To get guns off the streets, buybacks aren’t efficient

By James Reslier-Wells & Mariana Braz
Senior Reporters

Less than six weeks into 2013, Trenton already has what it takes to reduce gun violence, they just aren’t using it.

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Before January 1, students, faculty and staff had access to smoking huts around campus where they would gather and light up a cigarette on their way to the parking lot. "That is a stretch of the policy," Director of College Safety and Facilities Bryon Marshall told The VOICE that, so far, there has not been a fine issued regarding smoking on campus.

Marshall also said that students sometimes light up a cigarette on their way to the parking lot. "That is a stretch of the policy but for the large part we have reasonable compliance.

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Campbell also said everyone must be aware that it will be hard for some people. "Smoking is a way to relax and I know I have couple of smokers on my staff, but they haven’t said anything so far."

New smoking ban on campus gets mixed reception

By Mariana Braz
Senior Reporter

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NEW REALITY: You can’t get a job if you don’t have Twitter

By Mariana Briaz
Senior Reporter

In an article published on Mashable.com on March 9, 2012, reports that the majority of social media users are college students or have completed some college. Gail LaFrance, Career Counselor at the Career Services at Mercer said to the VOICE that a lot of the students that look for her services don’t usually know how important social media is when looking for a job. “Mercer students are on Facebook to find out about parties and most don’t even know about LinkedIn,” said LaFrance. “I usually show them my profile on LinkedIn and talk them into setting one up.”

Senior Recruiter with Randstad Technologies, Ashlee Pilla explained that LinkedIn is a must when looking for a job. “People usually think that LinkedIn is only for professionals who already have a career. But it is actually a great way for college students to start networking with people they would not have access otherwise.”

Pilla also said that are some things to keep in mind. “LinkedIn account is the best social network to connect with professionals. Facebook is not really useful if you are looking for a job. I suggest taking the profile down while job seeking.”

She explained that if you have a more formal Facebook page then it can be used to help you to expose your work. “If you have a page to show off your work or to promote your blog then it is ok.” The reason for hiding the voice is that if you have a profile to connect with friends and family. According to the article published on Mashable, 67% of social media users in the USA said to use it to keep in touch with family; 64% to stay in touch with friends and 50% to reconnect with old friends.

“If you are comfortable with Twitter, it can be used strategically,” said Pilla. An example of how Twitter can be a powerful tool is the #1HireFriday and #HFCChat. Every Friday users looking for positions and recruiters looking for professionals will post it on Twitter and use the hashtags mentioned.

But as Ashlee Pilla mentioned, you need to be comfortable with Twitter to take advantage of it. One thing to keep in mind about this social network is because it only allows you to write short messages, you have to be able to create updates that are short, straight to the point and effective.

Another important point about Twitter is the speed messages are sent. People tweet all the time, and because of that you need to keep track of everything relevant to you that it is being posted so you can respond to it. You also need to follow the people who are relevant to what you are looking for. If you want to know about the music industry or politics, you should follow the experts in those specific areas or if you are looking for a job you should be following recruiters.

Facebook is the most popular social media with 845 million active users. Over 50% of Facebook users have some college degree. In average, 200 million users use Facebook on mobile daily.

LinkedIn has 150 million registered users and it is mainly used for business purposes. 64% users use LinkedIn for Business growth.

Source: mashable.com
What it takes to reduce gun violence in Trenton

Continued from page 1

State Senator Shirley Turner, who encouraged the Attorney General to conduct the Trenton buyback after seeing how well the Camden buyback went, told The VOICE in a phone interview that the buyback was "an amazing, unbelievable success. No one in their wildest dreams would have imagined we'd recover over 2,600 guns." She went on to say, "We even got a rocket launcher—that blew every one's mind, that we would get a rocket launcher!"

According to the official press release, "Among other weapons, the Mercer buyback brought in more than 100 sawed-off shotguns, nearly 1,000 handguns, four Tech-9 semi-automatic pistols, two Hi-Point semi-automatic assault rifles like those used in the Columbine shootings, a shotgun disguised as a nightstick, and an antique Uzi. Also sold back during the event were two Thompson submachine guns, an Egyptian full-automatic assault rifle, a World War II vintage格尔 spy pistol, at least three M-1 carbine rifles, 12-gauge shotgun with a 'streetsweeper' drum cartridge capable of holding 20 rounds of ammunition, a shoulder-firing rocket launcher and a tear-gas/riot gun."

It is unclear, however, precisely how much impact programs like the buyback have on actual crime rates.

According to an International Association of Chiefs of Police (IACP) report from October 2011 titled, "Reducing Gun Violence In Our Communities," buyback programs are usually "starting to enforce" gun-related crime. The number of firearms recovered from the streets, and the number of aggravated assaults with a firearm dropped sharply. (See fig. 1)

It is not clear whether the gun buyback program, as it was originally executed, has "started to enforce" gun-related crime. The number of firearms recovered from the streets, and the number of aggravated assaults with a firearm dropped sharply. (See fig. 1)

In the interview, The VOICE Lt. Stephen Jones of the NJ State Police said that the original Trenton Operation Ceasefire was "more like CSI," they ran down every single lead. But "we now have weapons trafficking and street gang units working to reduce gun violence around the state."

Indeed, statewide initiatives are in place, but theUnified Crime Reports show even at the state level crime rose by three percent in New Jersey last year, the sharpest increase since the Great Recession in 2008.

While gun buybacks are popular and may serve to reduce some accidental deaths, their efficacy has not been proven. Evidence suggests that comprehensive programs such as Operation Ceasefire, as it was originally executed, do, in fact, reduce gun-related crime.

Mercer students and admins weigh in on the new smoking ban

Continued from page 1

Dean Campbell also told The VOICE that Assistant Dean of Students John Simone saw students smoking on campus. "He went into effect. Kazak said that the policy is better for her because she has asthma, and she also thinks that "it's a step in the right direction as far as health. It makes an added effort to try to get smokers to quit and just a better environment for everyone."
Every woman remembers the excruciating embarrassment of the first time she had to buy a box of tampons at the drugstore. She endures the long walk to the pimply faced kid at the checkout, and there’s no way to disguise the box. Then comes the day she needs to buy a box of condoms. Many women feel so anxious and embarrassed about doing this — many worried that they will seem slutty — that they just avoid the situation altogether and hope their partner will be the one to come prepared. It may not be fair that women have to deal with all the dirty work, and we’d all love to think the hot man in our lives will be considerate enough to come prepared, but we must learn to match up to the counter with the Trojans and hold our heads up high.

