There are many people in the United States who have credit and debit cards, and through this legislation, they will feel a little relieved from the notorious practices of the credit card companies.”

Here is an overall summary of the legislation:

- Restricts all interest rate during the first year—Credit card issuers cannot increase interest rate in the first year when the credit card account is opened unless the increase is under the variable interest rate, at the end of the promised time periods of the promotional rate, and if the required minimum payment is not received within 60 days after the due date.
- Restricts interest rate increases on existing balances—Credit card issuers cannot raise interest rate on existing balances unless the increase is under a variable interest rate, the promised time periods for a promotional rate is coming to an end, the required minimum payments is not received within 60 days after the due date.
- Increases notice for rate increases on future purchases—The card issuer can raise interest rate on future purchases with 45 days notice after the first year.
- Preserves the ability to pay off on old terms—Places limits on fees and penalty interest—If the payment is not received within 60 days after the due date, the interest rate will go back to the original rate if the consumer has been paying on time for the last six months, no over-the-limit fees unless the consumer has asked for an account to be set up that way, penalty fees, such as late fee or over-the-limit fee, must be reasonable and proportional to the omission and violation, and two-cycle billing is prohibited.
- Requires issuers to consider consumer’s ability to pay—Requires fair application of payments—Provides sensible due dates and time to pay—Protects young consumers under the age of 21—Prevents deceptive marketing of credit reports—Restricts issuance fees on fee harvester cards—Requires enhanced disclosures—Establishes gift cards protections.

“I feel that finally Congress has proposed concrete reforms that are in the interest of the consumers. For so long, credit card companies and banks have given the excuse for flexibility and innovation to provide services for their customers,” said Demetrios Kapetanakos, a full-time professor of the English Department.

“Yes, they use every trick in the book to rack up the abusive actions of credit card companies. The Congress is very much in favor of the public,”

According to creditcardreform.org, a few provisions related to the public took effect in August 2009, for instance, increasing notice for rate inflation in future purchases, preserving the ability to pay off on the old terms, and providing sensible due dates and time payment timetables.

“The government is finally pursuing a reform for the betterment of the people. It is a great opportunity for those consumers who are having trouble with late payments, high APR rates, and debts,” said Jan-Francis Aniban, 22, a Finance major from Jersey City.

“There are many people in the United States who have credit and debit cards, and through this legislation, they will feel a little relieved from the notorious practices of the credit card companies.”

—Jan-Francis Aniban, 22, Finance major, Jersey City

NJCU Lecture Series

Renowned Dignitary Clovis Maksoud speaks before NJCU Audience

By Michael Palomin

As 2009 winds down and the first decade of the 21st century comes to a close, the challenges facing The United States, the Middle East and the global community came to the fore as New Jersey City University hosted esteemed luminaries, Ambassador Clovis Maksoud. Ambassador Maksoud, a former ambassador for the League of Arab States at the United Nations and currently the director of the American University’s Center for the Global South, spoke for roughly ninety minutes before an enthusiastic crowd of NJCU students and faculty.

The event kicked off with opening remarks by the Vice President of the Division of University Advancement, Khatmeh Oseeiran-Hanna, whose department hosted the event. She was followed by Acting Assistant Dean, William J. Maxwell College of Arts and Sciences and Professor of Political Science, Dr. Francis Moran. Before introducing the evening’s guest speaker, Dr. Moran discussed the desperate state of affairs in the developing world, citing several sobering statistics, but went on to celebrate both the NJCU and Jersey City community for their diversity with respect to their significant Arab-American community.

Speaking as the representative of Center for the Global South, a think-tank dedicated to analyzing the critical issues for developing nations — collectively known as the Global South - Ambassador Maksoud spoke of and identified the challenges facing the world, including the United States and the Middle East, in the 21st century.

For the ambassador the answer boiled down to two points: combating poverty and encouraging diversity.

“Arabs and Muslims don’t hate. They’re angry. Anger is an invitation to dialog. Hatred is the conscious destruction of dialogue, of its possibility, of its consequentiality. Therefore anger is a legitimate pursuit to correct the causes of anger.”

— His Excellency, Clovis Maksoud

continued on page 2

By Komal Zafar and Danielle Chruce

The New Jersey City University (NJCU) community is satisfied with the newly proposed credit card legislation known as the Credit Card Accountability Responsibility and Disclosures Act of 2009, which was introduced in the House of Representatives as H.R. 627 and provides consumers with greater protection against excessive fees and interest rates.

