



THE GOTHIC TIMES

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Aleksandr Osenenko

Courtesy of Elena E. Zeman

A Hero on Campus

BY ELENA E. ZEMAN

NJCU media arts student, Aleksandr Osenenko, 18, became a hero on October 12th, when he jumped into the Lincoln Park pond in a courageous attempt to save a drowning man.

On his bike ride home from school, Osenenko saw a man, who looked to be in his 40s or 50s, running after him and screaming incoherent nonsense. The man was shrieking as he dropped to the floor of the bike lane. Upon witnessing the man's behavior, Osenenko stopped his journey home and began speculating if there was any way he could assist the man. As Osenenko was assessing the situation, the man stood up and began running again towards the pond, where he proceeded to jump into the water and swim away.

The man swam in the lake for a few moments until he abruptly stopped. According to Osenenko, the police were busy on their phones at that moment; he assumed the authorities were calling EMS and the fire department.

Osenenko was concerned that it would be too late by the time the medics and the fire department got there. He said, "I was debating whether or not to jump in after him because it looked like he was

not moving."

Osenenko, a lifeguard in Hoboken, knew the procedures of getting someone in distress out of the water and dived in to try and save the man: "I dropped everything, took off my shoes and jumped into the pond."

He swam to the middle of the lake and proceeded to use the skills that he learned as a lifeguard to pull the man to the grates at the threshold of the pond. Once he had brought the man to the edge, the paramedics helped him get the man's body out of the water. Osenenko said, "At that moment I was afraid that it was too late and that I should have jumped in earlier." The paramedics attempted to perform CPR, but the man could not be revived.

Despite the fact that Osenenko had tried his best to save him, the man passed away. Osenenko said, "It was my first time experiencing something like this. I thought that if nobody else was going to do something I should."

Osenenko acted on impulse; his brave effort to save someone from a dangerous situation caused him to put his own life on the line. That is the true definition of a hero.

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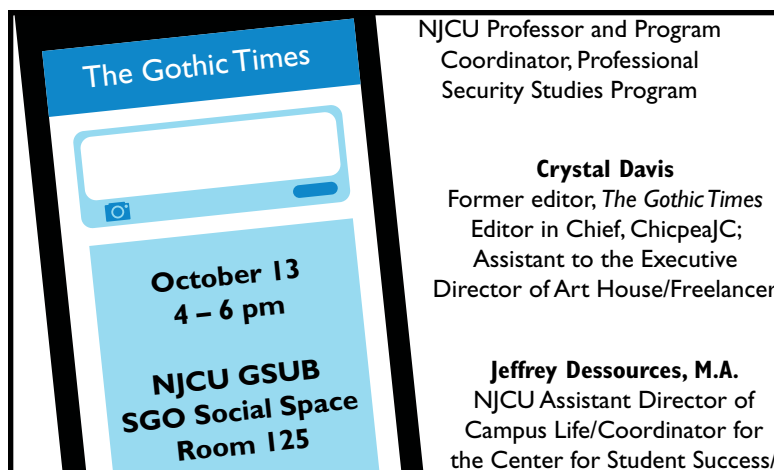


NEWS

The Benefits of Social Media



Courtesy of Theta Pavis-Weil



BY MONICA SARMIENTO

In October, the Gothic Times invited networking professionals to speak to students and faculty about social media and its application in our daily lives.

The panel of guest speakers: Ashley Manz, Jeffrey Desourcess, Crystal Davis and Lana Rose Diaz discussed the importance of personal branding, paying attention to online presence, and taking advantage of the growing world of social media to benefit future careers and personal lives.

Manz – a skilled public relations professional, is currently the Program Coordinator for the National Security Studies program at NJCU and an adjunct professor at the School of Business. Manz defined the four components of excelling at a social media campaign for an intended audience as:

- 1) **Research into the target audience.**
- 2) **Having a clear objective.**
- 3) **Programming and assemblage**
- 4) **Evaluation of the results.**

Elaborating the idea that achieving the objective of a client's social media campaign is most important, Manz said, "the conversation with an audience always outweighs the number of likes or follows."

Two of the most popular topics discussed among the panelists were personal branding and the importance of creating a professional, yet personable online presence.

Jeffrey Desourcess, known by his online personality, "MrJeffDess", is one of the co-founders of TrillorNotTrill.com, an Assistant Director of Campus Life at NJCU, writer, professor, public speaker, and entertainer. He discussed his social media journey towards finding the balance between his online presence as a professional and as an entertainer, which involved paying close attention to the ways his followers across multiple social media platforms interacted with his content.