Women must carry a condom because “in American culture, the condom is a symbol that represents the intent to have sex.”

Women may be worried what conclusions others will draw about them if they use a condom. “The cultural perception of condom purchase and availability by gender is still a negative value in women sexuality.”

The best reason to engage in protected sexual activity is to avoid the contraction of Sexually Transmit ted Diseases. Besides that, using condoms could also prevent unwanted pregnancy.

The fact that chocolate is fattening is not up for debate. Cocoa beans contain approximately 50 percent fat by weight and between 13 percent and 65 percent sugar by weight, depending on the type of chocolate consumed, according to CacaoWeb.com.

In the Italian study, researchers had determined that the beneficial qualities in chocolate seemed to disappear in those who ingested more than a small square of chocolate a day to three times a week. The findings of Dr. Giuseppe’s study prove that moderate chocolate consumption has many health benefits, not milk. The dark cocoa is better. The best dark chocolate to eat contains 65 percent or more cocoa and has been pro cessed the chocolate, the less cocoa it contains. White chocolate is the most processed and contains 0 percent cocoa.

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Although it’s the spring semester, unfortunately the winter weather is still with us. Here are the winter 2012/spring 2013 trends.

A lot of students (even faculty) are now wearing long chic trench coats, nice leather/or pleather jackets and luxe fur trim coats. Adding fur to almost anything now-a-days can make it look elegant or just plain old messy.

Not only are students dressing for the winter season, they also seem to be highly anticipating this spring. Floral prints are in again along with black and white this spring season.

Mercer has finally introduced a Fashion Program for all of those who are obsessed with fashion and everything “pop.” The program was developed to help students gain experience and help students for careers in fashion/apparel sales, marketing, buying and merchandising as well as design.

The Fashion Program coordinator Allegra Ceci told The VOICE in an interview she is “inspired by some of the fashions [she sees] on Mercer students.” Following, “Many of the students in my program have a unique and individual style, but I also see this across both campuses and in many departments.”

Ceci also said that she wishes students dressed more formally. “I like to see college students dressed in business casual, since I think you should pursue education as you would a career. I guess I am old-fashioned in this respect.”

Ceci also believes that fashion in general can express a ton of things. “Fashion may be a form of artistic expression, a celebration of culture or a political message. Even those individuals who think they are not participating in fashion per se are making a conscious decision to express an idea via dress, so no one escapes this part of material culture. I love it.”

Students seem to agree with Professor Ceci when it comes to how MCCC students are dressing up. Criminal Justice major Jeidy Cepeda said “Fashion here at Mercer is all about personality. If it fits then wear it and if you’re wearing it, ROCK it.”

Bridget Dincer, an undecided major at Mercer, said to the VOICE “There are a lot of fashionable people here. Fashion is a sense of style and style is basically expressing yourself through your clothes based on how you’re feeling for that. Everyone has style.”

Summer Beasley, a Fashion major at Mercer said “I feel as though there can be a work of improvement for the faculty and students here. It appears that Mercers’ staff and students are too busy focused on work and their studies than what to wear the following morning.”

Rashawn Jones, a MCCC alum who helped coordinate a fashion show for the Go Green Club last Spring, told the VOICE “Fashion here at Mercer County College has evolved quite a bit over the years. Students are now becoming more confident and comfortable with themselves. Examining such confidence can be in the way they express, they feel fashion seem to be experimenting with originality.”

Fashion is more than throwing clothes on. It’s also a reflection of how people want to represent themselves as. It also goes along with nonverbal communication. Personally I think everyone has a personal style but, let’s just face it, some personal things should be kept personal.

No one should come to school with Ugg boots that all of a sudden look like bedroom slippers. This is not fab. Another problem is that people wear clothes that don’t fit and that are just plain inappropriate and offensive.

Let’s not hold our breaths but hope for the best and have faith in our fellow students and hope they get it right for this spring weather!
Baseball team looks for redemption

By Kevin Cox

With the smell of the spring air and sunflower seeds almost upon us, the Mercer baseball team already has the bats cracking and the mitts popping in West Windsor as they prepare for the 2013 campaign.

After being defeated in consecutive Region XIX Championship games, the Vikings look to overcome their past this season.

In his first full year as Head Coach, Kevin Kerins says he believes that team chemistry is a key to a successful season in 2013. "Working out in the offseason and playing together in fall ball brings the team closer together and we think that will translate to wins on the field," Kerins said.

Kerins took over as interim Head Coach at the departure of Matt Volda in January 2012. He told The VOICE he is very pleased with his new recruits.

"Recruiting is an important part of the process for any baseball program and for incoming players to have a comfort level with one coach without having to deal with any transitions causes less distractions for the team," Kerins said.

One of those recruits is standout Mark Torei, a Freshman outfielder and Liberal Arts major who was a high school All-American in South Plainfield and the Middlesex County Player of the Year.

Torei, along with returning sophomore Liberal Arts major Dan Denton, are intended to fortify the middle of the lineup.

Denton, an outfielder and Counsel Rock alum, batted .344 in 2012 with 24 doubles batted in and 44 doubles while earning 1st team ALL-PSAC honors.

"I expect the team to continue to work hard to achieve our goal of winning a Region XIX Championship," Denton said, adding: "I'm willing to do whatever I can to help the team improve."

Mercer baseball has three other key returning players in 2013: center fielder Steve Spadino, pitcher Paul Piromalli and weekend starter Matt Owle.

Coach Kerins is also expecting contributions from four first-year players.

Steve Spadino is expected to provide strong defense up the middle. Spadino says, "My speed is my best attribute. It helps me track the baseball and get good jumps on balls off the bat." The Vikings center fielder also believes in building chemistry on and off the diamond. "Team chemistry is important because it creates a level of trust between players. The training and practice schedule have put together keeps us all on the same page," Spadino said.

Pitcher Paul Piromalli, the Captain, has been in the starting five in 1st team ALL-PSAC honors.

