

Discrimination Suit Against NJCU Rejected

By Rafal Rogoza

A civil law suit accusing NJCU of discrimination in its promotion practices was rejected by the U.S. District Court in late September. Sociology Professor Fred Andes alleged that the University violated the Civil Rights Act by denying him a promotion because he was Filipino. A jury of eight rejected the charges after a brief deliberation.

"The employee who filed a Title VII discrimination complaint against the University exercised his rights as he perceived them. In the litigation the University was provided with legal representation by the Attorney General. The University's position was that the employee's claims were without merit and that no violation of Title VII had occurred. Plaintiff had his opportunity to present his proofs to a jury of eight and the jury issued a unanimous verdict that the University had not violated Title VII of the Civil Rights Act of



www123rf.com



Photo by njcu.com

Prof. Fred Andes

1964 as plaintiff had contended," said NJCU spokeswoman Ellen Wayman - Gordon in a press release.

In the civil suit, Andes claimed he was denied a promotion to a full time professor in 2005 and was over looked as a candidate for Dean of Studies and Continuing Education in 2003 because of his nationality. Andes also makes the claim that he was denied the promotion because of his friendship to former NJCU Professor William Dusenberry. Dusenberry has been highly critical of NJCU

"It's tough to convince an all white jury that a Puerto Rican president discriminated against a Filipino."

Professor Fred Andes

President Carlos Hernandez.

In an interview with the Jersey City Independent, Andes remarked that the trial was not fair

because the jury was all white.

"Had there been some minority representation, I believe the process would have been fairer, because, as a colleague told me, it's tough to convince an all white jury that a Puerto Rican president discriminated against a Filipino," said Andes.

Andes also claimed that the witnesses changed their stories on the witness stand, stating in the interview, "The college's witnesses changed their testimony from what they had stated in their 2009 depositions backing my

charges, and I suspect they were coached to do so by the college."

Andes believes that had the witnesses not changed their story the jury would not have

rejected the case.

"The University's position regarding Dr. Hernandez's testimony is that plaintiff's attorney had the opportunity to raise the questions he believed were appropriate in furtherance of his client's case and Dr. Hernandez answered them as reflected in the transcript," says a statement released by Mrs. Wayman-Gordon.

Jane Sepulveda wins Senior Class election

By Alex Johansen

With 128 votes New Jersey City University seniors voted for their new class president, Jane Sepulveda, on October 13, 2011.

"I want to get people more involved. I want to build a sense of community among us students," said the newly appointed senior class president. Sepulveda is a 22-year-old Geoscience major who hails from Jersey City. "I want to get the students more active as a student body because we can do more and make changes."

She surpassed the 3.0 GPA required to run for class president and submitted her personal statement about why she is the best for the job. Her campaigning consisted of fliers and one-on-one talking to students, which paid off.

"At Ferris High School I won the position of senior class president. It was awesome and now it

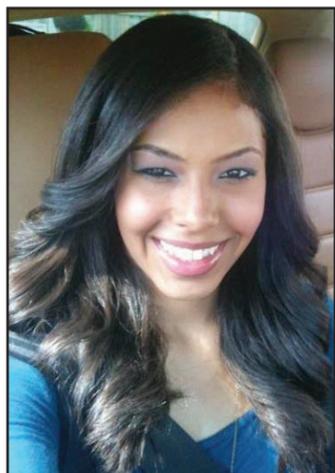


Photo by Jane Sepulveda

Senior Class President Jane Sepulveda

is ironic," said Sepulveda. "At Ferris I began the movement to begin a girl's football team. I didn't think I would run again as senior class president but I got a lot of experience. I'm super ambi-

"I want to build a sense of community among us students."

Jane Sepulveda

tious," she explained.

She is also the vice-president of the geology club and a member of the academic standing committee with the university senate.

"I'm a singer. I wouldn't say it's a hobby; it's a passion. My hobbies are the arts: drawing, designing, fashion design," said Sepulveda, "I'm a Christian. I spend my time reading the bible and talking to others. I'm a big speaker. I would say that's an area of strength of mine and I do strive for the general good of the community and public."

She is a leader with a creative twist to solving problems, however, she doesn't see herself outright pursuing politics.

"I'm going to try to find a job as fast as I can. I'm definitely going to grad school though. I might go for sustainable development or counseling. Through counseling I can build the skill set to be consultant and mediator for a lot of different companies," she said.

But for the time being, her focus is NJCU, which she dubs as an oasis in Jersey City.

"I love the diversity. I love that on Kennedy Boulevard you see mostly minorities. I've gotten to know so many different cultures and so many different people that I otherwise never would've known. You get a lot of different points of view that I really appreciate," she stated.

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NEWS

Gothic Times Budget Guide: 'A need for tuition to rise'

By Rafal Rogoza

Tuition will continue to rise to cover expenses, according to Aaron Aska, NJCU's VP of Administration and Finance. Rising salaries and lower funding from the state means that NJCU will be forced to raise tuition in order to balance a growing budget.

"As long as the state of New Jersey continues to underfund higher education there will be a need for tuition to rise," said Aska. "The University can attempt to control rising expenses through various cost saving and efficiency measures but ultimately increased revenues will be needed to cover inflationary costs."

NJCU's budget has increased rapidly over the last five years, rising \$18 million dollars to \$156 million for fiscal year 2011. According to Aska, the growing budget is a result of salary increases due to collective bargaining contracts and an increase in adjunct expenses.

"Salary costs comprise approximately two thirds of the total budget," said Aska. "In the contract that the union negotiated they have built in increases. This has nothing to do with the university, the state negotiated that with the union. They are looking into localizing those contracts but we're not there yet. So our contracts are not different than Montclair or Kean They're all a product of collective bargaining. What is unique to NJCU is rising adjunct costs. Our adjunct costs

have increased 60 percent."

Adjunct professors are not part of the union's collective bargaining agreement, however, adjunct expenses are rising because NJCU is hiring more adjunct professors.

Asked why NJCU is hiring more adjunct professors, Aska answered, "Partly because we don't have enough full time professors. Faculty maybe on sabbatical or faculty release time.

"Our trajectory in revenue is going down and the trajectory of our expenses is going up."

Aaron Aska
VP of Administration
and Finance

There is a whole host of factors why adjunct costs are rising."

Rising costs are a concern as enrollment in NJCU has fallen, decreasing the university's potential revenue from tuition and fees. According to statistics provided by the NJ Secretary of Higher Education, NJCU is the only state university to have a decreasing enrollment rate. NJCU's enrollment has fallen 3.5% since 2001.

"Our trajectory in revenue is going down and the trajectory of our expenses is going up. That is not a sustainable situation that we are in," said Aska.

According to Aska, 80% of NJCU's revenue comes from tu-

ition and state funds. The recession has forced Trenton to tighten its belt and cut spending because of lower tax revenue. Moreover, state funding for higher education has been decreasing before the economic crisis, when asked why this is so Aska answered, "The perception is that higher education is not efficient. So we're at fault ourselves. Can we deliver higher education more efficiently? I think we can. But I see this as the new normal, I don't see the state restoring the funds for higher education."

With less money coming from the state the university will primarily rely on increasing tuition to cover the school's rising expenses.

"To reduce our dependence on tuition we have to diversify our revenue," said Aska. "We have to be more entrepreneurial and look for revenue in other places like fund raising and auxiliary services."

Aska suggests that the university may lower its expenses by implementing such initiatives as consolidating departments and services, outsourcing services, eliminating or restructuring low enrollment programs where academic integrity will not be impacted, and lobbying the state for more funds.

