



THE GOTHIC TIMES

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Remembering Syasia McBurroughs



Courtesy of Julie Peterson

BY SHÉVANEÉ CESAR

On Saturday, November 5th, 2016, the NJCU community lost a rising student by the name of Syasia McBurroughs, 23, who excelled both personally and academically. She, along with two children aged 8 and 11, died in a fatal stabbing of six that occurred on that brisk afternoon in Newark. Three were left critically injured, including the 29-year-old mother of the two slain children and her 13-year-old twins. McBurroughs was visiting the family when the tragic incident occurred.

Jeremy Arrington, the man suspected of stabbing McBurroughs and five others, made his first court appearance on Thursday, November 10th, in which he plead not guilty to all charges (three counts of murder, three counts of attempted murder, criminal restraint, unlawful possession of a handgun, unlawful possession of a knife, and possession of a handgun and a knife for an unlawful purpose).

Arrington is being held at the Essex County Correctional Facility in Newark on \$5 million bail set by Superior Court Judge Russell Passamano.

According to Carolyn Murray, Acting Essex County Prosecutor, Arrington knew the victims and was seeking retaliation for a shared Facebook Alert that stated he was wanted for sexual assault and aggravated assault from another unrelated crime.

McBurroughs was an only child. She was a

senior co-majoring in secondary education and history and dormed at the West Campus Village. She was also a member of the NJCU Fashion Organization and worked at the campus bookstore on Wednesdays. McBurroughs was hired by Amazon the day before she was killed.

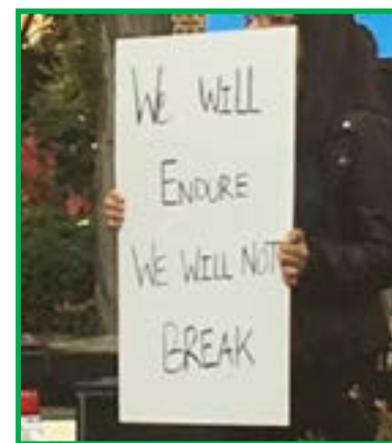
Friends and acquaintances say she was genuinely kind and endlessly giving. She was known to prepare food for the homeless and directly deliver it to them with her friends. Students signed a large white oak tag with her photo on it along with a green shirt taped by the campus bookstore. The messages praised the impact she had on their lives, and some expressed grief. Her name-tag that read "Syasia" was also placed by the green t-shirt and the colorful Sharpies.

The GoFundMe page set for McBurroughs by her mother, Trenace, features a message from her father that reads: "She was very vibrant, strong, independent and ambitious [...]. This is extremely painful and difficult for both her mother and I to have to endure the loss of our young child while she was at the prime of her life."

The McBurroughs seek assistance with paying her burial expenses, student loans, and other debts. If you would like to donate in her name, please visit the following link: <https://www.gofundme.com/syasia-mc burroughs?ssid=798909547&pos=1>

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NEWS

Course Cancellations Cause a Stir

BY SHÉVANEÉ CESAR

Shortly before the fall semester began, numerous students were notified through GothicNet and NJCU email that one or more of their courses had been cancelled. For some, these cancellations occurred just days before the start of the new school year. The last minute cancellations left many upset students in a frenzy to find course replacements before the Add/Drop deadline, which has since raised the question: Why exactly were the courses being cancelled, and why so last-minute?

University Registrar Miriam Laria confirmed in an email that 195 course sections were cancelled this semester, causing frustration among students over the last-minute inconvenience. (Last year's fall semester saw 185 course sections cancelled.)

Luisa Basaldua, a senior English and secondary education major, who works as a tutor for The HUB, expressed her frustration. "My English Capstone was canceled. I was going to take the capstone from 7 to 9 p.m. I decided to take the one on Mondays at 11:20. I was hoping to have Mondays off from school so I can have it as part of my work days – since I'm taking two capstones this semester -- but I'm on a four-year scholarship with the Honor's Program and it would've delayed my graduation."

Many students whose capstone classes were cancelled had to be placed into a different section. Basaldua said, "It was because of low enrollment. Some students were able to do an independent study or get into another section, while some had to wait until next year."

Kaylee Saltos, executive vice president of the Student Government Organization (SGO) and a senior Business and Biology double major said, "Students weren't able to find replacement courses that met the same specification requirements that the cancelled courses did. I've also spoken to some people who were in the journalism program that said a lot of their classes were completely gone."

One transfer student studying computer science who asked that his name not be used said, "I've been in school for six years now and it's mainly because of that [cancelled classes]. Some were prerequisites [that] would've given me the chance to cross multiple classes off. The latest one was the most devastating to my career. I had to take Civ I but [was cleared] to take Civ II and it was dropped, and that messed up my entire schedule. I could no longer graduate by December, and now I'm going to have to wait until next year."

Dr. Alina Gharabegian, English Department chair and an associate professor for seven years, said her department had several courses cancelled before the fall 2016 semester. She said, "If a course doesn't reach a minimum number of students before the semester begins, it will be dropped."

Last year, the general minimum requirement for an undergraduate course to run was 12 students; the minimum for a graduate course to run was 10. However, the minimums for undergraduate and graduate courses are increasing to 15 and 12, respectively, by spring.

Despite the numbers, chairpersons sometimes discuss the possibility of allowing an under-enrolled course to run with the approval of the college dean.

Dr. Carol Fleres, an associate professor and co-chair of the Special Education Department said, "Some courses were petitioned to remain open and they were left open for a time to allow for growth."

What Happened to the Journalism Program?

The journalism concentration major was completely eliminated from the

university this semester.

But the English Department had already begun the process of slowly fading the journalism program out before this fall. The program was under enrolled and was kept running only for the students who had a few credits left to complete the program.

David Mosca, a senior journalism major who has written for "The Gothic Times" and has been affected by these cancellations said, "It is unfortunate that the program was phased out. It will have an impact on the current journalist majors because of the quality of classes that we will be forced to finish with. Many students have had to substitute literature courses to replace their journalism electives."

