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Change in class schedule?

By Bryant Romero

New Jersey City University may be changing its scheduling grid starting in Spring 2014. NJCU's new schedule pattern could possibly help students to graduate faster and to become more efficient with their time.

University President Dr. Sue Henderson said, "The University looked at the way classes are scheduled to help students progress towards degree completion more quickly and effectively. This means allowing students to take more courses per semester, thereby utilizing their time and their financial aid opportunities more efficiently."

The University is looking to maximize the experience for students at NJCU and would

like to make sure that students will be able to easily move from one class to another with less overlaps in course scheduling. For students to be able to achieve their degrees faster, a Scheduling Task Force is reviewing changing the duration of classes for students to meet more than once a week for the same course.

"The majority of classes will meet twice a week, for 75 minute sessions. One credit courses will continue to meet once a week for 50 minutes, within the schedule grid. The 150 minute – once a week classes are not being eliminated. Departments will be encouraged to offer classes throughout the week, including Saturdays", explained Dr. Henderson.

After the changes are imple-



Photo by Dakota Santiago

Students try to sit through a three-hour lecture.

mented, NJCU will create a class schedule grid that will start the day at 8:30 a.m. and end at 9:45 p.m. The classes from the scheduling grid will be required to start at specific times: 8:30 a.m., 10:00 a.m., 11:30 a.m., 1:00 p.m., 2:30 p.m., 4:00 p.m., 5:30 p.m., 7:00 p.m., and 8:30 p.m. and will affect day and evening courses from all the majors and programs. It will not affect classes off-campus courses. Two hour and fifty minute courses will be offered much less frequently.

Classes will be an hour and fifteen minutes long, with a fifteen minute break in between scheduled back-to-back classes.

However, the campus community at NJCU has mixed feelings about the change in class schedule because of concerns of extra

commutes to school and obligations to their jobs.

"I like longer hour courses because I live far away," said Jenny Platero 18, from Carteret, NJ. "I'd rather come fewer times to school because it's a long drive."

"I don't think it's a good idea," said Raniem Hussein, 19, English/Journalism major, from Jersey City. "It can be a waste of time coming twice a week, and it could really affect people who work a lot."

According to Dr. Henderson,

there has been much research to the length and frequency of class meetings at many institutes across the country which supports her observations. As a mathematics professor, she finds it to be more effective to teach a course several times a week and feels it gives students a chance to reflect on the concepts, work on projects and homework and to be able to ask questions that might not be as effective if the course meets only once per week.

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EDITORIAL

Finally!

No this isn't what's said at the end of a three hour class. Well not only what's said at the end of a three hour class.

NJCU is finally taking a serious look at how classes are scheduled and its impact on students.

We all know the symptoms of repeated three hour classes: glazed eyes, a sleepy mind, and asleep feet. Impatient students staring at their phone every few minutes wondering how much

time is left.

NJCU is finally prioritizing their resources and manpower to do something that will have a long term impact on students for semesters and years to come. They're finally trying to find a way to fix our schedules.

The NJCU administration is looking to change the way our classes are scheduled. Looking at many other schools in the state, we see that NJCU has a

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Spring Break in Rome? Why didn't I know about this?

By Chinedum Joan Charity Emelumba

The New Jersey City University International Students and Study Abroad department will be sending students to Rome during Spring Break, but, students have been asking why they've been unaware of these study abroad opportunities.

Some students voiced their frustrations about how the faculty of NJCU consistently fails to notify students about various opportunities and events that the university provides. The recent incident involving the one week, educational trip to Rome, Italy was initially designed to be in conjunction with two courses: Media 325- Italian Cinema: Spotlight on Rome and Sociology 254- Urban Sociology: Rome, The Global City.

Professor Vera Dika of the Media Department expressed

how she thought of the trip as a means of getting students to walk away from the course with a rich, firsthand experience of Rome. "Well, initially it (the trip to Italy) was designed to be an extension of my class, as well as Professor Herman," she said. "We wanted to design a course that would be a semester in Rome, but it was just too expensive."

The students that were enrolled in the two courses related to the study of Rome were the first candidates, who were given priority for the trip. However, there were some students, not enrolled in the class, who were just as eager to take the trip outside of the country.

Kaleema Lewis, 23, Biology major from Jersey City said, "I wanted to have a memorable experience overseas before graduation, which is why I went to speak to Craig Katz, who is the Director of International Study

Abroad Program. That's how I found out beforehand about the Rome trip. I really wanted to physically witness everything that I've ever read about in textbooks about Rome."

Professor Max Herman of the Sociology Department confirmed that he and Professor Dika shared the same vision when conjuring the idea of this trip. "Professor Dika and I soon decided that we weren't going to keep the trip solely for students, but to open it up to all students on campus, but the students in the class would get priority," he noted. "I have to say on behalf of Professor Dika and myself, we've never done this before. We just wanted this to be something fun to do for experience."

Despite NJCU's efforts to reach students when various study abroad programs emerge, there are still thousands of stu-

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MAJOR CHANGES IN CLASS SCHEDULES

SGO PUBLIC FORUM

Thursday, February 14th

11:30am to 1pm in GSUB Lobby
(1ST FLOOR NEXT TO STAIRCASE)

Major change to class schedules planned and NJCU administration wants to talk to students about it. Will have immediate impact once enacted.

Have Your Voice Heard!

Held by Student Government
Organization (SGO)

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NEWS

Why no Wi-Fi?

