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Seniors – Scared to Graduate?

By Joey Sforza

New Jersey City University seniors expressed mixed feelings over graduating and advancing into their respective fields in a survey conducted on April 13 and 14 by The Gothic Times.

John Dunphy, 25, an English major from Kearny, says he “absolutely” fears the professional world. “I just checked my bank account; I’m in the red, and I still live with my parents. I encourage NJCU students to stay here as long as possible.”

Fears over graduating and having to progress to the “real” world were often coupled with the underlying fears of finding work in an uncertain economy, living on one’s own and leaving school permanently behind.

“I never had to pay rent before. When you actually have responsibilities, the definition of ‘self-sufficient’ changes: I can buy my own coffee but not pay my own car payments,” explained Dunphy, who is now enrolled in the

Alternate Route program, a new option for non-certified professionals to obtain teacher certifications.

“The ‘real’ world is very different from school life. [It] isn’t an academic setting,” said Nastassja Torres, 23, the incumbent Senior Class President. “There is no one to tutor you. It can be intimidating. I like NJCU. I got involved in my last years here, and I don’t want to move on.”

Although real-world fears abound, some seniors also felt NJCU classes and professors have equipped them with enough knowledge and skill to masterfully tackle the job-market.

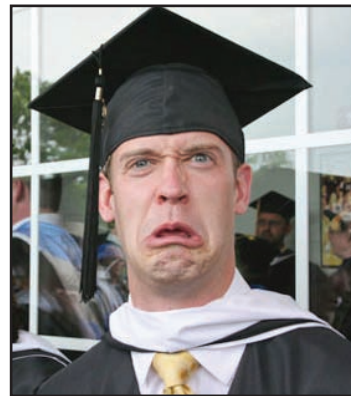
“The teachers here have real experience and talk to you as if you’re an adult,” said Leon Williams, 26, a psychology major from Long Island, New York. “They did a good job laying a foundation,” adding that fearing the real world “depends on your personality. There are a lot of job resources out there that people aren’t aware of. I’m a very resilient person.”

“They [NJCU professors] give you a good idea of what it takes to hustle in different areas,” said Ben, a multi-instrumentalist majoring in music education. “They give you options, the reality that you can be a jack of all trades.”

Other students maintained that their classroom experiences should have been more interactive and demanding.

“NJCU is a good school but doesn’t hold students up to the caliber needed for the professional world,” said Martin Keane, 25, a psychology major from Secaucus. “Most students take easy professors. I think it’s wrong that professors don’t have a problem with students’ passivity. It’s really scary,” Keane added, noting that he has had several inspiring professors at NJCU, whose “unconventional teaching methods” succeeded.

In order to file for graduation, a senior must have at least 128 credits, a 2.0 GPA, 32 NJCU credits, 36 major area credits (some require more), and \$25.00 to cover processing fees. Seniors



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must then complete the ‘Intent To Graduate Card’ in the Undergraduate Graduation Clearance office in Hepburn Hall. From there, a potential graduate’s paperwork is sent to his or her department chairs, where it is thoroughly reviewed. If there is a problem, advisors will contact the senior.

Professor Wessman of the English Department is surprised by how many advisees disregard taking their general studies requirements (a total of 48 non-major credits). “It’s as if they’re in de-

nial,” he said, pointing out that students must fulfill the university’s mandates in both major and general studies areas (although some classes can be waived).

According to the Undergraduate Graduation Clearance office, an estimated 1092 seniors will graduate from NJCU this May, venturing into different disciplines and perhaps furthering their education. That’s notably more than 2009’s graduating class, with 1,038 alumni receiving degrees. Nonetheless, 2010 graduates must also ready themselves and confront the upcoming life challenges last year’s graduates faced.

“The seniors I’ve worked with are ready for the real world. They’re setting themselves up for success,” said Senior Class President, Nastassja Torres, adding, “Good luck to everyone who’s graduating! I hope everything they’ve learned at NJCU helps them in their years to come.” Torres hopes to attend law school, as well as work on her graduate degree after her May graduation.

K-Building Challenges Handicapped

By Rabiah Bhatti

The George Karnoutsos Building of Arts and Sciences in New Jersey City University has state-of-the-art technology, writing labs and even a dance hall, but does not provide a fully accessible entrance for physically challenged faculty and students.

“It’s an abomination how a new building, Karnoutsos, doesn’t fully comply with ADA. I used to have a student in a wheelchair and it was truly tragic to see her have trouble getting into the building,” said Dr. Fran Moran, Associate Professor of Political Science.

Section 504 of the Rehabilitation Act of 1973 forbids discrimination on the basis of an individual’s disability in schools or colleges that receive federal funding. Also, under Title II of the Americans with Disabilities Act of 1990, it strictly prohibits discrimination predicated solely on one’s disability in public facilities.

“I have a brother in a wheelchair so I’m very aware of having no access. Someone with crutches or in a wheelchair would have tremendous trouble and I feel we’re sending the wrong message. We should honor the spirit of the law,” said Dr. Rosemary Fox Thurston, Chairperson of the History Department.

Although the Karnoutsos Building, meets the ADA requirement, in providing a ramp for student’s with mobility impairments, there have been complaints about the inaccessibility

of the ramp.

“By the next academic year we should have a handicap accessible entrance,” said Jennifer Aitken, Director of Project Mentor in the Office of Specialized Services and a member of the on campus ADA committee.

According to Aitken, the inclination of the hill in front of the building is too steep to climb for anyone who is physically challenged, the ADA Committee is trying to have an accessible entrance built to the side of the building near the Gilligan Student Union Building.

“If we can get this accessible entrance for the Karnoutsos Building it will be our [ADA Committee] second major accomplishment,” said Aitken.

Since there have been budget cuts made, funding for projects to alleviate accessibility issues on campus is being delayed.

“In order to have a more accessible entrance there has to be money in the budget but if I was asked today I’d call up a door company and have it [automated door] done within 2 weeks,” said Carmine Catrillo, Supervisor of Facilities and Management Department.

According to members of the ADA such as Amani Jennings, the reason for why Karnoutsos is not adequately accessible is because the budget has a huge toll on what projects are carried out.

“Possibly why things have been put behind is because the budget is not looking any better...there are a lot of accessibility issues that need to be addressed and mainly it’s an issue

of money that hinders these projects [accessible entrance into the K-building],” said Jennings.

“It doesn’t have to be an automated door to be handicap accessible, that’s really an upgrade and it is not a requirement to have necessarily the front door accessible but as long as there is an accessible entrance present in the building it’s okay,” said Kathy Monteiro, Project Director of the West Campus Development.

Despite having ramps to aid physically challenged people, getting into the K. building, students with crutches or in a wheelchair have trouble with opening the doors to the structure.

“It’s very deflating to see someone dependent on others to open a door for you when striving for independence,” said Darrell Wood, a History major, who has limited mobility in his legs and uses a Victory Scooter to move across campus.

Another student who sprained her ankle is on crutches for the next four weeks. Jenny Hernandez, 20, International Business major, expressed her frustration with having difficulty opening the door because of its weight.

“It’s horrible! Imagine trying to get in like this,” said Hernandez, pointing to her crutches and sprained ankle.

According to Monteiro, an accessible entrance should be done by September 2010.

“There is a project between Fries Hall, and they are going to be creating a card access door,” said Monteiro.

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NJCU Turns 80

By Nadya Alvarado

New Jersey City University held the 80th Anniversary Celebration on campus to highlight the accomplishments and growth of the school. The festivity was held during the “Birthday Bash and Reunion Week,” April 17-25.

“It’s nice to have an event like this and to see people you haven’t seen in years. They should have more events like this,” said Sharon Young, an ’04 alumna.

Since the school was first chartered in 1927, it has undergone drastic changes and expanded six

times its size. The campus now has 26 buildings and has developed from on training program to about 32 undergraduate degree major programs and 19 graduate programs. Our biggest achievement has been the growth of the student body which went from 330 to about 10,000 students.

“There were about 500 women and about 100 men because most of the men did not go in for elementary education,” said Jacklyn Sidoti Villano, alumna from the class of 1957.

NJCU opened in 1929, as New

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Making ‘SpaceJungle’ Music

By Rabiah Bhatti

“I hear music in everything from people walking to the breeze blowing by. For me everyday life is put to rhythm,” says the 6’2, curly haired New Jersey City University senior, Kyle Ingram.

The mere mention of the word “music” transforms his Bob Marley-like grin into one that extends wide and etches deep into his face; as if suddenly struck by a surge of energy and inspiration.

“I don’t know what I’d do without music, life would be lifeless...music is a part of my DNA,” he explained when asked about the importance music has in his life.

Kyle Ingram is currently

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Photo by staff

NEWS



Photos by Fatima Terry, Jan Aguilos, Jennifer-Leigh Oprihory and Jerica Hayes

Next Year's SGO E Board: Fatima Terry, Giselle Ojagir, Aurora Estevez, Veronica Garcia, Jennifer-Leigh Oprihory, and Jerica Hayes

History!

NJCU Elects All-Female E-Board

By Jan Aguilos

On April 7, students at New Jersey City University elected a new Student Government Organization (SGO) Executive Board. The votes were held in room 125 of the Michael Gilligan Student Union Building (GSUB). In a first for the SGO, an all-female Executive Board was voted in, and they will serve as for the Academic year of 2010-2011. Presidents for the Senior Class and Sophomore Class were also elected.

Shaunette Ruffin-Moody, the SGO office manager, confirmed that the students voted in the first female SGO President in 11 years with Fatima Terry. Ruffin-Moody answers phone calls for the SGO and receives documents from clubs and organizations.

There are six members of the SGO Executive Board. The Executive Board works with the Student Council to allocate money to student clubs and organizations. Executive Board officers from the clubs and organizations make up the Student Council and committees.

Fatima Terry, a 22-year-old Psychology major from Kearny and senior, was ecstatic about the results.

"By the student body voting all women this is one of the biggest surprises in my life," Terry said. "We, the community at NJCU, we're ready for something different."

Cory Spencer, a 21-year old Computer Science major from Jersey City and current SGO President, was confident in his new successor.

"She has good composure," he asserted. "When issues hit her, she doesn't panic. She finds a logical way to go about the situation and she handles it."

"In my work, I like to know

what I'm talking about," Terry insisted. "I'm not a bullsh****. I like to know everything about the one topic."

The other winners of the SGO Election were Giselle Ojagir for Executive Vice-President, Aurora Estevez for VP of Finance and Administration, Veronica Garcia for VP of Internal Affairs, Jennifer-Leigh Oprihory for VP of Public Information, and Jerica Hayes for VP of Student Activities.

Prior to being elected for their positions, the six women stressed transparency in decision-making, clarity in explaining issues and reaching out to students who are unaware of what the SGO does.

"One of the biggest problems with the Student Government this year is that it's a clique," attested Rebecca Ennis, a 24-year-old Art major from Bergenfield who also serves as the VP of the Senior Class. "And a lot of them don't even like me because I'm not part of the clique."