Besides a rising budget the university has to finance its long term debt of \$142 million. In fiscal year 2012, NJCU spent \$9.4 million in repaying its debt, \$2.8 million paid the principal and the remaining \$6.6 was charged in-



Photos by Dept. of Administration and Finance

Aaron Aska, VP of Administration and Finance

terest.

"These are old bonds that have paid for the building of this university. We will take on new bonds and new debt to finance the west side campus. Last year, we took out \$30 million in debt to finance maintenance costs on existing capital," said Aska.

How does the debt effect tuition?

"We budget for it. When we are going to acquire new debt we look at the interest portion of our debt and we include it in our budget," said Aska.

The university has added a facility fee this year. According to

Aska, the fee is for new construction and necessary renovations on campus. NJCU will not borrow money to pay for a new residence hall planned for West Side avenue, instead rent paid by dorming students will cover the hall's construction costs.

Aska also commented on the need for students to take action and pressure Trenton to increase funding for higher education. "You have to call your state legislature, they need to know that your voice needs to be heard. Students don't like to vote, so they're not even being recognized."

Board of Trustees statement addresses President Hernandez' credentials

The New Jersey City University Board of Trustees issues the following statement of facts to the University community regarding President Carlos Hernandez' academic credentials.

After earning a bachelor's degree, Dr. Hernandez began graduate studies at the City University of New York. He enrolled in a bridge program that would permit him to go beyond a master's degree directly to a doctoral degree. Dr. Hernandez earned a Ph.D. in environmental psychology in 1988. However, until 1998, he was unaware that because he had not filed the necessary paperwork, he had not actually been awarded a master's degree on the way to his doctorate. Upon learning that this was the case, Dr. Hernandez immediately directed appropriate University staff to remove any indication of the master's degree from all documents.

The matter was reviewed by the New Jersey City University Board of Trustees in 2007 and years earlier by the Commission on Higher Education (CHE), and no evidence of fraud or intentional misrepresentation was found.

Since Dr. Hernandez had completed all requirements other than the dissertation for his Ph.D. at the time when he became vice

president for academic affairs, and had earned his Ph.D. before becoming president, the question of whether he had a master's degree is moot.

Recently, in the course of performing his official responsibilities

"No evidence of fraud or intentional misrepresentation was found."

The New Jersey City
University Board
of Trustees

ties on behalf of the University, Dr. Hernandez gave testimony in an unrelated civil law suit in which the University was a defendant. The plaintiff's attorney asked the President several questions related to his academic credentials. Dr. Hernandez responded to the questions, some of which related to the master's degree matter. On Monday, September 26, 2011, the Court charged the jury of eight to render a verdict based upon their review of all of the evidence. After deliberation the jury delivered a unanimous verdict that the University had not violated that plaintiff's rights under Title VII of the Civil Rights Act of 1964. Dr. Hernandez has served New

Jersey City University with distinction since 1973. He has the full support of the NJCU Board of Trustees to which he reports. On September 19, 2011, Dr. Hernandez announced his plans to retire at the close of the academic year. His decision to retire was personal to himself and is in no way related to the Master's degree issue previously addressed by the NJCU Board and CHE years ago or to his testimony in court on September 21, 2011.

President Hernandez, the institution's eleventh leader in its 82-year history, became president in 1993. Prior to his appointment as president, Dr. Hernandez had served in various capacities at NJCU: as provost, vice president for academic affairs, executive assistant to the president, and a faculty member in the Department of Psychology.

During his tenure as president, the institution attained University status on May 29, 1998 and changed its name from Jersey City State College to NJCU. Under Dr. Hernandez' leadership in 2000 and 2010, the institution underwent two successful reaccreditation processes by the Middle States Commission on Higher Education.

Rafael Perez
Chair of NJCU
Board of Trustees

Breast Cancer Awareness Month

By Aida Toro

October is national Breast Cancer Awareness Month. Breast Cancer is the 2nd leading cause of death among women. Throughout October, a lot of activities such as miracle walks at parks and fundraisers are up and running. On October 26, NJCU held a Breast Cancer Awareness event was also known as the 5th Annual Rhonda Berry Health & Wellness Symposium.

Rhonda Berry was a student at NJCU and was diagnosed with breast cancer. She was a energetic young woman that reached out to help others. However, the 5th annual symposium was based on health & wellness.

"This is the 5th year the event has happened. It was more of a somber program in her memory," says Joy L. Smith, Opportunity Scholarship Program Counselor.

Every year that a Symposium is done for Breast Cancer Awareness month, Rhonda Berry is always in memory. However, this event was more on prevention and how Rhonda became a motivation for women.

"This event is based on pre-

vention and detection and to honor her life and legacy as well," says Tamara T. Cunningham, Assistant to the director for University Advisement Center. "Rhonda was like a trail blazer for the cause of breast cancer."

In this event, a lot of presentations were made. Presentations were by Rhonda's family,

"Rhonda was like a trail blazer for the cause of breast cancer."

Tamara T. Cunningham,
Assistant to the director for
University Advisement Center

nursing students from NJCU, and science experts. There were some breast cancer factors that people were not aware of.

For instance, a breast cancer factor that was unexpectedly mentioned was birth control pills. Some young ladies starting at age 17 take birth control pills when they become sexually active. Another factor of breast cancer is obesity. Therefore, women should exercise often along with eating healthy to help prevent breast cancer. Overall, these factors were mentioned so women can be aware of risk factors and how to avoid them.

The 5th Annual Rhonda Berry Health Wellness & Symposium was a success. Women learned a lot about breast cancer and how to prevent it, in addition to maintaining a healthy life style.

LIFESTYLE

Stuff your face this Thanksgiving without guilt!

By Monir Khilla

Thanksgiving is coming up and many of us will be double-downing on gravy and sugar. We love our pumpkin pie, sweet potatoes pie, and stuffing but we hate the calories and guilt trips right after. Whether you want to keep your sexy slim shape or trying to get one, here's a few tips that can make your Thanksgiving indulgences guilt-free:

Use fat-free chicken broth to baste the turkey and make gravy.

Use sugar substitutes in place of sugar and/or fruit purees instead of oil in baked goods.

Reduce oil and butter wherever you can.

Try plain yogurt or fat-free sour cream in creamy dips, mashed potatoes, and casseroles.

It may sound crazy but, try having breakfast the day of

Thanksgiving. If you have a small breakfast, you'll be able to get a grip on your appetite later on.

Who doesn't enjoy a drink during Thanksgiving? Well if you want to watch your figure, last call might have to come a little bit earlier this year; alcohol calories add up. However, nothing is stopping you from enjoying a glass of wine or two; just be sure to drink some water between drinks in order to stay hydrated.

Thanksgiving is supposed to be about spending time with your family and friends, it can also be a time to get active with your family and friends. Spend time outside playing sports in the park (if weather permits), watch a movie together, or maybe enjoy a walk right before the big feast.

Be weary of your dinnertime decisions. Go for the healthier alternatives at the table: vegetables, white turkey meat,



Rum-flavored Pumpkin Pie

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pumpkin pie, and roasted sweet potatoes. But the hardest decision of all, (besides picking vegetables over sweet potato pie), is resisting seconds. You may be tempted to titillate

your taste buds with another serving of sweet heavenly goodness, but, hold your forks. If you want to cut back on the calories, it means cutting back on the food.