At 6'9" Piromalli is the tallest in the region according to official Region XIX rosters and he uses his height as an advantage to keep hitters off balance.

"Matt has one of the best change-ups I have seen in my 8 years at Mercer," Coach Kerins said, "It's like he is throwing a wiffle ball!"

Newcomer Heath Filmeyer, a Criminal Justice major, will split time between shortstop and the mound where his fastball reaches 93 MPH.

Other newcomers include Exercise Science major and first baseman Steve Todd, a transfer from East Stroudsburg, and Ben Stone, also an Exercise Science major and a pitcher from North Hunterdon, who throws three pitches, but uses a sharp 12 to 6 curveball as his go to.

Playing in the climate weather in the Northeast has not affected the Vikings training schedule according to Coach Kerins.

He says, "We utilize what we have at our disposal be it indoors, turf, pool, or weight room and study hall. Our intense fall schedule allows us to acclimate the players to the weather conditions so that by the time January rolls around the team can balance the rigor of college athletics with their studies."

Kerins has confidence in his team and he has the Vikings poised to take the next step to win a Region XIX Championship, saying, "We have brought in a lot of talented kids this season," Coach Kerins says, adding, "Having the benefit of the players knowing only one coach has helped to develop a level of continuity."

Men's basketball: from worst to almost first

By Val Kyle Kondor

At 17 wins and 7 losses, the Mercer County Vikings men's basketball team is on pace for its best finish since Coach Howard Levy took the job five seasons ago. With four games left to play in the regular season, the Mercer Vikings are in second place trailing only Essex County in Division II of the Garden State Athletic Conference (GSAC).

This is a significant improvement compared to the 4 wins and 24 losses that the Vikings posted last season. This turn around by the team is given major credit to earning their second Regional XIX title under Coach Levy.

"I knew we'd be better this season," Kerins said. "I think a lot of the guys got some good experience last year, and we brought in some good players," said Levy.

Last season, the team was full of first year players that returned to this year team. Fillip Sekulic, 6 foot 10 inch center from Monte Negro, Europe, is the only player who has been in the starting five for two straight seasons. "Last year was really hard because a lot of guys just came out of high school. In high school they play different, this is more team basketball," said Sekulic.

Another problem last year was that several players were ineligible because they failed to meet the teams academic requirements. Of those players, was 6-foot tall star shooting guard from Mount Holly, New Jersey, Mustafa El-Amin. He currently averages 19.5 points per game, and if he keeps that pace he'll be the highest scoring player the Vikings have had since Coach Levy took over in 2008.

Coach Levy said of El-Amin's success this year, "Mustafa's very very talented. He's strong. He's fast. I don't think he's got too many weaknesses. He's definitely got a great ability to get us easy baskets."

El-Amin practiced with the team last year, but this is his first season playing in games, so he'll be able to lead the team to success next year as well.

When asked how it feels like being such a great scorer as a first year player, El-Amin simply said, "It feels great, but it's not just me. Everyone plays a part on this team."

Although El-Amin is very talented, the Vikings are also growing in talent as well.

"Coming into this year, we knew the team was a lot more together, and our starting five has a lot more talent than last year," said second year small forward from Chester, PA, Andre Willburn.

The Essex County Community College Wolverines are currently in first place with an undefeated 14 win record in conference. The Vikings and Wolverines have met twice this season, and the Wolverines won both match ups. If all goes accordingly, it is likely that the two teams meet up in this year's Region XIX championship.

"To beat that team, everyone's got to be on the same page. The way we're trying to teach is so nobody thinks about themselves, everyone needs to think about the team," said Coach Levy.

The scoring demonstrates team effort, and the players agree with coach. Filip Sekulic says, "That's what basketball is about, getting all five guys included.""
PROFILE: Kelvin Flores

By Juan Vazquez

Reporter

Kelvin Flores, originally from Honduras, came to the US at age 14 and has used his work ethic and love of soccer to propel him through college.

Since leaving his home country of Honduras at fourteen, Mercer student, Kelvin Flores has faced a series of challenges. To overcome them he has relied on three things; his cousin, Felix Baquedano explains; “work, soccer and school. The kid [does] nothing else.”

Flores says the language barrier was his first major test. “People made fun of me a lot.” But after two years at Hightstown high school he says he says his language skills has improved and things got a little easier.

Flores was recruited to Mercer’s men’s soccer team and arrived at the college with a 3.4 GPA. "Once he touched the ball I knew he was a good player," says Mercer men’s soccer head Coach Widmarc Dalce.

“His effort on the field at Mercer is just so unexpected. A stroke is not something a young woman should have to think about, and now I count my blessings each and every day”,

Come August, the high school teams begin to buckle down for the fall season. August 23 of 2011 proved no different for the athletes except Michelle. Dur- ing cheer practice, Michelle fell to the ground unconscious as she suffered a life-threatening stroke. Nicole Provost said, "It was so scary but I knew I was the one that was going to have to help her and get her through it for the time being."

After being rushed to the emergency room, Michelle was unable to walk, talk or feel hot and cold in her hands and face. "We were all so scared and we did not know if she would ever be able to fully function again," Nicole said.

However, after one week in the hospital Michelle had already learned to walk, talk and complete small tasks on her own again.

Michelle Provost stated, "She actually had a very speedy recovery and although it was difficult at times it was a miracle that she was able to overcome so much so quickly."

After being released from the hospital, Michelle was sent to a rehabilitation center where she completed therapy to ensure her body fully recovered. After what her mother Donna Provost described as "weeks of grueling therapy and pointless testing" Michelle was strong enough to finish out her senior year of high school and head on to Mercer County Commu- nity College.

Michelle says, “I never let my stroke get in my way nor do I plan on it.”

After not being able to participate in cheerleading for months following her stroke, Mi- chelle decided that she wanted to go back to the sport and chal- lenge herself.

“I was shocked to find out that Mercer did not have a cheer squad but that wasn’t going to stop me so I set out to find a solution,” Michelle said. On a mission, Provost searched and scouted out girls who would be interested in join- ing the new squad. “I just began talking about cheer constantly and ask- ing everyone and anyone if they would be interested in joining” stated Michelle. After searching, Michelle found six other girls that were willing to join her team. Catherine Colhower, a second year Liberal Arts major says, “I was eager to join the team not only because I like cheer but because Michelle was nice. She went out of her way for me and the other girls.”