Members of the Student Council have been displeased with the lack of transparency from the SGO Executive Board. As reported on the Gothic Times website in April, Student Council members were upset when the current SGO Executive Board tried to oust Carolina Garcia, the current VP of Student Activities. Asheenia Johnson, President of the Black Freedom Society, sent a letter chastising the SGO for trying to oust an E-Board member without involving the Council in the decision-making. Giselle Ojagir, a 20-year-old Health Science major and Junior from Jersey City, addressed such mistrust between the Student Council members and the Executive Board.

"I have a lot of integrity and I feel that I'm going to bring a lot of ethical values to this [job] be-

cause I believe that whatever we do in the office, we should bring it outside," Ojagir stated. "I'm not going to keep anything behind closed doors."

Veronica Garcia was elected to be next year's VP of Internal Affairs and is the sister of Carolina Garcia, current VP of Student Activities. She doesn't hold the current Executive Board to a high esteem but says that she has learned from their experiences.

"Without bashing them too much, I've learned not to be complacent," she stressed. The E-Board right now doesn't really handle the issues that students really care about. They're more concerned with what the administration wants than what the students really want."

For the past academic year, SGO Student Council meetings have been held bi-weekly on Mondays at 3 PM. They were open to the public, yet many students at NJCU don't know much about the SGO and the Student Council.

"A lot of my friends, and even family members, [at NJCU] we just basically go to class," said Lorenz Los Banos, a 21-year-old junior majoring in Finance from Jersey City. "We go in and out and that's it. And many of us are actually unaware of the Student Government Organization."

Like her fellow future E-Board members, Veronica Garcia plans on utilizing her position and the Internal Affairs Committee which she chairs to close the gap between the student body and the SGO.

"We're going to have complaint boxes in any building and any department here on campus just to have a lot of student input," Garcia promised. "Why not have the whole student body have some type of input in what the whole student population wants."

Hip-Hop 101 with Jeff Chang

By Jennifer-Leigh Oprihory

Jeff Chang is a radical historian who tackles race relations, student activism, political engagement, and multiculturalism and presents his insights through the lens of social responsibility. He is the author of *Can't Stop, Won't Stop* and *Total Chaos: The Art and Aesthetics of Hip Hop*, as well as a founding editor of *ColorLines* magazine, a Senior Editor/Director at Russell Simmons' 360HipHop.com, an American Book Award Winner, and a USA Ford Fellow in literature. The *Utne* reader also named him as one of "50 Visionaries Who Are Changing Your World." For more information on his impact on politics, hip-hop, and contemporary culture as we know it, visit his website at www.cantstop-wontstop.com. In the meantime, check out our interview with him about hip-hop, college activism, and his current play list. If this doesn't make you reevaluate your perspective on music and culture, we assure you, nothing will.

Gothic Times: Why hip-hop?

Jeff Chang: I think hip-hop is one of the most important social, cultural, and arts movements of the past 30 years. And it's hidden in plain sight; so often we regard it as less than it is—something to dance to, perhaps, or something to scapegoat. But think about Junot Diaz winning the Pulitzer. "Oscar Wao" could not have been written without hip-hop to create its context. Or think of Sarah Jones or Mos Def on Broadway.

GT: If you could only preserve a single moment from hip-hop history for future generations to observe and learn from, what would it be and why?

JC: Tough question. I would want future generations to understand its genesis in the Bronx as a way for local neighborhoods to have fun, and that only 100-200 people were there at the beginning. The lesson is that it doesn't matter where you're from, or how many of you are there at the start, you too can change the world.

GT: What do you view as hip-hop's biggest triumph in the past 10 years? Its biggest failure?

JC: Its biggest triumph is giving voice to millions of people who

had been unheard from before. Its biggest failure has been its inability to transform the way we understand gender and sexuality.



Jeff Chang

GT: How has visual art impacted hip-hop's sociopolitical power?

JC: Hip-hop has colorized American popular culture forever. It has made young people of color visible in the pop culture.

GT: What is the role of spoken word and slam in this movement?

JC: Spoken word and slam poetry are traditions that have continued for generations, but hip-hop has poured new life into both for new generations. Rap and spoken word together have changed the way we hear language.

GT: How can the activist energy at the core of *Can't Stop, Won't Stop* be translated into tangible progress on college campuses?

JC: The book is merely a mirror to a generation of those who have been raising their fists. I hope that it can inspire young people to recognize that they are part of a continuity of struggle and of creation, and that they have within them all that it takes to define and meet the challenges of their own time.

GT: In your opinion, is the process by which hip-hop has transformed into a materialistic and/or exploitative entity irreversible? If not, what can be done?

JC: You can't put the genie back in the bottle. But you can take what inspires you and network with those who inspire you and continue to build a movement. At different points in hip-hop history, we thought the solution was to take over the mainstream. But we know now with hindsight that the test is what happens when the mainstream doesn't care or has moved in a different direction. Can the movement continue then? Along with maintaining a healthy critique of exploitation, we need to

GT: What's on your current playlist?

JC: Jay Electronica. Erykah Badu. Four Tet. Mulatu Astatke. Eagerly anticipating the new MIA album.

NJCU Turns 80

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Jersey Normal School and evolved into a higher learning institute. From New Jersey State Teachers College in 1939 to Jersey State College in 1958 and now presently New Jersey City University in 1998.

This week's celebration included a series of events. The musicals and theater performances like *Symphony of Winds* and *Percussion Concert*, the exhibition *From Greenhouse to Campus*, Lectures with a special appearance by Jeff Chang, Student Spring festivals, conferences like *Open House*, Athletic events such as women's

volleyball and both men and women's soccer, and reunions of students, faculty, staff, and alumni.

The Birthday Bash took place in the Michael Gilligan Student Union building on April 24 and with sold out tickets the event has been hailed as a success.

"This special because it's the 80th. I can't remember an affair being this well attended," said Carmela Moore wife of John J. Moore.

Moore, '56 alumnus, was a photographer for the yearbook. He went on to receive a law degree from New York University and



was on NJCU's board of trustees. The Athletic complex was named after him.

"This school gave my husband his start in life. It means everything to him," added Moore.

During the Birthday Bash, alumni from multiple generations came to celebrate and share their

stories about life within the school and also talk about their achievements after graduation. There were retired teachers, veterans, journalists, and alumni that came back and now work for the university.

"History was my major. I played baseball for college and took special education my junior year and jammed my credits my senior year," said Tommy Metzner, 1977 graduate, and a Marine veteran.

With a variety of food and drinks, many shared their stories and reminisced about their good times here at the college.

"Working for the Gothic Times was fun, it was interesting. I majored in English with a concentration in writing. I work for the

county's food stamp and welfare office as a clerk; I [also] work on the side as a photographer for the *Jersey Journal*," said Richard J. McCormack, English major, class of 1982.

This is the first year in which NJCU has held a reunion in the school.

"It's special because I have been working here for 37 years. I have seen the university grow and prosper and I am very grateful I am here during this particular period," said NJCU President Carlos Hernandez.

"You don't celebrate the 80th all the time, it's once in a life time and it is very special to us. I'm just very grateful that I am the president during this celebration and I look forward to the future," added Hernandez.

NEWS

★★★★★ Gothic Times Exclusive ★★★★★

Hearing Out a Hobo

By Joey Sforza

When I dropped Larry off, a 6-inch blade slipped out of his pocket on to my car's passenger seat. Here I was, after hours of conversation, unsure of this man's reaction to nearly losing his weapon, which he uses "for protection." I grabbed it and handed it over, heeding his warning about homelessness: "Never say never."

Larry's life is irrepressibly twisted: endlessly scrounging for grub, mooching for copper Lincolns and guarding his skin — even his reputation.

Larry James Adams, a 59-year-old Jersey City panhandler at about 5'8", is an exception to his misfortune, though, and finds contentment in an often-mocked lifestyle through contemplation, diehard ambitions and social critique.

"The less you have, the less you have to worry about," the slender father of four said, "I had so much pressure with the jobs, wife, kids, cars and house. I'm happy. There's less pressure."

Larry first married in 1976 but divorced 3 years later. He and his second wife were married for 12 years until their divorce in 1992. He left their home in Norfolk, Virginia, to come back to New Jersey, where, for thirteen years, he's been homeless, usually and cheerfully hoping commuters will spot him some cash at his main intersection of Route 440 and Communipaw Avenue, with a real-estate sign on the back of which Larry inscribed in thick, dark marker, "HI, I'M LARRY. HOMELESS, HUNGRY, DRUG and ALCOHOL FREE."

Growing up with a single mother in the Dayton Street Projects of Newark, New Jersey, Larry claims to have learned many lessons through the years: "Life is life. You live until you die. It doesn't owe me anything." He added that he's proud of himself and his God-given intelligence.

After high school, Larry started his own brick-laying business with a friend while working for General Motors. With both jobs, he was able to keep his own apartment and car. His business failed because he had no time, he said, because he was "chasing girls all my life. As long as I have breathe in my body, I'll continue to chase them."

During his youth, he claims to have traveled as a drummer with several bands, including The Escorts. His preferred music is the "old school R&B of the 70's and 80's, like Maze; Earth, Wind and Fire." He made a point in saying, "I don't appreciate rap because it doesn't have the artistry I'm accustomed to."

Without an iPod, or even a cassette player, Larry can't feel the rhythms of his beloved music; instead, he gropes with the thunderous movement of hundreds of cars daily at his intersection about two miles from New Jersey City

University, where eighteen-wheelers wouldn't stop for a baby in a carriage.

"I love Larry. He used to check my car and give me advice every morning on my way to work about ten years ago," said Lucy Rovetto, a long-time Jersey City resident, whose appreciation, according to Larry, he sees so seldom.

"People think you're worthless, a piece of [expletive]. People think I'm gonna rob them, car jack them," Larry said of the drivers who swish by his daily intersection.

"I don't ask people for money. I say hello, good morning, goodbye. I don't think I [should] have to ask." Larry, whose salt-and-pepper beard and glossy-red eyes speak of a grizzled life, believes that invading a driver's space is wrong. And if by chance he loses a generous patron due to a suddenly green light, he doesn't pine, since "You can't miss something you never had."

The once traveling drummer and entrepreneur has a consistent enough group of givers to support his daily expenses. Larry spends at least \$30 every day and must consume food immediately, since he has no way of preserving groceries.

Using a rusted mountain bike, Larry, in scarred blue jeans, a ripped jacket and a small book bag, rides to and from his abandoned six-unit apartment building, where he lives, to his intersection four-to-eight times everyday, focusing his time on the highest traffic hours — 6:00 to 8:00 am, 11:00 am to 1:00 pm, and anytime between 3:00 to 7:00 pm — where droves of drivers have gotten to know him.

"He's been around for years and never bothers anybody. He always says hello, happy holidays," Officer Tim Destasio of the Jersey City Police Department said.

The nearby Exxon's gas attendant feels differently: "He's crazy. Gets in trouble with the police every day and stays in the bathroom for two-to-three hours a day."

"For at least ten years, I've been harassed by police every single day of my life. Me, I'm an easy target," said Larry, who also feels the police should focus more on locking up "murderers and rapists."