The legislation, passed in the Senate on May 19, 2009 by a 90-5 margin, will fully take effect on February 22, 2010.

“I think that it [the legislation] may make them [the credit card issuers] more cautious at giving out credit cards and giving out limits,” said Dr. Harris Hordon, Chairperson of the Economics Department.

“I very much supported the government effort to curb the abusive actions of credit card companies. The Congress is very much in favor of the public.”

According to creditcardreform.org, a few provisions related to the public took effect in August 2009, for instance, increasing notice for rate inflation on future purchases, preserving the ability to pay off on the old terms, and providing sensible due dates and payment timetables.

“The government is finally pursuing a reform for the betterment of the people. It is a great opportunity for those consumers who are having trouble with late payments, high APR rates, and debts,” said Jan-Francis Aniban, 22, a Finance major from Jersey City.

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New Credit Card Rules Popular with NJCU Community
Monday, November 16

Students arrived on the morning of the dedication of the Karnoustes building this evening to attend a special screening of Revolution ’67, a film that documents the 1967 Newark Riots. For many New Jerseyans, particularly those generations born in years following the five days of carnage, it brought back memories of the riots, which took place. The 1967 riots are an enigma; an episode in the state’s history spoken of in hushed tones, if at all. Interpersed among the archival footage of that era, the film explores the subject of the riots through interviews with local historians and key figures who were present during the riots. Among those figures were political activists, Tom Hayden and Carol Glassman, historian and former National Guardsmen Paul Zigo who served in Newark during the riots, former Newark Mayor Sharpe James, and The New York Times’ Bob Herbert, among others. Together they bore testimony to the frustration and violence of the 1960s Newark divided by the racial pressures of the era.

Indeed, before the riots took place racial tensions had already been running high in a city known for its corrupt government, run by then Mayor Hugh J. Addonizio. Addonizio and his administration were responsible for numerous public projects like the UMDNJ that displaced thousands of black and other minority residents at the time. This, coupled with years of neglect of black residents, culminated when Addonizio appointed a white man to the Board of Education; the appointment, which lacked a “vote of a black”, was picked over a man who would be the state’s first black certified public accountant. These incidents alone did not result in the riot, but were a key contributing factor.

It would not be until mid-July, when John Smith – a black taxi cab driver – was stopped by Newark police for a traffic violation. Rumors spread quickly that he had been beaten to death. (In fact, he was still alive and taken to a local hospital for minor injuries.) The rumors took on a life of their own, however, and spread among the city’s black residents fed up with their mistreatment at the hands of Newark’s authorities. For five days the city was gripped by rioting and violence that claimed 26 lives, injured hundreds and caused millions of dollars in damages.

During the riots, the National Guard was called in to quell the violence and implement an integrated plan, effectively turning the city into a war zone here at home, at a time when the Vietnam War was raging overseas.

One of the film’s objectives was to dispel some of the myths and misconceptions surrounding the riots, among them, that the Newark rioters were responsible for “white flight” – the term used to refer to the exodus of working- and middle-class whites from Newark into the suburbs – a claim that the film shows as false. The film argues that a federal loan program aimed at providing low interest-rate mortgages, which at the time were available only to whites, started the exodus decades prior to the riots. As these residents left, Newark became more balkanized and the poor and the working-class minority residents were left with fewer jobs and opportunities, which – in the aftermath of the riots – would be a major factor behind the underlying causes highlighted in a Senate report which studied the riots.

At the conclusion of the screening, the filmmakers behind Revolution ’67, New Jersey residents Marylou Tibulado-Bongiorno and her husband Jerome Bongiorno took questions from the students in the audience.

The questions ranged in topic, dealing both with the film and current conditions such as crime and poverty in Newark and the surrounding areas. The event was co-sponsored by the History, Art, Archives, and the Program and hosted by Dr. Timothy White, Assistant Professor of History and joined by Dr. Max Herman, Professor of Sociology and historian who has collected oral histories on the riots.