By Jessica Coke
Additional reporting
by Felix Alarcon

Somewhere on campus, a student or a faculty member is becoming frustrated because of the unreliable and disproportionate Wi-Fi connection.

Many students have been complaining about the unpredictable Wi-Fi service- as it often conflicts with the quality and/or timeliness of their work.

"Sometimes the Wi-Fi works and sometimes it doesn't. Some days, you can get a good connection and other days you can barely get service at all. It can really get annoying," said Destiny Thompson, 18, Business Management, from Newark.

"While I'm waiting to actually get access to the internet, I can do a number of things. I can make phone calls, and fax papers to say the least. A lot of the time, I am not able to execute my many tasks efficiently- it can be a nuisance, and it really interferes," said Opportunity Scholar-

ship Program/Educational Opportunity Fund (OSP/EOF) counselor Leslie Graham- Wilson.

Professor Brian Simons of the English Department thought that, "Easy access to Wi-Fi on campus would certainly support students in the learning process. The internet is a vital instructional tool, and students should be able to use it effectively

Rajiyah Woodson, 21, Psychology, Jersey City thought that, "The Wi-Fi here at NJCU is really a aggravating, pertaining to my everyday college life. Sometimes, it's a gamble to do quizzes and check my syllabus on Blackboard. What's the purpose of promoting that the Wi-Fi is 'Available everywhere', when in reality it's not?"

Not all students have issues with the Wi-Fi. Michelet Francois, 47, Math, from Linden said, "The Wi-Fi is pretty good. It can be used anywhere. Before it wasn't like that, but now I can be anywhere on campus and get Wi-Fi. I use it on my cell and laptop,

it's very convenient."

Alyssa Vogt, 22, Education/Technology, Jersey City said, "I think the Wi-Fi is alright on campus. I use it on my laptop. Sometimes it's slow, but overall I'm content."

Vogt has still had issues with the Wi-Fi "After Sandy, my mobile still hasn't been connecting."

Maman Cisse, 19, Criminal Justice major from East Orange thinks that, "The quality of free wi-fi at other universities that I have visited, is disproportionately better than the Wi-Fi here. I think that, if the Department of IT put more into implementing the Wi-Fi network, it would be better for everyone."

"Because of the ongoing internet connection issues, sometimes I don't even feel like doing my assignments. It frustrates me and sometimes I sort of get discouraged", said Cisse.

Kianna Thornton, 22, Media Arts and Psychology major from Orange stated that, "Since I've been a dorm student here, I have definitely had my share of prob-



Photo by 123rf.com

lems with the Wi-Fi connection." Thornton is currently a resident of the 2040 apartments and she thought that, "Because time and time again I got so fed up with the internet connection, I eventually bought myself a computer router."

Robert Scire, Associate Director for Networking and Telecommunications, encourages all

students who have any issues with Wi-Fi to come in to Rossey Hall 006 for help troubleshooting their Wi-Fi.

"We're here to help them [students]," said Scire. "We understand that sometimes that the experience in setting up the wireless on mobile devices can be difficult for some. In reality it is

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Rome trip

Continued from page 1

dents who never get the message. "You know what I may not know everything about this school, but I definitely didn't hear about this Spring Break trip to Rome," said Onyeka Emelumba, 20, Psychology major from Jersey City, New Jersey. "There's honestly so many flyers plastered on top of each other in the many buildings on this campus that students don't even bother to look at them. When it's time for the university to make students aware of their tuition balance, we get everything from emails, to

phone calls, and we even get classes dropped to convey the message. Why can't this means of communication be used in when getting students attention about studying abroad?"

When asked why students don't have knowledge of the various study abroad programs on campus, Katz responded, "I've asked people to give me suggestions on better ways to reach students through social media. It's very difficult to reach students when they never check their emails."

A Facebook group page, which was designed to exchange information between the students who were going on the trip and the faculty that was involved, caused other students on



campus to wonder if only a select group of students were being offered these opportunities.

"Some of the confusion may have arisen because Mr. Katz set up the site to get information to students who decided that they were going," said Professor Herman. "The irony is that a majority of the students in the two specific classes about Rome

weren't going."

According to Katz, the students lack of knowledge regarding the programs that the universities offers stems from the fact that students neglect to check their school emails on a daily basis. He expressed that "students are really encouraged to study abroad, but they have to be receptive to the information."

Katz says that the NJCU is very adamant about making study abroad programs as available and inexpensive for students. "It's difficult to pin down a price a year in advance because we're always trying to chase funding opportunity so that it is as affordable as possible. That's really the key. We usually give students a semes-

ter's notice about the trips," he said.

Some of the locations in the past that NJCU students have visited for educational purposes include Peru, Spain, India, Scandinavia, Mexico, and Cuba. Katz also mentioned some trips to Istanbul and Mexico City, which are currently in the works.

Students are encouraged to check their emails daily for updates on all sorts of events and travel opportunities that the university offers. For direct information on specific study abroad opportunities, students may also check out the website which is www.njcu.edu/internationalprograms or email Craig Katz at ckatz@njcu.edu.

Alpha Phi Sigma Honor Society coming to NJCU

By Emmanuel Pierre-Louis

Your hard work has been recognized and the NJCU criminal justice department would like to interest you in becoming a member of The National Criminal Justice Honor Society: Alpha Phi Sigma.

We are currently in the process of petitioning for a NJCU Chapter. Our goal is for the chapter to be enacted by spring 2013, so our upcoming graduates and future graduates can benefit from being a part of Alpha Phi Sigma.