Here's a healthy pumpkin pie recipe that is high in flavor and low on fat:

15 ounce can of pumpkin
8 ounces of skim milk or soy milk
3 egg whites
2/3 reduced fat graham cracker crust
¾ cup of Splenda or other sugar substitute.
2 egg whites for the crust
Pumpkin Pie Spice

(For a good strong flavor, try adding 8 ounces of your favorite rum)

Cooking Directions:

1. Preheat the oven to 425 degrees
Mix pumpkin, milk, and egg whites until smooth
gradually stir in the Splenda
Add Pumpkin Pie Spice and your favorite rum
Pour into the crust and spread evenly (if you want a less soggy crust, brush it with egg whites beforehand)
Bake in the oven for 15 minutes, then reduce the temperature to 350 degrees and bake for another 45 minutes.
Let the pie cool and serve.

Head Start on Health

By Angela Giddings

Most people wait until January 1 to decide to make major changes in their lives. Statistics show 30 percent of those who make New Years Resolutions start slacking on them before the month of January is even over, according to *Positive Psychology News*.

It may be best to get a head start, so by the time the New Year arrives you will already be acclimated to whatever is necessary to achieve your goal. If your goal will be to improve your health or level of fitness below are a few steps to take.

1. Drink plenty of Water

Because the human body is made up of about 60 percent water, all systems of the body depend on adequate water con-

sumption to function properly. Although the recommended daily consumption may vary, the general consensus is 64oz. Adequate water intake helps the body burn fat faster and is also great for the skin, according to filterwater.com.

2. Take the Stairs

Taking the stairs instead of the elevator or escalator helps burn calories. Walking instead of catching the bus or driving short distances also helps burn calories. Taking the stairs or walking can be done throughout your day so there is no need to set extra time aside for either. They are also FREE.

3. Quit smoking

Quitting smoking can be very difficult especially if you smoke out of habit and not addiction. Nicotine patches work for those addicted to Nicotine

and are suggested for 8-14 weeks depending on how much you smoke. For the person who smokes out of habit, Electronic cigarettes may work best for you. These electrical devices simulate the act of tobacco smoking by producing an inhaled mist much like the physical sensation, and appearance of the actual thing. Nicotine patches and E-Cigs can be purchased on-line. Proper use of one or the other will help you lead a healthier lifestyle.

Other suggestions to a healthier you include getting an annual physical from your doctor, eating the recommended amount of fruits and vegetables, and getting the proper amount of sleep. Set a goal that is achievable. When making a New Years resolution be specific, be realistic and stick to it.

Smart Shopper knows best

By Angela Giddings

October 31 marks the beginning of the holiday season, which is also the beginning of the busiest sale season and the best time to shop out of season. Shopping out of season means to purchase items that one would not use until months after purchase. For example, purchasing Halloween items on November 1. Usually Halloween costumes, decorations and anything else associated with this holiday go on a drastic sale the day after and may remain on sale for a few weeks after. Retailers do this to make room for new merchandise. Items may be reduced up to 80 percent.

Another Smart Shopper move is in the apparel department. Consider purchasing summer and spring basics during the holiday season, as they will also be drastically reduced in the fall months. Look for items such as sandals, shorts, bathing

suits, sundresses, and other beachwear.

Get the family together and take a trip to the portrait studio. Places like Sears and Target have portrait package specials for the holidays. Share the pictures with others as an inexpensive holiday gift.

Two of the most highly anticipated shopping days of the year are Black Friday and Cyber Monday. Retailers big and small have many deals on new merchandise.

BLACK FRIDAY

(The day after Thanksgiving)

Target: Will have a 2-day sale. Sign up at Target.com and be the first to know all about the Black Friday and exclusive Cyber Monday deals.

Best Buy: Opens door deals at 12 midnight, Nov. 25. Their Facebook sweepstakes offers Best Buy fans a prize pool of \$25,000 in e-gift cards before and after Black Friday

Macys: Shop online now through Saturday November

27. See macys.com for more details.

For more Black Friday deals visit TheBlackFriday.com.

CYBER MONDAY
Surf the web the Monday after Thanksgiving and shop for deals that may be better than those you will find on Black Friday. Usually electronics, appliances, and gadgets are the sale items to look out for.

The best time to shop for Christmas and the holiday season is the day after Christmas. Coats, gloves, hats, scarves, etc. are marked down so retailers can make room for their spring merchandise. Also, retailers markdown anything that screams holiday. These items include tree ornaments, garland, candles, dinnerware and much more.

In addition to all the markdowns and sales, look for coupons as well. Being a Smart Shopper may take a little time and planning but your wallet will smile and thank you for it.

The brain in love

By Aida Toro

Dr. Ansley Lamar, psychology professor at NJCU, hosted a successful workshop this month: "The Brain in Love." Not only was Dr. Lamar the man with the plan for the event, but his students took part in putting the workshop together.

"When I was designing this workshop, I asked my students what they would like me to talk about. In this case it was "The Brain in Love" says Dr. Lamar.

"As one of Dr. Lamar's students, and a member of the Psychology society, we pretty much assist him in creating the workshops," says Denisse Quinteros, 20, Psychology, Jersey City.

Seems like the psychology clan is up to some very good work. According to Quinteros, this workshop was named after a book by Dr. Daniel Amen called "The Brain in Love." Critics say that this book is fun and will make a positive difference in the lives of many couples. Aside from academic work and part time jobs, relationships are one of the many stress factors young adults in college encounter.

"I put myself as a student. How can I keep a relationship or how can I deal with a situation such as a breakup if it occurs," says Dr. Lamar.

"I learned how to be much more effective in a relationship and how to see the good and the bad things when you are in one," says Michelle Paulino, 21, Psychology, Union City, after the workshop.

"Students told me that they enjoyed the workshop and got a lot out of it. One of the students even brought her mother to this workshop," says Dr. Lamar.

Aside from learning something valuable in this workshop, students enjoyed themselves as well.

Paulino says, "In the workshop, you were able to communicate with other people that you don't intermingle with on a daily basis."

"The workshop was very interactive," says Quinteros.

"I am planning on doing a workshop on happiness," says Dr. Lamar.

So stay tuned, fellow students, because Dr. Lamar and his students are coming with a new workshop near you.



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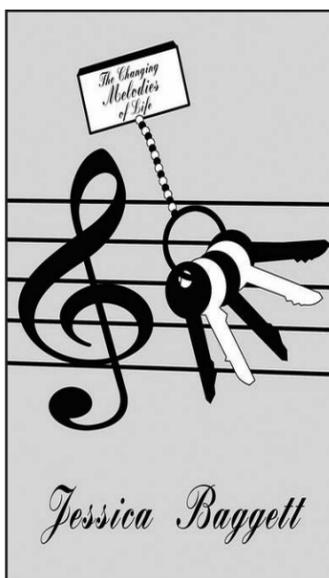
NJCU student publishes 'The Changing Melodies of Life'

By Elizabeth Ackerley

At the young age of about eight or nine, most children are only concerned with the plots of cartoon television programs. At the same age, Jessica Baggett, 25, Media Arts Major, from Jersey City, was learning how to play the keyboard through lessons given to her by her grandfather. She became dedicated to the instrument and she began composing her own work, adding lyrics to her compositions. This further induced her to begin writing plays, which she later attached music to. Jessica even wrote two screenplays. Inspired by a movie script she wrote, and understanding the difficulty of getting a movie script read, Jessica took the ini-

tiative to turn one of her screenplays into a book entitled, "The Changing Melodies of Life," published in August 2011 by Publish America.