Some of the journalism students who placed a request for independent study courses were fortunately granted the opportunity, but students had to already be enrolled in the university and have at least a 3.0 GPA.

When asked about the program, Dr. João Sedycias, the new dean of the William J. Maxwell College of Arts & Sciences said, "What I would like to do in the case of journalism, if the old type of journalism — which is print — is dying away, what replaces it is electronic, online journalism. ... Right now the program is dormant, and perhaps in the future we can revisit that."

Other Department Chairs Respond

When pressed about the issues regarding course cancellations, university chairpersons had varying answers, which fit into their department's needs.

Dr. John Grew, chair of the Biology Department, said, "I could have added at least two classes but [I] am understaffed and I do not have enough space because non-science courses are run in the science building." The science building is currently being expanded, therefore the science department is currently unable to hire new faculty or offer more classes or sections.

The Psychology Department was not affected by a lack of enrollment. Dr. Maria Lynn, co-chair of the Psychology Department, said "at least half of our courses are at the cap or over cap to meet students' needs."

When asked how course cancellations affect departmental faculty, most chairpersons shared that they had minimal concerns because "teaching assignments are often not finalized until the week before the semester starts," as Dr. Alberto Barugel, department chair of Modern Languages, said. Barugel also shared that his department usually offers "one or two classes" in each of the languages offered at NJCU (French, Italian, German, Arabic, Chinese, or Japanese).

Dean Sedycias Discusses Solutions

Dean Sedycias emphasized that student needs must be placed before personal conveniences for staff. "We are here to serve you. We need to offer these courses when it's appropriate, when the students can take them. If somehow, we're working at cross-purposes as to the kind of courses, the time of day, the days when they're offered, we're not serving you."

Sedycias also mentioned that market surveys "regarding a specific matter" or program would be a possible solution in alleviating the number of courses cancelled, thus causing less inconveniences for students. Sedycias said, "Anything we do, I'd like to make sure I have a conduit with the students to make sure students are heard [perhaps] in form of a student council. You already have your student organizations, and we have to take that information into account in some of these strictly academic decisions."

NEWS

Dining Expansions Bring More Variety to NJCU

BY DAVID MOSCA

The fall 2016 semester has seen expanding food options being brought to the Vodra Dining Hall. The Vodra Dining Hall now has 20 food stations under new contracts, including global, gluten free, rotisserie chicken, omelet/grilled cheese, panini, smoothie, pizza, meatball, and chicken parmesan stations.

“We have more students coming into the college,” said Anthony Cinelli, the Food Service Director at NJCU. “We need to expand and as the college grows, we’re growing too.”

The Gilligan Student Union Building (GSUB) Dining Hall has also received its own renovations including pasta, grab ‘n go, and Sono’s station. An oriental station has just been added and a build your own burger (BYOB) station is expected to open next semester, along with a new salad bar.

“I like that there’s a diverse variety of food to choose from now,” said Anyi Sanchez, an International Business major. “They have Spanish, Asian, and Indian food now so it’s nice to see different options.”

One of the biggest additions to GSUB’s dining plans is the garden on its rooftop. Fresh ingredients such as vegetables and herbs are being planted in the garden to be used in the new meal plans. Students are also taking part in this initiative, and are concentrated on planting garlic for the spring semester.

The new “C” stores, which feature 24-hour dining and grab ‘n go style food like salads, sandwiches, and coffee, were implemented this semester in the Professional Studies Building, West Side Campus, and NJCU’s School of Business; the “C” stores are maintained on a daily basis.

Though many students are impressed with the university’s new dining options, some feel that not everything has changed: “The buffet still seems to be the same,” said Stefano Armestar, a music major at NJCU. “It is nice though that there is a wider selection, especially with the Asian food, since there is a large amount of exchange students now.”

NJCU is trying to nourish the satisfaction of the students and staff by implementing these new dining expansions. It is an impressive start, especially with the diverse selections of food that are now available, and this is only the beginning. NJCU will continue to work hard at improving and diversifying campus dining services.



Courtesy of Anthony Cinelli (Food Service Director) & Julie Peterson

NJCU's Health Planning Class
6
Hudson Partnership CMO
Presents
SAVE THE YOUTH

Tuesday, November 22, 2016
11:30 am - 2 pm
Location: New Jersey City University, 2039
Kennedy Blvd, Gilligan Student Union Building
(GSUB), First Floor, Jersey City, NJ 07305

Stop by to join & learn about the Jersey City Youth
Crime Prevention and Educational Partnership

Volunteering opportunities, career ideas, grassroots
networking, prizes, and education will be provided!

For more information, contact: Dr. O'Neill
at ocorelli@njcu.edu

Registration requested, not required.
<https://www.eventbrite.com/e/save-the-youth-tickets-23832097427>

Like us on Facebook! <https://www.facebook.com/Save-The-Youth-10921682427088>

Hudson
Partnership CMO

NEWS

#SanctuaryCampus



Courtesy of Shevane Cesar

BY SHÉVANEÉ CESAR

On November 16, the NJCU community participated in the Sanctuary Campus campaign, a national demonstration by students urging their administration to create safe havens for undocumented and immigrant students to study.

Tamara Cunningham, Vice President of Global Initiatives, spoke on behalf of President Sue Henderson, who was at an off-campus meeting. She said, “While the transition to the new administration is underway at NJCU, our mission remains the same. Education, inclusion, and opportunity for all are at the heart of our community – a community that thrives on the exchange of knowledge and ideas, and views our great diversity as a core strength.”

The initiative was made by Sergio Crespo, the President of Dreamers, recently established as a resource for undocumented, international, and refugee students. Crespo stated that he wanted to support this movement to ensure all affected students feel safe. He said, “I would like people to remember that the amount of people that came out here today is the amount that they have to support them. This a movement of taking direct action to — not, like, pushing or suppressing the faculty or administration, but really to make them aware that we want this Sanctuary Campus. We want it, not just for a specific community, but for all of us, regardless of race, ethnicity, religion, sexual orientation, or immigration status.”