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Be sure to check out the documentary’s website (www.bon- UTION_67) for more information on the film and the Newark Riots.
**Abortion and Health Care Reform**

**Considering the Merits of the Stupak Amendment**

By Joseph Sforza

I t was the fall of 2006 when I entered New Jersey City University as a naïve and persuadable college freshman; nevertheless, I possessed firm convictions which eventually surfaced in my Contempo­rary Moral Issues class, whereas we explored several eth­ical subjects, their controversies and their possible effects on so­ciety. Today, the debate still rages over the subject of abortion, as evi­dence that the Stupak amendment in the House of Representa­tives health care reform bill, HR 3962, The amendment, primarily sponsored by Representative Bart Stupak (D–Mich.), states, “no funds authorized or appropriated by this Act (or an amendment made by this Act) may be used to pay for any abortion or to cover any part of the costs of any health plan that includes coverage of abortion,” except when a woman’s life is in danger or when the pregnancy follows from rape or incest. By definition, to amend some­thing involves a revision, which, in legis­lation, makes something more neutral, precise and in­formed. The Stupak amendment, which passed 240 to 194 in the House, certainly would appease media-minded, pro-life dem­ocrats. But conservative Re­publicans, who support privatized healthcare and insurance plans, correctly see it as cunning trickery by Speaker Nancy Pelosi (D–Calif.) and liberal leaders on Capit­ol Hill. Conservative Republicans see the Stupak amendment as a way to swindle unsuspecting con­servative members of Congress into endorsing the Democratic version of health care reform. As a conservative, I oppose both abortion and HR 3962, its stated purpose is “[t]o provide afford­able, quality health care for all Americans and reduce the growth in health care spending...” But conservative Republicans see the Stupak amendment as a way to swindle unsuspecting conservative members of Congress into endorsing the Democratic version of health care reform.

Conservative Republicans see the Stupak amendment as a way to swindle unsuspecting conservative members of Congress into endorsing the Democratic version of health care reform. By Jan Aguilos

T he question of “What new?” always emerges af­ter an election. Who is the new leader in any government. Since I’m a true-blue Democrat, this question sticks out in my mind even more when I think of Chris Christie’s recent election as New Jersey governor. I know that Jon Corzine isn’t the most loved figure among those at New Jersey City Uni­versity, being that the unions for the faculty and staff felt ignored by him. But he’s better than the new guy.

As many eye rolls as Corzine gets from discontented voters, Chris Christie is a downgrade. Christie will take office in Tren­ton on January 19 as a man who didn’t run on ideas. He just ran as the guy who wasn’t Corzine. This may be a winning campaign strategy but it’s short on solutions. Christie wisely ran as a fiscal conservative, with voters worry­ing about property taxes and high tolls on the highways. But New Jersey is dealing with a $1 bil­lion budget deficit for the cur­rent fiscal year and independent projections suggest that it will get much worse as time goes by. If Corzine, a former CEO of Goldman Sachs, couldn’t avoid this fiscal mess, what can Christie do to alleviate the state’s fiscal troubles? His only call on the economy is to cut taxes, that crowd-pleas­ing proclamation that’s a tried and true G.O.P. cliché. And it’s funny how Christie blamed all of New Jersey’s eco­nomic troubles on Corzine when the nation-wide Great Recession started under the watch of his former boss, President George W. Bush.

Let’s not forget that Christie has long followed the ideas of Corpor­ate Republicans. He was a top fund-raiser for George Bush in 2000, after all.

Bush would later appoint him as the U.S. District Attorney of New Jersey, Christie’s most pres­igious feather in his cap. Well, corruption-buster and Bush ap­pointee seem like diametrically opposed roles to me. There’s also the incident of Christie not disclosing a $46,000 loan to Michelle Brown, a for­mer employee at the District At­torney’s office. Isn’t investigating murky financial dealings of other politicians something that occupied a lot of his time as D.A.?

I guess there’s one set of rules for others and another set of rules for Mr. Christie. As much as Christie wants to pretend that he’s non-partisan, his history of Republican cynical­ism is obvious. Karl Rove actu­ally admitted to giving him advice on running for governor while he was still District At­torney. Karl Rove! I feel like we’ve seen this movie before and we all know how it’s going to end. A Repub­lican comes into office as a mas­termind or corruption buster or fiscal conservative and we quick­ly realize well into the term that he just ran as the guy who wasn’t Corzine. Christie will take office in Trenton on January 19 as a man who didn’t run on ideas. He just ran as the guy who wasn’t Corzine.