Alpha Phi Sigma is a nationally recognized honor society specifically for students pursuing criminal justice degrees. The society recognizes academic excellence by undergraduates as well as graduate students of criminal justice.

The goals of Alpha Phi Sigma are to honor and promote academic excellence; community service; educational leadership and unity. Alpha Phi Sigma seeks to promote discussions on

a variety of topics in criminal justice, as well as encourage the exploration of exciting career opportunities in the growing field. Alpha Phi Sigma is the only Criminal Justice Honor Society which is a certified member of The Association of College Honor Societies and affiliated with The Academy of Criminal Justice Sciences.

This invitation is also open to alumni and faculty members.

Membership requirements are: Undergraduate students must maintain a minimum of 3.2 overall GPA on a 4.0 scale, a 3.2 GPA, on a 4.0 scale, in criminal justice courses and have completed a minimum of four courses (12 credits) within the criminal justice curriculum. The Honor Society is open to those with a declared criminal justice major or minor.

Graduate students are required to maintain a minimum of a 3.4 GPA in both Criminal Justice courses and overall courses, on a 4.0 scale. Student must have completed a minimum of four courses (12 credits) within the

criminal justice curriculum.

Have attended two Honors Society meetings and participate in at least one organizational activity or event.

For meeting dates and times, please contact the Chapter President. Further information will be sent via email throughout the semesters.

Membership applications: Please visit www.alphaphisigma.org/resources.html and submit your completed application, attach a \$50 money order or bank check (no personal checks), payable to Alpha Phi Sigma National Headquarters. The complete packet should be brought to NJCU Professional Studies Building suite 220 to Chairperson Dr. David Chiabi.

Please complete applications packets as soon as possible, it takes about two to three weeks for applications to be reviewed and completed.

Any further questions you may email me (Emmanuel Pierre-Louis) at epierrelouis@njcu.edu or Chairperson: Dr. David Chiabi E-mail dchiabi@njcu.edu.

ALPHA PHI SIGMA


THE NATIONAL CRIMINAL JUSTICE HONOR SOCIETY

JOIN NOW!
MEMBERS BENEFIT FROM:

- > Lifetime networking
- > Job Opportunities
- > Scholarships
- > and more...

OPEN TO UNDERGRADUATES, GRADUATES, AND ALUMNI.

For further information contact
Emmanuel Pierre-Louis at
epierrelouis@njcu.edu



NEWS

Operation Chirag: NJCU giving light to those without it

By Mario Martinez

If it is to be, it is for me.

It's 6 p.m. The sun has sunk into the West and it's pitch black outside. Inside, there is no electricity, no stove, no warm water, and your family is discontentedly huddled around you. Even worse, your cell phone, your only sense of privacy, is just about to die and the closest place to charge it is miles away, down desolate and lightless streets.

No, this isn't hurricane Sandy all over again. This is everyday life in Chirag, India. "It's like our Hurricane Sandy but it's everyday for them; except that they don't have food and flashlights and things like that," said Student Government Vice President of Activities Corrado DeVincenzo, who witnessed life in Chirag firsthand.

"Often they'd use kerosene lighting and people would pick it up by accident, kids especially, would drink it and would pass

away from it. Or they would leave their hut at night to get something and get bit by a snake or some kind of animal. So basically, after the sun goes down, it's pitch black and they can't function."

Two years ago, on a SGO funded trip to India, DeVincenzo visited Chirag, which is an impoverished and underdeveloped village on the outskirts of Mumbai and Delhi.

Living in mud huts with roofs made of leaves and branches, the people of Chirag are socioeconomically alienated and deprived of many of the basic essentials of living such as running water, a kitchen, refrigerators, food and more somberly, light. Without any source of light once the sun goes down, life in Chirag stagnates and goes unnoticed.

DeVincenzo explained, "There's no middle class. There are beautiful million dollar homes and outside you'll see a poor person lying out on the street. The richest man in Mum-



bai, he's one of the richest in the world, has a big 90-floor mansion where homeless people can be seen outside. We see poverty here yeah, but to them, it's glorious."

Moved by the experience, DeVincenzo found a nongovernmental organization called Project Chirag, founded by Jyotirmoy Chatterji of HR College of Commerce & Economics in South Mumbai, whose mission is to give light to the estimated 4 million people in India who live without electricity.

Supervised by the principal of HR College (who is also the sheriff of Mumbai) Indu Shahani, Project Chirag provides

families in tribal villages with a light beam to light up their small homes and a lantern to walk around with at night.

However, Chirag, which literally translates to light, is a name more intrinsic of the people rather than the village.

Though devoid of bare essentials of living well, the people, says DeVincenzo, makes Chirag bright. "I noticed that even though they live much poorer than us, they were so polite. People would offer me their seat even if it there were no where else to sit. People would invite us into their house. One time we got invited into a house and our teacher who spoke Hindi, replied

to them 'It's too many of us.' and the owner said 'Well my heart is big enough for all of you.' We didn't go in, but random people would always invite us in and were all extremely polite."

Since his experience two years ago, DeVincenzo has been fundraising donations at New Jersey City University for Project Chirag in collaboration with the students of HR College. With \$1,500 already raised for the cause, DeVincenzo hopes to surpass NJCU's record of \$7,000 raised for a cause before he graduates. With \$80, one could light up home in Chirag for an entire month. All donations are warranted and 100 percent of it goes to those in Chirag and will also be commemorated on DeVincenzo's wall of donors, where their names will be displayed.