Her book, which is her very first publication, tells the story of Jasmine, a 15 year old girl with a mental illness in the foster care system. Her mother had abandoned her years earlier. Due to her illness, Jasmine is bullied, teased, and treated with injustice. After feeling alone for most of her life, she finds Nicole Brooks, a music teacher who is friends with Jasmine's foster parent, Mr. and Mrs. Davis. It is Nicole Brooks that discovered Jasmine's special and unique talent in music, especially the piano. The book also includes themes such as love and addiction. It is sure to



www.bn.com

"The Changing Melodies of Life"

compel you to read further, because the book has the drama and comedy that readers crave.

"Originally the book was called 'The Keys of Life', but that was taken, so I had to come up with a new title. My mother and I went through the book and came up with the title," said Jessica. "It's called 'The Changing Melodies of Life' because the main character Jasmine went from not having a purpose in life, to finally finding the melody of her life, which is music."

There are many things that inspired Jessica to write this particular story. Some are her very own personal experiences. She also became inspired when she witnessed the main concept of the story in her head a few years ago, almost like she was watching a

movie. She ultimately decided to put it down on paper. It only took Jessica a mere month and a half to write her book, which runs 123 pages. Jessica noted, "I have to thank God because He inspired me the most. While writing, I just kept saying, 'Lord, give me the words to say.'" Personally, Jessica looks up to Queen Latifah and the roles she plays in today's modern music, television, and movies. She also notes the late Michael Jackson as one of her influences. Like her idols, she hopes to contribute to the world as much as she can and help to make positive changes. She also says that this publication definitely will not be her last.

Jessica's book can be found at Barnes and Noble, bn.com and Amazon.com for \$13.

NJCU freshman publishes battle stories

By Rafal Rogoza

"Soldiers: The War of the Citizen Soldiers" is a novel about World War II told through the eyes of an American soldier, PFC Corrihan Bolger, as he struggles with the experience of war in North Africa and Europe. The novel is the first published work by NJCU freshmen Alex Lopez, 18, fire science major from Bayonne.

"The book takes place during the second world war and is told from the perspective of a 19 year old soldier," said Lopez. "I enjoy reading first person perspective books. You get a story told by the people who were there. That's what I did in this novel."

Lopez's interest in World War II and the marines stems from his family history. His great grandfather is a highly decorated war hero and a close family friend is a chaplain in the army and air

force. War stories have kindled Lopez's imagination.

"In the third grade I wrote my first story and it was about the chaplain," said Lopez. Since the 8th grade Lopez has been working on "Soldiers: The War of the Citizen Soldiers." In the process of meticulously rewording and researching for this novel, Lopez has developed into a history buff primarily focusing on the marines and World War II.

"I've watched World War II movies and gone repeatedly to the Intrepid museum," said Lopez. "I wanted to join the marines but I received some money to go to college so I came to NJCU instead."

Lopez's passion is fire fighting. He volunteers as a firefighter in Bayonne.

"My girlfriend doesn't want me firefighting or enlisting with the marines," said Lopez with a smile. "Writing is a hobby to me.

Much of my writing is never planned, it all just comes to me."

The written work of Vince Flynn and Karen Traviss are among Lopez's favorites. While Lopez doesn't single out a particular author that inspires him he does have a preference for books about military life. Such books as "War in Ruins" and "My Men Are My Heroes" are titles that have a high appeal for Lopez's interests. The difficult life of soldiers in battle and narratives of courage while under fire are aspects of military history that can be expected in Lopez's work.

"Soldiers: War of the Citizen Soldier" is the first book of a series that Lopez is working on. The second novel is currently in the works. Lopez expects to have it ready within the next three months.

"Soldiers: War of the Citizen Soldier" is available on Amazon.com and Barnes & Noble.

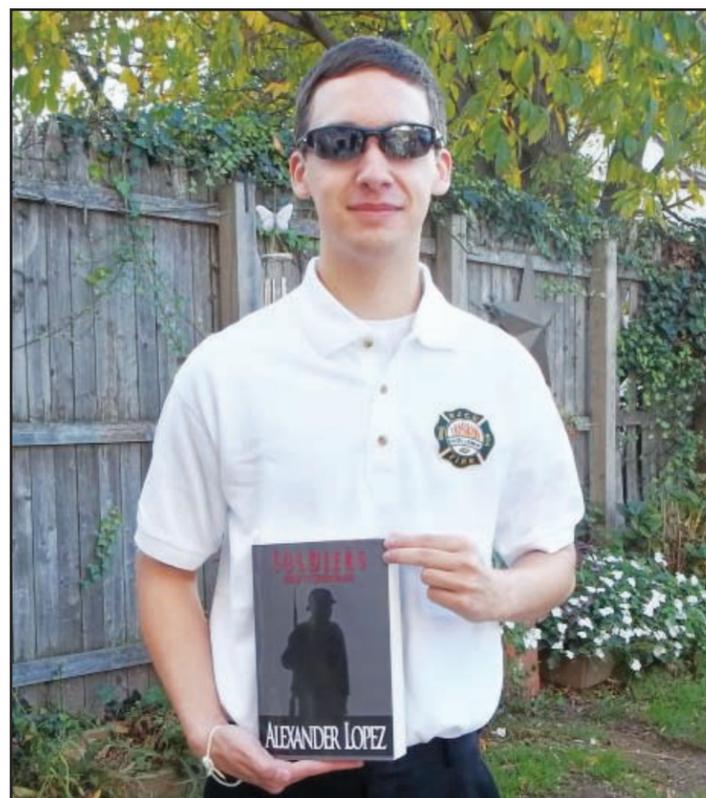


Photo by Alex Lopez

Alex Lopez with "Soldiers: The War of the Citizen Soldiers"

Dumpster Tequila and The Player's Theatre Presents:

The Improvised Musical

Dumpster Tequila in conjunction with The Player's Theatre, are bringing their hit show The Improvised Musical to the heart of Greenwich Village at The Player's Theater Loft. On November 19, 2011 get ready for a jam-packed show filled with some of the best musical talent that New York City has to offer.

Take away the massive sets, the glittery costumes, and the millions of dollars it takes to produce an original musical, add 8 talented improvisers, and what do you get? The Improvised Musical presented by Dumpster Tequila.

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The Improvised Musical: Presented by Dumpster Tequila
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Saturday, November 19, 2011

10:00 PM - 11:30 PM

The Player's Theatre Loft

115 MacDougal Street, 3rd Floor, New York, NY 10012

Tickets: \$5 General Admission or \$6 Premium Admission (Includes one beer)
(212) 475-1449 www.theplayerstheatre.com

For cast bios, visit: www.dumpstertequila.com
For photos, interviews, or any other media inquiries, please contact:
Evan Watkins at EJW PR and evan@ejwpr.com

Holiday Movie Guide

By Chance Cerbone

The holidays are coming up just as fast as finals are, and if you're like me there are very few things you're looking less forward to. Luckily, you can always hit up the theatre and for at least a couple hours you can enjoy something that isn't a final.

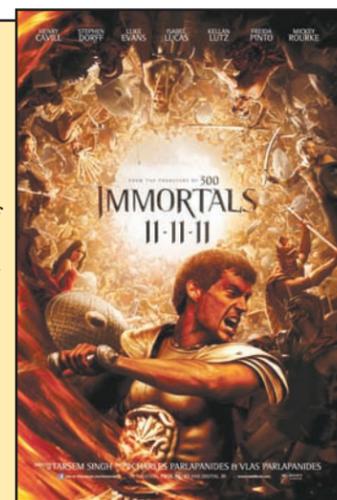
Released on November 11, everyone is already talking about "The Immortals." It's about Theseus, a mortal man, chosen by Zeus to wage war against the ruthless King Hyperion. This movie is a combination of 'Troy' and 'Alexander' mixed with the special effects of 'Clash of the Titans' and the gory fight scenes of '300'. If you're looking for another old world fable of how humans overcame the odds to stop evil demi-god kings from enslaving all of humanity, you need to find a cozy seat watching this flick.

