013.

In a press conference on April 22 where the mayor announced her appointment she said that she did not have a "magic wand."

As reported in The Trentonian, Coley said, "I know you want me to say, I'm gonna hire more cops, and I'm going to do this, and I'm going to do that," continuing "I'm not looking to commit to any of that until the assessment is done."

As to basic street level issues Coley says, "I tell people if you want to change the perception, you gotta change the presentation."

She adds that her team is "investing in public safety, we need to be investing in things like cityscape, and creating ordinances or enforcing ordinances that cause people to clean up in front of their home, in front of their place businesses and when you do all of these things then people see that you care about where you work, the business that you own and where you live, their most likely not going to walk by your place and throw trash on the ground."

Lora says, "I think [the police] have their work cut out for them, I mean I think they just have to interact with the community and it seems like that's what they're looking to do. Everyone wants to see the place be safer, but we also have to break down this stigma that it's so unsafe because that's really what's hurting businesses."

REVIEW: Wick It candle making classes for all ages

By **Tori Pender**
Senior Reporter

After 25 years of being a candle wick distributor, owner Joe Blythe decided to join in on the candle making trend by opening Wick It, a studio in Robbinsville that offers two types of classes: candle making and candle art with sand art.

The candle art class option is perfect for children. It consists of a glass candle jar with a white candle in the middle surrounded by colorful sand.

There are five candle making steps. The first step is picking an apron. They have an assortment of floral, superhero, and basic color options to choose from.

Next is picking the scents from shelves of glass jars with candles inside, similar to a spice rack on a wall. The candles are labeled by numbers and scent categories (floral, fruity and earthy). Coffee beans are on the shelves to reset the nose after smelling scents.

Blythe says "The best

part is not knowing what the name of the fragrance is so people can truly feel if they liked it or disliked it and not just buy the name."

I ended up choosing two scents. One reminded me of Hawaiian fruit punch and the other reminded me of a strawberry lollipop. The actual name of the scents is a mystery until the last step.

Next step was mixing. I was given a little jar of each fragrance to mix into a glass jar with white wax.

When Wick It originally started its candle making class in 2017, patrons were only able to make white candles. Blythe and his company have since added colored options due to popular demand.

I decided to make my candle a salmon color to match the scents I chose. Three drops of red dye were added to my candle and I mixed the wax until it was incorporated.

Portable fans are used to cool the candles. This gives the customer 30 minutes to explore the variety of candles displayed throughout the store.

With 25 all-American vendors, there are mason jars candles, milk bottle candles, crystal inspired candles, aromatherapy candles and candles where the base is a coconut.

Additionally, David Bradley's Chocolatier is a quick walk away, giving guests another way to spend their time waiting for their candles to cool.

"The best part is being able to pick your own scents out of about 100 different ones and being able to combine them," stated, Alexandria Roman Sotomayor of Hamilton, N.J. who took a candle making class.

Reheating the candle with a heat gun is next. To make sure the wick is center the drill-shaped heat gun will give you a little arm workout for the day.

When the final cooling is happening, home-made labels in designs of flowers, hearts and leaves are used to create a name for your candle.

Kelly Worster of Freehold, N.J. who took a candle making class stated her favorite part was "Picking which scents I liked and seeing what different combinations of scent I could



PHOTO | TORI PENDER

Candle making studio Wick It offers patrons a variety of color options.

make with them, and using the wax melter tool gun."

The candle making and candle sand art classes cost \$26.65 including tax. Wick It is also a BYOB location.

Wick It Candle Factory is located at 92 North Main Street, Robbinsville, New Jersey. They are open Friday through Sunday from 11:00a.m. - 6:00p.m.

Hamilton mayor says Animal Shelter problems resolved

More than 300 animals euthanized prematurely according to investigation

By Morgan Powers
Reporter

Tammy Duffy, a volunteer who was working at the Hamilton Township Animal Shelter reached out to authorities in 2018 to report concerns about conditions there. By July of 2018, the Mercer County Prosecutor's Office had started an investigation after receiving two complaints from the New Jersey Division of Criminal Justice, according to local news reporting.

Allegations were made that the shelter was "caring" for the animals using expired medication, euthanizing animals who had only been held for a few days rather than at least a full week, going against state-mandated law 4:19-15.16. An article in NJ.com noted that over 300 animals were killed prematurely.

Current mayor Jeff Martin helped call for an investigation which allowed Councilman Rick Tighe and former Councilwoman Ileana Schirmer to generate a report, the subcommittee report, which presented the findings of the investigation.

The Sub Committee Report states, "The Hamilton Township Animal Shelter needs to upgrade and put into place more efficient processes and produces, such as record-keeping and inventory of medications and other products, which include adequate, proper and consistent training of the shelter employees as to those process(es) and produce(s) to maintain consistency, accountability and sus-

tainability."

Once the state got involved, the state sent their own health officers to inspect the condition of the shelter. Those officers have said they found two dozen deficiencies in the way the shelter was run.

When Kelly Yaede, the mayor at the time, was addressed by the public, she stated she had the West Windsor health officer, along with Hamilton, come to the shelter and inspect the facility, in which they found no violations.

However, Jeff Plunket, the now former Hamilton Township Health officer, was also the officer for West Windsor and Upper Freehold.

Tod Bencivengo, supervisor of the shelter and Hamilton's top animal control officer, was "knowing and willing to use township resources for his personal benefit," according to the Sub Committee report. Bencivengo was housing his own dog at the shelter.

Bencivengo, the shelter manager at the time, took a plea deal of guilt. He received a pre-trial intervention and later retired.

Plunket, the health officer who ignored the issues at the shelter, did not take a deal with the court and has a pending case that awaits trial. He is now retired and no longer working for Hamilton Township.

Yaede addressed the public in a YouTube video where she defended herself against the allegations. In the video, she lists

all things done through the shelter that has been updated and taken care of.

"I also recognize that some of the charges being made regarding pets being humanely put down, prior to a required waiting period, have painted our shelter in an unfavorable light," Yaede states. She then continues to address these issues from her standpoint.

Yaede also claimed the charges were politically motivated by the Democrats to make her look bad, for this all occurred during the time of an upcoming election.

Yaede did not respond to multiple requests for comment.