Governor-Elect Chris Christie they’re just the same old Repub­lican bovverals we’re all too fa­miliar with.

Judging from some of his ads, Chris Christie thought that he was the “Change” candidate and even had the gall to use clips of Obama’s inspirational speeches in his TV ads. However, Ob­ama endorsed Corzine and gave him false promises, not Christie. If you want a good laugh, go on Youtube and watch videos of Christie appropriating Obama’s form as proposed by the Demo­crats in both chambers of Con­gress, for it is, in actuality, costly and inefficient, and the attempt will create a compromise through the Stupak amendment is disingenu­ous. However, my conviction about abortion is stronger than that which opposes socialized medicine.

If health care reform passes in the House as well as the Senate, I would undoubtedly hope that the Stupak amendment is part of the package.
PATHS: Student Penned Poetry and Prose

By Efrain Calderon, Jr.

On Tuesday November 15, N.C.U. students were treated to an evening of words to remember through readings of original works by their peers. The event, called PATHS, a student journal of creative writing, PATHS collects pieces from over thirty N.C.U. students submitted via e-mail or worked on during various creative writing and poetry classes on campus.

Associate Professor Tan Lin and Associate Professor Ethan Bumas, both members of the English Department, helped publish the student journal. Despite the wide range of voices in the journal, they both agreed that the great strength of the journal was the unashamed honesty throughout.

At first the journal’s structure, alternating from poetry and prose, was tough to cope with. While reading, I found that I would have to switch my approach constantly.

Professor Bumas explained, “The narrative pieces when combined, might make for a very slight narrative…and the special section and the poems can be read as sort of interludes between the fiction pieces; or the other way around, with the prose being in-terludes between poems, or the entire journal being a feature of personal essays surrounded by fic-tion and poetry.”

It then became clear that what was being presented, though a collection, was also very effec-tive as a whole. Being more mu-sical minded, I started to relate the journal to a sort of “text-based mix-tape.” The perfect mix-tape should have variety but shared lyrical themes or musical struc-tures bring it all together.

I noticed certain words (pony, raisin, dough nut, manhole) re-peated frequently in a lot of the avant-garde abstract poems. I felt a little silly approaching Profes-sor Tan Lin about my discovery, wondering if it was just an odd coincidence.

My suspicion was confirmed when Professor Lin explained that he uses rule bound composition, challenging students to use prepared words in a set order.

“Each student is, in a sense, solving the same “problem,” stu-dents can see how other students dealt with specific words. Then we can have a discussion of what words were camouflaged or snuck out in the context of a po-em, and whether this was a good or bad thing,” explained Profes-sor Lin.

The first pieces in the journal have linear stories, but slowly PATHS introduces abstract exper-imental pieces before the special section of personal essays begins. Robert Lombardi’s essay, “Moun-tains or Teacups?” recalls child-hood memories with adult nostalgia. The essays that follow are heart wrenching, and explore the clash between adolescence and adulthood in the midst of ur-ban dysfunction.

Krystal Stil’s essay, “Thread- thin Bloodlines” feels like the journal’s main course. Stil’s de-scriptions are striking, jarring and beautiful. Sokoodie Mungroo, a character from the essay, is pre-sented as both a menacing hus-band and an aging vulnerable grandfather. Stil does a great job of preserving a fair and honest look at abuse, intent, and morality.

Julia Gilchrist’s poem “Fake Love” exposes the mind of a drug dealer with bombastic and clever lines. Cutting through the word-play are blunt assertions that jump off the page and bring this anonymous pred-ator to life.

Joan Levine’s “Cattle-Bone” reads a bit like the rule bound compositions, but has an oblique narra-tive that challenged me to decipher it. One line “Ex-con boyfriend needs beer” at once marries tragedy and comedy.

Though I found much of the ab-stract poems tough to follow, I could still appreciate the poetic devices used within them. Being unaware of many modern poetry movements, I feel a preface might have been helpful if maneuvering through the rule bound compos-i-tions. The inclusion of a preface, however, would have disrup-ted the flow of the journal as a whole.