Desourcess was the first to bring up the importance of consistency in social media. He said it is paramount to convey "both the usefulness and effectiveness of using the same names across all platforms and

being consistent in your posts whether it's in subject matter or time of publishing." He stressed the importance of understanding your audience and their reactions to your content and making adjustments to your social media presence accordingly.

Crystal Davis, an NJCU graduate and former Editor-in-Chief of the Gothic Times, who is now the assistant to the Executive Director of Art House Productions, and Editor-in-Chief of ChicpeaJC, stressed the importance of understanding both your audience, social media platforms, and how best to utilize their potentials.

Davis said, "a helpful tip is to use online groups like ones found on Facebook in order to "sell yourself" and build an audience of your own." She pointed out that using appropriate hashtags on social media posts, having conversations with others, and watching who you follow are all key factors in securing a trustworthy and solid online following.

Lana Rose Diaz, a poet, writer, spoken word artist, and founder of Positively Jersey and Wordsmithing Web built off of the advice given by Davis on how to successfully utilize social media.

Diaz said, "Consistency is key, especially on a reasonable basis. Using what works for you is also important, which means you shouldn't feel obligated to use specific platforms if it doesn't fit your content or brand."

Diaz elaborated that authenticity is the third factor of social media success: "Your online presence should be professional and appropriate; however, your personality should still shine through."

Keeping a careful eye on what we do and do not share online is the new reality we face in today's digital age, so we must be mindful of how we present ourselves throughout our social media. The prevalence of social media and online communication should not overpower the significance of real-life human connection.

Diaz said, "This is social media, you should be adding to your ability to socialize, not take away from it."

Social media is all about making a connection, and it is the way in which we make these connections that are most important to our future successes.

NEWS

Students Address NJCU's Website Transformation

BY JOSEPH SEVERINI

When NJCU launched its new website last spring, the design was crafted to appeal to a wide variety of users. The layout was transformed and introduced a remodeled navigation bar and a home page that focuses heavily on visuals. Some students say the new website has caused complications including broken links, a cluttered design, and lack of essential information.

Psychology major, Giselle Santiago, 21, said, "I was looking for information about the SGO (Student Government Organization) and clicked on two links that led me to blank pages." The new website has caused many students to complain about broken links. Locations where broken links were found included under the SGO, Housing, and Gothic Net Help pages. Upon clicking some of these links, users are directed to a blank page with the NJCU logo and a statement saying "sorry, this survey is not currently active," or that the page is not available.

they showed on the first page, it was a nice quality, and showed off a lot of great things about the university."

Mindful of students' trouble locating important information, University Advancement said, "Meta-tagging and critical enhancements such as faculty and staff directory, search optimization, and user interface to optimize accessibility to key content are well underway." The university has mentioned that they are mindful of the website's flaws, and some problems have already been fixed, "Degree maps have been added to academic sites to ensure that students can easily locate course requirements to ensure timely graduation." The university is also offering workshops to administrators to assist them in understanding and helping fix the new design.

University Advancement also said that, "The site operates within a governance structure that enables University administrators who are responsible for content on their webpages to take training on the content management system supporting the site so that they may have control over content updates. Content updates are then given a final review



Addressing the problems regarding the new website's broken links, the office of University Advancement said in an email interview, "the items identified by NJCU students are part of known issues with the site, and are in queue to be addressed. On a parallel path, migration of content from the old site to the new continues, along with updates and enhancements to content and functionality."

Many prospective and current students have had trouble finding important content on the new website. Freshman English major, Michael Castaldo, 18, said, "I went on the website in the summer before I started at NJCU to find information about Blackboard, Gothicnet, and my degree's course requirements, but it was hard to locate certain information." The homepage navigation bar, which provides the most necessary information is concealed at the very top, but website goers can easily become distracted by the two videos that take up about two-thirds of the entire home page. Castaldo said, "I had a high school friend who was looking to apply to the university, and he had to scroll all the way to the bottom of the home page, past the videos, to locate the 'apply' button."

While some students have complained about the lack of information on the university's website, Castaldo did mention that he liked the new graphic and visual elements: "It was hard to find the information I was looking for, but I enjoyed the video that

and are published by the Marketing and Communications department to ensure message consistency and quality control." Currently, 110 administrators have undergone this training, and additional workshops are still being taught. Faculty and staff can sign up for these workshops by contacting the Marketing and Communications department.