Since the incident, changes have been made. According to the current mayor Jeff Martin, there has been a stop in the practice of euthanasia at the shelter.

He stated they now have a system of digital record keeping which is more reliable and allows the shelter to pay "attention to detail."

When asked if he now considers the facility safe, Martin replied, "absolutely," adding "openness of communication shows a success story [for the shelter animals], which otherwise would not have been possible."

Martin concluded by saying that among his staff and the volunteers at the shelter, there is "new energy, with shelter renewed commitment."



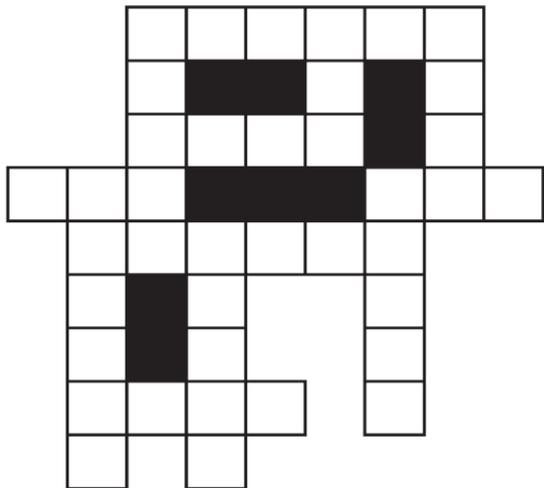
PHOTO | MORGAN POWERS

This pup is currently up for adoption at the Hamilton Animal Shelter.

PUZZLES EXTRA



- FYR
- TUBNER
- ♥ OSNEH
- FOUT
- HEFSIL
- UNN
- YILO
- LYBRE
- ♥ USB
- ♥ ARNOSE
- LAFUT
- ARNO



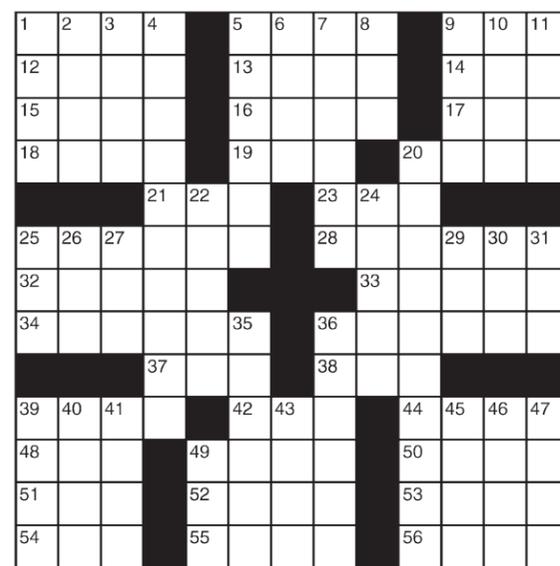
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Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or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

King Crossword

ACROSS

- 1 Item on stage
- 5 Relaxation
- 9 "Help!"
- 12 Emanation
- 13 Picture of health?
- 14 Demonic tyke
- 15 Dance lesson
- 16 Green land
- 17 Grazing area
- 18 Loafer, e.g.
- 19 Wrestling surface
- 20 Small horse
- 21 Tear
- 23 Eggs
- 25 Ought not
- 28 Plunder
- 32 Jellied dish
- 33 Flat
- 34 Neptune or Poseidon
- 36 Makes baby food, maybe
- 37 Id counterpart
- 38 Allow
- 39 "Ironside" star
- 42 Definite article
- 44 "Phooey!"
- 48 Past
- 49 Desktop symbol
- 50 Sheltered
- 51 Under the weather
- 52 Filly's brother
- 53 Mountain goat
- 54 Caustic



- 8 Storm center
- 9 Missile shelter
- 10 Portent
- 11 Fix, in a sense
- 20 Evidence of fraud
- 22 Disguised, for short
- 24 Cost
- 25 "More," to Jose
- 26 Work with
- 27 Hot tub
- 29 Word implied in "been there, done that"
- 30 Born
- 31 Golfer Ernie
- 35 E-business
- 36 More than enough
- 39 Kind of bond
- 40 Pre-swan
- 41 Portrayal
- 43 Ian or Celeste
- 45 Jessica of "Fantastic Four"
- 46 Prepared to drive
- 47 Alluring
- 49 Lemieux milieu

DOWN

- 1 Just say no
- 2 Naomi's daughter-in-law
- 3 Sandwich treat
- 4 Empty threat
- 5 Free from a duty
- 6 Met melody
- 7 Tailor, humorously

Psychology Professor Heather Jennings makes dog rescue her mission

Dogs from high kill shelters are connected to their forever homes

By Melissa Reyes
Senior Reporter

Heather Jennings, a full-time Psychology Professor at Mercer says she never imagined that 10 years ago when her husband walked into his job to fix computers at an animal shelter in Toms River their lives would be changed forever.

That experience set into motion a series of events that ultimately led Jennings and her husband to start American Rescue Dog dedicated to dog rescue, adoption and rehabilitation.

She says, "Years ago he would go to the shelter and he would fix the computers and he has always loved dogs. That turned into, 'when I'm not working could I come back and walk some dogs?'"

Jennings describes says it "kind of morphed into a volunteer program where he brought people in who would walk the dogs and do some training with them."

Eventually, they could see a pattern emerging. They found that "the dogs that were being kind of trained and walked and exercised properly were not getting returned at the same rates," Jennings says.

"So he started a dog walking program. And then one day a litter of these little blue nosed [pitt bulls] came in and they were like, 'Hey can you take them?' and my husband was like 'Ok!' and congratulations you've now become a rescue."

From that moment on, Professor Jennings and her husband, Joe Jennings, were committed to dog rescue, receiving dogs, rehabilitating them, and finding them happy homes.

Jennings says, "Originally we would do some fostering at our house, and then we expanded, we became a 501 C3

so we're a non-profit organization, and we partnered with a local pet store. They support the rescue mission so instead of going into a pet store and buying a dog, we would have our rescue dogs at their pet store that were available for adoption."

According to the Pet Statistics of the ASPCA, "Approximately 6.5 million companion animals enter U.S. animal shelters nationwide every year. Of those, approximately 3.3 million are dogs."