The current team of 10 women, practices three times a week. “Having forty girls on the emailing list is great but we have only actually have these ten girls who show up daily to our prac- tices. We’re still hunting for more girls,” Michelle says.

When the team is not practicing, Michelle encourages the girls to participate in campus activities to “better themselves and to be able to bond.”

Michelle says she has no inten- tion of slowing down, her family is happy that the incident did not affect her personality. “I don’t know what I would have done if Michelle wasn’t herself, she’s that girl that says the most outrageous things that you can’t help but laugh and smile a lot when you’re around her. She’s unique, smart and inspiring.”

In high school Flores, a 3-year starting varsity veteran in his senior year, led his high school team to the state semi-finals, with

Do you see a typo?

We are always trying to improve our proofreading! If you see an error in our spelling, punctuation or grammar let us know! E-mail us at period@student.mccc.edu

By Kristie Kuschyk

Senior Reporter

Nicollette Provost, from Hopewell Township, was 16 years old when she witnessed her 18 year old sister Michelle having a stroke. “I will never forget that day, it was one of the scariest things I have ever witnessed and it still continues to haunt my memory.”

Nicole and Michelle Provost were on the same cheer squad and standing just feet apart when Michelle’s stroke occurred. Michelle had recently been appointed captain of her high school cheerleading squad and was going to graduate in the months to come.

“She had a lot going for her, she was about to graduate and was eager to start college” stated Nicole Provost.

Today, Michelle is a full time student at Mercer, majoring in Exercise Science. She also works part time at a local deli.

Though the American Stroke Association (ASA) says that strokes are far more common in those over age 65, and that men have strokes in greater numbers than women, they indicate that women are more likely to die from strokes.

“Use of birth control pills and pregnancy pose special stroke risks for women,” the ASA’s official website says. They also ex- plain that diabetes, drug use and a number of other health factors can contribute to stroke inci- dence. A stroke is caused when a blood vessel carrying oxygen and other important nutrients to the brain gets blocked by a clot or a blood vessel carrying oxygen and other important nutrients to the brain gets blocked by a clot or a

Michelle Provost, center in green, who suffered a stroke while in high school, with the women she has recruited to the Mercer cheerleading club. The club has more than 40 students on its mailing list, but five to 10 regularly participate.

area of the brain does not receive the oxygen it needs, the surround- ing tissue begins to die off. Dr. Provost, said, “It is just so unexpected. A stroke is not something a young woman should have to think about, and now I count my blessings each and every day.”

Come August, the high school teams begin to buckle down for the fall season. August 23 of 2011 proved no different for the athletes except Michelle. Dur- ing cheer practice, Michelle fell to the ground unconscious as she suffered a life-threatening stroke. Nicole Provost said, “It was so scary but I knew I was the one that was going to have to help her and get her through it for the time being.”

After being rushed to the emergency room, Michelle was unable to walk, talk or feel hot and cold in her hands and face. “We were all so scared and we did not know if she would ever be able to fully function again,” Nicole said.

However, after one week in the hospital Michelle had already learned to walk, talk and complete small tasks on her own again.

Michelle Provost stated, “She actually had a very speedy recovery and although it was difficult at times it was a miracle that she was able to overcome so much so quickly.”

After being released from the hospital, Michelle was sent to a rehabilitation center where she completed therapy to ensure her body fully recovered. After what her mother Donna Provost described as “weeks of grueling therapy and pointless testing” Michelle was strong enough to finish out her senior year of high school and head on to Mercer County Community College.

Michelle says, “I never let my stroke get in my way nor do I plan on it.”

After not being able to participate in cheerleading for months following her stroke, Michelle decided that she wanted to go back to the sport and challenge herself.

“I was shocked to find out that Mercer did not have a cheer squad but that wasn’t going to stop me so I set out to find a solution,” Michelle said. On a mission, Provost searched and scouted out girls who would be interested in joining the new squad.

“I just began talking about cheer constantly and asking everyone and anyone if they would be interested in joining” stated Michelle. After searching, Michelle found six other girls that were willing to join her team. Catherine Colhower, a second year Liberal Arts major says, “I was eager to join the team not only because I like cheer but because Michelle was nice. She went out of her way for me and the other girls.”

The current team of 10 women, practices three times a week. “Having forty girls on the emailing list is great but we have only actually have these ten girls who show up daily to our practices. We’re still hunting for more girls,” Michelle says.

When the team is not practicing, Michelle encourages the girls to participate in campus activities to “better themselves and to be able to bond.”

Michelle says she has no intention of slowing down, her family is happy that the incident did not affect her personality. “I don’t know what I would have done if Michelle wasn’t herself, she’s that girl that says the most outrageous things that you can’t help but laugh and smile a lot when you’re around her. She’s unique, smart and inspiring.”

Michelle Provost (center in green), who suffered a stroke while in high school, with the women she has recruited to the Mercer cheerleading club. The club has more than 40 students on its mailing list, but five to 10 regularly participate.
Reading the signs

What are the signs telling you about your campus? Can you tell which of these signs is from Princeton? Rutgers? Mercer?
ANSWER KEY:

1. MCCC
2. PRINCETON
3. MCCC
4. MCCC
5. MCCC
6. PRINCETON
7. MCCC
8. RUTGERS
9. RUTGERS
10. PRINCETON
11. MCCC
12. PRINCETON
13. MCCC
14. RUTGERS
15. RUTGERS
16. RUTGERS
17. MCCC
18. MCCC
19. PRINCETON
20. PRINCETON
well as a rotating cast of five ad-

amber ale, on tap at all times as

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The décor includes both

from the main dining area and

levels of dining tables separated

ing ahead. The dining room is a

has a slender exterior building

in Princeton, New Hope and Phil-

microbrewery and restaurant that

Triumph Brewing Company is a

REvIEW

By Stephen Harrison

Senior Reporter

Triumph Brewing Company is a

microbrewery and restaurant that

operates three separate locations in

Princeton, New Hope and Phil-

adelphia. The flagship location is

in downtown Princeton on Nas-

sau Street and has been in opera-

tion for 19 years.