Dr. Alissa Koval-Dhaliwal, a psychologist that works at the NJCU Counseling Center, held a sign that read, “We must take sides. Neutrality helps the oppressor, never the victims. - Elie Wiesel.” She expressed that she was very proud of the students for standing up.

“Love really does trump hate in America, I promise you,” said Luisa Basaldua, a senior English and secondary education student to the crowd. “No matter what political background you identify with — democrat, republican, conservative, liberal — we all have to come together to continue to fight this accepting of hatred in our country.”

An NJCU student who requested not to be named or photographed,

addressed the crowd with a personal, emotional story, about how on the day Trump was announced president-elect, a friend he barely knew or spoke to, that identifies as Muslim, reached out to him through Facebook for safety. “She still felt that fear for her life to seek protection from someone she wouldn’t normally reach out to, and we’re in times like that, that we have to stick together.”

The student, who had a big support amongst the crowd, fought back from crying, and said, “Everyone that’s standing here right now, we need to stick together. And I don’t care what that looks like, whether you have to message someone you don’t normally talk to, whether you just call someone or send an email to someone you don’t even know, it’s just letting someone you don’t know, know you still care. ‘Cause there’s a lot of people out here who don’t know that someone cares about them.”

Graduate and undergraduate students from other universities, such as Rutgers and St. Peter’s, were amongst the dozens that gathered for the walkout. Members of Anakbayan New Jersey: a youth and student organization working to educate, organize, and mobilize the community to address important issues that affect Filipinos in the U.S. and in the Philippines, were also in attendance, and spoke at the protest.

Ruthie Arroyo, the chairperson for Anakbayan New Jersey, said “We call on all those who are angered to go to beyond social media and individual sentiments to join us in classrooms and community spaces and agree to mobilize the people’s frustration into collective action. Each day, we’re advised to mind our own business — to keep our heads in our books, and maybe we can achieve success. We already have a blind eye. But the four corners of the classroom is no safe refuge.... Education is no longer a sanctuary of the soul; it is [an] arena of struggle. [...] Students are now being treated as a commodity in exchange to extract profit.”

After mentioning the prospects of the dismantling of Title IX under the Trump administration, Arroyo continued, “While holding Trump accountable, we must also recognize the root cause of these anti-people policies is not just one, singular man but rather, the rotten U.S. system that paved the way for this election.”

NEWS

Saving the Boobies



Chemistry Club

Courtesy of freeimages & David Mosca



BY DAVID MOSCA

In September 2015, the Chemistry Club created the Save the Boobies Fundraiser. Sixteen different organizations, including Campus Life, Greek fraternities and sororities, and clubs from the Student Government Organization (SGO) came together to take part in the event. In October 2016, Save the Boobies returned once again.

"Last year, it was such an amazing and great success that a week after the event was done, everyone who helped out wanted to know if the fundraiser was going to happen once again this year," said Andi Giraldo, Chemistry Club President.

The event took place on the first floor of the Gilligan Student Union Building (GSUB) with 10 different tables, which had food and drinks for sale, games to play, raffles of M & M jars and baskets filled with school supplies.

"We had a DJ, hundreds of students came by and donated money or bought from the items we were selling on the tables, we had winners, and most important everyone who took part in this event, wore the pink breast cancer shirts I designed," said Giraldo.

This year, a total of \$534.91 in donations were made from the event, which was added to the money made in last year's event, and helped the organizations involved reach their goal to make over 1,000 dollars for the Save the Boobies Foundation.

"One hundred percent of the donations we received from the fundraiser were donated to the National Breast Cancer Foundation," said Giraldo. "The reason we partner up with the National Breast Cancer Foundation is because they are a non-profit organization that focuses on the importance of females who are battling breast cancer and need support to get through it."

At the end of the event, a memorial ceremony was held to honor the lives lost to breast cancer as well as those who had survived. Pink balloons were released with the names of those lost into the air followed by a moment of silence.

"This was an amazing event, that meant a lot not only to me, but to everyone who helped out," said Giraldo.

The Save the Boobies Fundraiser received help from the Chemistry Club, F.E.L.A., SGO, the Biology Club, American Medical Student Association, Black Freedom Society, Caribbean Student Association, Gothic Stage, Fashion Entertainment Organization, African Student Association, Greek brothers - Tau Kappa Epsilon (TKE), Greek fraternity - Alpha Phi Omega (APO), F.L.O.W. , Alternate Dispute Resolution (ADR), Health Student Science Organization, and Greek brothers - Psi Sigma Phi Multicultural Fraternity.

School of Buiness Hires New Professors for 2016-17 Academic Year

BY AMBER VAUGHN



Provided by Ellen Rue

Prior to the beginning of the 2016-2017 academic year, NJCU hired many new faculty and staff. The School of Business hired new professors for the Accounting, Finance, Management, and Marketing departments.

Professor J.D. Jayaraman is a professor in the Finance Department. He had previously worked on Wall Street for 20 years, and was an adjunct professor in finance at NJCU for six years; he switched to a full time academic position last year. In 5 to 10 years, Jayaraman sees the School of Business becoming a premiere institution in the area that will become particularly known for bringing practice into the curriculum and preparing students with the skills needed for immediate job success.

Professor Amit Mokashi is a professor in the Management Department. Prior to teaching at NJCU, he taught transportation, management, and international business courses at the University of Wisconsin – Superior. He is currently teaching International Business and Global Management. In 5 to 10 years, he envisions the School of Business generating more advanced courses for both undergraduate and graduate programs, more niche programs and courses, and with a higher level of accreditation, such as the Association to Advance Collegiate Schools of Business (AACSB).