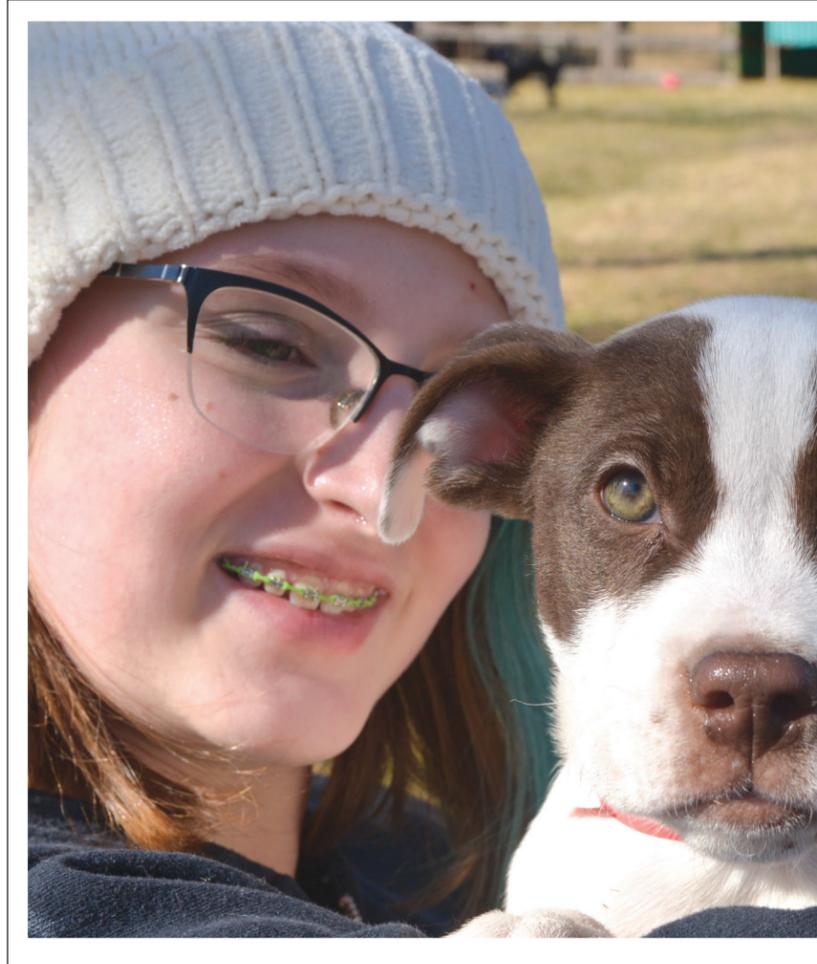
The ASPCA also notes, "Each year, approximately 1.5 million shelter animals are euthanized (670,000 dogs and 860,000 cats)."

This number is actually down from a high of 2.5 million in 2011. Rescues like the ones the Jennings have founded, along with broader public awareness of the need for adoptions, are part of the reason the numbers are going down.

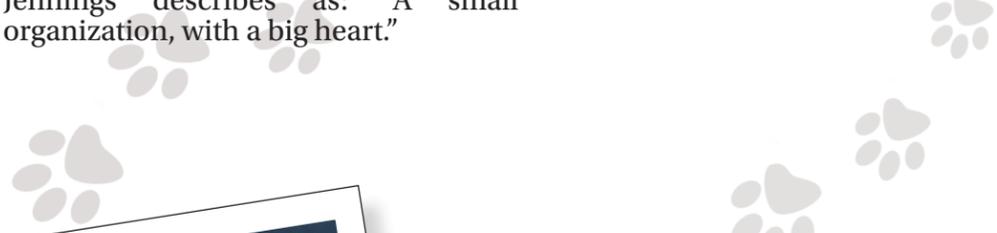
Rescue dogs are gaining more mainstream attention with events like the Hallmark channel's American Rescue Dog Show, established in 2018 and rivaling the prestigious Westminster Kennel Club Dog Show for pure breeds. Categories in the show include "Best in Couch Potato," "Best in Underbite," "Best in Kissing," "Best in Talking," "Best in Listening," "Best in Snoring," "Best in Fetching," "Best in Special Needs," and "Best in Senior Dog."

As the urgency to adopt becomes better known, rescue organizations are able to place more animals in homes.

Ultimately, a spontaneous decision to volunteer to walk dogs at an animal shelter grew to be what Professor Jennings describes as: "A small organization, with a big heart."



Morgan Jennings, daughter of Heather and Joe Jennings, preps a pup for pick up o



American Rescue Dog pups come from high kill shelters



Approximately 1.6 million dogs are adopted each year from shelters and organizations just like American Rescue Dog.
- ASPCA

Tara Wilson and family picking up their new pup on adoption day at American Rescue Dog.



Pups get plenty of time to play on the Jennings's large farm property.



American Rescue Dog

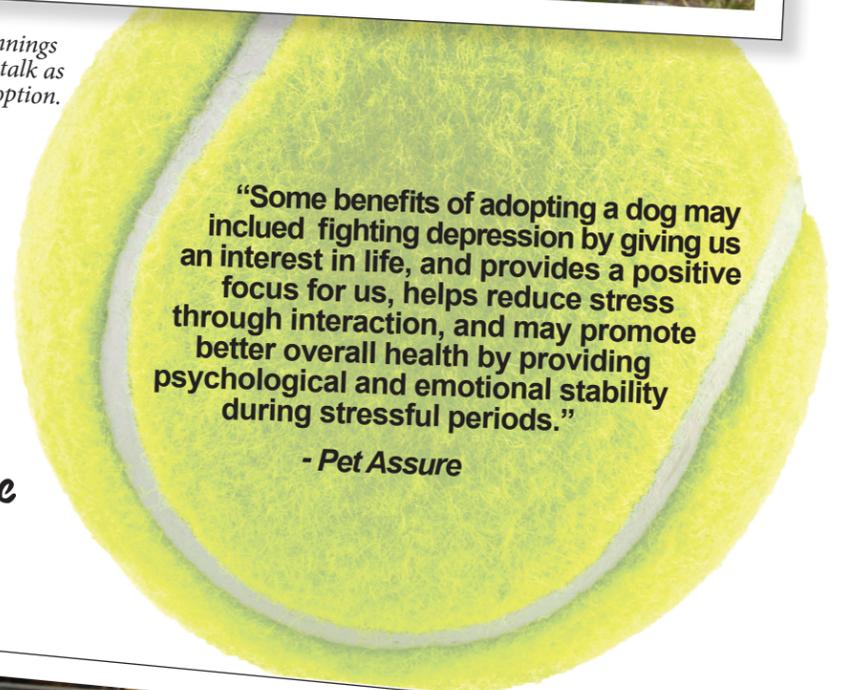
American Rescue Dog is a non-profit organization dedicated to dog rescue, rehabilitation, adoption, community, education and improving the quality of animal/human relations.