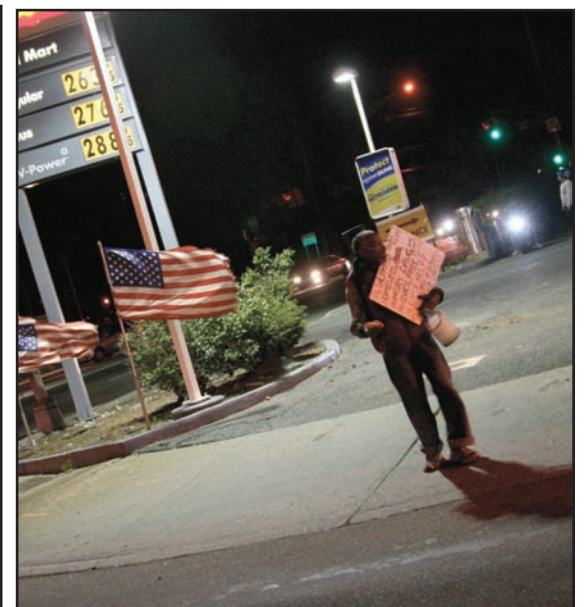
He has rare conflicts with other street-dwellers and "fear[s] nothing but God," since "God is God. When you get to a certain age, you stop fearing, even [evil] spirits," he said.

When he can, Larry loves "playing with people's minds" who think he's stupid, since he learned much about psychology in cosmetology school, he said. One time, after a driver asked him where he stashes his cash, he whispered to him, "Hey, come close. See that bush over there. Under it, there's a hole." A few hours after this, he saw that driver looking under that bush.

Humor, it seems, is a great way



Photos by staff



Larry James Adams at his usual spot on Rte. 440

"He's been around for years and never bothers anybody. He always says hello, happy holidays,"

Officer Tim Destasio
Jersey City Police Department

for Larry to cope with his past and relax in his present.

Larry frankly admitted the cause of his homelessness and biggest regret of his life is "that I started using drugs, not because it put me on the street, but because it separated me from my family." His father introduced him to the lifestyle sometime after high school: "He thought it was a good idea for even his son to get high. My dad and I were close. He was easy to talk to. He never chastised me because of [drugs]."

Larry now strives to complete nobler, million-dollar aspirations, unlike certain others: the businessmen who "always want more" and those "politicians who are big-pocket [expletive]."

"I have three inventions I've been working on for five years, I want to write a book and own my own corporation," he said, taking his last bite of Burger King's

Double Cheeseburger in our quiet booth. "I'm not greedy. I can't understand how big-pocket businessmen with 80 billion dollars want more," he reasoned, adding that, "After I get where I get, I'll give it all away. I want it for society."

One day, Larry wants to open a youth center with the money his corporation makes on his three inventions (which he didn't share because they're not patented yet). He said that he wants underprivileged kids to stop hustling for things as a useless Lexus.

"I want to teach kids how to better manage their life. It [his vision] will be worldwide, not nationwide. I'm reaching for the sky," he said, while shifting his hands passionately about. "To me, things I say make sense. Somebody has to listen to what I say. If I had the power, I could change everything around."

I sure did listen to Larry, to every word. The fervor and sincerity with which he spoke echoed in my ears, however outlandish his convictions may have seemed. Perhaps I should have kept his knife. If his aspirations soar, it might be worth something one day:

"The day is gonna come! when people will remember my name, my contribution to society, not for my own self-glory. I've got a good plan and gotta implement it. I believe with all my heart and soul, with God's help, it'll happen!"

According to the 2000 census, 18.6 percent of Jersey City's population (240,055 people) lives below the poverty line. The homeless are in the unrecognized category below that, one in which people don't have the minimum necessary income to achieve an adequate standard of living.

EDITORIAL

Resilient NJCU Students Poised To Succeed Despite Tough Times

To the graduating class of 2010 we salute your efforts. We imagine that for most, it has not been an easy journey. Exams, deadlines, and tuition fees have stressed us all. The climate in where we're beginning our careers isn't exactly clear.

The economy remains fragile and the employment rate has shown some improvement but not enough to quell our concerns. Some may wait out the recession in graduate school, others may take on jobs that aren't their first choice and the fortunate, will begin their careers upon graduation. The New York Times Economix Blog says that 2009 had a historical high college enrollment of 70.9% of recent high school graduates. This means that the increase of enrollment will put out more graduates into the job market. The flood of highly qualified

candidates will increase competition for jobs. Tuition is always on the rise and student debt will increase as well.

It may not be the best of times but it certainly isn't the worse. The NYT's Freakonomic Blog says, "students have been slower and slower to finish college over the past 30 years. A new working paper by John Bound, Michael F. Lovenheim, and Sarah Turner suggests the trend is due to rising costs of education. Demographics and academic preparedness don't explain the trend, but the authors found evidence in support of the increasing cost hypothesis: both increasing student-faculty ratios and cohort size are linked to increasing time-to-degree, particularly in "non-top 50 public sector" schools. The authors also found that students are working more hours in response

to rising costs."

As a New Jersey City University graduate you're more prepared than you think. Graduating now is the best thing, contrary to popular thought. Our gritty nature, one that is acquired through the hustle and bustle of being in Jersey City gives us the edge. We don't have the acres of courtyards to serve as a buffer to crime and any other adversities. We have student parents that race to pick up their kids from daycare and still manage to meet up with their study groups. NJCU students unlike our ivory tower peers will take whatever job pays the rent and tuition, and those that take on college debt do it with the confidence of a Wall Street trader because we truly believe in it. It's something that can never be taken away, unlike a home, car or a job.

Making 'SpaceJungle' Music

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pursuing a B.A. in Media Arts at NJCU, plays the guard position for NJCU's basketball team, the Gothic Knights, writes and composes music, freestyles and sings, meditates, writes poetry and creates music videos and films.

"He's very open minded and free-spirited. I believe his talent for seeing the aesthetic aspect in everything that surrounds us makes him an exceptional artist," says Sidra Hassan, 22, Accounting and Art major at NJCU.

Kyle Ingram's artistic vision captures not only the minutest sounds looming around him but to him music has a profound meaning that extends beyond being a form of pleasure for one's ears. Ingram's craze for art, films, music, poetry, philosophy makes him the "Renaissance Man" he said he always desired to be.

"Music is a way of expressing my search for the truth in everyday life...art is my expression" said Ingram.

Ingram grew up in Voorhees, South Jersey and attended Voorhees Middle School, Bishop Eustace School and Winslow Township High School. He belongs to a family of artists, his father, Butch Ingram produces and writes the music for his own independent labels, his mother Sharon Ingram is a fervent feminist previously holding the title of Miss Black America 1980 and

younger sister Bianca Ingram, 20, is a singer and lyricist for her upcoming album, Linguistics.

"My family's great! We stick together and we're all creative...it's like music can break out at anytime," Ingram said, "My mom was one of the biggest influences because she made learning fun by reading to me and opening my mind to a lot of different subjects and she expanded my appreciation for learning...she basically taught me how to learn."

Introduced to the world of melodies and harmony by his father and to literature by his mother at a very young age, Ingram's music is explorative, rich in texture and form because it works to intermingle all genres in order to create a category unto itself.

"Somehow my music sounds like tribal beats and the atmospheric pads create airy sensations that make you feel like you're floating," Ingram describes his music, "It's not about genre it's about sound...electronica, acid jazz, hip/hop, r & b and blues, I want to meld them together in my music...the idea is to produce something new and that lasts forever but at the same time can be easily identified as my work" said Ingram.

Mainly, Ingram's equipment consists of a Yamaha MPC and other analog keyboards in combination with Logic 8. Unable to categorize Kyle Ingram's intense and unique use of percussion and

drums, his cousin Sherman Marshall tagged his music as "SpaceJungle".

"I believe in individualism and finding out who you are through individualistic style" explains Ingram about the style of his music.

Previously, Ingram has worked with rappers Nate Natale, B. Arsin and Money Carsin. He was also the vocalist for the remix to "White Lines", generated the music to songs "Bye Bye Blue Sky" and "The Prodigy" and produced his sister's single "Into to My Life". Currently, he is working with his sister Bianca Ingram on her debut album, Linguistics, with mostly writing the music and co-writing some of the songs on the album. Recently, he took part in NJCU's play, "Trojan Women", playing the role of a guard. Ingram is also creating a documentary film on his parents called "Passing of the Crown" and is simultaneously working on two different albums. One album being of a techno nature titled "Wait I Have the Wrong Shoes On" and the other being a compilation of freestyles called "The Void."

Juggling a busy schedule between classes, basketball and being immersed in various music and film projects, Kyle Ingram is successfully finishing his undergraduate career in May 2010. Being the true renaissance man he is, Ingram says he can't wait to graduate and dive deeper into making music and spending time in the one place he feels is his soul's shelter; his studio back home.

Both enlightening and humorous, Kyle Ingram is an energetic and zealous artist who seeks not only for the truth in life but also appreciates and understands the complexities that simplicity entails and expresses it through his passion, music.

"I believe in doing what you're passionate about...when you really have a passion for something, it doesn't feel like work, it's more like having fun...that's what I do. I have fun by doing all the things I do," he says smiling wildly when asked to reveal the secrets to his constant state of tranquility.

THE GOTHIC TIMES

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Editorial Cartoon



Cartoon by Rabiah Bhatti

K Building

Continued from page 1

The project for acquiring an accessible entrance will not be fully accessible because students still have to swipe their cards in order to enter the building.

"I have a grandson who is in a wheel chair; his dexterity isn't that efficient and he would have a problem swiping a card. Suppose there was an emergency and he dropped his card and no one was around to help him get it. Then what?" questioned Professor Lily Fulton of the History Department.

"The ADA requirements were part of the [floor plans] but if they didn't do it, I really can't

answer for why it hasn't been done," said Monteiro.

The Karnoutsos building stands six-stories tall, containing 14 classrooms, 10 computer labs and houses nine departments and the Office of the Dean of Arts and Sciences. It stretches to 77,000-square-foot and is connected to Fries Hall. NJCU chose STV Architects, NY, and architect Michael Graves, who is wheel-chair bound himself, to work together to design the structure.

"I put myself in the position of a physically disabled person...and I know that people forget to see things through their eyes...but we have to treat every student equally," said Kathy Monteiro.

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GOTHIC GUIDE

Have You Met Your Mother? (The Gothic Guide to Going Green)

By Jennifer-Leigh Oprihory,
the Gothic Guru

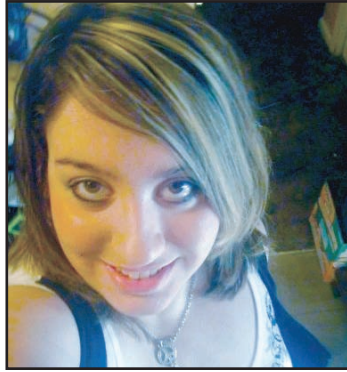
Dear NJCU Students,

This is a public service announcement on behalf of the Gothic Times to inform you that, even if you've never had woman trouble before, you do now. It has to do with a certain lady in your life, and, no, I am not talking about your ex-girlfriend. Her name is Gaea, and, if it doesn't sound too familiar, it's probably because you know her best as Mother Earth. She isn't too happy, either, most likely because you haven't been returning her calls lately. If you've been waiting on her voicemails, then you've been looking in the wrong place. Gaea's the kind of woman who doesn't have the patience for phone lines; she prefers to deal in hurricanes and earthquakes, in UV radiation and ozone layers. I don't know about you, but I, personally, think it's time we get back to her, before it's too late.