Professor Zui C. Lee is a professor in the Marketing Department. Prior to teaching at NJCU, he taught at Susquehanna University's School of Business as an associate professor, where he taught marketing for six years. This semester, he is teaching Global Marketing and Principles of Marketing. He will be teaching Global Marketing and E-Commerce in the spring. In 5 to 10 years, he visualizes the School of Business as an opportunity for students to grow before and after graduation, and provide students with job opportunities in other countries.

Professor EnSu Lee is a professor in the Management Department. Prior to teaching at NJCU, he was a transportation researcher, and was an adjunct faculty for North Dakota University teaching industrial manufacturing and engineering courses for undergraduates, and transportation and logistics courses for graduates. He is currently teaching Business Statistics, Business Information Systems, and Global Supply Chain Management. In 5 to 10 years, he can see the School of Business developing new programs, spending more time towards management, and being prosperous with new programs.

If you would like to know more of what classes these professors are going to be teaching in the spring, and would like to take their class, please contact your advisor to coordinate the class(es) to your schedule for the spring.

Congratulations to the new business professors at the School of Business!

FEATURES

Veteran's Day from a Female Soldier's Perspective

BY ERICA SALAZAR

"Their mother went to war and came back a different woman." Spoken with raw honesty, former Military Police Sergeant Kimberly Longsoldier shared this with me as we talked recently about the significance of Veteran's Day. While the support and recognition of female veterans is gradually increasing, it is our dual role as a mother that is often overlooked. Although humbled by free meals and appreciation, Veteran's Day is a time when I truly feel the impact of the eight years that I balanced active duty military life with motherhood.

I first became a mother on May 3, 2007 while stationed at Fort Riley, Kansas. Alone, at just 20 years old, I gave birth to my first child whose father was deployed as part of the Baghdad Surge. Struggling through marital issues due to our long-term separation, as well as suffering from post-partum depression, those 12 months of raising my daughter alone laid the foundation for my resilience as a soldier and a mother. Three years later, this resiliency was tested as I faced my first deployment to Afghanistan.

In 2010, the 2D Stryker Cavalry Regiment out of Germany was ordered to deploy to Southern Afghanistan as part of Operation Enduring Freedom. Four months after giving birth to fraternal twins Bella and Kloie, I found myself faced with the reality of war. As an intelligence analyst, I understood that my role was vital to the mission, and so I enacted my family care plan in order to deploy. While not ideal, I was forced to separate my children between families in Texas and Louisiana so that both their father and I could fulfill our deployment duties.

As part of the operations cell in Afghanistan, I was responsible for relaying real-time intelligence data and directing unmanned aerial vehicles over enemy targets and locations. In a day's work, I went from creating intelligence briefs to assisting bombing missions against improvised explosive devices (which were attempts at destroying our convoys). What was

once a grieving mother longing to hold her three babies, evolved into a hardened soldier. I found myself becoming distant from my own children. The long hours and emotions from a day in Afghanistan were hard to relinquish so I thought it best to keep communication with my children to a minimum. Unfortunately, no one trains a female soldier on how to balance motherhood and active duty life. Most of all, no one warns you on how to cope with motherhood after a deployment.

The day I came home from Afghanistan, I had to bribe my 1-year-old twins with Oreos so that they would stop crying at the sight of this stranger in camouflage. I was their mother and yet, they had no idea who I was and how to feel about me. This took a toll on me emotionally as I tried to repair our broken bond. The deployment not only affected my relationship with my children, but it also took a toll on an already fragile marriage due to both of us developing post-traumatic stress disorder. In 2013, after years of mental and physical abuse, I divorced my ex-husband and exited the military. Lacking financial help, I made the difficult decision

to leave my children once again and deploy for a second time to Afghanistan as a civilian contractor. A committed veteran and mother, I chose to simultaneously support my children and defend my country to the best of my ability.

The hard choices I made and the sacrifices my family has endured are experiences shared by many of my female battle buddies. On Veteran's Day, we not only reflect upon our combat experience but also the war we fought in our own homes: the times our children didn't remember us, the broken relationships, and the abuse resulting from war. As the backbone of the family, a female veteran carries the weight of war *and* motherhood. Yet, she will never regret her years of service to her country, for they made her resilient in the face of any obstacle pitted against her.

Erica Salazar is a NJCU student working towards a B.S. in National Security Studies. She transferred to NJCU from Texas and hopes to graduate in Fall 2017.



Courtesy of Erica Salazar

FEATURES

The Gothic Times Staff Visits Washington D.C.

BY ELENA E. ZEMAN

Most of the work that we do as editors of the Gothic Times revolves around interviewing, emailing, making calls, and editing stories. However, one of the perks of being an editor is getting to attend national conventions around the country.

In October, the staff attended the Associated Collegiate Press (ACP) National College Media Convention in Washington D.C. While there, we met some of 1,302 students from 236 different colleges in attendance. There were colleges from 45 different states; students from Canada and Denmark were also present at the ACP. The convention was one of the most educational and rewarding experiences gained from being a staff member.

Not only did we attend various workshops that helped us strengthen our journalistic and editing abilities, but we also got to explore a city full of history and magnificence. This national convention was tailored to fit the interest of each individual person that attended; I can guarantee that not one person, out of the six of us that attended, had the same exact experience.

The different workshops that were offered ranged from strengthening your editorial staff, paper critiques, and benefiting from social media. There was even a live broadcast from Edward J. Snowden himself.

These workshops were often attended individually by editors that specialized in each area. For example, Amber Vaughn, the Marketing Manager, attended the social media workshop, because it was directed towards her area of expertise.

Ana Acosta, Features Editor, attended two workshops during her time at the convention that left a lasting impression. Acosta said, "Both workshops were very helpful and provided me with different ideas on how to approach the features section."

Furthermore, Joseph Severini, our Editor-in-Chief, attended a workshop that revolved around being a good leader and motivating your staff to produce the best work possible. Emmanuel Lebron and myself attended this workshop alongside him and we learned how much the editor-in-chief takes on and how to work as a team to attain the specific goals of the newspaper.