The university expressed its appreciation towards the campus community for remaining patient, as they continue to hold workshops and work to resolve the issues associated with the new website. University Advancement said, "we appreciate the NJCU community's understanding as we continue to evolve the major undertaking of creating a website that functions optimally to provide useful and relevant information to our students, faculty, administrators, alumni, and external audiences."

Students should report broken links, requests for content modifications, and other suggestions that might help the university meet their needs through webupdates@njcu.edu.

NJCU students are also encouraged to install the NJCU mobile App to easier view courses, use Blackboard, search general information, and contact faculty and staff.

FEATURES

'Tis the Season to be . . . Depressed?



Courtesy of freeimages

BY ALISSA KOVAL-DHALIWAL, PH.D. (NJCU Counseling Center)

Autumn has made her entrance once again. For most this signals the arrival of cooler weather, colorful falling leaves, warm sweaters and coats, preparing for the holiday season, and the end of daylight savings time. But for some this also signals the appearance of something far less pleasant; the beginning symptoms of seasonal depression.

Seasonal depression is a mood disorder that typically affects sufferers each year from the late fall through the winter months, lifting in the spring. Although less frequently seen, it can occur at other times of year. The key elements of seasonal depression are:

- (1) a clear relationship between the onset of symptoms and a particular time of year;
- (2) a clear relationship between the remission of symptoms and a particular time of year; and
- (3) there are no specific life stressors occurring at that same time each year (for example, being unemployed each winter or being busy with schoolwork each fall).

People who struggle with seasonal depression usually begin to experience signs of depression as the days grow shorter and the nights grow longer. Symptoms include sadness, anxiety, irritability, social withdrawal, feelings of hopelessness and worthlessness, difficulty concentrating, changes in appetite (undereating or overeating), changes in sleep (insomnia or oversleeping), low energy, and reduced interest in things one once enjoyed.

The causes of seasonal depression remain unclear; researchers continue to work towards a better understanding of the contributing issues. However, theories suggest that reduced levels of sunlight during

the fall and winter months may impact three factors which, in turn, affect mood: circadian rhythm (natural sleep-wake cycle), melatonin level (a hormone that contributes to sleep and mood regulation), and serotonin level (a brain chemical that contributes to sleep and mood regulation).

What can you do if you believe you, or a loved one, are struggling with seasonal depression?

First and foremost, consult a trained professional for assistance. Effective treatments for seasonal depression include psychotherapy, light therapy, and antidepressant medications. A psychologist, clinical social worker, counselor or physician can discuss these different options and help one determine which treatment option(s) would be best for an individual. Registered students are eligible to receive, free, confidential short-term counseling at the NJCU Counseling Center in Gilligan Student Union Room 308. Call us at 201-200-3165 to request an appointment. Registered students can also consult a physician or nurse at the NJCU Health & Wellness Center in Vodra 107 (201-200-3456).

Many people who have clinical depression struggle with suicidal thoughts. **If you are having recurrent thoughts of killing yourself or thinking about how you might do so, it is important to seek help right away.** Hudson County residents can access walk-in services at Bridgeway Crisis Intervention Services, located at 152 Central Avenue, Jersey City (201-885-2539). You will not be turned away due to an inability to pay. In addition, The National Suicide Prevention Lifeline (1-800-273-8255) can connect you to a crisis counselor in your area 24 hours a day, 7 days a week. Although you may feel helpless, assistance IS available!

FEATURES

Ninja Waiters! Free Popcorn! Private Reclining Seats! Not Your Average Dinner and a Movie



BY ELENA E. ZEMAN

Pillows, blankets and reclining seats are usually only a possibility when watching movies at home. However, my Saturday evening was spent in exactly this fashion, but at an actual movie theater. I threw up my feet, leaned back, and snuggled up with my blanket as I watched *Snowden* at the new iPic Theater in Fort Lee.

The iPic is a movie theater that is created with your ultimate comfort in mind, and this definitely reflects in the price and availability of seats. Unlike a standard movie theater, the iPic has a very limited number of seats per movie showing. The seats are much roomier and more spread out than your average movie establishment. Not only that, but a partial amount of seats is even enclosed in a booth, which can definitely give the whole night a more intimate feel.

Imagine my disappointment when it took me two weeks to get tickets. When I finally got the tickets I was urged to get the premium plus seats, which cost 25 dollars per person. The premium seats are cheaper, at 14 dollars per person, but they do not come with all the perks. Even though the seats are comfortable and have food and drink options they do not include the reclining chairs, free popcorn, or ninja waiters.