One might feel compelled to ask about the different styles of poe-try within, or wonder whether some of the stories are fictitious or factual. The journal doesn’t ex-plain it – it’s not a textbook – instead, PATHS prompts curiosi-ty and succeeds in showcasing some of the university’s great writers.
The 82nd Annual Academy Awards: Is Ten Too Many?

By Zeba Blay

The Oscars: the one night of the year when the crime de la crème of Hollywood come down to is ratings. In a single evening, careers are made, and it all comes down to an envelope and a gold statue. Last year, the Academy announced “a return to earlier roots,” stating that for the first time in six decades, the 82nd annual ceremony would be accepting ten nominees for the coveted Best Picture category, rather than the customary five. The announcement has caused an uproar within the industry. The Academy’s reasoning behind the sudden change is to give a well deserved chance to independent films that in the past may have just missed the mark for nomination due to the strict five movie ballot. Of course, what this really may come down to is ratings. The Academy is notorious for snubbing mainstream blockbusters like 2008’s The Dark Knight. There is a belief among Academy members that commercial movies do not and cannot equal art, and therefore most nominations go to art house films. Of course, most of those are films that the general American public hasn’t even heard of, let alone seen.

For the past few years, ratings for the award show have reached all-time lows. Bylengthening the ballot, the Academy can ensure both obscure movies and blockbusters get equal attention, thus attracting a wider range of moviegoers. The last time the Best Picture ballot held ten movies, it was 1939; that year the Academy produced the greatest number of definitive classic American films, from Wizard of Oz to Mr. Smith Goes to Washington to Gone with the Wind (which won the award). Can 2009 live up to that? It doesn’t matter. This new move may be a cheap ploy to get more viewers, but movies like Up and Star Trek are just as legitimate to viewers as so-called “highbrow” movies. If anything, this coming together of mainstream and independent movies will not only give other types of filmmakers a chance at glory, but also widen the horizons of many a moviegoer. It’s also a statistic worth ignoring. It’s also a statistic worth looking at because this is one of the few times skyrocketing sales numbers get mentioned for a game that doesn’t have a stocky mustachioed plumber on the box.

Given the game’s realistic approach to warfare, particularly pertaining to issues such as the war in Afghanistan, and joined by Michael Bay’s level of storytelling and production values, it can certainly be said that Call of Duty: Modern Warfare 2 may make a mark on not just the videogame industry, but perhaps the entertainment industry as a whole. Entertainment properties with high profit numbers have left their mark on history. Films such as Gone with the Wind and Titanic, albums such as Michael Jackson’s Thriller and AC/DC’s Back in Black, both of which were released nearly three decades ago, are renowned for their blockbuster sales numbers. Modern Warfare 2 might be the first videogame to join the ranks of these entertainment industry giants.

Until the Light Takes Us: A Glimpse into the Dark World of Black Metal

By Mohammad Hassan

Norwegian black metal’s complete disregard for conventional norms of heavy metal, it’s shocking and often downright offensive lyrical style, which deals with anti-religious themes and other dark aspects of human society, and the attitude of the musicians who perform it, makes this sub-genre the “black sheep” of the heavy metal family.

Not surprisingly, the sub-genre imploded under its own explosive growth. However, the biggest controversy this music created was the wave of murder and the burning of several important churches during the early 1990s throughout Norway. At the time, the media dubbed many of the black metal artists as “Satanists” and the events rocked the music world to its core. Although the story of these events has been told in the book Lords of Chaos, it was very hard to showcase black metal’s raw and powerful style in book form. So it was a welcome surprise when I heard about Until the Light Takes Us, an honest and searing documentary about black metal, its controversial birth, the musicians who started it and their motivations concerning these events.

The film has a very broken structure, there’s surprisingly little black metal music, and viewers pop up at an irregular pace. We are taken on a poignant and very intimate journey along with the artists and we are finally shown what the truth rather than what we thought was the truth. Directors Aaron Aites and Audrey Ewol who, two years before shooting the film, moved to Norway where they spent quite a long time gaining the trust of the musicians in order to capture their most private moments. The film features interviews from two particular artists, Varg Vikernes, a member of the band Burzum, who is serving 26 years in prison for murdering a fellow band member and Gylve Nagell, member of the band Dark Throne. These two artists not only explain their frustration over the misconception that people have about black metal but also offer some meaningful insights. It is often funny to watch Varg talking about why he burned down churches and how he was misquoted about black metal musicians being Satanists, but nonetheless it is his devotion to the black metal cause that makes this movie so captivating to watch.