One might assume that the fun ended at these specific workshops; however, there was much to do outside of the convention as well. During our free time, the editors of the Gothic Times explored the beautiful city and visited many monuments and museums. Shévaneé Cesar, the News Editor, went sightseeing with Vaughn one evening after the workshops were over. Cesar described to us how different Washington D.C. was in the evening as opposed to day time. Cesar said, "the monuments were so much more beautiful and had such a lasting impact when viewed at night."

Many of us had explored Washington D.C. before but what some of us came to realize is that there are always new experiences to be had each time. We all met new people, became explorers for the weekend, and learned something innovative. Being an editor of the Gothic Times is hard work, but the perks are obvious. Many of us left the convention feeling nostalgic about the time that we had spent there. It is bittersweet that most of us will be graduating in spring 2017, but it is also exciting to hand the torch off to a new set of editors and writers.



Courtesy of Shevaneé Cesar

21st Annual Gifts from the Heart Project



Donations accepted from November 1st - 30th
Distribution of clothes & toys to children in need in our Jersey City community.

WE NEED: Please see the [Wish Lists](#) from the receiving organizations at our webpage:
<http://svillamizar.wix.com/gifts-from-the-heart>

DROP OFF: your donations from November 1st - 30th at one of the following locations:
The Health & Wellness Center, Vodra 107
The Office of Campus Life, GSUB 111
The Children's Learning Center, Hepburn 101
The John Jay Moore Athletic Center, 110 Culver Ave.
The Frank J. Guarini Library, Circulation Desk 1st Fl.

Volunteers Needed for wrapping & decorating packages on Wednesday December 7th from 9AM until 3:00PM (H-202).

For more information please visit our website:
<http://svillamizar.wix.com/gifts-from-the-heart>

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Interested in Podcasting?
 Have past experience with recording equipment?

The Gothic Times is looking for students to work on our Podcast!

GOthic TIMES

Stop by our meetings on Thursdays @ 1PM in GSUB Room 301.

or contact the Director of Student Media Theta Pavis at TPAVISWEIL@njcu.edu

gothic knight radio

FEATURES

Dealing with Holiday Stress

BY ALISSA KOVAL-DHALIWAL, PH.D.

Ask NJCU students what images come to mind when they think of the “holiday season” and you’re likely to hear about shopping excursions, decorating, parties, family gatherings, religious observances, cooking and gift exchanges. However, for many of us, holidays can also be draining, disappointing, lonely and tense. Inability to be with loved ones, financial worries due to increased spending, family conflicts, increased demands on one’s time, and not having enough personal space can all contribute to stress overload.

Being realistic about one’s expectations, setting limits and using good decision-making strategies can all help reduce stress overload. Here are some specific things you can do to help keep the “holiday blues” in check:

- Don’t aim for “the best holiday season ever.” This is a set up for disappointment.
- Be practical about what you can and can’t do. Make sure what you commit to is truly manageable, given your daily school, work and personal obligations. Since the holiday season coincides with the busiest time of the semester, make sure that you are managing your time in a way that sets you up for academic success (Guideline: Each week, set aside two hours of study/homework time for every credit hour you’re enrolled in. That means if you’re enrolled in 12 credits, you should be spending an additional 24 hours on your schoolwork every week).
- Break larger tasks down into smaller tasks, and pace yourself.
- Plan a holiday budget and stick to it. In addition to gift expenditures, account for the “hidden costs” of extra transportation use, celebratory

foods and beverages, charitable donations, extra phone calls to friends and family, greeting cards, and postage. Consider some festive activities that incur little spending, such as attending public school concerts, walking or driving around to view holiday decorations in your neighborhood, or going to New York City to enjoy store window displays.

- Spend time with supportive people. If you’re unable to be with loved ones, reach out to others who may be in the same position and make a plan to keep each other company.
- Watch your alcohol intake. Remember that alcohol is a depressant, and excess drinking will, in the long run, leave you feeling tired and down.
- Do something for others who are experiencing misfortune in their lives. Helping others gives us a sense of meaning and purpose, distracts us from our own troubles, and helps us to recognize the things we are grateful for in our own lives.
- Take care of your body. It may be tempting to overindulge in holiday treats or to skip workouts, but healthy eating and exercise plans are great buffers against stress.
- Celebrate the holidays in new ways. Developing fresh traditions can be as enjoyable as participating in old ones. Change is a part of life; even when we don’t choose it, we can empower ourselves by taking an active approach in adjusting to the transformation.

Registered students are eligible to receive free, confidential short-term counseling at the NJCU Counseling Center, located in Gilligan Student Union Building Room 308. Call us at 201-200-3165 to request an appointment.

OP/ED

Parking Nightmare

BY ELENA E. ZEMAN

Beeeeeeep! The line of cars behind me was getting increasingly long and impatient. I was trying to get into the parking lot on West Side Avenue that has been designated for Gothic Card entrance only. It seems that paying for my parking in the beginning of the semester was useless because I couldn't get into the lot. After pressing the help button for about five minutes I realized that there was no way of getting into the lot. If it wasn't for the help of a kind man who was working on the construction by the new dorms, I would not have been able to back out of the narrow space and let the twelve cars behind me go through.

I was wondering why everyone else's Gothic Cards were working and mine was not. Later in the day, I found out that the reason I was not able to get into the lot was because I never swiped out when I left. That is a legitimate reason; however, the last time I left the lot the security guard had opened the gate for me and I had no reason to swipe out. I was not aware that it would impact my ability to get back into the lot the next day.