The Princeton location has a slender exterior building profile that opens into an equally slender walkway which belies the cavernous restaurant interior ly ing ahead. The dining room is a vast open area with three different levels of dining tables separated by stairways, a more secluded a-

cove that is partially walled off from the main dining area and includes a two level bar.

The décor includes both brick and beige colored plaster walls with wooden floors, bar and booths. Just behind and above the bar are some massive glass win-

dows that allow you to see the fermentation tanks that holds the beer that they brew on site.

The menu features a va-

riety of appetizers, entrees, salads, soups and sandwiches. Assistant manager Heath Swain explains the menu’s options saying “We try to keep it where we have regu-

lar beer and bar food and a nice touch of something on the more elegant side as well. We do try to use all local fresh products from local farmers.”

Swain said about the menu, “We also try to match it up with our beer,” indicating that some entrees are chosen specifi-
cally to pair well with particular varieties of beer that they may have on tap at the time.

One of the unique fea-
tures that Triumph emphasizes that many restaurants do not have is that they brew their own beer. Each Triumph location has two varietys, the honey blonde and the amber ale, on tap at all times as well as a rotating cast of five ad-
ditional varieties. “Each location has its own brewer and so they each make their own in their own style, and they do make differ-

ent beers but we have our staples, our honey blonde and our amber ale that they all carry. But they’re slightly different even store to store so it creates a unique flavor” says Swain.

he service was efficient in seating us quickly on Sunday afternoon, however diners should be cautioned that on Saturday night the wait for a table was an hour and a half long. The seating in the alcove section of the re-

taurant featured dimmed lights which gave the ambiance a sense of intimacy, though during day-
time hours the ceiling windows provided ample natural lighting throughout the restaurant for a brighter, more open feeling.

I chose the Macaroni and Cheese for my appetizer ($10) and it was delivered promptly and served in a soup bowl. Dressed across the surface is a poached egg which is easily penetrated spilling forth the yolk within. As I probe my food the mustard bread crusted top gives way to a liquidy pipping hot underbelly of melted moray cheese mix, chicken, prosciutto and penne noodles. I found that mixing and matching the ingredients provided different flavor profiles, with the prosciut-

to, noodles and cheese especially tasty.

Between my appetizer and entry I indulged in a pint of Triumph’s Honey Blonde beer (65). Honey blonde is a light tan and has a yeasty scent. Triumph brews locally sourced honey into this brew which gives it sweet notes in addition to its wheat fla-

vor. I find it to be easy to drink and quite palatable.

For my main course I select the Fish and Chips ($16), which features two large pieces of crispy cod overtop of french fries and served in a conical basket that is lined with newspaper. Ac-

companying the basket are rame-

kins of tartar sauce and coleslaw. As soon as the meal arrives the distinct and powerful aroma of fried fish is filling my nostrils and whetting my appetite.

The cod has an extreme-

ly thin but very crisp layer of breading covering its somewhat firm and thick flakes within. The breading serves the purpose of soaking up some of the provid-

ed malt vinegar admirably, and the resulting contrast of bitter and acidic flavor profiles makes a powerful impression on your taste buds. If you or anyone you’re dining with has an aversion to the smell of vinegar it is advisable to avoid this dish as the resulting smell from use of the malt vinegar can generously be described as pungent. Enthusiasts carry on as you were.

After looking over the descens menu I felt the obvious choice was the cookie ($8.50).

As soon as it arrived one of my dinner companions commented, “It smelled like fresh baked cookies. Literally shaped like a thick slice of pie, the cookie has waves of chocolate sauce drizzled over top and garnished generous-

ly with powdered sugar. Served alongside is a dish of vanilla ice cream. Firm on the exterior with a very soft, almost-doughy interior, the pie has a cinnamocrossing of flavors that when combined remind me of peanut butter cookies. The vanilla ice cream is very sweet and cold, which mixes with the cookie pie to form an orchestra of textures, flavors and tempera-

tures. The warm of the cookie contrasted against the cold of the ice cream, the firm exterior crust with the soft interior pie and melt-

ing ice cream, the smooth peanut butter with the sweet vanilla ice cream. The cookie pie was the star of the show for me and despite be-

ing stuffed from the appetizer and entree, I somehow made room to finish my entire dessert.

At a community college such as Mercer, the nightlife and social life could be described as shifty, and that’s putting it nicely. How-

ever, if you’re 21 and determined to have a good time there is hope.

Over the past few weeks I have been searching for the hot spots where broke college stu-

dents can stretch our dollars and have a good time. In doing so I stumbled upon Rho Ristorante Discoteca, located on 50 River-

view Plaza, Trenton, New Jersey and was pleased by what the ven-

ue had to offer.

Every Thursday Rho hosts what they call “College Night,” attracting large numbers of college students from Mercer, TCNJ and Rider. 2012 TCNJ grad-

uate Jeremy Kaplan described the crowd as “very social” and “very welcoming.” For Valentine’s Day the theme was “leather and lace,” which tells you they have their priorities in order.

The cover charge is merely five dollars if you display a student ID. Be casual and leave your weed at home because in ad-

dition to paying at the door you will be frisked. And don’t wear a plain white t-shirt because secu-

rity will not let you in, for gang-

related reasons.

Once inside the venue you will be pleased by the drink specials that they offer on college night. From ten to twelve Rho of-

fers all domestic bottled beers for one dollar, according to Daisy, a bartender at Rho. Yes, you read right. Only one dollar.

Trisha Muka, a former Liberal Arts student here at Mer-


cer, said, “If you bring your student ID. One dollar bottles. You can’t beat this that.”

On top of the cheap drinks, the girl to guy ratio is 10 to 1, and the bartenders are cats trying to meet a new lady friend. Rho doesn’t just attract a large quantity of women but great quality women. You don’t need to take my word for it though. Manager Ray Cerwinski described the women that come to Rho as “easy to look at.”

The staff only adds on to the experience at Rho. For one, the security and bathroom atten-

dants are professional, doing their jobs effectively all while being friendly and squeezing a little bit of fun into their shifts.