To donate or to hold a fundraiser for the cause, contact Corrado DeVincenzo at cdevincenzo@njcu.edu.

To learn more about Project Chirag, also visit www.projectchirag.com

Mardi Gras



Salsa Music
Masks Free Food


Tuesday 2/12/2013, Noon-2pm,
GSUB 129

Fr. Jim Ferry
Catholic Chaplain
jferry@njcu.edu

Cody Carter
Campus Minister
ccarter2@njcu.edu

Newman Catholic Association
201.200.2565, GSUB 316

LEADERSHIP OPPORTUNITIES




New Jersey City University Student Government Organization

WOULD YOU LIKE TO MAKE A DIFFERENCE IN NJCU?

THE FOLLOWING CLUBS HAVE BEEN INACTIVE:

- Arts & Design Association
- African Student Association
- Caribbean Student Association
- Chess Club
- Criminal Justice Club
- Coptic Society
- Free Thinkers Society
- Geology Club
- Haitian Student Association
- International Law
- Math Club
- Music Appreciation Club
- Performing Art in Christ
- Taekwondo Club



WE NEED YOU!

Students interested in re-opening these clubs please contact the Executive Vice- President of the Student Government Organization Jennifer Pena via email at jpena5@njcu.edu

Check out our **website**

gothictimes.net

CAMPUS LIFE

The reopening of the Speicher-Rubin Women's Center



(above) Dr. Sue Henderson, NJCU's First Female President greets attendees.



(above) Founder Dr. Barbara Rubin shares the history of the Women's Center.



Dean of Students Lyn Hamlin shared greetings.



Jasmine Johnson with her winning design.

(All Photos Courtesy of the Speicher-Rubin Women's Center)

MLK Luncheon



Courtesy of SGO

NJCU community gathers for MLK Luncheon.



Courtesy of SGO

Singers entertain at the luncheon.

Bookstore rush



Photos by Dakota Santiago
Students rush to get their books on the first day of classes.



CAMPUS LIFE

CLUB DAY 2013



(above) Chocolate-Covered Strawberries! Mmmm...

(right) Blanda the Non-Propaganda Panda



(above) Which club are you interested in?



(above) Let's Pie SGO!



Let's Boogie Oogie Woogie!!

All Photos by Dakota Santiago

LASERTAG



So who wants to run in first?



Okay, okay you got me!



If I don't wear it, does it mean no one can get me?

All photos by Dakota Santiago

LISTENING PARTY



Photos by Campus Life
Students eat, paint and learn at the MLK Listening Party.



LIFESTYLE

'OMG, Email Etiquette?'

By Crystal Davis

Houston, we have a problem. With the ever growing constitution of E-mailing and ill use of proper grammar we often find that the international society of the internet is, well, failing. We find ourselves going to school for many a year and when the easiest form of verbal contact comes to our fingertips we make a muck of it.

Yet to be a little more considerate in contrast to both sides of this broiling argument—E-mail etiquette must be seen from the side of the send-ee and the sender—popular questions that are often to occur are: “Does it depend on who is E-mailing you?”, “Is it because of personal preference?”, “Is there a found superiority complex when there are two different senders from different sides of the spectrum E-mailing each other?”

According to the syllabi and lecture of Professor Laura Wadenpfohl of New Jersey City University, “Ignore a mistake that is simply careless; Sometimes the tone in written communication sounds sharper than intended. We

need to be sensitive in our tone.” While explaining her course requirements she expressed, “Online etiquette should be formal.”

Statistically it can be found that more people tend to write formal E-mails when they are going to be writing to someone who is rather important, where in contrast to writing a close friend they feel that the use of internet jargon is acceptable. Most would even find it hard to believe that the Oxford English Dictionary has added to it some of the world’s most popular terms such as “LOL, OMG, and BFF” finally giving them a legitimate place in national standing.

Nina Bell, 19, Painting, MICA, Maryland, formerly of Jersey City, expresses that the need for internet usage is, well, dying. “I don’t think we need E-mailing anymore!” she said nearly hopping on one leg in excitement. “There’s so much instantaneous information that now it’s unnecessary. In terms of communication, E-mail takes too long and because it takes too long you put too much effort into it.”

Taking Bell’s point of view into consideration enabled questions

to blossom once again: with the supposed failing of E-mail communication does this also mean that verbal etiquette should be more prominent in modern day speech?

“I would not support any email etiquette policy put forth by the school or any governing bodies because I know how to communicate with others; my own style varies depending on the person I am speaking with. I do not need or want a standard forced on me, I am not a child.” Explained Maksym V. Senyshyn, 20, History, of Jersey City in a cynical tone before sipping a cup of tea in G-Sub.

Consequentially, E-mail etiquette will be set in limbo until “we” as a whole manifest at a unifying conclusion that English needs to not be modified, but of course only you can be the ruler of your own world.

For more information visit:
<http://owl.english.purdue.edu/owl/resource/694/01/>
http://www.afterdawn.com/news/article.cfm/2011/03/29/oxford_dictionary_adds_lol_bff_other_slang

First Valentine’s Date Do’s & Don’ts

By Brittany Woodard

Thinking back to your very first Valentine? Been so long you can’t even remember ever having one? Don’t freak out before the big day. Here’s a few, quick and easy, first time Valentine’s date do’s and don’ts:

Do’s:

Give your undivided attention to your significant other, this is extremely important! No one wants to be sitting at dinner watching their significant other laugh at a disturbing text or Instagram their current meal or outfit of the day.