Hence, I'm proud to present *The Gothic Guide to Going Green*, ten quick tips to making your everyday a little more eco-friendly.

Pry Before You Buy - As Americans, we undoubtedly live in a consumer culture. While the glitz and glamour of media and advertising may make us crave the latest fashion, technology, and beauty products, it can also distract us from the real story behind how these products came to be. Websites like the National Geographic Green Guide (thegreenguide.com), The Good Guide (goodguide.com), and Green People (www.greenpeople.org) even do the work for you, outlining the best in eco-friendly products from health and beauty items to pet food and grooming products.

Unplug with Love - Simultaneously cut down on electric bills and energy consumption by unplugging electronic devices and chargers that aren't in use. Keeping things plugged in (unless they are in a power strip with an on/off button) will continue to use up energy, even if you aren't using those devices at the given moment. By the same token, remember to turn out the lights in rooms when you aren't in them, and, in the summer



Jennifer-Leigh Oprihory

months, turn off the AC when you know that no one's in the house to feel it.

Sharing is Caring - Reduce your carbon footprint by cutting down on the air pollution you create while driving. Walk, bicycle, rollerblade, or skateboard (the choice is yours, although I'd only recommend the first for the vertically unstable) whenever possible. Also, don't forget to take advantage of NJCU's urban setting, and utilize public transportation such as buses, light rails, subways, and trains whenever possible. If you absolutely, positively HAVE to drive, carpool it. Road trips are undeniably awesome, and even the shortest ones provide great opportunities to have a laugh or two with friends and coworkers.

Recycle! Okay, so this might seem like the obvious one, but when was the last time you actually took the time to bring your glass, paper, and plastic products to a recycling bin? It takes 10 minutes, and makes a lifetime of difference. If you don't know where to go, you can visit earth911.com for recycling tips and tricks and a recycling center locator to find a drop-off site near you.

Wear It! The green movement doesn't end with your energy and water consumption or recycling habits. More and more designers and brands are exploring opportunities for green fashions, utilizing either organic or recycled fabrics, textiles, and materials in order to incorporate a green mindset into the world's closets. To find more information on green fashion, check out ecofashionworld.com.

Speak Out! When all else fails (or, if it doesn't), use your voice

as the main propellant for green awareness and activism. Start a green-themed open-mic or roundtable discussion. If you need ideas, look to people who've done it before. Great examples are Youth Speaks (www.youthspeaks.org), the San Francisco youth poetry nonprofit that hosts the annual Brave New Voices Speaks Green Slam, and the U.S. Greenbuild Conference (usgbc.org), an annual summit on green initiatives in the fields of architecture and technology.

Do Your Homework! Don't just take our word for it - learn about the issues at hand. Visit your local library (or search engine) and get started on your own investigation. Make the Green Movement personal. If you need inspiration, the websites of the Surfrider Foundation (surfrider.org) and the Sundance Foundation (sundance.org) are two of my favorite places to start.

Be Expressive - If you are an artist of any kind, take the time to make a green statement with your work. Remix the issue in any way you see fit to your personal perspective or voice, and let your convictions shine through for the world to see.

Lobby for Change - Write letters to your local politicians to lobby for environmental legislation in your area. To find contact information for your state senators, check out senate.gov. To write to your local congressman, visit writerep.house.gov, and use the drop down menu to find your district's representative. Finally, to get in touch with your mayor and city council, check online or look in the phonebook for your local city hall's information and meeting schedules, and be present until being green becomes relevant again.

Spread the Word - Yes, it's true - one person CAN change the world. However, the process is a lot faster and easier with help, so make your own Green team. Get friends, coworkers, family members, and even local activists and politicians together and collaborate for environmental change. It's as easy as a simple phone call, Facebook message, or email, so there's no excuse.

Top 10 Classes to Take In the FALL

By Allison Lozada

We all remember those last few days of summer: the butterflies kick in, what will I wear, who will I see, what professors are going to switch last minute, and of course "God, I hope this semester goes fast!" Well, a good semester starts off with choosing the right classes.

Choosing classes may not be as simple as some people make it out to be. After asking a few students about classes they would recommend, I have narrowed down 10 classes, one from each major.

1. Strings Method. We all see those poor zombies walking around; you can find most of them in Rossey practicing or in Hepburn performing a recital. I'm talking about the music major. I give them plenty of respect because I never knew how hard being a music major can be until recently. Lynette Ford, 20, said "Strings Method is fun to learn." So, for all those aspiring musicians, strum your way into Strings Method.

2. Cell Biology. Science isn't my choice of major, but yes, there are plenty of them on campus. Chris Bolger, 22, recommended Cell Bio because "[Cell Bio] is like the weed-out class. If you can't do good in that class, then you won't do good anywhere as a biologist."

3. Criminal Law. It's hard to come on campus and not meet at least one person who isn't a criminal justice major. They are everywhere! Jessica Irizarry, 21, said Criminal Law should be taken because "it's all in one. Everything you need to know, you'll get it though Criminal Law."

4. Intro to Early Childhood. NJCU is known for its popularity in Education and was even called State Teachers College at Jersey City back in 1935. Kelsey O'Donnell, 22, recommended not just one, but in fact two classes that must be taken at the same time.

Intro to Early Childhood "teaches the basics of what you need to know," said Kelsey, but along with this class, you must take another class as well...

a. Field Work 1. is also an Education class. Kelsey went on to say "You're assigned to go into schools and observe, rather than just thrown into teaching a class." This seems like a great idea for those curious about teaching but do not have the confidence. Here, you can practice what you learned in Intro to Early Childhood and watch other teachers apply the methods.

6. Workshop Narrative. Frank Wilson, 24, recommended a few classes but Workshop Narrative seemed to have caught his attention the most. "I learned new tricks... writing skills, what to do and what not to do and how to write a good narrative," said Wilson. It's hard to narrow down one great English class because so many of them are fun and entertaining, you almost forget that you're in a class.

7. Computer Science 101. Now, don't run away, this may seem a little scary, but if you're a hard worker such as Nirav Patel, 22, you'll get through it! Nirav said, "Computer Science 101 is the easiest but hardest," at the time same. It's a beginner's class and after you've survived this class, there's nowhere else to go but up.

Classes become a lot harder, but of the hardest, Computer Science 101 is the easiest. WARNING: NOT RECOMMENDED FOR SLACKERS!! You have been warned.

8. Physics 101. Nirav is also majoring in Physics and had the same to say about this major as well. Physics 101 goes in the same category as Computer Science 101. "[Physics 101] is a little hard but easy compared to the rest," said Nirav.

9. Problem Solving and Calculus I. For all you math loving fanatics, God Speed! Someone has to be excellent in Math and it definitely won't be me! This is the reason I am a reporter and have to repeat Algebra for College. Tracy Goycochea, 20, recommended about three classes. I couldn't decide which one would be the most important so I narrowed it to two classes.

a. Problem Solving because they are "math riddles," said Tracy. And Calculus I because it's "necessary to progress to harder things," she added.

10. Personality Theory. This was the first class Elyse Boud, 21, Psychology major, mentioned when asked which class she would recommend; she said "[Personality Theory] is interesting and a challenging class."

Still having trouble choosing which classes to take? Make sure you contact your advisor and register early. For undeclared majors head to Vodra Hall and schedule an appointment. Remember all the good classes get filled up fast, so hop on that computer, get off Facebook, and register for classes!

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OPINION

Let's Strengthen Gun Control

By Alberto Arias

Earlier this month a Jersey City couple, Michael Muchiaki, 27, and Nia Haq, 25 were shot and killed outside their home, after their engagement party. Heinous acts like this tragically plague urban areas in Jersey City. Illegal gun sales flourish due to several state regulations on firearms; there is no federal limitation on the number of guns that an individual may purchase at any one time. Now, imagine if there were no gun control laws. Even with the New Jersey One Handgun a Month Law in place, tragedies like these are still occurring. So are these stricter gun laws commendable? You can't put a price on a human life but you can buy a desert eagle for about \$500 on the street. This law aims to stop "straw" purchasing, which is the buying large amounts of firearms and illegally selling them to people without gun licenses and convicted felons. State officials are taking proactive measures such as implementing and improving new gun control laws to combat this dilemma. New Jersey already has a number of gun control laws, including a ban on semi-automatic assault rifles, waiting periods, licensing requirements and limitations on large ammunition magazines. This is a step in the right direction. We need to not walk but run towards more comprehensive gun legislation in this state.

In 2006, Former Jersey City Mayor Jeremiah T. Healy signed into, Jersey City legislation, similar to the one Handgun a Month law. This was opposed by the National Rifle Association (NRA) it



was repealed by the Appellate Court. Most pro gun advocates, NRA members, and gun enthusiasts are not from the troubled inner city areas where gun homicides are a reality. In 2009, Former New Jersey Governor John Corzine followed suit when he passed state legislation which limits the purchase of more than one gun per month. This law targets the purchase, use, and availability of illegal firearms in New Jersey.

As it rightfully should, the One Handgun a Month Law targets the purchase, use, and the availability of illegal firearms in New Jersey. This puts a stop on the sales of street dealers selling weapons from the back of their trunks. This makes it more difficult for individuals to purchase guns for violent purposes. The influx of illegal firearms has taken advantage of the Constitution and has led to many tragic events in urban cities like Jersey City. In 2003, thirty-five murders were committed in New Jersey and twenty-four of those took place in Jersey City alone. According to a survey done by the independent research firm Morgan Quitno Press, Jersey

City ranks as the 61st most dangerous city out of 354 cities in the United States. Are these laws going to stop the problem completely? No, but they will certainly lower the statistics. It's a vital attempt that might save lives. Change is good! Senator Sandra Bolden Cunningham, whose district includes parts of Jersey City, said "We really have to try to remedy this situation with guns on the streets in our urban areas; we know that the bill is not going to remedy the situation completely. A lot of people get guns from out of state, but we have to do something to show these people that we are serious about protecting our citizens."

It's a necessary attempt to conserve an individual's life. Policy makers remain optimistic and hopefully their efforts can control the flow of guns. These gun control laws will gradually give residents security and can live in a safer metropolis. On April 26 a vigil celebrating the lives of Mike and Nia was held outside of the Guarini Library. Tragic incidents like these remind us how vital these gun control laws are to the community.

Healthy Food Hunting on Campus

By Patrick Jarkowsky

There is an old English proverb that warns, "don't dig your grave with your knife and fork." Unfortunately, many Americans are doing just that.

Over the past decade, diabetes rates have skyrocketed in both adults and children. UnitedHealth Group, one of the nations largest insurers estimates that 44 cents out of every dollar the company spends on treatment goes towards diabetes care.

Cardiovascular disease is also on the rise and is currently the number one cause of death for Americans. The obvious link between these two devastating illnesses is obesity.

When considering the contributing factors to obesity, it's important to understand that it's not just about eating less. We should focus on eating a more balanced diet, based on whole foods while skipping fast foods and other processed foods.

As students at NJCU, adhering to a whole foods diet is an impossible task when considering the choices offered at our main cafeteria in the Gilligan Student Union Building (GSub).