Oh yeah and I almost forgot, all of the female bartenders are straight knockouts. Their uni-

forms are tight corsets that push their tits up as high as gravity will allow. And for you ladies there are attractive Rho Ristore guests on the side as well. However their uniforms do not include the tight corset.

Now, the floor plan is arranged quite effectively in my opinion. Offering seated, stand up bars and a dance floor, meet-

ing the preferences of the custom-

er.

On one end of the venue they have a wraparound bar with plenty of sitting area right beside it. There is then a smaller bar that connects the wrap around bar to the dance floor area. The dance floor is very spacious and has two bars at ei-

ther corner.

SUCH DJs as “John Far-

ruggio, DJ Paul Desuto, DJ Mazi and Jeff Scott” have per-

formed at the venue according to Daisy, a bartender at Rho who was kind enough to give her last name. Cerwinski said a little bit more about Jeff Scout adding, “He’s been doing Thursdays for the past seven years at amazing DJ at the top of his game.”

During the warmer sea-

sons Rho opens the second floor. However, the outside is always opened and more often than not the fire pits and heat lamps are on to keep you smokers warm.

Now be careful leav-

ing if you’re one of those people who likes to drive after having a little bit too much to drink. Ev-

ery Thursday there is at least one Trenton cop sitting in the parking lot waiting to arrest your irre-

 sponsible ass.

Instead, take a taxi. Ev-

ery Thursday taxis line up right before Rho, so if you’re trying to drive home intoxicated college students.

Before leaving the venue I asked Cerwinski if he had any special upcoming events that Mercer students should know about. Cerwinski’s response being that Valentine’s day there will be a “Leather and Lace Party.”

If you are a Mercer stu-
dent trying to have an affordable, fun safe night out then head off to Rho, it’s that spot.
“Anyone see a blind valet bumping into things around here?”

Jim Fresno wasn’t expecting an answer to the inane question he asked while he made his entrance into the Jockeys’ room. This room was no ordinary place. In the room, the “J” in the word ‘valet’ is never silent. From it, small men play a dangerous game for large amounts of money. They spend more time there, with their rivals, than they do with their families, if they have any, at home. And while these energetic athletes are cooped up in this relatively tight enclosure, to patiently pacify them, as a parent might be moved to appease a fidgety child, often becomes a valet’s most demanding duty.

The main portion of this particular jock’s room consisted of two rows of benches on opposite sides of a large rectangle of archaic wood lockers that protruded from the walls. Each valet had a workstation among the rows of benches where he could tend to his jockeys’ equipment while he wasn’t saddling horses.

In the center of the rectangle was a long table, bearing numbers to represent the entries for the races. Upon each number, the jock’s saddles were placed with numbered towels for the upcoming race. Above the entire area of the room, from the ceiling, hung a colorful array of diamond, checked, marbled, and quartered silks. They were arranged according to their shade; Kelly and forest greens, royal and navy blues, whites, blacks, yellows, purples, oranges, crimson reds, and hot pinks.

On the far end was a snack bar. The other end, where Jim entered the room from a short corridor, was where the Clerk of Scales and his assistant had their desks. The scale was at the end of the table closest to them. Throughout the room, lingered the aroma of bacon mingling with boot polish, lemon pledge, and leather. Jim, still in his robe, wanted his valet to help him dress.

“BLINK,” he bellowed. Blink had been dressing for Jim since he started riding. He got that name after he lost one of his eyes when the pin from an elastic girth, which is used to secure the saddle, slipped and pierced it. No one knew how old he was. Most figured he was around seventy, but some, like Jim, swore he was ninety. Everyone would agree though, that he was in good shape and quite wiry for whatever age he was. Blink strutted his way toward Jim from the snack bar. “Hey blood man,” Jim greeted him. “What kinda food they got back there? Gotta be free. Only food you like is free food.”

“Man! Whatcha want,” Blink asked.

“Where’s my pants, you old fart? The first race is out there. I rode the second.”

“Where you think they are? Folded in your locker?”

“Nah, bitch. You know I want ’em laid out on the bench.”

“You larry”, Blink said to himself, as he went to retrieve the riding pants from the locker. Jim was now disrobed and seated on the bench, impatiently waiting for them. He slipped the pants on and began looking for socks. Blink handed him a rolled up pair of thin ladies’ trouser socks that the jocks like to wear with their boots. After he put the first one on he asked, “What do fuck is this?”

“What?”

“This.” Jim lifted his leg so Blink could see his big toe sticking out of a hole in the sock. “What is wrong with you, old man? You make more money than any valet in this room and you buy this cheap dollar store bullshit.” Jim finished dressing, shaking his head.

“Checking for the second race”, the Clerk of Scales announced over the PA.

“C’mon bitches! Let’s get this shit done!” Jim hollered; trying to pump himself up. He always liked to be first on the scale, which he was, but he found himself there waiting for his saddle longer than he would have liked.

“BLINK! WHERE’S MY SADDLE?”

“On the table! Where it’s supposed to be!” he yelled back, as he went to get it.

Jim smiled at the clerk, who was patiently waiting and quipped, “I’m working with the handicapped, sir.”

Jim finally got his saddle and the clerk informed him that he was two pounds overweight. This meant either lead weights were in the saddle head to be taken out or another saddle had to be used. Either way, it was an inconvenience for Jim because he would have to get checked again.

“You dumbfuck, Blink. Can’t you read the weights? Use your eyeball, bitch!” The other riders had yet to get to the scale, so Jim was able to remain there while Blink slammed the ten feet back to his corner for the smaller saddle. As he did this, Jim asked the clerk, “When are they gonna start giving valets eye tests, sir? Shouldn’t they be able to see, if they’re saddle horses?”

With the other saddle in hand, the weight was checked to be fine and Jim, stepping off the scale, handed Blink the saddle back. Blink was walking in front of him as they were heading back to their corner, when Jim snatched the program out of Blink’s back pocket and flung it towards the ceiling behind him. Blink turned around in irritation to go get it and Jim proceeded to slap the saddle out of hands, sending it to the floor.

“Man!” Blink implored Jim. “I ain’t got time to play.” In good spirits, Jim went back to his corner to put on his brown and gold silk with matching gold helmet, adorned by tinted goggles. His valet rejoined him and went back to work, making up another helmet for the next race.