Nagell’s interviews on the other hand are very different. Here’s an artist who remembers the glory days and although he may look like a typical metal head, he comes across as the genre’s enlightened elder.

For Heavy Metal Fans, this is a must see movie. For others, it is an informative and rare look into a genre that burned itself out under its own musical genius.

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At this moment a battle rages, a sectarian battle that has intensified over time. Yet, this skirmish is not occurring along a traditional line of war—on the ceremonial streets of Baghdad, Kabul or Tehran; it is taking place over the Internet — on websites, on Facebook, on Twitter, and in neighborhood message boards — as well as on university and college campuses all across the country.

Its participants are fighting for the hearts and minds and souls of the children who would listen to them.

At this in on-going war of words is the very existence of faith.

Once the province of scholars and academics, faith is now open to anyone with an Internet connection. While the debates between theists and nonbelievers are not new, their proliferation has caused them to devolve into inventive, if not incoherent, arguments.

Websites like Amazon.com have become popular with atheist and theist alike, offering broad sides at each other over reviews for books on Christian apologetics and atheist-accented critiques on religion.

The video-sharing site, YouTube, has become a potent battleground for these debates. Some YouTube members have contributed a small but significant following producing videos refuting the others' arguments.

These arguments aren't always pretty; indeed they can be downright ugly or embarrassing. One such example shows Evangelical Christian Ray Com- fort, in a non-inflamatory video op- posite Kirk Cameron (the former sitcom actor who played Mike Savoy on Growing Pains). Comfort holds up a household bau- nana and triumphantly claimed its existence as evidence of God as evi- dence of intelligence in design; the fact that our modern-day bananas have been bred over the past 100 years as a result of years of cultivation and manipu- lation by human beings seems to have escaped his notice.

The Parallels between Fundamentalists and Militant Atheists...

Non-believers and skeptics have turned it into its own belief system.

The terrorist attacks of Septem- ber 11, 2001 by religious extremist groups gave renewed currency to the “New Atheism” movement - led by such notables as Richard Dawkins, Sam Harris, Christopher Hitchens — that goes beyond the humanistic goal of a secular and just society.

Richard Dawkins, in particular, has spearheaded this new militant brand of atheism. Through his books he has encouraged his fans—turned-followers to confront people of faith, essentially encouraging his readers to prose- lytize.

The terrorist attacks of Septem- ber 11, 2001 by religious extremist groups gave renewed currency to the “New Atheism” movement - led by such notables as Richard Dawkins, Sam Harris, Christopher Hitchens — that goes beyond the humanistic goal of a secular and just society.

And if you think I’m being an alarmist, consider these few scenar- ios:

What if the government had the approval of the SGO (I’ll get to that point later), but rather the public — in a non-inflamatory way — “airing out” private information over the Internet — a bad idea.

Who are these two extremes side-by-side is that they share more in common than they would care to acknowledge. Each side seems to栌

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As an atheist, who would claim to have a system whereby students can a system whereby students can...
LIFESTYLE

Giving As A Form of Living
NJCU Students Lend A Helping Hand

By Joseph Sforza

When familiar carols resonate in shopping malls, wintry sweaters pervade every back and holiday leftovers occupy entire refrigerators, ‘tis certain—ly the season to be jolly, and for most members of the NJCU community, the holiday season is marked by a resurgence of goodwill towards humanity. “This time of year is a time to give without remembering and receive without forgetting,” said Robert Quinones, Assistant Director of the Office of Campus Life at New Jersey City University. When the homeless freeze along busy highways, children are deprived of adequate clothing, and refrigerators don’t work because the electricity bill wasn’t paid, it is certain—ly the time for all to have to remember those who lack. In response to this need, many clubs at NJCU have partnered with philanthropic organizations to host a variety of charitable out-reaches and campaigns. “It [the holiday season] is also a time of giving. That’s why we get homes, so we can give back to our communities,” reasoned senior Anastasia Torres, 23, an Economics, Finance and English major from Bayonne.