Let's take a short trip around the cafeteria, shall we...

Soup Stand: This sea of unidentifiable floating objects is surely



a scary sight. But even if you're brave, realize that most bulk soups are loaded with sodium, fat, and artificial flavor enhancers.

Tex-Mex: Some of the most unhealthy food choices around. Tex-Mex dishes like tacos, burritos and quesadillas are nutrition train wrecks! These dishes are loaded with bad carbohydrates, processed cheese (mostly made from oil), and fatty meats.

The Grill: Burgers, fries, chicken nuggets, chicken wings, onion rings. I think we all know that this type of fried food is disastrous for our health.

Subway: Processed deli meats, processed white bread sprinkled with exorbitant amounts of processed cheeses, mayonnaise. Your only healthy option is the

veggie sandwich.

The Salad Bar: People always assume that salad is healthy, but when you add processed deli meats, processed cheese, and fatty salad dressing, you're destroying any health benefits offered by your mixed greens. And this may come as a shock to some of you, but lettuce and tomatoes are not the only vegetables out there!

Stir-Fry: This is sometimes a healthy option, but stir-fry must be prepared in a specialized manner in order to avoid excess use of oil. No offense to the kind gentlemen manning the station, but the preparation is not up to standard.

Snack Racks: These are the most dangerous areas in the cafeteria. Potato chips, cookies, cup-

Reach for the Stars:

A message from one senior to another

By Nicole Irene Sanchez

I recently had an interesting conversation with the chairperson of the Psychology department at NJCU (Dr. David Hallerman) and he gave me advice that will shape my decisions for the rest of my life. He told me to reach for more and never settle for less. So I have decided to share this vital information with other NJCU seniors...let graduation become a stepping stone to something greater. Life is what you make of it and you should never doubt your abilities. Have you considered graduate school? Have you pondered the possibility of adding the title Doctor to your name? It can happen but you have to make it happen. Take intuitive and become the boss of your life.

Four years of listening to lectures, cramming for exams and writing endless papers may seem like enough work for many students, but why stop there? Why not go to graduate school? All of the hard work that was put into achieving a Bachelor's degree can now contribute towards achieving a Master's degree and maybe even a Doctorate. The only thing standing in your way is you!

The value of a Bachelor's degree is no longer what it used to be. Critics argue that in today's society a Bachelor of Arts or Bachelor of Science is the equivalent of having a high school diploma. Twenty years ago having a college degree was often praised but its value has decreased over time and the new generation is expected to be the best, nothing less.

Graduates will be entering into the worst labor market in at least 25 years, come graduation day. What is the rush? In 1998, according to the U.S. Census Bureau, the average worker with a Master's degree earned about \$11,000 more each year than those with a Bachelor's degree and those who achieved a Doctorate earned about \$35,000 more than those with a Bachelor's degree. Statistics have changed since 1998 but the fact of earning more yearly with an advanced degree remains consistent. Although it may take years for the economy to see the light again and students may feel like adding more debt to the already existing hole in their pockets to be idiotic; why not wait out this storm in a classroom?

Many employers want people with higher degrees, some may even look for the highest degree. When you feel like you have reached the end, someone stretches the finish line even further, making it almost impossible to reach. However, there is always a summit to be reached, but it is up to the individual to have a strategy and make it up that enormous mountain. Graduate school is not a death sentence; it is a window of opportunity.

NJCU offers many graduate programs for students seeking higher education. Students can obtain a Master's degree in Accounting, Criminal Justice, Finance, Health Sciences, Nursing and Professional Security Stud-

ies. The list doesn't end there; there are several other programs that can be located on the NJCU website. NJCU understands the importance of flexibility and affordability. Night classes are available for individuals who have full time jobs. For students who need a change of environment, other universities offer the same convenient options as NJCU does. You just have to look for the school that is right for you. Graduate school doesn't have to become another burden; it can be enticing, beneficial and an overall success but you have to really want it.

The GRE or Graduate Record Examination is something that every college student should look into even if they are unsure about going to graduate school. Many graduate programs require that a student take the GRE in the application process. The GRE evaluates a student's verbal, quantitative and analytical writing abilities. Some schools may even require that a student take the Subject Test which measures the student's knowledge of psychological concepts that are crucial to graduate study. Although, some graduate programs do not require that the GRE be taken, it is important for the sake of leaving one's options open. Students may inquire about the GRE at the University Advisement Center in Vodra Hall, Room 101.

An advanced degree is only for students who know exactly what they want to do with the career that they've chosen to pursue. A graduate program is much more intense and demanding than an undergraduate program. Continuing studies is also very costly. Most graduate schools are twice the amount of undergraduate schools. However, financial aid and loans are available for students who qualify. Students also need to take into consideration that sometimes an advanced degree can hurt them, especially when they do not have job experience. If you are not sure about what your future looks like than take the time to add work experience to your resume. Yes, there are negatives to pursuing an advanced degree but only if you do not take the experience seriously. In such cases, you will be wasting both your time and your money. Anything worth fighting for is never easy to achieve but it can be done.

Reaching your full potential isn't an easy task. Yes, graduate school is another expense that many students just do not need in this time of economic crisis; but higher learning will essentially place you at the top of the mountain. That invisible finish line will soon become visible and when you reach that peak of excellence, you will remember all of the hard work, tiresome nights of study and sacrifice that was made to achieve such greatness and you will appreciate it that much more. Don't settle for less when you can achieve so much more. Register for the GRE and apply to graduate school today! It is never too late to say "I want more out of life."

Continued on page 11

Entertainment

3-D Glasses Murdering Consumers

By Joey Sforza

With Hollywood's recent surge of 3-D films, moviegoers have found movie nights scathing their wallets and pocketbooks in an already waning economy. I smell a scam! And I hate being duped...

"I miss the days of eight-dollar movies and five-dollar matinees at Newport Mall," said junior Katie Barna, 23, a sociology major from Jersey City.

While I thoroughly enjoyed the enhanced visuals in 3-D movies like *Avatar*, gawking over the airborne twists and whirls of reptilian monsters, there is nothing spectacular in most other 3-D films. Actually, my eight-year-old nephew, Gio, almost vomited in his popcorn bag (with popcorn still in it!) while we watched *How to Train Your Dragon*, a film worthy of its positive plot reviews but which is in no way enriched by its 3-D effects.

My investigative work has unveiled a myriad of opinions among NJCU students. Most enjoy 3-D films but despise paying three-to-five dollars more; they'd rather watch them the old-fashioned way. Others would prefer to spend their money elsewhere.

"I liked the movie [*Alice in Wonderland*] but I think it's just as beautiful without 3-D," said Bayonne resident and junior, Elizabeth Vosk, a 20-year old English major. "I'd rather spend that money on dinner."

"I don't like it because 3-D movies are overpriced," said Anderson Williams, a 20-year-old accounting major from Jersey City. "Taking your date out is [now] more expensive." Williams admitted to liking the effects of "things popping out of the screen," despite unromantic ticket prices.

A handful of people (and this baffles me) are not troubled by ticket hikes. And then there are those who seem to have given up all together.

"Nowadays, we have to pay for everything. That's the world we live in," said a Public Safety Officer, who prefers to remain anonymous.

"It might be a little expensive, but it's only fair that they get money for their [production costs]," said sophomore Derrick Johnson, 47, a psychology major from Jersey City.

Many say that Hollywood has simply gone berserk in its use of 3-D technology and should be



google.com

more selective in its 3-D filmmaking.

"The reason I'm gonna go see a 3-D film is because it's a really good film," said Professor Robert Foster of the Media Department. "[3-D films] are more about the graphics than the story. It's just another way to increase revenue, and [they're] not worth the special effects."

Now, let's get a few things straight. First, don't acquiesce, officer; we don't have to pay for everything. Second, if the theatre industry truly wants to popular-

ize 3-D films, overcharging in a down economy is a horrible strategy! Thirdly, the next time I, an almost penniless college student, go enjoy a night at the movies, I'd rather not have to sign out a subsidized (Heaven-forbid, an unsubsidized) loan just to do so.

I like to consider myself a loving fiancé and generous uncle, but when a one night costs about \$55.00 (after buying three tickets, a large popcorn-combo and arcade games) something has gone abominably awry (and that was a cheap theatre!).

According to The Joblo Movie Network's web poll of 2296 people thus far, 48.34% of those polled are "interested in 3-D films but think it's going overboard already." In my humble opinion, the jacked up pricing of 3D flicks is an acid on the 3D film upswing.

My solution: slash prices before it's too late. Faithful movie buffs will not stomach ticket hikes for much longer, especially the NJCU community, which, for the most part, favors quality of script over lurid and exaggerated theatrics.

Another issue that plagues me is the inefficacy of "Fake" 3-D (Conversion 3-D) against the potency of "Real" 3-D (Production 3-D). Why even convert films like *Clash of the Titans* to a mock 3-D if they'll never amount the splendor of true-D (as I like to call it) in movies like *Avatar*? The only reason I could think of: to make massive monies off unsuspecting moviegoers who, like me, bring their nephews and fiancés along.

So, it's settled then. The film industry should only make good-quality movies in 3-D, must markdown on ticket costs, or else college students nationwide will boycott! What, I can't dream? Okay, fine, that's a bit outlandish, but it could work.

NJCU Student Films *Double or Nuttin'*: A Variety Show

By Ruth Jinette Brito

Senior and media major Robert Astudillo's latest production *Double or Nuttin'* was filmed in New Jersey City University's own media department and studio. *Double or Nuttin'* is a result of Astudillo's passion for media. The production was based on a Three Stooges comedy routine from a 60's television variety show, *The Steve Allen Show*. Astudillo acted in this production along with a cast consisting of classmates and friends. A clip from this production will be screening at the end of the year. Media department professors, students, and staff helped Astudillo put the project together.

Astudillo started in the media arts program in the fall semester of 2007 and will graduate this May.

"I have had a keen interest in film making and directing since I was little. My grandfather, who was a videographer, inspired me to become a media major. He passed away the semester I started my first media classes, so I continue his work and followed in his footsteps," he said.

Astudillo loves what he does. In the media art department, he has found a second home.

"The media arts department, located in Fries hall, is my home away from home. It is full of talented people who each have stories to tell. Our department sometimes goes unrecognized because we are hidden behind Karnoustous, however the benefit to that is that we are a nice quiet department with much talent," said Astudillo.

"Behind the camera world is not an easy one, and taking the helm in my latest production is Annette DiGrado (as Co-director) in this

semester's Video Production 1 class. This was a valuable learning experience for both them and myself. Preparations, or pre production as we call it here, took weeks to prepare, then on April 5th, 2010 shooting began accordingly and by the end of a long night we had a well-accomplished piece," he said.

Students were in charge of camera, lighting, the credits, graphics and sound. Floor manager Annette DiGrado and Jason Carey were directing and technical directing for this project.

"It was a very fun project to work on. I'm grateful to Robert for giving me the chance to direct it and also to everyone else who worked on it for doing their jobs so well, which took a lot of pressure off of me too. It was a fun experience and I'm so glad I was able to be a part of it," said DiGrado, 21, Media Arts student.