Be spontaneous, as scary as it may sound. Being impulsive and doing the unexpected isn’t always a bad thing! Plus its 2013, surprises are the most meaningful gestures, especially if they are unexpected.

Be romantic, yes it’s okay to be a little cliché, just don’t overdo it. The flowers, the candlelit dinner, the sex, the chocolate, can be considered cute since it’s your first valentines date, just as long as it comes naturally. Everyone needs a bit of romance to spice up their love life.

Be yourself. Don’t bust your balls trying too hard to impress someone. Think realistically, if they truly like you, they’ll like the real you; don’t get too ahead of yourself.

Don’ts:

First and foremost, don’t forget! This is a serious do not. Not only will you upset your significant other but you’ll look like the idiot. With all the social networks and the obnoxious media advertisements out there, you’d have to be a cave man to forget Valentine’s Day. So save the date even if you

need Siri to set a reminder!

Don’t talk about your ex’s! No good can come out of this, it’s a turn off and it will lead to a boring date. How do you expect to move on to your next if you’re too busy talking about your ex?

Don’t wait until the last minute! Timing is everything don’t be one of those people who end up having to run to the nearest gas station for a bouquet of roses after rush hour, you’ll only set yourself up for failure.

These are just a few among many other typical do’s and don’ts for first dates, such as good hygiene, dress to impress, what foods to avoid that leave you with bad smelling breath and act interested even if you’re not.

Remember, actions speak louder than words, until you witness someone’s regular actions, you will have yet to see the real them!

Care about your health – NJCU does!

By Brittany Woodard

Feeling a little under the weather? Is your asthma or anxiety acting up before an exam? Or do you just need to see a doctor FAST without making an appointment or dealing with hasty co pays? Simply don’t have insurance and need to see a professional health care advisor?

Luckily, visiting the Health & Wellness Center, where services are offered to all students currently attending NJCU, can solve all of these problems. All students upon their arrival simply must ask to see a nurse and

need not discuss the reason why as a disclosure to privacy and will be seen immediately by a Registered Nurse and physician if necessary.

Feeling a little stressed or overwhelmed before exams? Need help relaxing?

The H&WC also offers massage therapy to students and staff on select days by appointments only. This is however, a paid service; all payments are made directly to the massage therapist at the time of your appointment.

For more information, contact massage therapist Carol Crystal directly at (201) 913-2864 or

Ceeceecrystal@yahoo.com.

Aside from the services offered directly at the H&WC, NJCU also offers Meditation Wednesdays held every Wednesday in GSUB Room 317, with a morning session from 9:00 a.m. to 9:15 a.m. and afternoon session from 12:00 p.m. to 12:15 p.m.

These services all help provide students with ways to improve and maintain a healthier, mental, physical, and academic well-being.

The office is open between the hours of 8:30 a.m. to 4:30 p.m. Monday through Friday, located in Vodra Hall, Suite 107.

Sleeping Naked

By Crystal Davis

Sleep: one of the world’s most beautiful equations, giving one access to not just a rested mind, but to a body in constant motion. No matter how much we choose to power thru in the mornings and afternoons, we must inevitably find ourselves retiring for the evenings; however there are many of us who prefer to do this in a very peculiar way: sleeping naked has become more popular in most recent years simply because of the effects it is said to have on your love-life. Taking a shot in the dark, most people would consider it uncomfortable simply because of the fact that when there are clothes there is a continual, comforting restriction. What happens when these barriers are broken? When the particular set of self-obstructed rules fall apart to one single someone and willingly you give in? Sleeping naked happens.

Alexandra Figueroa of NJCU, 19, Biology, Jersey City, strongly believes that sleeping naked is beneficial to one’s health on a physiological level—“Sleeping naked is not something I do often but I have nothing against it. It can be quite enjoyable. I have never slept naked with anyone, but I do think it has healthy benefits.”

If sleeping naked enables you to gain healthy benefits, then why are so many of us missing out on it? Insecurity is often one of the biggest factors

as to why most relationships stagger, and sleeping naked is one of the most positive ways to gain back your sense of self when in the comfort of that special someone.

“I believe that intimate physical contact in any form can positively boost their state of mind and well-being, specifically self-confidence and, surprisingly, your/our immune system.” Figueroa continued with a spin of silent enthusiasm in her voice.

Sparingly there will always be a more mutual side to any topic of sexual health and bodily health.

“Healthy benefits from sleeping naked? Umm... No. I think it’s just something you do; Spooning, however, is very healthy. Cuddling naked may be slightly more passionate than clothed just because of the skin to skin contact; this may trigger new sensations of closeness. But to just sleep naked is just that... sleeping naked.” says Quinasia Fleming, 19, Newark Airport Security, of Jersey City.

So there you have it, sleeping naked can be beneficial in many ways, and is more superior when in the presence of another.

For more information on sleeping naked visit:

<http://www.sleep.com/articles/297-improve-your-health-and-love-life-sleeping-naked>
<http://articles.pubarticles.com/do-you-know-three-benefits-of-sleep-naked-1313749358,297783.html>

TAKE A CHANCE

Participate In Our Date Contest

BE A DATE OR

WIN A DATE



Bidding Date:
February 11,
2013
GSUB 1st Floor
Lounge (1-4PM)

WINNING
A DATE
INCLUDES
A FREE
VALENTINE
LUNCHEON

Contact: apena@njcu.edu
Master of Ceremonies: James Robilotta

OP-ED

Finally!