On Thanksgiving Eve, the Salvation Army of Jersey City hosted its annual community dinner in which NJCU students and other volunteers served hot and tasty meals to dozens of Jersey City residents. Throughout the month of November, the Center for Community Service and Volunteerism (CCSV) spearheaded a canned-food drive, the collections of which were given to the Salvation Army to distribute at their dinner; CCSV also collected frozen turkeys, giving them to the disadvantaged. In partnership with Jersey Cares, a non-profit affiliate of the Hands on Network, NJCU clubs and organizations will also collect unsullied winter coats for the third annual Operation Warm Coat Drive. Coats may be brought to the Office of Campus Life, Monday through Friday, between 9:00 am and 7:00 pm until December 15.

The ensuing winter break will provide NJCU students with much needed R & R (rest and relaxation) from a hectic semester filled with onerous homework, punishing exams, and tiring term papers. As families reunite with their college pupils, it’s important to remember that the season is one huge family, which should care for its members, especially in times of need. NJCU volunteers have stretched their hands of compassion and will continue to do so throughout the year, with outreaches such as Habitat for Humanity and Hudson Cradle. For some, volunteerism is a day-to-day lifestyle; they’ve realized that there are a great number of Americans in need of assistance and have chosen to devote ample time to helping them. Whatever one does for a living, and whatever activities are lined up for winter break, the holiday season is a timely reminder to self-reflect on one’s selflessness.

What You Didn’t Know About New Year’s Resolutions

By Alme Gromczewski

January 1 is coming up fast and a new year is a fresh start for everyone. We hear our friends and family declaring what they want to change or what they hope to accomplish during the upcoming year. New Year’s resolutions seem like a great way to better oneself, but from where did the tradition of making New Year’s resolutions originate? The Romans started the tradition in 153 B.C. Janus, a mythical Roman king with two faces, was placed at the head of the Roman calendar. With one face he would look at the past and with the other towards the future. Janus was also the god of beginnings, and the guardian of doors and entrances. The Romans traditionally asked for forgiveness from their enemies of the past year. The week between Christmas and the New Year is a time when people reflect upon the events of the past year and start thinking about how they want to change the future. During this time, everyone is deciding what it is that he or she wants to change for the upcoming New Year. The most popular resolutions are to lose weight, quit smoking, and exercise more generally, to be a better person. “I’m going to try to make it to the gym at least three times a week,” says Pelliccio, 21, a Fire Science major from Bayonne.

“My feelings on resolutions, personally, are that I set goals, but I don’t follow through,” says Nicole Garcia, 21, an Education and Psychology major from Bayonne. “I would like to eat better, get in shape, and not be so lazy. But, with a busy schedule, I probably won’t keep my resolutions.” Others, like Dr. Laura Wadenfuhl, and Charlene Otero have mixed feelings on making New Year’s resolutions. “My resolution is to read Marcel Proust’s In Search of Lost Time also known as Remembrance of Things Past,” declares Dr. Laura Wadenfuhl, Assistant Professor of the English Department. “I don’t believe in making resolutions every year because people break them—we break them—so I think that if we really want to change something in our lives, whatever moment we’re at is the time to do it and not to wait for an artificial day to do so.” “I don’t really make resolutions every year and when I do, I don’t keep them,” said Charlene Otero, a member of the English Department staff. “A lot of people say they want to lose weight and live healthy, but I just don’t make them.”

Most of us make New Year’s resolutions and many will keep them during the year while others will not. What is your resolution going to be?

Healing with Holiday Stress

By Alissa Koval-Dhaliwal, Ph.D.

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

Don’t aim for “the best holiday season ever.” This is a set up for disappointment.

Be practical about what you can and can’t do. Make sure what you commit to is truly manageable, given your daily obligations.

Break larger tasks down into smaller tasks and pace yourself.

Celebrate the holidays in new ways.

Plan a holiday budget and stick to it. In addition to gift expenditures, account for the “hidden costs” of extra transportation use, celebratory foods and beverages, charitable donations, extra phone calls to friends and family, greeting cards, and postage. Consider some festive activities that incur little spending, such as attending public school concerts, walking or driving around to view holiday decorations in your neighbor-hood, or going to New York City to enjoy store window displays.

Spend time with supportive people. If you’re unable to be with loved ones, reach out to others who may be in the same position and make a plan to keep each company.

Watch your alcohol intake. Remember that alcohol is a depressant, and excess drinking will leave you feeling tired and rundown.