There were challenges when putting together this production, especially the amount of planning that was put forward.

"The production wasn't simple. I felt it was a great opportunity to be a technical director for this project because having the experience for a complicated production will make every other production easier for me," said Carey, 25, Media Arts student.

"Robert Astudillo's television studio production of *Double or Nuttin'* was a resounding success," said Joel Katz, an NJCU media professor.

Astudillo's next production will be an installation piece on the original Japanese *Godzilla* film



Left to right: Rafale DeSoto as Pedro the Mexican, Joshua Vazques as a Mexican bandit, Johnny Garcia as the bartender and Daniel Maranges as Chad.



Photos by staff

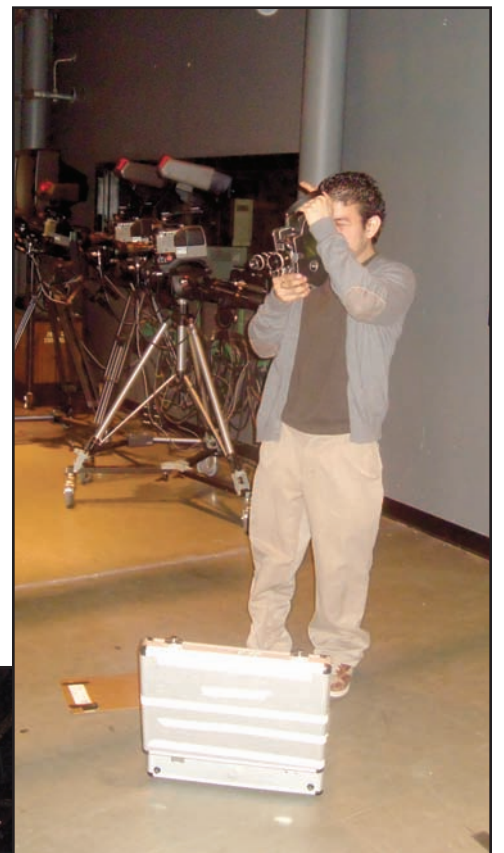
Crew member Junior Matthew adjusts the lighting for the set.

Gojira (1954). Astudillo's goal with this project is to make people aware of the aesthetics and production values of the original *Godzilla* film. The presentation will be held on May 4 and 5. This will be open to all members of the NJCU community.

"If there is one thing that I can say the Media Department has

given me, it is the friendship that I have made with other media artist. My experience as a media major has given a set career, a best friend and an everlasting list of good memories," said Astudillo.

"To future students, I say follow your dreams and do not let anything get on your way. If you find yourself struggling and at the end



Robert Astudillo, director of *Double or Nuttin'*

of your rope, tie a knot and hang on! You will all be fine, so long as you do your best and learn your craft," he said.

"Media Arts is a vibrant, lively department that should be better-known on the NJCU campus. It is a nest of activity that marries creativity with technology with many small, hands-on courses in film, video, sound, computer graphics and media theory and history. Those who want a better look at our work should come to our end of the year screening at the Landmark Loew's Theater in Journal Square at 7 p.m. on Thursday, May 13," said Joel Katz, NJCU Media Professor.

Entertainment

2010 Summer Movie Reviews

By Mohammad Hassan

This summer a new batch of movies will hit the theaters, from hotly anticipated sequels to bold original ideas. These are some of the movies that will definitely rock your summer.

1: Iron Man 2:

After the phenomenal success of the first one, the sequel was a no brainer. Robert Downey Jr. returns as the eccentric billionaire turned superhero, Tony Stark along with the entire original cast but this time, Don Cheadle is replacing Terrance Howard. The sequel looks to be bigger and better in every way from the original and we also get to see a menacing Mickey Rourke sporting a Russian accent. This time he is fighting a corrupt weapons manufacturer (Sam Rockwell) who wants to steal the Iron Man technology for his own nefarious agendas. Prepare to see some elaborate action scenes which are bigger and better than the original. Samuel L. Jackson reprises his role as mysterious Nick Fury and Scarlett Johansson makes her debut as the secret agent Black Widow. The sequel looks like it hasn't lost its witty humor and some of the lines uttered by Stark are plain gold. The sequel isn't inspired by any already written comic storyline and is purely original which promises to take the characters in new directions.

2: Prince Of Persia: The Sands of Time

Hitting Theaters May 28th, Prince of Persia is a retelling of the hit videogame that re-ignited the series back in 2004. Jake Gyllenhaal plays the titular prince who along with a high priestess, Gemma Arterton is trying to keep a magical dagger, capable of rewinding time from falling into the wrong hands. Although movies based on videogames have had a bad reputation, the movie is taking itself seriously and some big name talents are behind it. Gyllenhaal definitely looks the part of a Persian prince with a gruff and buffed look and Sir Ben Kingsley definitely looks the part of an evil Vizier hell bent on conquering the world. Now it remains to be seen how well it connects with the fan of the game and the moviegoers. But considering that Uber producer Jerry Bruckheimer (Pirates of the Caribbean) and director Mike Newell (Harry Potter) are behind the helm, we shouldn't expect a typical film.

3: The A-Team:

For those who are looking for some 80's nostalgia should definitely check out "The A-Team". The story remains the same with the main characters be-

ing falsely accused of a crime they didn't commit and soon they find themselves on the run from the government, though the plot has been more modernized with the whole mercenaries for hire part being removed. Now it's more of a revenge flick with more emphasis on elaborate and more bombastic action sequences. The movie keeps some of the more nostalgic elements of the show intact such as Hannibal's cigar and trademark phrases, B.A.'s fear of flying and Murdoch's insanity. Even the iconic GMC van makes a triumphant return. Liam Neeson stars as Col. Hannibal, Bradley Cooper as The Face, Sharlto Copley as Murdoch and UFC champ Quinton "Rampage" Jackson as the new B.A. The movie promises to deliver a top notch action flick for the newcomers and the fans of the original TV show.

4: Inception

Coming hot off the heels of his mega blockbuster "The Dark Knight", director Christopher Nolan is back with another mind bending science fiction epic, "Inception". The movie revolves around a group of agents who can enter people's dreams for corporate espionage and gain. So far this is the only thing we know about the movie, how this happens, why it happens and more importantly, how they do it is kept tightly under wraps. There are only two trailers which give no real plot details except for a really nifty looking special effects which completely defy the laws of physics. This seems like another mind bending smart popcorn movie we have come to expect from Christopher Nolan. The movie stars Leonardo DiCaprio, Ellen Page, Ken Watanabe and Joseph Gordon-Levitt. Thankfully, "Inception" is not slated to be converted into 3D. Rumor is that "Inception" is just a pit stop before he starts working on "Batman 3" and a major reboot of the Superman franchise, spearheaded by Nolan himself. In a matter of speaking, Nolan is becoming the darling child of Warner Brothers.

5: The Twilight Saga: Eclipse

This is it, you screaming, fainting and sighing tweens, teens and ladies all across the country.

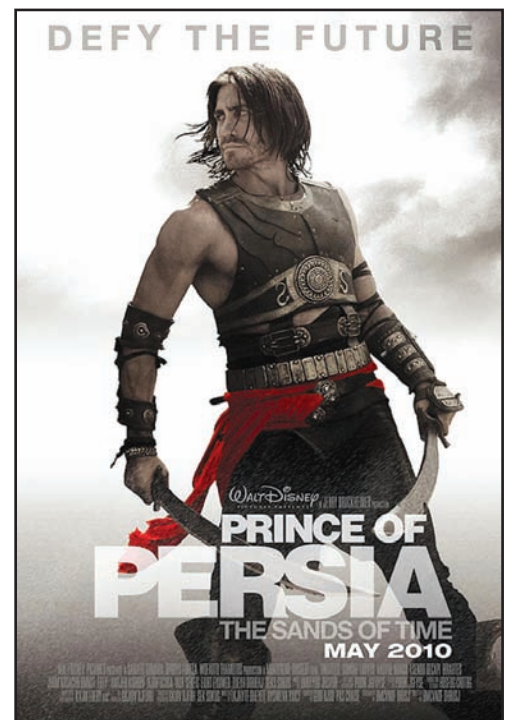
The third chapter in the wildly popular Twilight series is about to hit the theaters on June 30th, continuing the story of Bella, Edward and Jacob. The movie delves into the relationship between Bella and Edward as they face romance and new enemies. Bella graduates from High School and finally decides that it is Edwards whom she truly belongs to. Prepare for some cheesy, awkward romance and probable fights between team Edward and team Jacob.



www.nolanfans.com



www.filmofilia.com



www.filmofilia.com



www.eclipsemovie.org



www.filmbuffonline.com

Apple iPad: The Final Verdict

By Mohammad Hassan

With the arrival of Apple's iPad, it seems like the eccentric company is ready to tackle yet another market, Tablet Computers, and it's a pretty nice start. Apple first announced the device back in January 27, 2010 by Steve Jobs at an Apple press conference at the Yerba Buena Center for the Arts in San Francisco, though the device's existence was already rumored by many tech based magazines and sites after the arrival of its iPhone.

The real question is: how does the device fare?

The answer is, very well. Consider the iPad as a larger version of the iPhone without the ability to make calls and take pictures. The device uses a modified version of the Operating System found in iPhone. The device is primarily used for internet browsing, media consumption, gaming, and light content creation.

Perhaps one of the most important features of the iPad is its ability to double as an e-book reader. It is expected to compete against Amazon's Kindle and Barnes and

Noble's Nook, though it all amounts to the content. After all it's the software that makes all the difference, which has been Apple's specialty. The feature is so far available only in United States and the company has made no comments if and when it will be available to other countries. So far, major American publishers have made deals with Apple and recently The New York Times has announced that it will begin publishing daily on the iPad.

I believe that Apple's iPad is the company's latest attempt to break into the world of Tablet PCs,



www.zdnet.com

which is mostly dominated by Microsoft Windows. With its relatively limited use in work related environments, I wonder if it is just

an expensive book reader with the ability to browse the internet and play games. Only time will tell if Apple's iPad is a hit or miss.

Arts



Art by Janice Delaney

Spotlight on NJCU artist: Janice Delaney

Janice Delaney is a senior here at New Jersey City University. She is an art major, specializing in illustration. She created a series of cards for her Digital Illustration II class based on a theme, crazy hair styles. Her inspiration came from a variety of sources such as television, a website for "ghetto proms", and people around

her wearing unique styles, whether it be for a special occasion or just any normal day.

She also found this to be a great opportunity to express her passion for hair styling. There are so many things that you can do with hair that is not only exciting to look at, but is also a fun way to express yourself.