When you look at the time and you see 11:11 some people make a wish while others take it further than that. It is believed that 11:11 is both a sign of luck, and a warning sign. "11-11-11" directed by Darren Lynn Bousman who made 'Saw II, III, & IV', is based on the fear that on 11:11 on the 11th month and the 11th day an entity will emerge from the 11th realm of heaven into earth.

As December rolls in, some of us will need to find a sitter to take care of our children. Before you do, make sure you see "The Sitter." This comedy features Jonah Hill as what can only be described as the last person I would actually let near children. The premise is that he wants to go to a party with a female friend of his, but has already committed to taking care of three children for the night. It is a modern twist on the classic: How to be two places at the same time type of movie.

On December 16th the sleuth Sherlock Holmes makes his second appearance on the big screen in: "Sherlock Holmes: A Game of Shadows." This time, Holmes is onto the biggest case of his career and has once again enlisted the help of his favorite partner Dr. Watson to take down the criminal mastermind Professor Moriarty.

Wrapping up the last and probably the most unique movie of the bunch is "The Darkest Hour" coming out in late December. This movie is about invisible invaders that come to our planet and absorb all the energy in the world. The story arc follows a small group of friends who bring together their courage and wits to fight against an unknown enemy and figure out how to survive.



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FEATURES

Filmmaker views world with positive lens

By Vanity Velazquez

“Life should be lived like Winnie the Pooh,” said poet/filmmaker/writer, John T. Trigonis, “All he does is eat, and enjoy life.”

Trigonis got his B.A. from NJCU, where he was one of the first students to graduate as a Creative Writing major. He minored in Art, and now, after earning an MFA from Brooklyn College, teaches Civilizations I and II at NJCU, and Creative Writing at William Paterson.

“I have so much damn fun just teaching students and the look in their eyes when they learn something new,” Trigonis exclaimed. Teaching not only pays his bills, but also gives him an escape from the “real world” of suit and ties, and the nine to five.

The Weehawken native has a strong passion for poetry. “There’s no such thing as making a living as a poet,” Trigonis stated, so he went with screenwriting. His most recent short film, “Cerise” which he wrote and directed, is about a former six-time National Spelling Bee



Photo by Vanity Velazquez

NJCU graduate John T. Trigonis teaches at two colleges in order to support his artistic endeavors.

champ, Josh, who lost 20 years ago to Shivam, the new writing tutor. It’s about man versus word, and if Josh will finally overcome the word that took him down. Impressively, Trigonis saved and raised \$15,000 to produce this film by eating sparingly, and not

going on vacation. He also recently directed another short film called “Mating Dome.”

“I feel like I constantly have to produce something,” said Trigonis.

His father used to work at a diner, and Trigonis would just sit

and draw. “First thing I feel when I walk into a diner is usually hunger, caffeine headache...and fear,” admitted Trigonis, “fear because I never know if I will get inspired.” Beechwood Café, located in Downtown Jersey City, is one of the few places where he

goes to write.

Fame isn’t why Trigonis continues to produce amazing work. “I could do this all my life, and not make a penny and still be happy about it,” Trigonis said sincerely.

We can all learn something Trigonis, who looks at the world

“I have so much damn fun just teaching students and the look in their eyes when they learn something new.”

John T. Trigonis
Freelance Professor

in a very positive light. He summed up his philosophy of life. “Everything happens for a reason. The right reason, even if it’s the worst thing in the world. Any ripple I would change would undoubtedly change my present. Maybe it could make me someone better, more successful, but I still wouldn’t change anything. I’m cool with it. I can’t really regret anything if I’m content now. I’ve learned to live without regrets.”

Money Management: SGO VP of Finance Aurora Estevez

By Latifah Miles

As the VP of Finance, Aurora is a huge part of helping the SGO and organizations on campus run smoothly. She gave us a run down of her responsibilities: “I am responsible [for] tracking and documenting all the money transactions of Student Government as a body. I am also responsible for chairing the Finance Committee Meetings which are responsible for allocating the budget of Student Government. Another of my responsibilities is to instruct the treasurers of all the different clubs to follow the Finance Policies and Procedures to their best of their ability and to be a resource to them whenever they have question on how something is performed.” Student Government Organization’s VP of Finance Aurora Estevez is majoring in Economics and plans to pursue a masters degree and doctorates degree at Columbia University.

A degree in Economics can open many doors to many successful careers. Aurora plans on following her own path to success by becoming a professor. She also wants to work in the money and financial industry to become a financial advisor to help people in need. Being a student, the VP of Finance and preparing to conquer the financial world, how does Aurora manage her time? It turns out, it’s very simple. All you need is a planner. Aurora jokingly says that she’s only used a planner for the past two years as VP of Finance and Administration and it has completely organized her schedule.

Being a member of the SGO, Aurora is serious about making NJCU an ideal institution to get an excellent education while enjoying yourself along the way. I asked Aurora, outside of tending to the financial side of the cam-



Photo by Aurora Estevez

SGO VP of Finance
Aurora Estevez

pus, what changes she would like to see happen here on campus. “I would like for students that attend this university to be comfortable

and proud of choosing NJCU as the provider of their education. I will also like more students to be more involved with SGO so they can get a higher quality of education and more leadership skills.”

Although Aurora is dedicated to her position in SGO and her work as a student, she does make some time for fun. During her down time, Aurora likes to spend quality time with her friends, family and practicing her faith. She enjoys dancing and drawing. Attending a school that is close to New York where the “Occupy Wall Street” protests are going on, I asked Aurora if she had any opinion on the issue. “I do agree with some of the different ideas that are thrown out there in this

protest but, I don’t agree with the mindset of the people. We’re protesting in a time of an economic crisis but when things are good and when we are being benefited with welfare, financial aid, Medicaid, Section 8, and many other different resources that the government has for us, we don’t raise up and complain that the rich are getting richer while the poor around the world get poorer.” Estevez continued, “This is an economic crisis that affects all of us, not only the poor, but not only the rich. If

the idea is that the rich are greedy then we shouldn’t be greedy. I’m convinced that more than 80% of the people protesting have a cell

“I would like for students that attend this university to be comfortable and proud of choosing NJCU”

Aurora Estevez
SGO VP of Finance

phone that is rarely used for business; they are able to get drinks on the weekends, watch movies, have cable, eat out, etc. We need to recognize what poverty is and take a look at third world countries that are in need of a not a car like we are but food.”

Aurora is a talented student that is working to make our campus, and soon the world, a better place.

The NJCU Art Therapy Association invites you to attend
The Empty Bowls Dinner
Wednesday, Nov. 16th • 4:00–6:30 pm



Donation: \$15
\$10 for students

Located in Room 129
Gilligan Student Union Building
New Jersey City University
2039 Kennedy Boulevard
Jersey City, New Jersey

Empty Bowls is an international, grassroots effort to fight hunger. In exchange for your donation, you will receive an empty bowl created by NJCU students and faculty to keep in solidarity with all those who have gone hungry. Then the bowls will be filled and we will share a simple meal of soup, bread and bottled water.

All proceeds go to Jersey City’s Saint Mary’s Food Pantry in their efforts to fight hunger in our community.