Do something for others who are experiencing misfortune in their lives. Helping others gives us a sense of meaning and purpose, distracts us from our own troubles and helps us to recognize the things we are grateful for in our own lives.

Take care of your body. It may be tempting to overindulge in holiday treats or to skip workouts, but healthy eating and exercise plans are great buffers against stress.

Celebrate the holidays in new ways. Developing new traditions can be as enjoyable as participating in old ones. Change is part of life. Even when we don’t choose it, we can empower ourselves by taking an active approach in adjusting to the transformation.
Art	

Spotlight on a NJCU Artist:
Richard Ryals

Artist’s Statement

A semi-sweet chocolate landscape melts over the crème brûlée foam of the Hudson River. A colorized photo of Roy Hargrove swings while an African drummer beats the sky into an egg-white froth. Artistic impulses draw me closer to my subjects as I unleash a barrage of shots that corrodes the crowd. Close up shots, wide angle volleys, and macro compositions click click until I exhaust my memory card. Like a border collie, I can’t help circling my flock, vigilantly watching for strays.

Photography is the perfect outlet for aggression. My Neanderthal impulses add color to my landscapes with hope and fierce determination. It is well known that cavemen were cultured and helped to propagate art. The caveman in me was given life by art.

I am evangelizing about art as a therapeutic means to redemption, a useful way to pass the time, and a great way to meet good people. I would not have believed in the message had I not experienced art and artistry. Art is a sweet chocolate landscape that has fed me when no other food would satisfy me. As my eyes feast on the landscape, my soul is full, my awareness is keen and my heart rejoices. Experience art!

Resources for Artists

By Moustapha Camara

If you’re looking to advance your art career, improve your skills, earn some extra cash doing art, or if you’re simply curious about the art world, you should check out these valuable online resources.

You can submit your t-shirt designs and illustrations for a chance at winning cash to these t-shirt design competition sites:

Threadless.com
DesignbyHumans.com
Camessas.com
Tectonic.com
LaFaisse.com

You can show off your artwork on these sites for feedback and criticism:

DeviantArt.com
AmateurIllustrator.com
Artspan.com
DigitalWebbing.com/forums

You can bid on jobs and projects for companies looking to hire freelance artists on these sites:

Elance.com
Fiverr.com

You can get valuable info by reading articles on these websites:

T-ShirtMagazineOnline.com (my website)
HowtoStartAClothingCompany.com
GoMedicine.com
HongKlau.com
SmashingMagazine.com

A Woman with Many Faces

By Jessica Nelson

On Thursday, November 12, Maya Lilly’s one-woman play, Mixed, was presented at the Margaret Williams Theatre. NJCU alumna, Christina Moses, was the star of the production, a collage of eight multi-racial characters that share their individual narratives.

The play’s author and original star of Mixed, Maya Lilly, utilizes media and performance art as a platform for her social activism. She composed these narratives out of more than 200 interviews in which she posed the question, “What are you?”

We soon learn that this simple question has complicated answers.

Christina Moses proves to be a talented and versatile actress as she slipped off one character’s skin and transitioned into another. Throughout her performance, Ms. Moses took on the personas of these diverse characters who varied in race, gender and sexuality.

Although there were minimal props, two chairs for the set, and costume changes limited to a bandana and a few hats, Moses crafted each story so vividly that you saw the character’s world from their perspective.

The play depicts the adversity faced by its characters confined to a single body but inhabiting separate racial, cultural or sexual identities. Their encounters reflect the isolation and confusion experienced when their different identities pull them in opposite directions.

The narratives range from the difficulty of having to check the “Other” box on a government Census form to being estranged from their communities because of a character’s biracial heritage. Other characters deal with the extra weight of being homosexual and biracial.

Other examples include an Arab-Black man’s attempt to confront his racial identity in a post 9/11 world and the death of a parent, the victim of an anti-Arab hate crime. These stories of struggle are balanced by the pride that resonates in these carefully constructed characters.

The significance of a single woman performing the narrative of several individuals gives way to the overarching message: Whatever your heritage is, under the skin you are a human being, just as unique and equal to any other. The only way to end racism is to eliminate race as a matter of importance and stop adding more boxes to the U.S. Census form. Quite simply, you can’t fit a human being into one box.

Photographs by Richard Ryals

by Richard Ryals