Online Resources for Fashion Designers

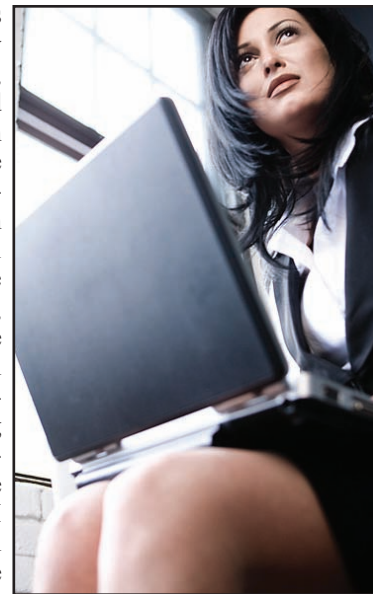
By Abdoulaye Camara

New Jersey City University has a great art department, with areas ranging from graphic design and illustration to ceramics and photography. But there is one lucrative area of study that we don't have—Fashion. Even though we don't have an official fashion department, several students have found outlets to showcase their passion for fashion. The Student Government Organization had a fabulous fashion show on Thursday, April 15. And the Fashion Org. will have their own fashion show on Thursday, April 29. During the fashion show, there were many beautiful models gracefully walking down the runway. They were talented, but I think the real stars of the show were the designers.

It's amazing to see these young fashionistas take the initiative to display their artistic apparel to an audience. In an effort to aid aspiring designers in their journey, I've compiled a list of resources for fashion designers.

Streetpeeper.com is a fashion blog that shows what people are wearing around the world. You can see get inspiration from the latest fashions from London, Tokyo, and Japan, just to name a few. Another good site is **Look-Book.Nu**, an international social experiment in style. You can upload photos of your look, and browse what other people are wearing. The pictures that get the most votes will show on the front page. This is a great way to promote your stuff if you're a designer.

One of the easiest branches of fashion to get into is the t-shirt industry. A great website for anyone interested in t-shirts is **t-shirtmagazine.com**, the premier source for everything surrounding the t-shirt culture. T-shirt Magazine features indie t-shirt labels and some of the top labels in the industry. If you are chosen as one of the featured brands, or even if you submit an interesting article to the site, your brand can get tons of exposure.



When starting a clothing line, it's crucial to establish yourself as a brand. A brand is a name, sign, symbol, slogan or anything that is used to identify and distinguish your product. A great way to accomplish that is through **Brandx-Hype.com**, a brand development agency that can take your clothing line to the next level. In addition to building a website for your brand, they also

provide retailer directories, supplier connections (screen printers, cut and sew manufacturers), and not to mention SEO (Search Engine Optimization). In other words, if someone does a search on Google, your brand will be near the top of the list.

Anyone that's serious about fashion should know about **Big-Cartel.com**. It's basically your own online shop where you can sell your fashion. Instead of having the generic default shop design; **ThemeFiend.com** can give your shop a brand new spectacular look at an affordable cost. ThemeFiend provides BigCartel themes and templates.

Those are just a few of the online resources for designers. Anyone interested in fashion and starting their own clothing line should definitely check them out.



DEADLINE
June 1, 2010
www.fafsa.ed.gov

GODZILLA EXHIBIT
Presented by Robert Astudillo, Irving Abreu, and Jessie Abreu

NJCU Fries Hall Media Arts Department
TV Studio

Tuesday, May 4th, 2010 11AM-10PM
Wednesday, May 5th, 2010 10AM-7PM

Special Screening of Gojira (1954)
at 12:30PM on both days! All Are Welcome To Attend!

LIFESTYLE

Fashion for a Cause at NJCU

By Melissa Chaile

Lights, camera, work it! ILEC, the International Law and Economic Council here at New Jersey City University held a special fundraising fashion show to raise money for the victims in Haiti, and they definitely did a great job. The event, which took place on April 15th in the GSUB building featured designers from in and around the Jersey City area, as well as here on our own campus.

The vibe was energetic and the audience itself was stylish enough to have walked the runway. Flashing lights were prominent throughout the entire show as family and friends snapped away at each model that graced the runway. Some could have tried a little bit less and others could have tried a little bit more but ultimately they all had the right idea: drama, drama, drama!

Amongst the designers were LaShanda Kelly of LMK Fashion, whose creations featured tight club ensembles, patterned summer dresses, large colorful belts, and accessories. Jennifer Lee of American Graffiti was surely the most eccentric designer of the bunch. She put her imagination to the test by using everyday items like vibrantly colored garbage bags and duct tape. Imajay Couture presented their Color Collection, a hodge-podge of



Members of Fashion Org: Tiffany, Wanda, Corey, Annie, and De-Quan.

Photo by Wanda B./Fashion Org

sheer neon outfits for those not afraid of a little attention.

Comedian Nick Z (who has contributed to Jamie Foxx's Sirius radio show) made an appearance during the show, provided lots of laughter with (though, admittedly, he could have kept it PG as there were many children in the audience). The entire event was hosted by Steve Strickland, equally hilarious in his own right. The comedy, fashion, food and upbeat

mixes provided by DJ Ronnie Rayz made for an unforgettable night for NJCU. And of course, most importantly, all proceeds from ticket sales and clothes sold by the designers have gone to a very noble cause.

Rounding out NJCU's unofficial fashion weeks is the show being put together by Fashion Org. Fashion Org has been a presence on campus since 2007, and with thirty members strong it is slowly

building a reputation as an organization that focuses not only on style but on the community. Headed by president Tiffany Salas, the group's slogan is simple: "We set trends, and will never follow them!"

The upcoming show, to be held on April 29th at 7:00 PM in the GSUB Multi Purpose rooms A and B, will feature nine student designers and over thirty models coming from the NJCU campus

as well as other parts of New Jersey and New York (there will even be some models from BETS "Rip the Runway"). Music will be provided by DJ Wallah, and a surprise appearance by a "known celebrity" will take place at the end of the show.

The program isn't just for fashion's sake, but, like ILEC's fashion show last week, to raise money for Haiti. All proceeds from ticket sales (\$5 for NJCU students) will be going to Yele Haiti as well as other charities sending relief. When I spoke with the E-Board comprised of Tiffany, Casey, Wanda, Annie, and Britney I learned that one of the biggest goals of the growing organization is to prove that "We're not just fashion, we're about other things - Fashion is the means by which we galvanize people to get involved with the community."

So when they're not working on this annual fashion extravaganza, they volunteer, participate in MS and breast cancer awareness walks, and educate their peers about issues affecting all NJCU students.

"Each experience is a learning experience - [and this one] has been unforgettable.. I wouldn't have it any other way."

Come support Fashion Org on Thursday, April 29, and for more info check out their Facebook page.

Sex: Deciding What's Right for You

By Alissa Koval-Dhaliwal,
Ph.D.
NJCU Counseling Center

Spring is in the air, and along with the blossoming of flowers and sunnier weather comes the blossoming of interest in romantic partners. Our sexual feelings towards another can be very powerful. However, sexual decisions that are made "in the heat of the moment" present a number of challenges. The emotional, health and reproductive outcomes of sexual involvement have implications that reach way beyond those intimate encounters, and yet too often the amount of time and thought that goes into the decision to be sexually active with someone is disproportionate to the weight of the those outcomes. One student put it this way: "I put way more into thinking through whether to buy a car than I put into figuring out whether I should have unprotected sex with 'X.'" The results of the car decision lasted me a few years. The results of the sex decision will be lasting me the rest of my life."

Most of us have learned about unintended pregnancy and sexually transmitted infections (such as HIV, HPV and herpes). We know that abstaining from sexual intercourse or using condoms consistently and accurately (in addition, birth control for pregnancy prevention) are ways we can avoid these consequences. Preparing ourselves ahead of time to follow through with these approaches to dealing with sexual desire makes it more likely that



Source: Getty/Katie Huisman

we will make good preventative decisions. Having condoms readily available for use, consistently and accurately using a reliable birth control method, and discussing your thoughts and feelings about sexual involvement with your partner prior to becoming more physically intimate are all ways we can increase the likelihood we will make the sexual decisions that are in our best interests.

Fewer of us have had explicit guidance about the emotional issues that arise. Barbara DeAngelis, Ph.D., describes how "Lust Blindness" can lead us to choose long-term relationships with partners who may not be right for us. First we become sexually involved with someone we have a strong sexual chemistry with. Then we experience emotional discomfort about having been so intimate with someone we aren't that emotionally connected to. We resolve that discomfort by investing further into a relationship with the person to legitimize the lust, regardless of compatibility.

As a result, we may stay in relationships far longer than is healthy for us. DeAngelis and others suggest asking the following questions to help you decide whether to become sexually intimate with someone:

Do I know this person's sexual history? Have I discussed HIV testing and STI prevention with him/her? (We know that prevention methods can and do fail.)

Would I want to have this person's child? Have I discussed birth control and thoughts about unintended pregnancy with him/her? (We know that birth control methods can and do fail.)

Do I respect this person intellectually and emotionally, and know them and like them well enough that I'd want to become like them? (We know that heartbreak often occurs when we become intimately attached to people whose values don't match ours.)

We at the Counseling Center wish you a healthy, happy, and peaceful summer!

Help, I'm Stuck in Jersey City (For the Summer)!

By Zeba Blay

www.loewsjersey.org

No more stress, no more drama - in just a few weeks the summertime will officially be upon us! Check out these fun, affordable activities to do in the JC area over the next few months.

April 29
ArtRageous on the Green at Hamilton Square -

Hosted by Jersey City Museum, this all day even (from 6:00 to 10:00 PM) will be taking place at the corners of Erie Street and Pavonia Ave. If you like mini golf you'll love this! Local Jersey City artists have designed an 18-hole golf course, each hole with a different artistic theme! Play golf, eat, and be merry! Info: 201-413-0303 www.jerseycitymuseum.org

May 6
Art Opening at NJCU: "Works in Silence"

For your last weeks on campus be sure to check out this exhibit at the Harold B. Lemmerman Gallery in Hepburn Hall. The opening (from 6:30 to 8:30 PM) highlights the MFA Thesis Exhibition of artist Nicholas Bautista. The exhibit, featuring installations that emphasize the importance of silence, will be running till May 13. Info: 201-200-3246, www.njcu.edu

May 21 - 22
Classic Film Weekend at the Landmark Loew's Jersey Theatre: 1970s -

Are you a film buff? Do you want to learn more about classic film? Then be sure to attend the Loew's Jersey Theatre's ongoing series of classic film screenings, this time focusing on iconic movies of the 1970s. Admission is only \$6! Info: 201-798-6055,

May 22

3rd Annual "Every Jersey City" Festival -

From 11:00 AM to 6:00 PM enjoy this totally free event (running on Central Avenue, from Hutton to Congress Street), celebrating all the wonderful things about Jersey City. There's going to be delicious food, bargain shopping, live entertainment, and did I mention food?? Info: 201-656-1366 www/jcheights.com

June 15 - June 17

Actors Shakespeare Company at NJCU Presents: Macbeth -

At 7:30 PM at the West Side Theatre the ASC will be offering a free reading of one of Shakespeare's most famous and brilliant plays. This intimate performance will feature just five actors sinking their acting chops into the dark and tragic story. Info: 201-200-2390, ascnj.org

August 7

Bolivian Parade & Festival -

Immerse yourself in one of the many rich cultures found in Jersey City at the Bolivian Parade & Festival, being held at Exchange Place from noon to 3:00 PM. Enjoy all things Bolivian, from music, art, and best of all - food!, Info: www.nj.com/

August 28

JC LGBT Pride Festival

The annual Pride Festival, this year held at Exchange Place, will be celebrating the vibrant LGBTF community here in Jersey City. The festival starts at noon and ends at 8:00 PM, chock full of live music, local food, and street vendors!