Some people might argue that this situation was my fault and I do not completely disagree. After this incident, I was cautious about swiping in and out of the lot. About a week later I was entering the parking lot and had a problem with my Gothic Card once more. I swiped my card once, twice, three times and the gate would still not rise. I knew I used my card the night before to exit the parking lot so it was unclear what the problem

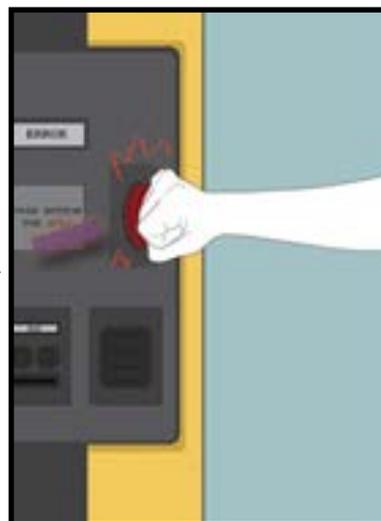
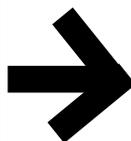


Illustration by Julie Peterson

was this time. Fortunately, after the seventh swipe, the gate went up. I felt relieved because cars had begun to gather behind me.

I am not the only student who had experienced problems with the new parking system this semester. Briana Fischetto a fourth year English and early childhood education major had a similar problem with the parking on campus. She said, "The garage and lot 3 always being full is stressful enough, but when I couldn't get into lots 6&7 because the machine stated I was 'already inside' was a whole new level of stress." Fischetto informed me that she was twenty minutes late to class that day

because she was struggling to find parking and to resolve her issue with her Gothic Card. The parking attendant in lot 3 said to her that she was not able to get into the lot because she never swiped out when she left the lot last. However, Fischetto stated that she did in fact swipe out because if she didn't, she would still be in the lot and would not have this problem.

It is quite evident that the parking system is new and will have some glitches for

the first few months. However, students are discouraged because not only is this parking system interrupting their education but also, it is irksome that they are not getting the service that they paid for. I for one, can agree on this point. I have a busy schedule and do not have the thirty minutes to spare in order to grapple with the parking machine. Hopefully, these issues are addressed soon and we can go back to a worry-free parking environment.

THE GOLDEN STATE WARRIORS

BY DANIEL MORREALE

Kevin Durant (KD), one of the top three basketball players in the entire world, left the Oklahoma City Thunder this summer to join the Golden State Warriors. His decision was met with immediate criticism from just about everyone residing outside of the Bay area. The most common theme found amongst his critics is cowardice. Most say that Kevin Durant is a coward because he left the Thunder or that he is a deserter because he joined what was already one of the best teams of all time.

Oklahoma City saw hope of a championship in their former first-round pick, and now they're left stranded. The Warriors have a newfound



Courtesy of freeimages

identity as the unstoppable villains of the NBA. Yet, one year ago, when they were an even better performing team than they are at this point in the season, everyone loved watching them. Everyone marveled at their level of chemistry. It seemed as if every day I would find a new video of Steph

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Curry making a fool of any defender who had the audacity to believe he would shoot the ball from within five feet of the three-point line.

With an addition as significant as KD, the Warriors are going to need some time to adjust to his playing style. The same happened when Lebron, Bosh, and Wade joined forces in Miami a few seasons ago. The infamous big three, started the season off with a surprisingly poor 9-8 record throughout their first seventeen games. If they stayed at that pace, they barely would've broken .500 for the season. By the end of their first year together, the big three finished 58-24, and lost to the Dallas Mavericks in the NBA finals. Two years later, they finished the season with a franchise best 66-16 record, and won the NBA finals. For the

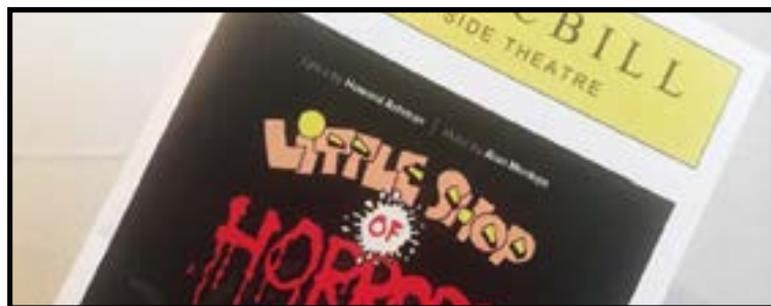
beginning of this season, the Warriors are not going to be as good as they were last year. The Warriors' pre-KD style of play was to give the ball to whoever was the open man, because they had so many weapons. The potential for KD in this system is unfathomable. They were already the best three-point shooting backcourt ever, and they added another player deadly from behind the arc, and just about everywhere on the floor. Once they get into the groove of things, the Golden State Warriors might turn out to be the strongest basketball team of all time. We're too caught up in the circumstances that lead to the creation of this team, that we're forgetting how good they're about to be. It is time we stop criticizing the character of the team, and start enjoying the level of play we're about to see.

Courtesy of Monica Sarmiento

Little Shop of Horrors

Audrey II comes to NJCU looking for a bite to eat

BY MONICA SARMIENTO



New Jersey City University's theatre company put on *Little Shop of Horrors* for two weekends in October in its very own West Side Theatre. Based on Roger Corman's 1960 black comedy horror film, *Little Shop of Horrors* was composed and written in 1982 by Alex Menken and Howard Ashman, the two men behind *The Little Mermaid* and *Beauty and the Beast*. NJCU's production was directed by **Marc G. Dalio**, musically directed by **John DiPinto**, and choreographed by **Alex Jo Natale**.

Little Shop of Horrors follows the quirky and terror-filled story of Seymour (**Sammy Olmedo**), Audrey (**Christina Sarimanolis**) and their boss, Mr. Mushnik (**NaJee Esmond**) who owns Mushnik's Flower Shop on skid row. They grow increasingly desperate after many slow business days, but after a "total eclipse of the sun," Seymour happens to come across a mysterious new breed of fly trap, which he decides to name Audrey II. Business in the flower shop quickly booms once they place this odd plant in their window, making both Audrey II and Seymour the shop's pride and joy.