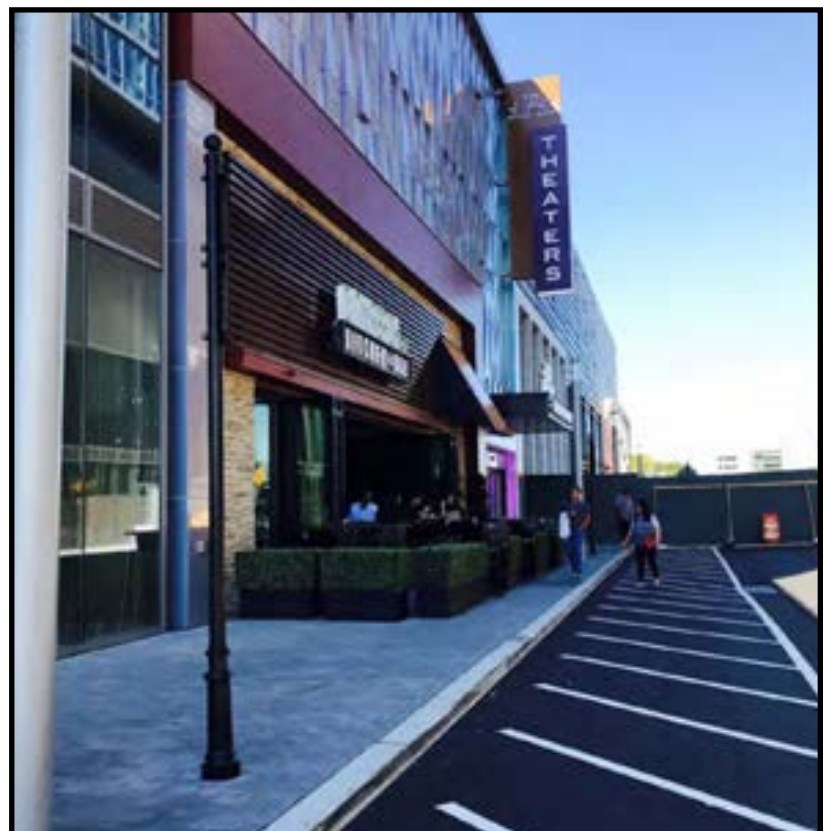
What, you may ask, in the world is a “ninja” waiter. Well, they are regular waiters but are trained specifically not to disturb the other movie goers. Basically, they are dressed head to toe in black and sneak in and out of the movie theater to bring you your food, drinks, or the “free” popcorn you receive if you are a premium plus seat customer.

Overall, the theatre was a great experience. The advertisements did not lie when they said that this was an upscale movie theater. The seats were beyond comfortable, the service was quick and most importantly quiet, and the food was perfect for a movie theater environment. The only drawback of the theater is that the prices were a bit high; however, that is to be expected at any fancy establishment.

The iPic theatre is definitely the place to go for anyone who is looking for a special evening and wants a comfortable, yet romantic atmosphere. This is definitely not a place for weekend hangouts, unless you have the big bucks, in which case be my guest, or let me be yours.



Courtesy of Elena E. Zeman



To read a review on *Snowden*, go to PAGE 10

REAL-istic

A COLLEGE GUIDE for *Tips/Tricks*

BY REGINA HERNANDEZ

Now that we are approaching the holidays, how to balance our “not so good for you” food becomes a bit harder when you are a college student on a budget! Here are some REAL-istic options for surviving holidays, while getting into the holiday spirit. Trust me; I know it is hard, but we have each other.

- 1) **Don't arrive on an empty stomach.**
- 2) **Avoid sugary drinks.** Instead opt for ice-tea or flavor water. Try to choose wisely with what is at hand and try to substitute.
- 3) **5 P's: Proper Preparation Prevents Poor Planning**
Try saying that 5 times! This is a key to take with you in every type of life approach. If your heading to your Aunt's house or grandparents' and you know that they tend to cook a bit unhealthy, don't be shy to bring your own food or beverages.
- 4) **Moderation is key.** When serving yourself a plate of food, you should always try to stick with 1/4 of whole grains, 1/4 of lean protein, and 1 1/2 of vegetables. If you can't remember this ratio, then look at your plate and try to have one side with your lean protein and grains with the other half vegetables. (Lean protein can be chicken or turkey; your veggies can be frozen, steamed, or raw. You want to enjoy yourself, but moderation is key!)
- 5) **Start a REAL-istic workout regime.** NOW, don't wait for after the holidays to start hitting the gym or eating cleaner. You can start today by taking the stairs, drinking more water, or heading to your campus gym which is at John J. Moore Athletics and Fitness Center at 116 Culver Ave.
- 6) **Have fun!** Holidays is a time to be spent with friends, pets, and family. Have fun, be safe, and remember to love yourself as much as you want others to!