Continued from page 1

weirdly setup schedule. Two hour class one day, then an hour long class the day after? Who comes up with this stuff?

By making the switch to 75 minute classes with 15 minute breaks in between, students will have less frequent lapses in memory and more time for their brain to reload between classes.

While professors have been challenging the administration to provide any evidence or studies to support their theory, they need look no further than their own classrooms: heads rolled back staring at the ceiling, laptops out, and yawns heard every time a professor turns around.

Our attention span is short. Ten to fifteen minutes – tops. There have been several academic

studies supporting this fact and it should come as no surprise that many students are looking forward to some extra free time outside of class.

Now three hour classes won't be gone entirely, but most three hour classes would be upper-leveled classes for students in their respective majors. Not three hours of introductory classes – those would be broken down into two 75 minute lectures or three 50 minute lectures.

Too many times have students sat through a Civilizations class and thought to themselves, "Am I going to die here?"

These changes have been a long time coming. Heck, it should have been talked about after the *Star-Ledger* reported that NJCU had the lowest graduation rate of New Jersey univer-

sities in January 2011.

But later is better than never. Administrators and professors should stop bickering over hours, dates, and schedules. Just do it.

Too long has NJCU gone through some bureaucratic nonsensical process to implement common sense. Too long has NJCU deterred students who want to graduate within a reasonable amount of years. Too long has NJCU waited.

NJCU has always wanted to find ways to attract students to campus and this is our "If you build it, they will come," moment.

While many graduating students asking "Why are they doing this now?" the rest of us are emphatically screaming:

Finally!

Change in class schedule?

Continued from page 1

"It will allow for greater flexibility for students to schedule their classes. They will be able to take more classes within a semester with minimum schedule conflicts. By taking more than 12 credits a semester, a student saves money and can finish their degree faster. It also will allow students more time to study, do research and work their jobs," said Dr. Henderson.

"That can be good for me, I will have more time to study", said Lizbeth Peralta, 25, Undeclared from Jersey City. "I'm not working right now, so I can do my homework with more free time."

This idea of a more uniform scheduling class pattern was recommended by the Strategic

Enrollment Management Executive Committee (SEMEX). The report began last spring and was presented to the NJCU community last summer.

Dr. Sandra Caravella, Assistant Professor of Mathematics said, "For Mathematics, the class should meet more than once a week"

"For other majors, I'm not sure because I know they like to meet once a week," said Dr. Caravella.

The Scheduling Task Force will be holding a student information session on February 14 at 11:30 AM in the Gilligan Student Union Building first floor lobby where members of the Task Force will be able to provide students with more details of the plans.

"[Students] will be able to take more classes within a semester with minimum schedule conflicts. By taking more than 12 credits a semester, a student saves money and can finish their degree faster. It also will allow students more time to study, do research and work their jobs."

Dr. Sue Henderson
NJCU President

Black History Month Events

Tuesday, February 12

◆ Reverend Nigel Cole, a former professor at New York Theological Seminary, will speak on "Religion: Bondage Maker or Freedom Pathway," a lecture that will examine the positive and negative historical, cultural, and spiritual role religion has played in the lives of freed and/or enslaved African peoples, 7:00 – 9:00 p.m., Michael B. Gilligan Student Union, Room 129.

Wednesday, February 13

◆ "Desert Flower," the autobiography of a Somali nomad circumcised at three and sold into marriage at 13 who fled to become an American supermodel and is now the United Nations spokeswoman against circumcision, will be screened and discussed, 10 a.m. – 12:30 p.m., Michael B. Gilligan Student Union, Room 129.

Thursday, February 14

◆ PBS' "We Have Come this Far By Faith" will be screened and discussed, 10:00 a.m. – 12:00 p.m., Michael B. Gilligan Student Union, Multipurpose Room C.

Saturday, February 23

◆ A Jersey City Public School Essay Awards Ceremony will honor the middle

and high school students who submitted winning essays on "What Does Freedom Mean to Me?," 11 a.m. – 1:00 p.m., Michael B. Gilligan Student Union, Multipurpose Room A.

Tuesday, February 26

◆ A "Hoodies and Haikus Poetry Show" will mark the one-year anniversary of the fatal shooting of Florida teen Trayvon Martin and feature poet Jeffrey Dessources in an interactive show about the issues that plague young men of color in today's society, 12:00 p.m., Michael B. Gilligan Student Union, Multipurpose Room A.

Wednesday, February 27

◆ Producer David McMahon will participate in a screening and discussion of his film "Central Park 5," a documentary that examines the 1989 case of five black and Latino teenagers wrongly convicted of raping a white woman in Central Park, 6:00 – 9:00, Hepburn Hall, Room 202.

Thursday, February 28

◆ Black History Month Closing Ceremony, 4:30 – 6:30 p.m. Michael B. Gilligan Student Union, Multipurpose Room.

THE GOTHIC TIMES

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Letters to the Editor can also be sent to gothictimes@gmail.com. All letters must be typed and include full name, age, major/occupation, class year, and hometown. A letter submission does not guarantee publication. *The Gothic Times* looks forward to hearing from you.

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An Announcement from the President

ALL CAMPUS MEETING

Thursday, February 14, 2013 at 3 p.m.