It's not long before we find out that the key to the plant's growth and health is not just water and sunshine, but people! Seymour's fortunes have changed with the rise of Audrey II, but so has his morals as he obliges the man-eating plant by feeding it unsuspecting victims.

The cast worked amazing together, putting on a fantastic show filled with talented vocals, impressive skill, and hilarious comedic timing. Chiffon (**Catriona Rubenis-Stevens**), Crystal (**Azudei Dubois**), and Ronnette (**Kristina Plate**) move the story along with wonderful



harmonizing and silly quips throughout the show. Orin (**Anthony Bruno**), the wicked and sadistic dentist and Audrey's abusive boyfriend, earned big laughs and cheers from the audience, especially during his first appearance during "Dentist!" in which he explains how the pleasure he derives from other's pain led to his becoming a dentist.

Watching Audrey II actually grow in size was truly incredible, and the puppeteer work done by **Gerson Checo** and **Carly Hatcher** was a great illusion that made it seem like the crazy man-eating plant was alive on stage before our eyes. Other notable performances include Sarimanolis' strong vocals in the ballad "Somewhere That's Green," and Olmedo and Esmond's tango-esque duet in, "Mushnik and Son."

The set was small but a perfect setting for the story, an intimate show, and a small audience like the musical's creators intended. With every new iteration, Audrey II grew more impressive, striking resemblance to the 1986 movie version while putting a wacky, unique twist to the wild plant.

From the excellent singing and acting to the amazing set design and costuming, NJCU's musical theatre program did a wonderful job at bringing the thrilling, horror comedy of *Little Shop of Horrors* to life. And remember, whatever you do, *don't feed the plants!*

A&F / SPORTS

Birth of a Nation

(Nat Turner Story) Untold!



Courtesy of freeimages

BY ISAAH K. HAMILTON

The movie "Birth of a Nation" introduces itself as a dramatic action movie. This movie is the African American version of the original (1915) film, "Birth of a Nation." This movie is told from the perspective of Nat Turner. It was a great representation not only of the life Nat Turner lived but also other slaves and what they had to go through. This by far is one of the most intense slave movies ever. The movie was very graphic. For instance, they showed hangings and a scene where a white slave master cut out the tongue of a slave because he refused to eat supper. The scenes where they whooped slaves, you can see deep marks on their backs. Those scenes made movie watchers feel right in the movie. Turner knew something had to give. He finally did something about it.

A young man from Courtland, Virginia had a very powerful voice and was intelligent. Turner use to conduct church ceremonies as a pre teen. The church ceremonies consisted of him singing and reading several bible verses. The purpose of Turner's preaching was to sustain slave rebellion. In the movie, every time he would preach, you would see the passionate tears coming down his eyes. Turner may have taken a lot of things personal because he was the only child. He looked to the slaves as his brothers and sisters. He knew that if he planned to attack he couldnt do it alone.

Nat Turner is played by actor Nate Parker; he is also a good fit for the role. His body structure and southern accent matches Nat Turner perfectly. They were other significant characters in this movie that was essential to Turner's life. His slave owner Samuel Turner was played by actor Armie Hammer. Nat Turner's mom Nancy Turner was played by Aunjanue Ellis. All actors did a terrific job making the concept of the movie come to life. They showed a great representation of the relationship between and slave and slave owners in the eighteen hundreds.

When faced with adversity, Turner showed his mental and physical toughness. He didn't give up on himself nor the other blacks around him. His leadership helped other slaves be confident as well. In the movie, he was responsible for getting the black slaves to rebel and fight to escape slavery. He ended up killing many white men in Virginia.

The best part of the movie is when you see Nat Turner and the other slaves were charging at the white men and vice versa. They had fist, knives and guns on them. You can see the intense look on their faces. The image of that was very powerful. Nat Turner later died after being hung. It was November 11, 1831 in Virginia. In comparison to the movie '12 years a slave' and "Django" this movie is rated five star.

WORLD SERIES

BY ISMAEL J. RAMOS-PÉÑAHERRERA



Courtesy of freeimages

After 108 years, the Chicago Cubs finally won the World Series after defeating the Cleveland Indians in seven games.

The Cubs hadn't been World Series champions since 1908 and last competed in the series in 1945. It was the longest championship drought in North American sports. Now that honor goes to the Indians.

The Tribe last won the Fall Classic 68 years ago in 1948, but most recently competed for the title in 1997 and 1995.

One of these two droughts were obviously going to be broken once these two franchises matched up, but many were rooting for the Cubs, although it didn't look good early on.

After getting shutout 6-0 in Game 1 in Cleveland, the Cubbies fought back to win 5-1 in Game 2 to even up the series. Then the teams went to Chicago for the next three games where the Indians went on to win Games 3 (1-0) and 4 (7-2). The mighty Chicago offense, that was second in the National League in runs, OPS and RBI, was completely anemic when the lights were on brightest.

With his team down 3-1 in the series and one loss away from elimination, Cubs Manager Joe Maddon turned to NLCS co-MVP Jon Lester in Game 5 to cool off Cleveland's hot bats, and that he did. Lester went six innings while only allowing two runs on four hits with five strikeouts. But the fourth inning of that game was the true turning point of the series.

The home team was down 1-0 and it felt just like the other games where the Cubs couldn't muster up any offensive firepower. And just as FOX analyst John Smoltz said the Cubs had to find a way to score in this inning, before Cleveland's shutdown bullpen came in the game, Kris Bryant took Trevor Bauer deep to tie the score at one.

The Cubs continued to rally in that inning to score two more runs and ultimately won the game 3-2, but not before using their closer Aroldis Chapman for an eight-out save in which he threw 42 pitches. His career high in pitches thrown was in July of 2015 when he threw 44. It was the only other instance in which he threw over 40 pitches.