This event is proudly co-sponsored by:
The Office of Campus Life • Math Club
Psychology Society • Model UN

FEATURES

\m/etal to the Extreme

By Edgar Rivas, Jr.

When a 13-year-old Hector Guzman listened to Pantera's "Cowboys from Hell" for the first time, he knew he wanted to be a musician. It inspired him. Pantera was a band from Arlington, TX that was influenced by the New Wave of British Heavy Metal and Thrash Metal.

"I have never heard something that heavy, with that much attack and it was powerful," said Guzman, 21, Music Education. "That riff changed me."

The 13-year-old Guzman wanted to buy a bass but during that time bass guitars were more expensive than electric guitars so Goos (nickname known to his friends) settled for an electric guitar and never looked back since then. Hector got the nickname from just shortening his last name.

"Too many Hectors exist," said Guzman.

"[His guitar playing] is some really technical stuff. [There is] a lot of riffs, a lot of change-ups," said Leart Begolli, 19, Classical Guitar Performance. "There is so [many] good songs, catchy songs."

Goos formed his own band, Mörder (the umlaut on top of the "o" makes the name sound German) 2 years ago. They are a Progressive Death Metal band, a subgenre of Heavy Metal, which blends the powerful, guitar-driven sound of Metal with the complex compositional structures, odd time signatures, diverse lyrics and intricate instrumental playing of Progressive Rock.

"[They] heavily influenced [by] the old school Death Metal



Photo by Hector Guzman
Hector "Goos" Guzman

and has roots from Thrash Metal," said Guzman.

"They're a good band. [They have] good musicianship," said Begolli.

Mörder first began in his room, where he was writing songs. He is the sole songwriter for all the instruments.

"Hector writes some catchy riffs. He is the band. He has sole [and] complete creative control," said Ron Iglesias, 22, Music and History.

Goos cites the song, "Crystal Mountain" by Orlando, FL band Death as the one song that lured him into the world of Death Metal. Dubbed as the kings of Death Metal, they are known as the founding fathers of the Death Metal scene in the United States. Goos compares Mörder to Death and can relate himself to Death's frontman, Chuck Schuldiner. Also known as "The Father of

Death

Death Metal," Schuldiner died from brain cancer in 2001. His favorite bands are Death, Cynic, Morbid Saint, Kreator, and Pantera. His favorite albums are "Human," "Focus," "Spectrum of Death," and "Pleasure to Kill."

Their first gig was in Jersey City's Pearl Studios on December 11, 2010 and it was a success. They have played 17 more gigs since then.

"First impressions come a long way. We really showed people that we're not just a local act," said Guzman.

Goos struggled as an English major and was close to dropping out of college. With the help of his good friend, who

inspired him, he changed his major into Music Education. He hopes his band would be signed to a major label, but aspires to receive a Master's degree in Music Education and hopefully go to a musician's institute, where his guitar playing can reach a higher peak than where it already is. Technically a Junior, he may be here for another 4 years since he made the switch from English to Music Education.

With the semester taking up a lot of their time, Mörder are currently on a break until mid-Spring. Until then you can check out their very first demo, "Aggressions Controlled" and videos of their gigs on the band's Facebook page. Hector will be performing classical music for the time at the Ingalls Recital Hall on Saturday, November 19th at 5:00 p.m.

Celebrating Italian heritage

By Francis A. Wilson

In honor of Italian Heritage Month a few students, professors, and Italian Americans came together to celebrate their rich heritage along with their passion for memoir writing. The event was held in Hepburn Hall, Room 202, on Tuesday October 25. The event was co-sponsored by the Office of the Dean of New Jersey City University's William J. Maxwell College of Arts and Sciences, and the University's Department of English.

The event was moderated by current NJCU student Krystal Sital, an English major and Psychology minor, and showcased such talent as Christina Forte, an NJCU senior also majoring in English and Secondary Education, Dr. Edvige Giunta, NJCU english professor, and Dr. Tom Tomasulo, also a professor at NJCU.

So what is memoir writing? Memoir writing is an account of one's personal experiences, or the published record of the proceedings of a group or organization, or a biography or biographical sketch.

Christina Forte, 23, and student at NJCU is a writer currently dotting her I's and crossing her T's on her final semester at NJCU. She is an English Literature major, and she read her piece entitled "We'll Talk when I get Home," where in it Christina delves deep into her personal life to get through an otherwise problematic event. She spoke clearly, and with ease, but when asked later about speaking she had this to say: "This was my first time speaking in person and I am pretty excited about being chosen for this." Public speaking is tough,

but she definitely made it look easy. But what was it about memoir and memoir writing that was attracting so much attention, and such devote followers? "I was always an English major, but everything changed when Advanced Memoir came along."

The refreshment table was the only downside to the event. Just before the second speaker came on, there wasn't anything left to snack or nibble on. Leave it to a bunch of English majors to clear a table of free food. However, it was Dr. Edvige Giunta's turn at bat, and the crowd looked eager.

Dr. Giunta is a professor at NJCU, and an accomplished writer. She also happens to be the Memoir professor, if you are interested in memoir or memoir writing she is the person to talk to. Dr. Giunta read from her current memoir, and the crowd was ecstatic. Later when asked about memoir writing she said something peculiar: "Memoir writing can be seductive, and very dangerous." It is true, memoir writing is dangerous, it is seductive, and most of all it is a gateway to areas of self that lie untouched and undiscovered.

Writing is a powerful creature. It can take you where you want to go, or it can take you to places you never wanted to go back to. This was the reason why the event and events like this are held. These events are gatherings for likeminded people, writers, professors, and other enthusiasts. This event was aimed toward writers, and writing with the express goal of bringing all of the elements together in order to celebrate our craft. It is all about the power of transformation that writing and writing memoir can bring about.

A walk through the Village

By Atilla Azami

11 A.M. November 3, the group gathered at the appointed rendezvous point in front of Grove St. Dunkin Donuts for a **Campus Without Borders** walking tour of Gay and Lesbian Greenwich Village, led by Dr. Tim White of our campus. Directly across from the descending entrance into Grove St. PATH station, Dr. White started his tour by presenting a map of Greenwich Village and introduced the very beginnings of the neighborhood's history. The first point he touched upon was the relevance of the unique street layout that sets apart the area from the rest of Manhattan's grid system of avenues and streets, and why it contributed to the concentration of gay settlement.

It's a neighborhood in which the avenues cross avenues and streets intersect streets to form triangular and other odd polygonal shapes. It was a great way to segue into a quote from the film and stage show *La Cage Aux Folles*, "it's a place to live life on an angle."

After a brief PATH train ride to 9th St, the group emerged from the stop facing Lenny's Sandwich Shop, formerly known as The Grapevine Café, a hangout spot for the gay community's earliest champions. It was even visited by famous British writer Oscar Wilde. Dr. White explained the importance of the role that Oscar Wilde played in early gay acceptance, especially concerning, perhaps his most notable work, *The Picture of Dorian Gray*.