Colleagues,

You are invited to an All Campus Meeting on **February 14, 2013 at 3:00 in Margaret Williams Theatre**. I would like to share with you present and future challenges and opportunities facing our institution, including the Bond Referendum, the Strategic Plan, enrollment management, General Education, and others. This meeting will consist of an initial briefing followed by an opportunity for discussion.

I sincerely hope that you will be able to attend this important meeting.

Sincerely,
Sue Henderson, Ph.D.
President

Why no Wi-Fi?

Continued from page 2

only a two to three minute setup to enable wireless access. If students have problems they can come in, it's very informal and we always here to help and support them."

The Information Technology (IT) Department can even monitor coverage across campus and has updated their Wi-Fi over the 2012 summer and made it available all over campus so students coming into the Fall 2012 would have all-over wireless access.

"We had a company come in and install wireless to cover the entire campus, so that it enhances teaching and learning on campus" said Scire. "Over the past year we've also upgraded

the e-mail system. We monitor and enhance any technology, as needed."

On top of improved e-mail and wireless the IT Department also has an analyzer that monitors the wireless coverage and usage.

"We see 500-600 users online everyday, sometimes upwards of 900 or more," said Scire.

Scire reiterated that the IT Department is here to help students if they ever run into any problems with the Wi-Fi service on their laptops, tablets, phones, or other mobile devices.

Students can get information and help concerning the Wi-Fi at <http://www.njcu.edu/wifi/> or go to Rossey Hall 006 between 8 a.m. and 7 p.m. everyday.

SPORTS

The Fearless Freshman

By Mario Martinez

Coming off a game-winning buzzer-beater vs. Rutgers-Newark on January 23rd, freshman SG Khalid Muhammad, 18, Business Administration: Management, from Orange, has been on a scoring campaign at this point in the season. New Jersey City University Men's Basketball team close to returning to .500 and nabbing the last seed in the New Jersey Athletics Conference playoffs.

At this point, Muhammad has amassed sixteen double digit point outings, including three twenty-point performances, four NJAC Rookie of the Week honors, and is currently the Gothic Knights' leading scorer. However, scoring isn't what's on his mind.

"I don't really look at or worry about it, but I look at other things like rebounds, turnovers, and assists. I look at everything else but points."

He then went on to say, "We just need to improve our record and get a spot in the NJAC playoffs and from there, I think we can go far."

Muhammad's high expectations along with his tenacity has earned him respect from his teammates and has revitalized the Gothic Knights, who began the season 2-7. According to him, defense is the key to the Gothic Knights' turnaround.

SG Asmar Edwards, 21, Criminal Justice, from Paterson agrees that defense has changed the mindset of the team and also acknowledges the tremendous impact that the

freshman has had on the team offensively.

"That's big for a freshman coming here. As coach would say, 'He's fearless,'" he said.

Undoubtedly dauntless, Muhammad is also playing inspired by the loss of his best friend, Malcolm Bagley. Both were star athletes at Orange High School, where Bagley was captain of the basketball team and football team. Though it is a great loss, the young Muhammad carries on with unmatched courage and a relentless determination, striving for excellence on and off the court for his school, his coach, his team, and a friend who will forever remain in his heart.

Muhammad also feels that NJCU is a place where he's able to focus on achieving his basketball ambitions and his bachelor's degree in Business Administration.

"It's real cool. Not too big. Small environment for me to stay low, stay focused and not get into any trouble. I like that. It keeps me positive. I just mind my business," he said.

In his sixth season at the helm of NJCU's Men's Basketball team, head coach Marc Brown has been impressed by Muhammad and sees great potential in the freshman who averages 14.4 points, 5.5 rebounds and 1.6 steals a game.

"He's the best rookie, freshman and scorer in the league right now and that I've ever coached. I look forward to coaching him for another three years," said Brown.

Even fellow freshman PG



Photo Courtesy of the NJCU Department of Sports Information

Khalid Muhammad

Brent Burgess, Jr., 20, Special Education and Mathematics (double major), from Roselle advocates the exceptional talent of Muhammad.

"I thought he was tough when I first played him. He's quick. I see the future in him," he said.

The Gothic Knights have gotten out of the hole they dug themselves with their slow start and are in a position for a spot in the NJAC playoffs.

According to Edwards, the team feels positive going forward. He said, "We feel confident. I think we can win the season out and go to the NJAC Playoffs. We have 3 more home games and 2 away games. Hopefully we can go on the road and steal those games."

Coach Brown also believes in his team's chances in getting into the NJAC playoffs, especially with the help of Muhammad's offensive proficiency.

"Muhammad has been carrying the team with his scoring but it's a good team. Even in losing, I've enjoyed coaching them. They work hard and anything is possible with a team that works hard," he said.

Going in a New Direction



Photo Courtesy of the NJCU Department of Sports Information

The 2013 Men's Volleyball team.

By Edgar Rivas, Jr.

Exit Kevin Rodgers. Enter Ray Vance. The NJCU Men's Volleyball team enters the 2013 season under new leadership.

Vance was hired in July of 2012 and his first line of duty was coaching the NJCU Women's Volleyball team. Prior to joining NJCU, he coached Richmond Volleyball Club (VA) from 2009-12.

"I coached with a lot of great coaches and players at RVC. It is one of the biggest clubs in Virginia and is building a foundation for success of the athletes who play for them. I made a lot of good friends there and continue to stay in contact about chances for recruiting and doing camps," he said about his tenure there.

He has Division I experience during his time as assistant coach to the Virginia Commonwealth University Women's team.