Any questions or recommendations, please feel free to email me at: rhernandez@njcu.edu

FEATURES

Life After Graduation

BY NICOLE COLON



Courtesy of freeimages

In the days leading up to graduation, there is a question that looms over every graduates' head, “What am I going to do after college?”

For the lucky few, that question does not hang so low. Perhaps they did well during their internship, and were offered a job straight out of college. That, ladies, gentlemen, and non-binary conforming individuals, is the dream.

Now, even though I did not do an internship and was hired straight out of college, and even though this question

lies so low over my head I practically hit myself with it every morning, I consider myself “one of the lucky ones.” I do not think my transition from student to working adult would be going as smoothly if I did not have my job as a tutor for NJCU, my plans, and the support of friends and family.

This is not to say that I have everything figured out. For my growth at the moment, I am in the right place. Due to the opportunities I have been offered here at NJCU and the people I have been able to surround myself with, I am not as insurmountably stressed as I thought I would be.

People often say to me, “How are you so busy? You don't take classes anymore; you're done.” The truth is, you are never really done. I have been in school practically my entire life. I suppose you can say, all I know how to do is learn. I want to challenge myself every day, learn more from the people around me, see exactly where I can take myself. It is the wrong state of mind to think that just because you finished with an institutional education, you are done learning.

I, personally, am not done with institutional education. I am currently in the process of filling out graduate school applications. Part of my decision lies not only in the desire to know more, but to see where and how far I can push myself. I suddenly have a freedom that is both daunting and exciting. For a long time, I had thought to myself, “school is getting in the way of life,” but if it weren't for school, I wouldn't know what to do with my life.

My name is Nicole. I am writer, tutor, NJCU graduate, and I am in month five of my life after graduation.

OP/ED

Today's Technology is Becoming Too Redundant



Courtesy of NIKE, inc.

BY ERIK S. ORDYKE

Phones are an essential part of daily life. We use them to text, call, watch videos, and scroll through social media. We use our laptops for work and college, gaming and programming. These devices are already widespread, as they are an imperative part of life. However, as society becomes more advanced, so does technology. With these advancements come new, pioneering devices that are meant to impact the way we live. Yet, some of these new technological developments are unnecessary for society.

One invention hitting the markets in the U.S. later this November will be Nike's self-tying shoes: The HyperAdapt 1.0. These sneakers will tie themselves once you put them on. Inside the shoe is a system of cables that will contract once the sole of the shoe feels pressure from your foot; there is a button near the tongue of the shoe that will allow you to manually adjust the contraction of the cables. The shoes also feature a built in LED light that will light up when the shoes are on low battery or when they are charging. Yes, these shoes need to be charged and they do have an internal battery.

These features bring upon two colossal concerns: the battery itself and the price of the shoes.

Nike has not yet announced the price of these shoes. As we all know with anything that has the ability to charge, it could get pricey. These shoes will most likely not come cheap, so will people really be willing to pay an absurd amount of money for this footwear?

On top of the price, there is the battery in the shoe, which is not exactly something one should want to be spending hundreds of dollars on. Think about it, a battery below your feet, slamming on the concrete as you run to your next class. Thanks Nike, but no thanks. I do not want my shoes imitating the exploding Galaxy Note 7.

The concept of self-tying shoes does have the potential to be beneficial, as they could be used to assist the disabled and elderly, but instead these shoes are being marketed towards a younger audience, such as teenagers and college students.

Technology is ever-evolving, whether it is for better or worse. Self-tying shoes that have the potential to explode are not exactly hopeful for the future. Nike's controversial invention just reinforces the idea that products like these may just be a shaky step forward into a future with technology that will be able to help society. Perhaps there will be more useful inventions down the line that will be better geared towards the public.

Which Presidential Candidate are you **Voting** for and why?



"My vote would be for most likely neither. Donald Trump is obviously not qualified for the position. Hillary is qualified but she seems more deceiving, and I don't want a deceitful president. I might choose a third option; either that or I'm not going to vote."

-Chris Lugo



"At a young age my parents always fought to give my brother and I the best life ever. If they ever struggled, we never knew it. We never missed a meal, we never had holes in our clothes. They came to this country with almost nothing and after years of fighting and working, they now own their own house. We are not rapists, drug lords, or thieves. Our family works hard, we fight for what is right and as a woman and a Latina I have a full ride scholarship to the school of my choice. My parents have always raised me to fight my hardest and to always do what is right in this life. For them and my future family, I vote for Hillary Clinton."