Dr. White then led the group down Washington Mews, an area directly north of Washington Square Park in which gay couples could enjoy peaceful residence in haylofts, shielded from the social policing of early 20th century America. The group then cut across Washington Square Park to MacDougal St., the Christopher St. of the 1920s, which was the stomping ground of the prolific lesbian writer Willa Cather. It also housed the Calypso Restaurant where the African-American

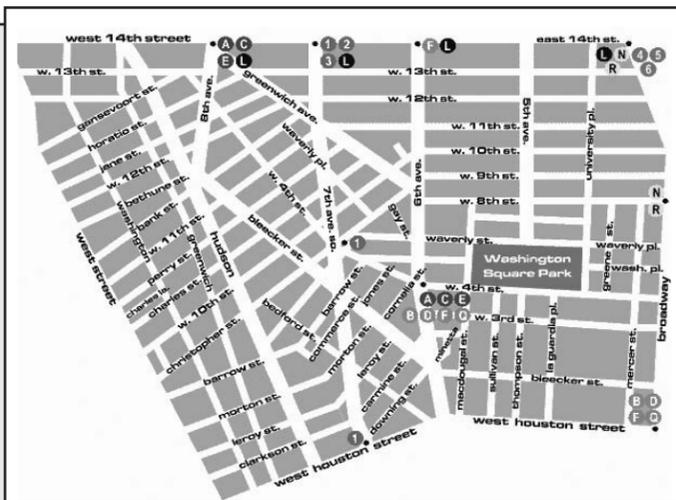
gay writer James Baldwin worked as a waiter in the 1940s. There, he hung out with A-List, or the Gay-List, depending on who you speak to, such as celebrities like Marlon Brando.

The tour neared the end as the group crossed 6th Ave, the "least village-y," part of the neighborhood, as it was colloquially

dubbed by Dr. White for its modernly homogenous Manhattan corporate storefronts like Starbucks and Duane Reade. Ironically, the bridge between the least and the most gay sections, Christopher Street, is Gay Street, not named for its homosexual context but speculated to be named after the Gay family. Gay Street is one of the most sought after residences of the entire Village for its quiet, traffic-free living within the city.

As the group walked onto Christopher from Gay Street, Dr. White pointed out the boutique which was formerly the Oscar Wilde Memorial Bookshop, a store that couldn't compete in the age of Barnes and

"It's a place to live life on an angle."



www.nyctourism.com

Map of Greenwich Village

Nobles and the gentrification of the neighborhood. The tour's terminus was at The Stonewall Inn, prudently selected by Dr. White to be the final point of interest not only for its geographical practicality, but also for its finale-worthy history. One of New York's most famous gay bars, The Stonewall Inn was where the infamous Stonewall riot took place. It was an upheaval so heated that the sauced and indignant crowd uprooted a parking meter out of the sidewalk and used it as a battering ram to get to the raiding policemen inside the evacuated bar-room.

Following a group picture in front of the notorious tavern, the tour concluded and everyone was lead to the nearest PATH station to cross the Hudson back into New Jersey. After it was all said and done, having Dr. Tim White as a knowledgeable and eagerly enthusiastic tour guide, one thing became clear: the only thing richer than Greenwich Village's brownstone residents is its history.

Last walk tour for the fall semester is Friday, 11/18 to Times Square. This will conclude the series of walk tours until the spring semester.

OPINION/ADVICE

FLEX your financial muscle

By Mack Do and
Monir Khilla

The Gothic Times, along with the Financial Literacy Expert Team (FLEX), will be running a column dedicated to helping the campus community better manage their personal budgets. Issues such as building better credit scores, investing, and saving money will be addressed by the FLEX team. What differentiates the FLEX team from other advice columns? The advisers are students and administrators who can bring a sense of

practicality to the column, addressing issues that are common to everyone in the campus community

A little bit about FLEX: it is a group of ten students, along with administrators, designed to help others with financial literacy through workshops and activities. FLEX wants to help students manage their money better and help spread the importance of financial literacy.

FLEX offers workshops on how to manage your money, how to save, and how to invest. Workshops are offered to Orientation

to College/First Year Experience classes now, but, occasionally, offer bigger workshops to everyone depending on the availability of guest speakers. FLEX discusses issues on how to avoid debt, how to invest money for the future, and the need-to-knows of how to manage our money, which you don't learn in school.

The primary goal of Flex is to help students to learn and appreciate the value of a dollar, especially when the economy is at a slump and no jobs are available. In addition, money management is a life investment in itself.

EDITORIAL OMG! Exam week, FML!

“I’ll study... tomorrow.”

OMG! It’s that time again, stomach cramps, headaches, irritability, and that week that seems never ending. Students become emotional wrecks and try to ignore the natural fact: PROCRASTINATION. Some students fall behind due to heavy procrastination. In the words of Benjamin Franklin, “you may delay, but time will not.” Failing to set aside studying time and leaving papers for last minute may not always work in your favor; in fact, you

may be setting yourself up for failure.

Developing healthy (no cramming or pulling “all nighters”) habits to study will always help you in the long run. Planning to read certain amount of pages ahead of time before the exam will help you remember the material better. Avoid cramming hours before the exam or the day right before. Keep in mind, if you cram all night you risk being tired and incoherent during the exam, especially if it’s a morning exam. Some classes do not require exams but assign final papers

which can run anywhere from 5-10+ pages (English majors, we are speaking to you!). Failing to research ahead of time about the topic you will be writing about will show in your work and can cost you points. Keeping in touch with the professor about your topic will not only help you but will show the professor you are trying.

Many college students enjoy procrastinating but if you want to avoid failing, cramming and feeling physically sick make sure you prepare properly. Flush the negativity out and get to work!

FALL FASHION

How to keep warm in the winter with style

By Aida Toro

Winter is a very hectic season. Some people may become lazy and lose interest in their appearance. However, fashion is essential in every season. As a fashionista, I will be providing a couple of tips on how to keep warm in the Winter with style.

1. Jackets are the main must have. If you want a sleek and sexy look, the leather bomber jacket is always the best item to throw on to compliment your outfit. A pea coat is always classy and top notch if you are looking for a sophisticated look. Finally, a poncho can be pretty cool if you are going for a laid back, yet ethnic and vintage look.

2. The typical hoody is always a must have for the winter. Hoodies don’t consist of much work if a person does not want to be super stylish. However, it puts an outfit to work somehow. They are warm and comfortable due to that super soft fleece they are made out of. In addition, they come in a lot of colors and last very long.

3. Scarves are always a state of the art accessory. Not only do you keep your upper body warm and prevent a horrible cold with a scarf, but you can accessorize your outfit with a scarf when you feel really simple. The great thing about scarves is that there is variety. You can either wear a circle scarf. Another great scarf is the cable knit scarf. Think about it as the typical knitted



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must have scarf by granny. The eternity scarf is another amazing scarf to have. This can be worn in many different ways due to the fact that it is very long or as a regular scarf or a shawl.

4. Gloves are another must have for the winter. The most exciting part is that shops are coming out with texting gloves

now, which means that there is no excuse to ignore your text anymore due to the cold. To add on, you will be texting with style. There are also mittens if you are trying to look “girly.” Last but not least, the long leather gloves, which always makes women sexy, glam, and mysterious.

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Jane Sepulveda Senior Class President

Continued from page 1

Her term began October 14 and already she puts in 20 hours a week, similar to a part-time job. She is currently focused on her resume and career building workshops.

“In the near future I want to make a job demand workshop to let everyone know what’s in demand out there for those seniors who don’t know what is needed,” said Sapulveda. “I have an e-board now so I can have discussions. I can outreach to seniors and get the general public’s opinion. I plan to cosponsor events with clubs to benefit the student body as a whole.”

In the spring Sepulveda expects her workload to increase between planning for the senior dinner, more workshops, and preparation for her commencement speech.

“I’m nervous about the speech but I’m also very excited,” said Sepulveda. “As I encounter someone in class or in the cafeteria I write it down and as I go along and piece it (the speech) together. And they all contribute to that one

day at graduation when I make that speech.”