Professor Heather Jennings offers the litter a pep talk as they get ready for adoption.



on adoption day.



“Some benefits of adopting a dog may included fighting depression by giving us an interest in life, and provides a positive focus for us, helps reduce stress through interaction, and may promote better overall health by providing psychological and emotional stability during stressful periods.”

- Pet Assure

They may find families like these to love them!



Melissa McCartney, a volunteer at American Rescue Dog helps socialize the pups



Krissy Naia and Matt Applegate with their new pup.

Finding “cruelty-free” cosmetics isn’t easy FDA rules make it possible to use misleading labels

By Aaliyah Patel
Reporter

There are animals currently locked up in laboratory cages including dogs, rabbits, mice and more. These animals have become test subjects, waiting to have patches of their fur shaved off and chemicals rubbed on their skin to see how they will react, to see whether it will burn, scar or scab, see if it will cause a reaction, so that we can have cosmetic products that companies are confident are not harmful to human skin.

According to Cosmetics Index, there are at least 15 cosmetics manufacturing companies in New Jersey. That doesn’t mean all of them are engaging in inhuman animal testing, but testing is done regularly in countries including the United States. Moreover, many of the products lining the shelves of your local pharmacy are manufactured in countries with fewer testing restrictions, even if the labels indicate they are from US based companies.

Many consumers don’t want to support this kind of testing, which according to articles from the advocacy organization People for the Ethical Treatment of Animals’ or (PETA), includes forcing animals “to swallow or inhale a test substance, or [have] a chemical is applied to their skin or eyes.”

Austin Lee, a second-year pre-medicine major at MCCC says “I refuse to use products that are made via animal testing. It goes against my own ethical morals, and I wish that more people will become aware of this problem.”

The question for consumers like Lee, however, is how to determine if products use animal testing or not.

Lee Buttery, a local makeup artist says that people need to be aware of what they are using on their skin.

Buttery says, “Always look out for the bunny logo, or if it’s leaping bunny certified. ‘Vegan’ or ‘cruelty-free’ should always be emblazoned on the label.”

These labels, used by companies like NYX, Burt’s Bees, Arbonne, and The Ordinary certainly indicate a company’s stated vision and values, however they may be misleading.

According to the federal Food and Drug Administration (FDA), which oversees the safety of cosmetics products, “Consumers sometimes ask about use of claims such as ‘Cruelty-Free’ or ‘Not Tested on Animals’ on cosmetic labeling. Some cosmetic companies promote their products with claims of this kind in their labeling or advertising. The unrestricted use of these phrases by cosmetic companies is possible because



PHOTO ILLUSTRATION | AALIYAH PATEL

According to People for the Ethical Treatment of Animals (PETA) dogs are commonly used in cosmetics and other testing, often being forced to inject potentially toxic chemicals. Prince Patel, pictured above, has never faced such conditions.

there are no legal definitions for these terms.”

In fact, while the FDA “supports the development and use of alternatives to whole-animal testing as well as adherence to the most humane methods available” it also requires some form of testing to be done to ensure product safety.

Because term “cruelty-free” is not regulated by the FDA, products claiming they are “cruelty-free” could have used animal testing at the ingredient level but not during the development of the final product.

In an interview with Vicki Katrinak, the Manager for Research and Testing and Animal Research Issues at The Humane Society of the United States, she said that in addition to the U.S.’s testing obligations, other countries have additional requirements.

“Often companies are testing on animals to comply with laws such as those in China, which requires animal testing for many cosmetic products or to satisfy requirements from chemical registration programs,” Katrinak said.

According to Rachel Hajar M.D, the Director of Non-Invasive Cardiology Section from Hamad Medical Corpora-

“Consumers sometimes ask about use of claims such as ‘Cruelty-Free’ or ‘Not Tested on Animals’ on cosmetic labeling. Some cosmetic companies promote their products with claims of this kind in their labeling or advertising.

The unrestricted use of these phrases by cosmetic companies is possible because there are no legal definitions for these terms.”

-U.S. Food and Drug Administration

tion, animals have been conducted in experiments throughout history, although there is an urgency to abandon old practices.

Specific states have moved to push back against products tested on animals, although New Jersey is not one of them.

Katrinak of the Humane Society says, “In the past two years, 3 states. California, Illinois, and Nevada have passed laws that prohibit the sale of cosmetics developed with new cosmetic animal testing. All of these laws went into effect on January 1, 2020.”

Amanda Nordstrom, the Company Liaison for PETA’s ‘Beauty Without Bunnies Program’ says, “The results of animal tests are often unreliable or not applicable to humans, and there are more modern non-animal safety testing methods, such as computer models and cell and tissue cultures.”

Research supports Nordstrom’s claim. As the European Union as a whole has moved toward tighter restrictions on animal testing, alternatives methods are gaining at-

ention.

In an article titled “New Models in Cosmetics Replacing Animal Testing,” from the journal of the Association for Computing Machinery, author Gregory Mone writes, “Reliance on animal testing, according to several experts, has actually hindered the evaluation of many chemicals and ingredients inside and outside the cosmetics industry. Animal-based tests take too long and are too expensive, they say, often requiring several years and millions of dollars or more to carry out.”

The efforts Mone outlines include the kind of computer modeling that Nordstrom says should be the norm. PETA says we could prevent testing on more than 100 million animals in U.S laboratories if these changes are implemented and if consumers push for more cruelty-free products and apply scrutiny to ensure that label has a stronger legal definition.