He will coach a team who comes off a Skyline Conference Tournament semifinal loss to Ramapo on April 14, 2012.

"I think the team last year was good enough to win but not everyone was on the same page as far as system and personnel. We are better in that and have added a lot of good and strong pieces to the team," said Vance. "We will compete better and be significantly more consistent this season and that should get us where we want to go."

Besmir Arslani, 20, Health Sciences, from Wayne is returning after a very impressive rookie season.

"Whatever you saw last year is just the beginning but then again I'm not going to let this team revolve around me," he said. "What I brought to the table last year, I'm going to bring more this year."

Justin Beaumont, 25, Criminal Justice (Minor: Sociology), from Bayonne is in his final year with the team.

"I've been here for a long time. I was a freshman here in 2007. The anticipation for this season is so far beyond the others because of the talent level we have," said Beaumont. "The

freshman class we have this year, compared to the other years that I was here, is the best I've ever seen."

The 2013 roster includes 10 freshmen. They will be under the leadership of Arslani and Beaumont.

"This year's squad is just as good as last year's, if not better," he said. "The only way we're going to win games is if everybody puts everything all on the table."

Arslani think this year's team has more depth:

"If I get hurt, we have someone who can fill my spot and I won't be worried because I know the job will get done."

These 14 players will be under a new system from Vance.

"He's coaching the team. He's not telling us what we have to do, he's telling us what we need to do to get better," said Arslani. "I'm buying into his system."

"His volleyball knowledge is really high and knows the game very well," said Beaumont. "He's looking out for the best interest of the program and the NJCU family, especially academically. He wants his players to graduate."

Vance adds: "In college athletics, each and every participant should be a student first and an athlete second. We stress the importance of getting good grades and success in the classroom as that is the foundation for your future success. The athletics side is important as well but it is more an accent to the college experience and not the primary emphasis."

Vance is looking forward to the games in the 2013 schedule.

"We have a really solid schedule this season with 7 teams who are ranked within the AVCA Top National 15 poll. Our conference matches will also be big as the winner of the regular season gets to host the Skyline Championships," he said. "One match I do have marked on the calendar is our April 2 match up at NJCU against SUNY New Paltz as that is my former college team that I played for. My college coach is their assistant and he is a major influence on my life."

93 Seasons of the NFL in the Books

By Matthew Smith

Now that the Super Bowl XLVII is over, let's take a quick second and look at exactly how this NFL season turned out. The season included rookie quarterback sensations, 2 rejuvenated players coming from severe injuries from the previous season coaches, a crucial quarterback switch, a linebacker's final season, and head coaches and general managers being fired. The regular season ended with two teams in the Super Bowl coached by brothers. As a whole, this season turned out to be exciting.

Indianapolis Colts QB Andrew Luck, Washington Redskins QB Robert Griffin III, and Seattle Seahawks QB Russell Wilson all led their teams to the playoffs. The 3 teams were a combined 14-34 in the 2011-12 season. This season, the 3 teams were a combined 32-16.

2012-13 was also the year of the comeback. Denver Broncos QB Peyton Manning and Minnesota Vikings Adrian Peterson came back from injuries suffered last season. Peterson ended up just 8 yards short of the NFL single season rushing record with 2,097 rushing yards behind Eric Dickson who has 2,105. This record was set in 1984

when Dickson was playing for the Los Angeles Rams.

"I think Adrian Peterson deserves the MVP award," said Brian Farranto, 21, History, from Cape May. "I mean last season he was out with a torn ACL and most players don't even recover from that, but he came back and not only carried his team to the playoffs but was just 8 yards away from setting the single season rushing record."

Coming off a season where a neck injury and multiple neck surgeries kept him sidelined, Manning went to the Broncos and had a Most Valuable Player worthy season, throwing for 4,659 yards, 37 touchdowns, 11 interceptions and a QB rating of 105.4.

"I think Peyton Manning is one of the best QBs to have ever played the game," said Craig Stalowski, 20, Criminal Justice, from Bayville.

The season also came with a controversial quarterback change for the San Francisco 49ers. In mid-season, Alex Smith went down with a concussion and was replaced by Colin Kaepernick. At the time Smith had a 104.3 QB rating, which was one of the top 3 QB ratings in the league. There was a lot of talk as to whether or not this was a smart decision and but Kaepernick led the 49ers to the NFC West title and the #2 seed in the play-

offs.

Baltimore Ravens LB Ray Lewis said this season would be his last. He suffered a triceps injury. No one expected him to return this season but he made his comeback on Jan. 6th.

This season there were head coaches and GMs fired. Dubbed the name "Black Monday", the Chicago Bears, Philadelphia Eagles, San Diego Chargers, Arizona Cardinals, Kansas City Chiefs, Buffalo Bills, and the Cleveland Browns all made changes.

"I was extremely saddened to see the Bears part ways with head coach Lovie Smith. It's been an enjoyable 9 years although we never quite reached our ultimate goal of winning a Super Bowl," said Kerrann Cassearello, 22, Criminal Justice, from Keansburg. "Through the ups and downs Smith handled every situation with class. He is a solid coach, but an even better man and I have the utmost respect for him. I truly hope he gets hired rather quickly so another team can benefit from him both on and off the field."

The NFL season concludes its 93rd year of existence. What started at MetLife Stadium in East Rutherford, NJ ended at the Mercedes-Benz Superdome in New Orleans, LA.

For more information about NJCU sports, games and events, visit...

www.NJCUGothicKnights.com