-Aileen Zelaya

Question and Pics by Andrea Fonseca

OP/ED

Undocumented American

BY SERGIO CRESPO



Undocumented Americans are all around you: in your classroom, the computer lab, or standing beside you in line at Dunkin Donuts. Their legal status does not make them any different from your friends, family, or professors. They are human beings that deserve the same opportunities as everyone else to make their dreams come true.

I am undocumented and I consider myself an American. I have been living in this country for twelve years, have learned and mastered the English language, excelled through the United States education system, and am fascinated by this country's history more than my own.



Courtesy of freemages

I have had people question me on why I have not become a U.S. Citizen. The reality is that there is no way. But regardless of my immigration status, no legal documents

should define me or any of the twelve million undocumented people in this country.

It is a common misconception that all undocumented people come from Mexico. In reality, a million of these people come from Asia and the Pacific Islands, 800,000 are from South America and 300,000 are from Europe. Different nationalities make up the immigrant population that is often mistaken as being strictly Hispanic.

Cesar Montelongo, an undocumented medical student, said "it was easier to get accepted into one of the most competitive MD-PhD programs in the country, than to get my U.S. Visa approved." Montelongo has lived in the country for nearly twenty years without unlawful action, and has attempted by all means to obtain legal residence. His story is one that we all share and the reason why we all yearn for a comprehensive immigration reform.


I understand that undocumented individuals are juxtaposed to criminals. Some think we believe that we can just go ahead and break any law we desire; this is not true.

Jose Antonia Vargas, an undocumented Pulitzer Prize winner for breaking news reporting, said that actions are illegal, not people. When you add the word illegal to describe a person, the assumption that we are criminals is automatic. The majority of us pay taxes just like you, and want to contribute to this country, not steal from it.

Individual Tax Identification Number (ITIN), replaces our absent Social Security number when filing for taxes. According to records from the Internal Revenue Service, in 2010, more than 3 million people paid over \$870 million in income taxes using an ITIN, and ITIN filers pay \$9 billion in payroll taxes annually. It is eminent that immigration has an overall positive impact on the economic growth in the U.S.


In 2015, a musical about the life of Alexander Hamilton hit Broadway. Hamilton was a destitute immigrant orphan from the Caribbean, who would eventually go on to become George Washington's right hand man: the nation's first Treasury Secretary, the founder of the New York Post, the American banking system, and the U.S. Coast Guard. I idolize his story because it shows that anyone, despite their national origin, and regardless of legal status, deserves their chance to succeed in the land of the free.

BODY LOVE



If you're an NJCU student who struggles to be at peace with her appearance, JOIN US! Connect with other women who are unlearning the negative thoughts and self-defeating behaviors that erode body confidence.