Certain factors such as cost, quality, and convenience can encourage people to switch over to “cruelty-free” brands. Knowing more about the reality of animal testing can also inspire behavioral changes.

Make-up artist Buttery adds, “There are brands created by celebrities that have too high of a price point when the quality of the makeup is garbage. You’re paying for the name, not the formula.”

**SOME BRANDS
CERTIFIED
ANIMAL SAFE
BY THE PETA
ORGANIZATION**

COLOURPOP COSMETICS



Super Shock Shadow
Comes in 6 colors
Current online price = \$6
(Pictured: Here We Go Again)

TARTE



LIGHTS CAMERA LASHES
Current online price = \$23

TOO FACED COSMETICS



Sweethearts Blush
Comes in 3 color combos
Current online price = \$27
(Pictured: Candy Glow)

PACIFICA COSMETICS



7 Free Nail Polish
Comes in 55 colors
Current online price = \$9
(Pictured: Tourmaline)

TOASTER PASTRY TASTE TEST

We tried 3 varieties: here are the results

By Staff of The College VOICE
Senior Reporters

No one really thinks toaster pastries are good for you, but they are a go to snack for college students everywhere, lining the shelves from dorm rooms at four-year schools to the College VOICE newsroom (SC 120) at MCCC. But are there any varieties that are healthier and/or tastier than the original?

A quartet of VOICE staffers set out to blind taste test three popular brands: the original Pop Tarts, Annie's brand, and Nature's Path, the latter two claiming some healthful advantages.

FIRST NOTES:

- First, a serving is two pastries and all three brands sell their pastries with three separately wrapped pairs per box.
- Second, sampled berry versions since berry is one of the most popular flavors.
- Third, we didn't toast the pastries. Who actually toasts these things?
- Finally, all the versions are vegetarian, but none are vegan as they each contain some amount of milk products.

The biggest surprise overall? Pop Tarts brand is the only one with high fructose corn syrup but overall they have the fewest calo-

ries and fewest grams of carbs of the three.

Calorie count:

Pop Tarts = 370
Annie's = 390
Nature's Path = 420

ANNIE'S

Annie's was our least favorite. None of us ranked it our first choice.

Annie's official website says of their product: "Behold! An Organic Strawberry Toaster Pastry exists! That's right, we're talking about a warm, toasty, golden crust smothered in delicious frosting and filled with real organic strawberry filling."

It's not smothered in anything. According to VOICE Editor in Chief Tori Pender it has a smear of off-white frosting and sparse pink sugar crystals on top.

They got one thing right: it is organic. It also uses whole wheat flour, but so does Nature's Path.

Our Managing Editor, Melissa Reyes, described it saying it: "Smells like walking into a pantry with old boxes."

The advertising boasts, "Moms will love the 16 grams of whole grain per serving." What they don't mention is the 41g of total sugars, the highest of the lot. To be fair, it also has the highest amount of fiber 5g, while Nature's Path and Pop Tarts only have 2g.

Senior staffer Ben Levitt described it as: "Violently raspberry." A toaster pastry should

not be violent.

The best thing a staffer noted was that Annie's has the best packaging with the easiest to read product labeling that clearly identifies that it contains soy and milk ingredients.

NATURE'S PATH

Views were mixed on this one. Though technically it tied for first place, no one had a truly enthusiastic response.

Social Media Editor Donny Neuls said, "I like it but I don't like it."

That about sums it up.

Editor in Chief Tori

noted that the sprinkles look like Pop Rocks and the frosting is messily placed, but that the raspberry filling tastes like real preserves.

"If I had a choice between that and not that, I would not choose that," said Ben of that rich taste.

POP TARTS

Although several of us leaned toward the Nature's Path brand, the

original Pop Tarts got the most verbally enthusiastic response.

Tori describes them saying they like white bread, perhaps somewhat artificial, but they have the "classic Pop Tart holes," and "the icing is formally placed like soldiers lined up before battle."

The artificialness of the Pop Tart was also noticed by Donny though he wouldn't eat it since it contains

gelatin and he's vegan.

"It feels right," says, Ben calling them the Kim Kardashian of puff pastry.

Overall, Pop Tarts was the one we all were familiar with and had the least negative comments about.



Is coffee good for college students?

In her ongoing "Learn from Me" column, Laurie Gallagher offers explanations and tips for students on every day topics, with

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

Coffee is a popular drink on college campuses due to its convenience. Many of us have apps on our phones that can place our regular coffee orders every morning.

Here's what you should know about college students and college. How many college students drink coffee?

Coffee consumption is an all-time high. In a survey of 32 MCCC students conducted by the College VOICE, 8 reported drinking coffee about 2 - 3 days of the week.

Coffee can be found around our campus from vending machines to clubrooms.

A study conducted by Gary Eugene McIlvian of the University of Kentucky in an article called, "Caffeine Consumption Patterns and Beliefs of College Freshman," says "More than 78% consumed above the recommended 200mg of caffeine per day. The mean milligrams of caffeine consumed per day in the present

study was 849.86..."

Meaning on average, college freshman consumes about 0.0018 pounds of coffee per day. But coffee on college campuses surely also played a role.

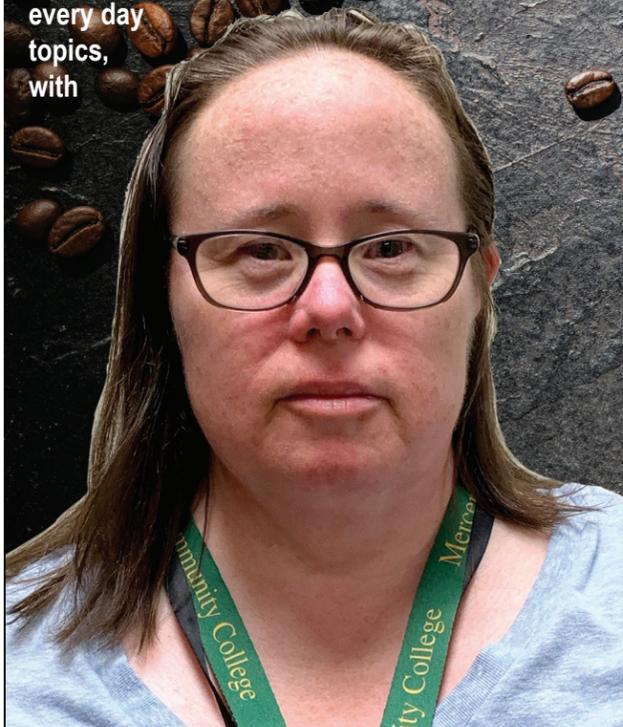
Is coffee good for college students?