“I don’t like you, blind man”, Jim said, waiting for the clerk to call “riders out.”

The valet kept working. “Fuck you, Blink!”

“Wimp”, he finally answered back. Jim, fully dressed now, started shadow boxing right next to him. Blink didn’t pay him any mind, so he gave up the fight. The rider then grabbed his stick and tucked it under his arm. He then started toward the exit of the room, adjusting his helmet. Jim’s agent was watching one of the monitors asked him to call the room. Those who weren’t watching one of the monitors asked those who were what happened.

“Jimmy F went down” was the word given back. “Fire? No people responded, not wanting to believe it. Everyone wanted to know how bad it was. A spill always looks bad, but jocks are often seen amazingly walk away unscathed.

Jim didn’t walk away from this one. He was on his way to the hospital in an ambulance on a stiff board. Someone said he hurt his back. All the guys in the room kept asking Blink if he was moving. Blink didn’t know. He was working when they were out there tending to Jim—waiting to pick up a saddle from one of the horses that finished the race.

Blink continued to work through the day. The usual banter in the room was subdued. Jim’s agent came by to ask him to pack his effects to take to the hospital. There was still no word on how serious the injuries were. The only thing anyone was told was that x-rays were being taken. As Blink packed Jim’s things, he told the agent he would be over to the hospital right after the races. There was no one better to pick Jim’s head up, at such time, than Blink. And everyone in the room knew Blink would be the one to ask the next day, if Jim was OK.

CHELSEA PERRON

Chelsea Perron, 21, is a fine arts major in her third year at Mercer. She is inspired by cinnamon toast crunch (the taste you can see), and her favorite medium is watercolor. See more of Chelsea’s work online at: http://artworkofchelseaperron.tumblr.com/
Gov. Christie’s response to the Good Samaritan law is going to cost lives

Calling for help shouldn’t be a crime, but, in New Jersey, it is. During late fall 2012, your state representatives were trying to save lives by passing the Good Samaritan Overdose Response Act. Co-sponsored by both democrats and republicans, the bill quickly made its way through the senate. Despite strong support, Governor Chris Christie decided to veto it before it even hit his desk.

The Act is a life-saving measure designed to protect witnesses and victims of drug overdose from arrest, charge, prosecution, conviction, loss of property or any other punitive measures if they seek medical attention. Students for Sensible Drug Policy, an international network of students who are concerned about the impact drug abuse has on our communities, report similar legislation is already effective in some form across 11 other states and 91 college campuses throughout the nation.

Most drug and alcohol overdose deaths occur in the presence of others, but, often, fear of punitive consequence keeps people from calling 911. Under the current policies, overdose became the leading cause of accidental death in New Jersey, killing nearly 6,000 people since 2004 according to Drug Policy Alliance statistics. When you realize many of these tragic overdose deaths are preventable, allowing them to continue through inaction seems criminal.

Regardless, Governor Christie conditionally vetoed the life-saving legislation in October. Instead, the Attorney General’s Office will spend the next 18 months and who-knows-how much taxpayer money studying overdoses in New Jersey. More delay than solution, the Governor’s suggestion guarantees hundreds of New Jerseyans will die before the study calculates the value of a life. If the Governor’s staff had done their research like this reporter did, they would have found many of the statistics already tabulated, and widely available online.

For instance, in 2008, Drug Policy Alliance released a report detailing the costs of jailing prisoners in New Jersey. The comprehensive study reports the average costs to taxpayers at $46,880 to incarcerate one prisoner for one year. (Let’s call that the value of a human life. Let’s be sensible.

As the first town hall meeting held after the veto, the governor said he opposed the legislation because “…it fails to carefully consider all the interests that must be balanced when crafting immunities to the protections provided in our criminal laws;” and that he is “not willing to give people who commit harms on other people a free pass just because they picked up a telephone and called...what if they’re not a Good Samaritan? What if the person calling 9-1-1 gave them the drugs, or sold them the drugs in the first place? Should they get immunity?”

Governor Christie is a highly respected federal prosecutor, but he completely misinterpreted the protections granted under the Good Samaritan Emergency Response Act, according to Mercer Assistant Professor Ammandep Seehra, Esq. “[T]hat’s just not what the legislation says. If there isn’t an overdose emergency, and you call 911, you aren’t going to get away with (drug use or possession) and (the Good Samaritan Act) doesn’t apply to any one distributing drugs.”

A former legal advocate at Drug Policy Alliance’s New Jersey headquarters in Trenton, Professor Seehra is responsible for convincing the Robbinsville town council to publicly oppose the veto. 21 municipalities in the state including Hamilton and Princeton Township have made similar public statements condemning the governor’s decision.

Opposing the Good Samaritan Act is akin to legalizing hit-and-run accidents. It sends the same message to witnesses and those involved: by reporting an accident you risk punitive legal consequences for yourself even though it’s the morally right thing to do. And if you flee the scene of the accident you may never get caught, but you may very well be leaving to their death a person who won’t get help otherwise.

Without a Good Samaritan Act, people have to choose between leaving someone overdosing to save themselves, or potentially saving a life while simultaneously ruining their own. What if your kid was the one overdosing? How would you want their friends to react?

Without a Good Samaritan Act, people have to choose between leaving someone overdosing to save themselves, or potentially saving a life while simultaneously ruining their own. What if your kid was the one overdosing? How would you want their friends to react?

Good Samaritan Laws decrease the amount of potential drug convictions, and therefore decrease the cost of running the Department of Corrections. By decreasing the costs of the prison system, you ease the burden of the taxpayer. Wann’t easing the tax burden one of the Governor’s tenets on which he based his platform during his campaign? This is real trickle-down economics that works, but only if the changes are policy reform.

New Jersey enjoys a diverse populace concentrated in a small area. The configuration of cultures and values means a consensus regarding public policy in New Jersey can be elusive. But our voices create a discourse of ideas I’ve not seen anywhere else, and I think we are better for it. Drug and alcohol overdose does not discriminate, and if it has ever touched your family or friends, you know that fact all too well. Good Samaritan policies save lives. We can all agree that saving lives is more important than punishing people and creating criminals. The Governor was elected to act in the best interests of his constituents and solve New Jersey’s problems. His inaction caused him to utterly fail in both tasks.