A SUPPORTIVE SPACE FOR WOMEN WHO WANT TO LOVE THE SKIN THEY'RE IN



MONDAYS, 9/12 - 12/9/16
FROM 2:30 - 4:00 PM
IN GSUB 310

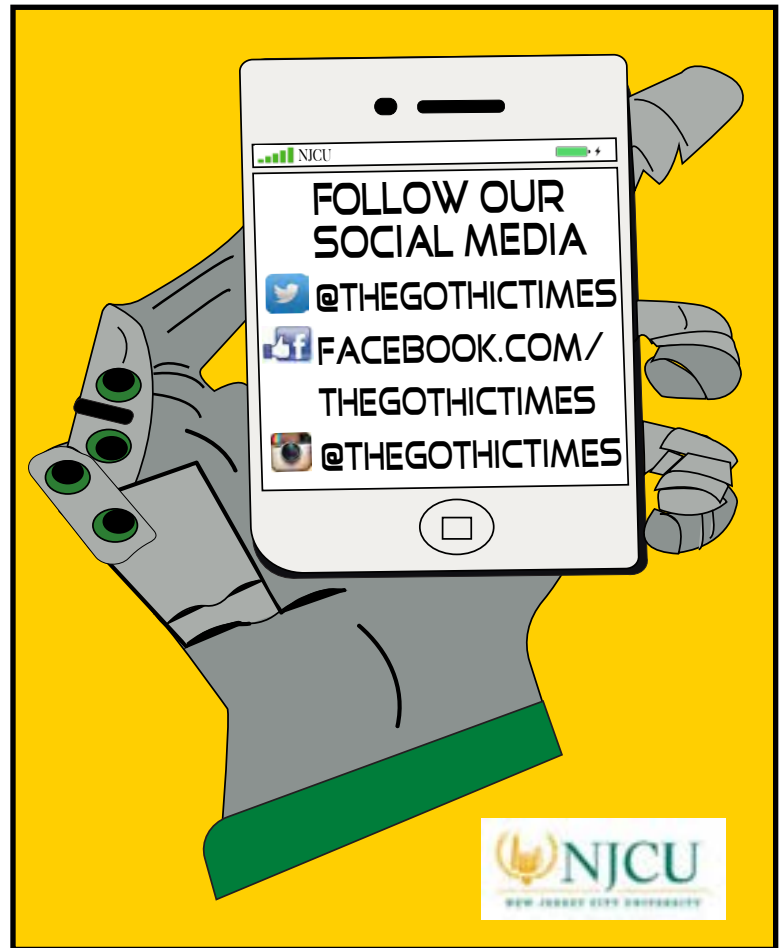
**WOMEN WARRIORS:
SURVIVORS OF ABUSE**

ARE YOU A SURVIVOR OF SEXUAL OR DOMESTIC VIOLENCE?
WOULD YOU LIKE TO GAIN STRENGTH AND EMPOWERMENT?
ARE YOU A REGISTERED NJCU STUDENT?





Survival is a process. Join us for support and sisterhood along the journey.


MEETINGS ON FRIDAYS FROM 2:00 - 3:30PM IN GSUB 318
SEPTEMBER 9 & 23, OCTOBER 7 & 21, NOVEMBER 4 & 18, DECEMBER 2 & 16
FACILITATED BY DR. ALFIA KOYAL-DHALWAL & VEHIDA BOOHAN JINEDI




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Courtesy of Pixabay

Get Focused

The Gothic Times newspaper and website are recruiting new team members!

Are you interested in photography, writing for the web or writing longer pieces for the newspaper? Do you want to create short web videos or contribute to our new podcast?

Our meetings are held every Thursday at noon.

Located in GSUB (Room 301) The Gothic Times is a completely student-run publication with a full-time advisor. Students involved in the newspaper learn real-world skills and team work. They collaborate with the editor in chief to meet deadlines and leave with a greatly enhanced resume.

If you are interested, come to a meeting or reach out to the editors at gothictimes@gmail.com or to the faculty advisor, Theta Pavis at tpavisweil@njcu.edu

Which Presidential Candidate are you **Voting** for and why?



"I can't agree with Hillary Clinton as a Politician or as a person based on the things I've seen or heard. Personally, I can't vote for her."

-Jonathan M. Fernandes



"I guess for now I am undecided. Watching the debates was like watching two sixth graders fighting for their place in the lunch line. It was an embarrassment. How does the world look at us now? We look like fools. Out of the entire population of the U.S. these are the best two people we have? A gigantic bigot and a lying, untrustworthy woman. I guess I'm undecided only because we still have some time to make up our minds and maybe Trump will release his tax returns or maybe something else will come up about Hillary. It's definitely not going to be Trump though. Its either I'm not going to vote or I'm going to vote for Hillary. But at this point you are picking from the lesser of two evils. Nobody wants a wall. Nobody wants World War 3. I think most of the millennial generation is not going to vote for Trump. Undecided until the day it comes, I'm just going to continue to do a lot of research, because our vote does matter."

-Will Gardner

Question and Pics by Andrea Fonseca

A&F Snowden: The Review

BY ELENA E. ZEMAN



poster advertisement

Is he a hero or a law breaking citizen that put the national security of his country at risk?

Edward J. Snowden had the United States in an uproar when he betrayed the National Security Agency (NSA) and leaked highly classified material. Many people made judgements about his actions and either condemned him as a traitor or hailed him as a brave man. Director Oliver Stone portrays Snowden as an icon and a man of high morals in his recent film, *Snowden*.

Most people can identify with the moment when they are caught between the right decision and the decision they are forced to make. The movie *Snowden* artfully recreates a chapter in a man's life where he is forced to choose between his own freedom and the freedom of every American citizen. Even though this movie is a fictional account of Snowden's

life, it brings into question many seemingly real details of the NSA and the rights of every citizen in this "land of the free."

Stone does an excellent job of taking headlines and incorporating them into the movie. *Snowden* is a rather realistic account of how a man ends up in the NSA, identifies the corruption that is taking place in the government, and makes a choice to turn over classified information to journalists. Within these exciting details, Stone injects the personal life of Snowden and helps the viewer identify with him as a human being.