Most ex-

perts agree that 3-4 cups of coffee won't pose any threats to your health.

Is Coffee Good for studying?

It really depends on you and the amount you're consuming. Caffeine affects people differently. Coffee is popular for a reason.



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Letter to the Editor

I am responding to the editorial written in February's edition of the Voice titled "No more excuses, no more outages." The editorial was about the outage, which occurred on January 22, 2020. I am Vicente Erazo, Manager, MercerOnline and our team is responsible for managing the Blackboard learning management system for the College.

MercerOnline is separate department from our Information Technology (IT) group, which manages Ellucian and MyMercer (the Portal). Ellucian does not manage Blackboard or MercerOnline. But we do collaborate together.

What is MercerOnline and what do we do?

MercerOnline is the distance-learning department. We manage the administration of Blackboard. We provide technical support for online /hybrid courses and system support to students and faculty. We train faculty on Blackboard. We provide students Blackboard information sessions at the beginning of each of the 14 week and 10 week terms. We may be contacted through email, phone and in CM120 on the West Windsor campus. We support over 1000 courses in each term period.

Yes, your article is correct students were not able to access Blackboard during the outage. Blackboard was not down. It was not accessible because the MyMercer portal was not available to students or faculty.

MyMercer provides a single sign-on point for students, faculty and staff to access resources in a centralized place. It is a convenience because each user only signs in once and gains access to a number of systems. Unfortunately, the downside to this convenience as we've seen is that when the portal is down students and faculty cannot access the portal or any connected services, including Blackboard.

The article did help us look at our understanding of user issues and our support. Over the next months we are taking a series of actions to better understand where we can provide user training and guidance to make using Blackboard easier.

For Faculty:

- Attend division meetings to gauge the faculty needs and issues they may be encountering in Blackboard.
- Contact program coordinators to obtain their perception of how to make use easier.
- Re-evaluate our Blackboard faculty training and help videos to improve their effectiveness.
- Holding a MercerOnline Day on March 31st. where our Blackboard Client Success Manager will address faculty and demo "Ultra" an enhanced user interface provided by Blackboard.

For Students:

- Send a survey to students to gain insight into issues and their perspective on Blackboard's usability.
- Re-evaluating and redesigning our student help videos.
- Changing our Blackboard Information sessions to emphasize Blackboard use and the tools students use regularly.
- Creating information about best practices for completing an online course.
- Developing an alternative access point to provide users during a portal outage.

We also plan to work with marketing to make the MercerOnline team better known to students as well as faculty, so they know whom to contact if they encounter technical issues with Blackboard.

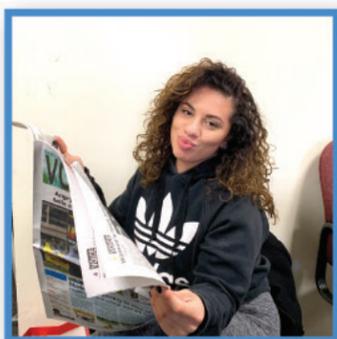
My goal is to help students and faculty be successful by making the use of the tool as easy as possible. Our office door is open for anyone to come in and give us feedback or concerns. I can also be reached directly at erazov@mccc.edu or by phone at 609-570-3336.

Sincerely,
Vicente Erazo

Manager - MercerOnline, erazov@mccc.edu, 609-570-3336, merceronline@mccc.edu, 609 570 3389



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VOICE



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You can build good productivity habits during college

PERSPECTIVES



Pamela Hernandez

If you ever ask a powerful person how they achieved their success, I guarantee you they will never respond, “with a negative attitude and an unorganized schedule.”

Successful people have morning routines,

they wake up early and go through rituals so that their day is productive and calm. Every day we wake up we are given the opportunity to accomplish something.

As a student, something that I believe we are all trying to achieve in our daily lives is maximum productivity. Between classes, work, and attempting to have something that resembles a social life, it can all seem impossible to get done.

Ironically enough the answer to an overall good and productive day lies in the first decision you make when you wake up.

Are you going to hit the snooze button or are you going to get out of bed?

Benjamin P. Hardy the bestselling author of *Willpower Doesn't Work*, says “If you don't start your day with intention, you are living in survival mode. Your time is, mov-

ing faster than you want it to. You're stuck in the past, living out the same experiences and emotions and patterns, over and over.”

Forming good habits in the morning sets the tone for the rest of your day. If you begin your day in a rush it is highly likely that you are going to have a hectic stressful day.

As college students I am sure you are familiar with the feeling of stress; we all have deadlines and goals that we have to meet and expectations that need to be followed.

Samantha Sarceno, a Liberal Arts major, says “I want to wake up and be productive, but when my alarm goes off I can never find the motivation to actually get up. So most of the time I wake up late and extremely stressed.”

The stress that comes with not having a routine and constantly having to worry about when you will get everything done is simply not

worth it.

According to North Western Medicine, one of the health benefits of implementing a routine into your life is lower stress levels.

North Western Medicine states, “Better stress levels lead to improved mental health, more time to relax and less anxiety. A lack of healthy stress management techniques can put you at greater risk for heart disease and negatively impact your overall health.”

So how do you figure out what your perfect morning routine would be?

Every person's morning routine looks different. There are no specific steps you need to follow, simply create a routine that best impacts you and your goals.

Whether it means that you wake up at 8 a.m. or 6 a.m. does not matter. What does matter is that you set a time. According

to the Science of People, they say, “This helps your body establish rhythm so it's easier to get up in the morning.”

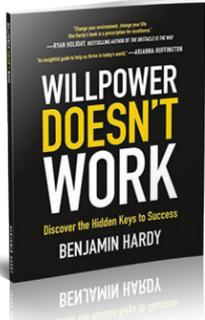
As students there is always something that you could be doing, you don't want to be that person that runs out of time. So make the choice to show up for yourself every day.