After an off-day for the clubs to travel back to Cleveland, the Cubs pounded the Indians 9-3 in Game 6 to force a winner-take-all Game 7. But after having a comfortable five run lead (7-2) with two outs in the seventh inning, Maddon panics and brings in his top gun Chapman, instead of allowing him to rest from his exhaustive Game 6 appearance when a Game 7 seemed inevitable.

Even when Chicago had a commanding seven run lead (9-2) in the ninth, Maddon inexplicably had Chapman continue to pitch. It didn't make any sense. Chapman walked the first batter he faced in the inning and was immediately lifted. He ended the night throwing 20 pitches, for a total of 62 in three days. It just seemed illogical to waste a bullet like Chapman in a game you seemingly have in the bag, especially when it became evident you would need him at full strength for the next day after being overworked in the two games prior. Cubs fans were worried the excessive workload would affect Chapman in Game 7. And it did.

The Cubs found themselves with a 6-3 lead in the eighth

inning with two outs and a runner on base before they brought in Chapman. It appeared over for the Tribe. Everything was going according to plan for the lovable losers. Kyle Hendricks and Lester pieced together 7 2/3 innings with a Cubs lead and were handing the ball over to the shutdown closer the club acquired at the trade deadline for this very situation: a chance to end the Cubs' curse. That is, until the unbelievable happened.

After Brandon Guyer hit a double off of Chapman to score José Ramírez from first, Rajai Davis stepped up to the plate and delivered one of the most spectacular moments you will ever see. He lined a two-run homer into the left field seats, tying the game at six. With sweat dripping from Chapman's face as he shook his head in disbelief, the crowd and Indians dugout erupted in excitement as Davis rounded the bases with his tongue out in a smile. The Indians had life again.

It was at that very moment that everyone knew: this is a classic. A Game 7 for the ages.

You could imagine Cubs fans everywhere were starting to think of that dreaded curse. Thoughts of "here we go again" or "we're never going to win" were probably going through their minds. But after Chapman bounced back from his blown save in the eighth, he worked a 1-2-3 inning in the ninth, forcing extra innings. It was just the fifth winner-take-all World Series game to go extras in history.

That's when Kyle Schwarber, who hadn't played in a game from April 7th to Game 1 of the World Series after suffering both a torn ACL and LCL, singled to right field to begin the rally for Chicago after a rain delay speech delivered by Jason Heyward to pump his teammates up.

Then with two on and one out, Ben Zobrist clinched his World Series MVP trophy by hitting a clutch double on a ground ball to left field, scoring pinch runner Albert Almora Jr. from second and giving the Cubbies a 7-6 lead. They tacked on one more run and in the bottom of the 10th, Davis singled in another run to reduce the Indians' deficit to 8-7 with two outs.

And then it happened. First baseman Anthony Rizzo caught the final out, raised both his arms straight in the air like a little kid, put the baseball in his back pocket and ran to his teammates. After Cleveland was down 3-1 in a best-of-7 series for the championship in another sport (NBA) and came back to win it all, the city was on the opposite side of the spectrum this time around. The Cubs were also just the seventh team to win Games 6 and 7 on the road in a best-of-7 World Series. It was the first time that had happened since 1979 when the Pittsburgh Pirates beat the Baltimore Orioles.

We absolutely witnessed history. People have lived and died without seeing the Chicago Cubs hoist the Commissioner's Trophy. But in 2016, it happened. It unbelievably and finally happened.

There's no doubt that Game 7 of the 2016 World Series was one of the greatest baseball games of all time. The history of the franchises' droughts, the drama and magnitude of a World Series Game 7 were all contributing factors in making this World Series truly a Fall Classic.

SPORTS

THE WORLD LOST A STAR

BY ERIK S. ORDYKE

With the baseball season in the books for this year, many will look to the promise in next year's season after the Chicago Cubs managed to win their first World Series in 108 years this month. However, there is one person that must not be forgotten from the world of baseball and beyond – José Fernández.

He passed this fall due to a boating accident in September. He left behind all players and fans of every team in mourning, including his wife, who was pregnant. José was a rising star in Major League Baseball and was the embodiment of the American dream. He was born in Santa Clara, Cuba and found his love for baseball there, watching his friends play in a ballpark. Among those friends was current Major League Baseball player, Aledmys Díaz. José admitted that he may have never gotten into baseball if he had not watched Aledmys and his friends play.

Being born in Cuba, José attempted to defect from his homeland three times in his teen years. All three times he attempted to leave Cuba for Miami, he was caught and was forced into a jail sentence as punishment. He was not deterred because of these failed attempts and continued to try to defect from Cuba. On his fourth and final try, he tried a different route to escape in 2007 with his mother and his sister, and did so successfully. On the boat ride out of Cuba, he had heard that one of the passengers had fallen overboard and began to drown. Without a second thought, José dove into the water to save the drowning passenger. After successfully saving the passenger when he got to the surface and returning to the boat,

he had realized that the passenger he saved was his own mother.

The country he reached after escaping Cuba, was Mexico. He had then moved to Tampa, Florida a year later and joined his high school baseball team. In his senior year in high school he threw two no-hitters and was subsequently drafted by the Florida Marlins in the first round of the 2011 Major League Draft. There he would begin his career in Minor League Baseball and Major League Baseball. In 2013 he made it to the Majors and began to pitch for the Marlins when he was just 20 years old. In his first season, José made the National League All Star team and won the NL Rookie of the Year award, two prestigious achievements for someone of his age. He also made the National League All Star team once more in 2016.

Nonetheless, José's talent never had the chance to blossom fully. His death was a tragic accident that shocked teammates, fans, and the baseball world alike. The memory of José should never be abandoned because of his journey to the United States and what he meant to baseball. This man was caught and jailed three times for trying to defect from Cuba and still was able to be drafted by a Major League Baseball team a few years after his fourth and final defection attempt. José is, and always will be, a shining example of the American Dream. He started in Cuba and was willing to give up everything he had to get to the United States, and his efforts materialized. José Fernández was a star in his own right, and even though that star may have fallen, he will never be forgotten.

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