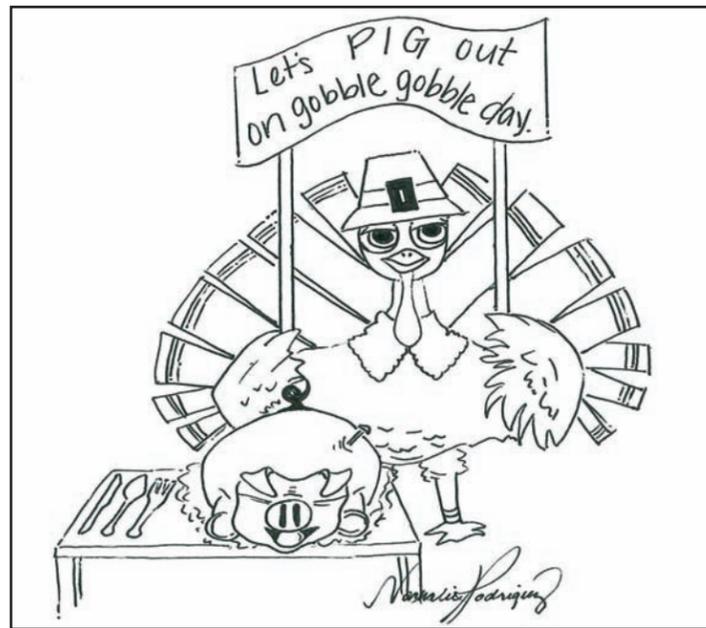
In the meantime, Sepulveda hopes to lead the senior class to a memorable and valuable final year by making a difference any way she can.

“So far students are expressing concern regarding price increases of Gourmet Dining. They also definitely want to see more guidance. Seniors want to be better advised. A concern for a lot of seniors is graduating on time,” clarified Sepulveda.

But whether the issue is small or affects the entire well-being of NJCU, Sepulveda has opened up her private means of communication to all. E-mail is her preferred way of contact but very soon she anticipates her own university phone line for the student-body to access her.

“I want to leave a legacy. This is my fifth year and I’ve never heard of a class president doing anything on campus.”

Now it’s time for the student-body to step up, speak up, and be heard by somebody who is actually listening.



Drawing by Nachalie Rodriguez

SPORTS

2011-2012 Women's Bowling Preview

By Alex Johanesen

The NJCU Women's Bowling team went into the 2011-12 Pre-season and ranked #10 nationally. The poll was released by the NTCA. The ranking is not good enough for the Gothic Knights bowling team.

"I'm not pleased about it. Because the committee feels that way we just have a lot to prove to them. We have to prove that we are better than what they think. We are so much better than what the ranking says," explained Jennifer Daunno, a four year veteran of the team and a 21 year-old Early Childhood Education and Special Education major from Carteret, NJ.

This is the lowest pre-season ranking NJCU has ever experienced in its 12 year history and the team is tired of being underestimated.

Last season, the team experienced an early ending to another winning season (84-35). Despite being ranked 6th nationally, they were not picked as one of the 8 teams to advance to the NCAA National Collegiate Women's Bowling Championship.

"I felt bitterly disappointed and upset," said women's bowling coach Frank Parisi, who has been with the team for all twelve seasons. "We deserved to be at Nationals. We were one of the top eight teams in the country."

Their #6 ranking of last year was the highest ranking of any team not to make the NCAA Tournament. They finished 5-3 against Fairleigh Dickinson University, the first place team and defending NCAA champions, and had winning records against other NCAA selections, such as Sam Houston State (2-0) and



Women's Bowling Team

Photo by NJCU Office Sports Information

Central Missouri (2-1). A 12-year NCAA tournament streak was snapped prematurely.

"It was an awful feeling to see our only senior's career end like that. I was so upset for her. It was heart breaking," said Daunno.

Daunno does not want her final season to end the same way. And now going into the season ranked #10 gives them the more reason for them to win this year. Seven team members are returning, which make up four of the five starters from 2010-2011.

"We are very balanced in talent and experience. I expect to make Nationals this year and get back to the top four. We've made it every even year," said Parisi.

In fact, they have made Nationals in 2004, 2006, 2008, and 2010. And in 2004 and 2008 they

found themselves in the top three. 2012 seems like a perfect time as any.

"The coaching philosophy Rusty Thomsen and I follow is to focus on what we can control and what we can do, since in our sport there's no defense," said Parisi.

In an effort to grasp a NCAA tournament position once again the Gothic Knights will have to come together and show every school they face what their intentions are.

"I will be working out at the gym, putting all my effort into practices to make sure I'm doing

everything right and giving 110 percent every time I have my bowling ball in my hand," said Daunno, who has seen what it takes to get there. "To make nationals is an amazing feeling. The NCAA only chooses eight teams in the country. For us to have been one of them makes me feel very proud to be part of the team and proud to know we are just as good as all the Division I, II, and III schools."

The senior knows the experience well from her freshman and sophomore years (2009 and 2010). And the promising newcomers to the powerhouse team can only thirst for what she has achieved. Their contributions can make the team that much better.

"I want to be the best team player I can be and support the girls in any way I can," said 18 year-old undeclared freshman Sonja Shirak of Clifton, NJ. "I couldn't have asked for a better group of girls."

With enough talent, drive, and chemistry to push the Gothic Knights toward another dominating season, there is no reason not to expect to see the underestimated team quickly climb the rankings as they begin their assault on any team that stands in their way.

2011-12 NJCU Women's Bowling Schedule

For the month of November 2011

Northeast Conference Event #1

Sun. 11/13/2011	NEC Event #1	Brunswick Colony Lanes; Wallingford, CT	9 a.m.
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Eastern Shore Hawk Classic (Host: University of Maryland Eastern Shore)

Fri. 11/18/2011	Eastern Shore Hawk Classic	Millsboro Lanes; Millsboro, DE	12 p.m.
Sat. 11/19/2011	Eastern Shore Hawk Classic	Millsboro Lanes; Millsboro, DE	9 a.m.
Sun. 11/20/2011	Eastern Shore Hawk Classic	Millsboro Lanes; Millsboro, DE	8:30 a.m.

3 Cheers for NJCU Women's Soccer!

By Edgar Rivas, Jr.

ESPN is perhaps the biggest sports channel worldwide. It is a big deal if any kind of highlight appears in "The Worldwide Leader in Sports." One of their most popular segments "3 Cheers" includes a highlight and giving praise for that highlight. The NJCU Women's Soccer team made an appearance in the "3 Cheers" segment. In a game against Rutgers University-Camden, Julia Caseres, 21, Criminal Justice converted a Brianna Taylor, 21, Secondary Education cross with a diving header that went in the upper left side of the net.



Photo by NJCU Office Sports

Women's Soccer On ESPN

It is the Women's Soccer team's second time making an appearance on ESPN. Last year they appeared on SportsCenter's "Top 10 Plays." ESPN's "SportsNation" is an up-and-coming show that has interaction with

the views via voting. The hosts are Colin Cowherd and Michelle Beadle. You can find the link of the video here: http://www.youtube.com/watch?v=KBvR_BSvVF8&feature=player_embedded#!



New Jersey City University

S	M	T	W	T	F	S
		Pumpkin Special Lunch		Argentine Steak Dinner		
6	Monday Night Football Special	Local Honey Feature Lunch		Soul Food Night Dinner	Veteran's Day Special	12
13	Monday Night Football Special		Community Special Harvest Feast! Lunch	Nutrition Event & Free Samples Coconut Water!		19
20	Monday Night Football Special	Dining Hall Closes at 6pm for Holiday Weekend		Happy Thanksgiving!		26
27	Monday Night Football Special					

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