Through these realistic depictions of Snowden as a human being with dreams, flaws, and feelings, one can sympathize with him and his actions. It seems that Stone purposely recreates Snowden's life in such a manner to give him a sense of humanity. Many people did not see him as a man, but rather as a traitor to his country. However, with this glimpse into his life, people are more willing to capture the bigger picture.

Snowden is a must see if you have any interest in this highly publicized case. It will not only quench some of your questions that were not answered in the articles and columns, but also give you some perspective. It is a film about a man who sees first-hand how the United States surveillance system works and who gets caught in the crossfire. According to Stone's depiction of the Snowden case, the United States is not only spying on terrorists and other countries, but on its own citizens. Every person will make their own assumptions and judgments but the question stands: does every United States citizen have a right to know when they are being spied on and when their private moments are being recorded and stored in a data base? You be the judge.

SPORTS

NEW LOOK KNICKS

BY ISMAEL J. RAMOS-PEÑAHERRERA

The New York Knicks have begun their 70th campaign with a plethora of new faces as they look to make the playoffs for the first time in four seasons.

During the offseason, they added nine players to the roster of 15, most notably guards Derrick Rose, Courtney Lee, Brandon Jennings and center Joakim Noah.

The franchise also hired its 28th head coach in Jeff Hornacek, who has spent the last two and a half seasons as the head man for the Phoenix Suns. Hornacek has said he will look to speed up the tempo of the Knicks much talked about triangle offense.

New York has ranked in the bottom third in the league for pace over the past two seasons while running team president Phil Jackson's triangle system. They were dead last in fastbreak points during that time span as well. Hornacek's Phoenix teams, on the other hand, ranked in the top ten in those same categories during that time.

The Knicks have only won a combined 49 games while running the controversial triangle offense. It was even reported that some Knicks players complained, in private, about the offense last season because of its slow pace and predictable sets. From the outside looking in, it appeared as if the system was being forced on them by Jackson, but that seems to have changed now.

"Phil's been great. He's not trying to take over and make us do anything. He's given us the leeway," Hornacek said during the preseason. "There are some things that we do that aren't the triangle stuff [such as] our early [offense]. Quite honestly, we thought he would say, 'Let's not do that.' Or, 'Let's not do that option.' But he hasn't said that at all."

It looks like Hornacek will improve the club from a coaching standpoint, but a team will only go as far as the players will take it, and the Knicks have better ones this time around.

The Knicks haven't had a point guard that could penetrate defenses and push the pace for quite some time, but if Rose can remain healthy that's exactly what they'll have.

Everyone knows about Rose's injury history that began after undergoing surgery to repair a torn right ACL in 2012. The 2015-16 season was by far his best and healthiest since 2011 when he won the

MVP award. He played in 66 games after playing in just 100 of 312 games over the four seasons prior.

Rose averaged 16.4 points, 4.7 assists and 3.4 rebounds in 31.8 minutes per game. The Knickerbockers would sign up for that in a heartbeat, considering the lack of production they have gotten from the point guard position in years past.

Rose's long time teammate in Chicago with the Bulls, Noah, also comes with some injury baggage. Last season he only played in 29 games before his year was cut short due to a dislocated left shoulder. He also missed time in the preseason with New York due to a strained left hamstring and a mild right ankle sprain.

His injuries could be attributed to his tenacity on the glass and on the defensive end of the floor. Over the past four seasons, Noah has averaged 10.5 rebounds and 1.5 blocks per game. But it's not just the stats. Noah brings some intangibles to the team.

"He brings a different dynamic to the court," star forward Carmelo Anthony said after Noah's first practice with New York. "Mentally, he pushes you; he forces you to compete at a high level every time on the basketball court. Everybody. Whether you're the 14th, 15th man on the team, or myself, or Derrick or anybody else."

"Like, he pushes you to go out there and compete every play. If not, you're going to hear about. I think that's something we've been missing, this team needed, this organization needed and I like it. We like it."

Like Rose, if healthy, Noah is a definite upgrade. The same could be said for the backup point guard Jennings and starting shooting guard Lee. Jennings, who suffered a torn left Achilles in January of 2015 and didn't return until the midpoint of last season, can also help the second unit attack the basket while Lee's solid perimeter defense and spot-up shooting will be a plus for the starting squad.

The Knicks last won over 50 games during the 2012-13 campaign and they can do it again this year if their key players remain

Courtesy of freeimages healthy and if their rookie sensation from last year, Kristaps Porziņģis, can avoid that dreaded sophomore slump. There's a lot of "ifs" health wise on this team and it's a concern, but injuries could happen to anyone on any team in the NBA.

The talent is there, it's just a matter of being able to stay on the court.



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