So plan out what you want to get done in the morning and how you are going to do it. It is not going to be easy to wake up the first few times, but we are creatures of habit.

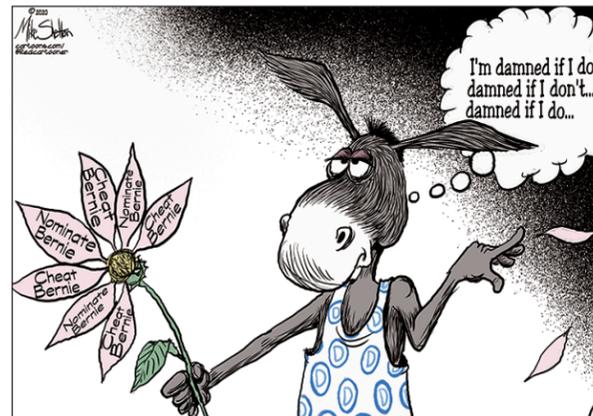
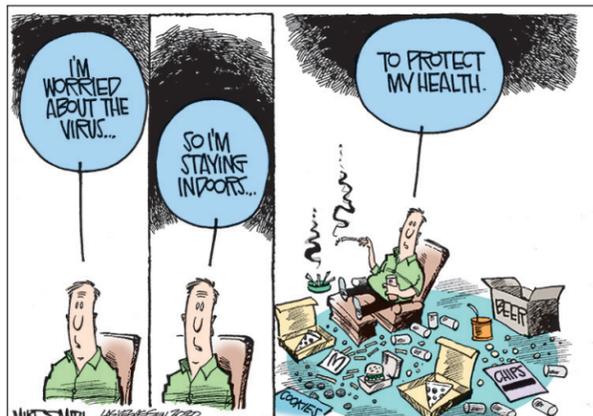
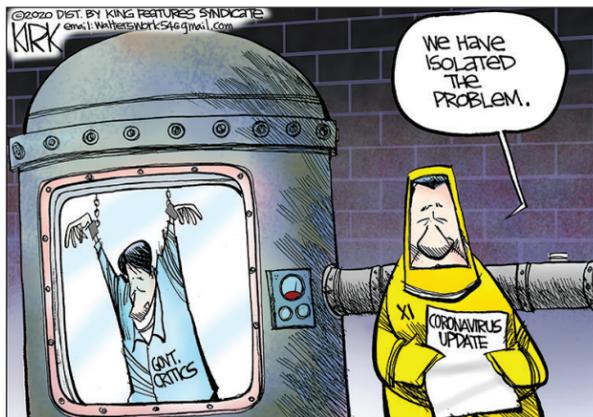
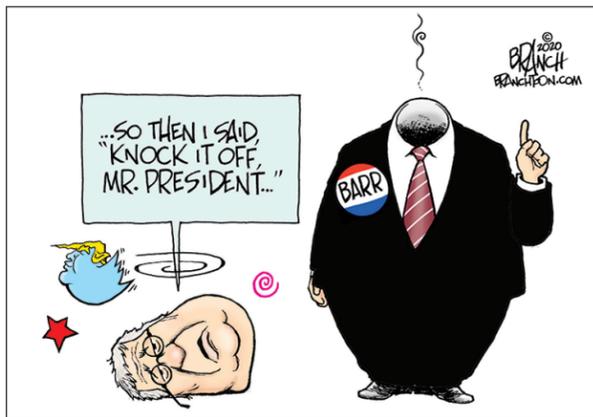
What we practice shows, so make a plan, be consistent, and watch as you improve your life by doing something as simple as taking the time to start your day positively.

Danelly Deleon, a Biology major at Mercer, says “I know it's hard to wake up early trust me nobody likes it, but all you need to do is put your feet on the ground.”

CHECK OUT THIS BOOK FOR MORE TIPS



EDITORIAL CARTOONS



MAIL CALL

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



Do you see a typo?
Good. Join the staff and help us fix it!
Mon + Thur
12-1:15 in ET 127

NOTICE
MCCC LIBRARY
now open **SATURDAYS**
10am-4pm!



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HIGH GPA? JOIN PTK!

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

Members have access to lots of benefits including potential scholarships!
Find out more by stopping by the PTK Student Club office in SC.
Or contact Professor Huang at

huangj@mccc.edu



Find us online at mcccvoice.org

Wash your hands, have a Corona

In the words of Buzz Lightyear, "This is no time to panic"

The View



Tori Pender

MCCC President Dr. Jinnaping Wang, at a March 4 campus open forum, stated, "Coronavirus is a pandemic that is going to happen, not whether it's going to happen. It is when it's going to happen. So the college community will be better served, protected and informed if we get

together and talk about it rather than be in panic."

Basic maintenance skills will help slow down the spread of the coronavirus.

According to the Centers for Disease Control and Prevention, coronavirus (COVID-19) is spread by "Between people who are in close contact with one another (within about 6 feet), through respiratory droplets produced when an infected person coughs or sneezes."

So don't be stupid, remember what we learned in Kindergarten.

Say your ABCs as you wash your hands in warm water. That's the

right amount of time.

Water is not your enemy and neither is sleep.

The National Sleep Foundation states, "Without sufficient sleep, your body makes fewer cytokines, a type of protein that targets infection and inflammation, effectively creating an immune response."

Take that extra cat nap, your body will help you by making sure your immune system is up to date.

That absence you have been saving in your HIS 101 class can come in handy now if you are having flu-like symptoms.

Even Dr. Wang said, "If you can, stay home" if

you are having symptoms.

After you do the basics, enjoy a Corona beer because it has no correlation to the virus. Unless you are under 21, then you can just have the lime.

Also, don't listen to your crazy aunt on Facebook, a vaccine is already in progress.

BBC News stated, "Researchers have developed vaccines and are starting to test them on animals... Realistically it is going to be mid-way through next year at best."

Okay, a year and a half isn't great, but we can get through 'til then without panicking and just being sensible.

Students beware of comedy ticket scams

PERSPECTIVES



Serena Bolitho

Mercer students are getting scammed, and we have to watch out.

Professor of Mathematics Kyle Anderson was in the middle of a Calculus 2 class, on February 25, when he was interrupted by a person identifying himself as Jason who asked if he could speak to students for a moment.