Info: <http://www.jclgo.org/>

OPINION

Fighting Homophobic Slurs, One Friend at a Time

By Jan Aguilos

I've been attending New Jersey City University since September 2007 and I've been frank about the fact that I'm one of the many gay students on campus.

But, I had one old friend from my hometown, Secaucus, who I avoided telling because he was socially conservative. Yet I wasn't aware of the extent of his intolerance until one afternoon while we were waiting for a bus on Kennedy Boulevard. He spotted a scrawny young man clad in tight clothes across the street who he perceived to be gay and snickered. Then he blurted out, "Look at that fag."

My heart sank and I just clammed up. I should have said something but I was nervous about him finding out that the nice kid who he grew up with was, yes, a gay man.

The resulting guilt I felt for staying silent became a reminder to speak up whenever my friends and peers in college used the words "gay," "fag," or "homo" in derogatory ways.

In the past two decades, there have been many ideological battles involving the LGBT community. Our country is still debating the issue of gay people serving in the military and same-sex marriage has been a hot-button issue for the past few years.

However, the issue of homo-



Courtesy of NJCU.edu

phobic slurs shouldn't be tagged as an ideological battle. Telling your friends to stop using homophobic slurs is not about political correctness, it's about respect. It's about stopping the belittling of a minority group.

"You're putting down people," Cassandra Montes told me when I asked what she would tell a friend who says homophobic slurs. "You're putting down somebody's who's equal to you."

Montes, a 20-year-old freshman and Jersey City native, was recently elected to be next year's President of the Lesbian, Gay, Bisexual, Transgender, and Friends (LGBTF) Alliance.

"Words hurt," Montes added. "They really do, and people don't realize that."

When I tell a friend that using the word "gay" to describe the negative outcome of a Yankees game is wrong, they sometimes respond with, "I

didn't mean it like that."

Using "gay" as a put-down is as wrong as using a name for any other minority group as a put-down. Pointing this out may be perceived as trying to serve as language police or being politically correct, but the real PC move would be silence.

We are all entitled to free speech; however, free

speech is not equal to a free pass. Anyone who has the basic need to state an opinion or make a remark should be mature enough to be criticized when something unsavory is said. We've all made offensive remarks, so this article is not a judgment on those who make them but a call to those who hear homophobic remarks from their friends.

It's important to be civil and non-confrontational when addressing this issue with friends. We need to raise awareness, not wag our fingers. NJCU is full of people who are developing their world views and it's important to emphasize the idea that all minority groups deserve respect, whether they're of a different race, gender, sexual orientation, gender identity, etc.

If we can diminish the prevalence of homophobic slurs one friend at a time, we may be able to diminish the presence of homophobic slurs one campus at a time.

Healthy Food Hunting

Continued from page 6

cakes. There is not one good choice in these racks!

Fruit Stand: An oasis of good health in a sea of bad nutrition. Well, a piece of fruit may be healthier than a bag of chips but after tasting some of the fruit offered in our cafeteria, I'd rather take my chances with the chips.

When it comes to beverages, there is not a single healthy option in those brightly lit refrigerators.

Soft Drinks: Loaded with high fructose corn syrup (HFCS). And, by the way, don't be fooled by commercials that tell you that HFCS is "nutritionally the same as sugar" and "fine in moderation." Studies done outside the US and not funded by The American Corn Growers Association have shown that high fructose corn syrup is a terrible food additive. And while it is nutritionally the same as sugar, sugar (not raw sugar but the white stuff that's in the little packets) is also terrible for you. As for moderation, high fructose corn syrup is in EVERYTHING! From soft drinks to ketchup, bread to salad dressing, it is America's most pervasive food ingredient.

Juice: While pure fruit juice is healthy, this type of concentrated fruit juice offers one thing: sugar. And be careful, some of these fruit juices are not even 100 percent juice.

Sports Drinks: Some contain high fructose corn syrup, most have high levels of sodium and contain artificial colors.

Bottled Water: Filtered tap water from Midwestern reservoirs may be the healthiest option in these refrigerators, but most bottled water is purified by a process known as reverse osmosis. This

process ensures the safe consumption of water but also removes the minerals that give water its flavor and healthfulness. If you're going to drink bottled water, go for spring water instead.

Another important part of eating healthy is knowing the nutritional information and ingredients list of the foods you eat. There are no posted signs in our cafeteria offering nutritional information or an ingredients list.

There are no pamphlets; there are no labels on any food products other than those that are commercially manufactured.

When I contacted CulinArt, the company that oversees food preparation at NJCU, I was told that they do not have this information because "it's not the law in the state of New Jersey."

To their credit, the representative from CulinArt was extremely helpful and was willing to do some research in order to provide me with information about particular food products. CulinArt also offers meal-planning advice from a registered dietician (for more details, go to the "food services" quick link at NJCU.edu)

While this is appreciated, I should not have to wait three to five days to find out what's in the chicken paella that I just ate for dinner.

It may not be law in the state of New Jersey, but any reputable food service company should offer its patrons proper information as to nutrition and ingredients.

It might be unreasonable to request that all non-commercially manufactured food come with a label, but pamphlets or large signs outlining calorie count, fat content, sodium content, sugar content, as well as an ingredients list should not be out of the question.

Calling Non-Business Majors

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- Interested in business grad school?

The NJCU Business Bootcamp may be right for you!

The Business Bootcamp is a six credit graduate level course designed to give students with majors other than business an immersion in the fundamentals of Business, including Management and Organization, Finance, Marketing, and Business Strategy.

Business Bootcamp positions students for application to graduate business school including MBA and MS programs. It is ideal for this year's graduating seniors. Business Bootcamp will give your resume a boost in a very competitive job market.

*The course consists of 20 three hour in-class sessions along with weekly web-based assignments. Classes will meet **Tuesday and Thursday evenings, May 25 through August 5, at NJCU's Harborside location.***



For more information about Business Bootcamp or how to apply, please contact

Ms. Bette Goldstein
201-200-3321

or email
bgoldstein@njcu.edu

SPORTS

Knight Time!



Women's Bowling Team Makes Noble Run in NCAA Tournament

By Daniel X. Rivera

New Jersey City University hosted the 2010 National Collegiate Women's Bowling Championship Tournament for the first time ever at the Carolier Lanes in North Brunswick, New Jersey on April 8th thru the 10th. NJCU is ranked a Division III school and the woman's bowling team, the Gothic Knights, competed against Division I schools.

"Not only did we make Final Four again, but we kept the tradition going of making it on every even year starting in 2004. Being the only Division III team in contention to win a National championship says something about us," said Gothic Knight, Candice D'Angelo.

The first day began with Whitney Houston's recorded rendition of the National Anthem as every TV showed the image of the Statue of Liberty with a waving American flag in the background. All teams faced the lanes, most of them placing hands over their hearts. An announcement introduced the special opening day guest: PBA Hall of Famer Johnny Petraglia who threw out the first ball, and was followed by PBA legend Parker Bohn III, who nailed a strike with ease.

The practice session, or the calm before the storm, began as Bon Jovi's "Living on a Prayer" blasted through the speakers. Clashing sounds rang in the air, almost to the beat of the song. After a long and arduous season, the eight teams left standing in the tournament huddled and cheered as they prepared for battle. In addition to our Gothic Knights, the combatants hailed from: Nebraska, Arkansas State, Vanderbilt, Fairleigh Dickinson, Maryland-Eastern Shore, Delaware State and Central Missouri.

The qualifying rounds began as NJCU's own Jennifer Daunno (Sophomore), Candice D'Angelo (Senior), Kelly Daunno (Freshman), Amy Brehm (Sophomore), Jenn Marmo (Senior) and Nicole Drejerwski (Ju-

nior), wore green Polo shirts with 'New Jersey City' stitched on their backs and beige shorts, stepped up and started the day's series. Cheers accompanied each spot-on hit. One pin was left for our Knights, and was followed with a solid spare. Next run, same result. D'Angelo fired a strike, followed by Kelly Daunno's. Jennifer Daunno nailed a double and was met with high fives from her teammates, and Assistant Coach Rusty Thomsen and Head Coach Frank Parisi.

"Mom-Mom D," Drejerwski's grandmother and #1 supporter of the Knights, has trailed the team all over the country. She has lovingly provided the players with their favorite healthy treats, including fruit and peanut butter, wherever they have gone. "We accomplished our goal of making Nationals and made it further than anyone expected. Final Four is a great way to end the season for me," said Drejerwski.

Day 1 ended with NJCU landing in fourth place with an average of 964.0. Day 2 whittles down teams from four to two. Each player of every team had five to seven balls customized for finger size and varying weight. Players used plastic balls strictly to execute spares. Bowling is not merely based on strength; it relies heavily on a momentum-based pendulum movement, letting the ball guide its owner.

For Day 2, the crowd increased dramatically; far beyond family and friends, it included video cameras and other media coverage in preparation for the next 10-13 defining hours. Match-up results eventually placed NJCU against FDU. Nicole delivered a careful strike as a back row of pins fell gracefully from the frontal force of the speeding ball. The team, in unison, screamed her strike catchphrase, "Watch her strike, watch her roll!"

After NJCU suffered a few failed spares, J. Daunno accompanied by cheers delivered a strike, "She's bowling!" Suspense kept mounting as FDU strikes were matched by NJCU's. Parents of competing teams ex-

changed words of encouragement as their daughters continued swapping lanes after each round. Daunno cleared the lane for another NJCU strike, followed by the signature cheer, "Day and night, Jen can strike it any time she likes, strikes!" Both sides huddled with their coaches while spares were missed and landed; a back-and-forth tempo lasted for some time. FDU managed a succession of spares, with a quick response from Kelly Daunno scoring a 10-pin knockdown: "Lefty! Lefty!"

"I bowled all four years of high school at the lanes where it was hosted and to see all the familiar faces and know that most of the fans cheering us on were people that I've known was a great feeling. And to top it off I have my sister Kelly on the team, too, which was a dream come true of mine to bowl on a team with her for college," said Jennifer Daunno.

Passing a tense tiebreaker, both teams were neck and neck; every crashing sound a reminder that time was running out. An enthusiastic NJCU supporter stood up and shouted from the bleachers, "What time is it? Knight time!" Amy strikes every pin down at

once: "Oh, oh, oh, can nothing stop her now, 'cause Amy knows how to strike!"

"I had a team who supported me on and off the lanes and we all meshed together so well," said Brehm.

With a few well-played moves, Fairleigh Dickinson University caught up, eventually edging out the best of seven rounds against NJCU; they moved on to win the championship on Day 3 defeating Nebraska, 4-3.

"Bowling in the NCAA National tournament as a freshman was amazing! It was so easy for us to get to know one another because we only have six girls. We have

so much heart and we put our all into this," said Kelly Daunno.

Our resilient Knights were awarded trophies and plaques for their tenacious sportsmanship and overall game achievements. Coach Parisi expressed his admiration for the team, and presented Candice D'Angelo and Jenn Marmo each with a framed solo mid-action shot along with exotic flowers. This is the end for seniors D'Angelo and Marmo's career with the Gothic Knights. Their presence will be missed.

"To finish Final Four for my senior year is a memory I will cherish for the rest of my life," said Jenn Marmo.