Jason, acting as if

he was a representative of the Student Government Association, started in on a spiel about a 'once in a lifetime super sale' hawking New York City comedy club tickets at 90% off. Anderson quickly got fed up and kicked him out.

This routine went on across campus throughout Tuesday, February 25. Multiple scammers knocked on classroom doors and wandered around populated hang out spots pitching the so-called tickets deal.

Shocked by the disruptive means of "advertising" by SGA, multiple professors quickly reported the problem to security and administrators.

With hopes to prevent further scamming,

Diane Campbell, Vice President for Student Affairs, promptly sent out a campus-wide email alerting students to the illegal activities.

In her email she said, "Several MCCC professors reported that comedy club folks are back on campus selling tickets to students. Again. This is a scam. They go into classes and sell New York comedy club tickets at 90% discount. Several students bought tickets. Please do not get scammed. Do not buy these tickets."

The following day she sent a follow-up email commending our security staff for reaching out to the club on behalf of those who were scammed. The club was horrified by the situation and said they will

gladly honor all the fraudulent tickets.

Ironically, the same day the emails went out to students, the US government updated a previous article on an official website about common scams and frauds that can happen to the average American. Ticket scams were among the top ten.

In fact, in 2018, a survey 1,000 US adults conducted by ticketing technology vendor, Aventus, concluded roughly 12% of people buying event tickets will be scammed.

Students are used to the chronic spam phone calls and email phishing hacks. Now we have one more scam to watch out for.

FAST JLAW FACT

Public colleges (like MCCC) and private colleges have different rules regarding student newspapers. Private colleges are allowed to practice censorship.

STRANGE BUT TRUE

Reporters almost never write the headlines for their own articles. Typically the editors or layout designers decide what the headline will be.

JOURNO LINGO

In the old days when an editor decided a story shouldn't be run in the paper he smashed it down on a giant spike on his desk. We still use the word "spiked."

STRANGE BUT TRUE

Newspapers only print in multiples of 4 pages so that's why students and faculty at MCCC have only ever read VOICE issues that are 12, 16 or 20 pages long.

Editorial Policy:

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

Write to The College VOICE!

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

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West Windsor, NJ 08690

ADVICE - ASK THE VOICE

HELP IS HERE!



Dear VOICE,
It's almost spring break and my travel plans fell through thanks to coronavirus. What do I do now?
-Break Broken

Dear Break Broken,
Borrow someone's Netflix password and binge watch travel shows. It's better than getting sick or quarantined and missing class.
-The VOICE

Dear VOICE,
I am in love with

a hot guy from the maintenance crew who walked me to my car after a night class last week. How do I find him again and land a date?
-Hot for Maintenance

Dear Hot,
Walk the same exact way you did when you saw him! These guys are creatures of habit. Alternatively jump another maintenance guy. They are all hot.
-The VOICE

Dear VOICE,
People tell me I have a "resting B" face. How do I make myself appear more friendly so I can make connections?
-B

Dear B,
Look. There is nothing you can do but embrace

the face.
-The VOICE.

Dear VOICE,
I hear tuition is going up again. I am broke. Should I sell my blood plasma to pay for college?
-Super Broke

Dear Super Broke,
Try selling one of your kidneys. At least you have another one.
-The VOICE

Dear VOICE,
I accidentally walked into class wearing only my boxers. How do I get over this? - Knobbly Knees

Dear Knobbly Knees,
Go to the gym and get buff in case it happens again.
-The VOICE

NOTE: THIS FEATURE IS FOR ENTERTAINMENT PURPOSES ONLY.

FLASH GORDON

Our Story So Far...

AS THE BROADCAST FROM THE SHARKMEN'S CITY BEGINS, THE SEA BEGINS, KING KALA'S ALLEGIANCE WITH MING IS REVEALED.

EXPECTING A PEACE CONFERENCE, VIEWERS FROM THROUGHOUT MINGO ARE INSTEAD WITNESS TO A HORRIFYING SIGHT!

TRUST ME, PRINCESS, WE'RE NOT BEATEN YET.

THIS CAN'T BE HAPPENING. MY FIRST CHANCE TO REPRESENT MY PEOPLE TO PROVE MYSELF TO MY FATHER...

TYREE!

NO! NO!

TO BE CONT'D...

FLASH GORDON

2-16 BY JIM KEEFFE

WITH LIGHTNING SPEED, THE DELEGATES ARE SAVAGELY ATTACKED!

THERE'S NO WAY TO STOP IT! IT'S TOO STRONG!

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.



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.



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.



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.



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.



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.



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.



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.



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.



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.



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.



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.

SUDOKU

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

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

Answer

2X PEANUTS

LUCY SAYS THAT SANTA CLAUS IS CONTROLLED BY SOME BIG EASTERN SYNDICATE...

DON'T BELIEVE HER...THAT'S THE SORT OF STORY THAT GOES AROUND EVERY YEAR AT THIS TIME...

TAKE IT FROM ME...HE'S CLEAN!

BLEAH!

I'VE MADE UP MY MIND...TODAY I'M GOING TO INTRODUCE MYSELF TO THAT LITTLE RED-HAIRED GIRL...

I'M GOING TO STAND UP, AND I'M GOING TO WALK RIGHT OVER TO HER, AND I'M GOING TO INTRODUCE MYSELF...

I'M STANDING UP...NOW I'M GOING TO WALK OVER THERE... I'M STANDING UP... I'M...

I'M SITTING DOWN!

2X DILBERT

WHAT FANTASY WILL I USE TODAY TO STAVE OFF MADNESS?

MAYBE I'LL BE "THE MAN WHO CHANGED AN INDUSTRY WITH HIS POWERPOINT SLIDES."

I HAVE A REPORT OF UNAUTHORIZED HAPPINESS INSIDE OF A HEAD.

WE HAVE A PROBLEM. OUR CEO IS GROOMING A WINGED MONKEY AS HIS SUCCESSOR.

WHEN YOU SAY, "GROOMING," I HOPE YOU MEAN TRAINING.

HO HO! LAST ONE. I'M STUFFED.

I FELT SOMETHING MOVE RIGHT HERE.