Recently, Stephanie Bonfigli, daughter of that other rocker from New Jersey, Jon Bon Jovi, overdosed on heroin in her college dorm of Hamilton College, in Clinton, NY. She fortunately survived and was not convicted of any crime. Her life was saved because New York passed Good Samaritan legislation similar to that which Governor Christie vetoed. Perhaps if it were one of Bruce Springsteen’s kids who overdosed, Governor Christie would have been more knowledgeable and understanding regarding the impact of his veto.

If you think it shouldn’t be illegal to call for help when someone’s life is on the line regardless of why they need help, please call or e-mail your local governments and State representatives to show your support for the Good Samaritan Emergency Response Act. Let’s be sensible.

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**AS I SEE IT**

CARLTON FEDORKO

**The VOICE is having an OPEN HOUSE meeting at JKC!**
The VOICE’s MERCER SCAVENGER HUNT
10 ways to waste time since you can’t smoke

The “smoking huts” are gone, and with them, a lot of MCC’s campus-making places between classes. For many of Mercer’s student body, used to be a no-brainer: hang out at the smoking huts, get in a debate with students, meet new people, and waste time with dignity. Now we just need a new way to kill time between classes. I propose a Scavenger Hunt in memoriam of smoking on campus.

4. THE A-TEAM
- Take a picture of the “A Team” parking sign on campus.
- If you can get a van in the picture too, you’ll get bonus points. If you don’t get the van reference, just give up now.

5. STRENGTH IN NUMBERS
- Take a picture of more than six people socializing together outdoors on campus. When the “smoking huts” were gone, this would be an easy task.

I think it will prove to be more of a challenge than you expect.

6. NOTHING TO DO
- Count the “No Smoking” signs on the doors on campus. I don’t expect you to actually count every one, so if you get within ten, I’ll consider it a success. This one does not need a photo.

7. GOING RETRO
- Take a picture of one of the inside “No Smoking” signs in the LA building. They appear as if they’ve been on the wall since the 80’s when smoking inside of colleges was prohibited. Probably because they were.

ALWAYS PREPARED
- Take a picture of someone wearing flip flops or shorts in the winter weather. If there is snow on the ground, you will get bonus points. A picture of yourself dancing around the LA building while you wear flip flops is out there. It shouldn’t be too hard to find them.

GET INVOLVED
- On a more serious note, getting involved is a good thing. There are these mystical places called “four year schools.” These places cost a lot of money to attend, but they often have a rather large pool of funds to give out to certain students. These students are usually INVOLVED in something on campus. Join a club and bring something in writing from the club’s president or advisor saying that you joined.

Logistics
- You can present the pictures to the VOICE right from your smartphone or by printed copy to the VOICE office, or by email at poviod@student.mccc.edu. Have fun with this. It should be a good way to kill time between classes.
- Any of the material you bring/ send to the VOICE can and may be published in future editions of the paper, or online at any time on mccvoice.org, or on any of our social media websites.
- We are in no way condoning behaviors or actions that go against MCC’s policy manual, which can be found on Mercer’s website, or in hard copy at the Student Activities Office.

On January 1, 2013, a controversial campus-wide smoking ban took effect at Mercer. When the policy was announced, a few students said they appreciated the idea of a less smoky environment, but the majority either didn’t care about it or were against it. Those who opposed the policy naturally included smokers, but also included students like me, who—smokers or not—who realized the smoking huts had values beyond the obvious. Smokers and non-smokers alike used to use the smoking huts as a point of reference for navigation around campus which lacks adequate signage. They also served as a meet-up and networking spot where students would share ideas and information with others. A lot of students smoke and the huts were one of the few places that brought students and faculty together in an informal setting. They actually brought a community vibe to a community college that doesn’t have much of any.

Second year Business Administration major, Joe Manani told the VOICE “Yes, in addition to being a place to smoke, the smoking huts provided a space to socialize. By taking down the smoking huts, the college took away part of the community at the community college. Third year Liberal Arts major, Matt Hogan, concurred with Manani’s view saying, “[The huts] helped me meet new friends and gave me a break from school, which is much needed in the stressful college year.”

Admins have said part of the need for the policy is because of the huts and left butts around the campus. But it’s unrealistic to think that 100 percent of the campus’s 9,000+ students and 700+ full-time faculty who smoke are going to quit because of the ban. It’s even more unrealistic to imagine that faculty, who are on campus far more hours per day than many students, are going to go to their cars every time they need a cigarette. The net result being people are going to sneak around to smoke and thus cigarette butts will be scattered all over campus.

The butts are unsightly and carcinogenic, particularly for birds who dine from them (though, I guess most of the birds have moved away now that we have cut down 142 trees in order to put in the lovely new solar array). The huts had ashtrays and they were used. Some people littered, sure, but most didn’t and didn’t want to. Now they are essentially forced to. Some administrators have said that removing the smoking huts means cutting down on second-hand smoke, which is beneficial to everyone’s health. If smokers who can’t quit find themselves running around looking for hiding places to smoke, they are just making a larger area where second-hand smoke can be encountered.

The health concerns about smoking are no joke, but there are some short-term tangible benefits in the form of stress reduction. The majority of Mercer students are from economically disadvantaged households and being poor is stressful. So is college.

A recent VOICE survey of 21 smoking students on Mercer’s West Windsor campus found 20 out of 21 believing helped them relax when stressed. The consequences of violating the new policy are warnings and tickets and being thrown off campus for repeated infractions. In that order. But who are we kidding here? Uniform enforcement of the smoking policy is obviously impossible. Much like the ID tags, if too many people on campus don’t obey a policy, it has no merit. And our security guards, many of them smokers themselves, have better things to do with their time than chase down and ticket smokers. It’s a demeaning position to put them in.

If you didn’t know better, you’d think Mercer was actually trying to drive students away by making the campus as unlivable and unfriendly as possible...and the huts were prettier and quieter than the incredibly uncomfortable cafeteria, which is the only real community area on the campus.
Dear Need Company,

I've got your ice cream paper?

When can we have an ice cream social on this campus? Right at the end she went crazy and assigned us a mountain of new homework that wasn't on the syllabus. What gives?

Dear Teacher is Jonesin',

The smoking ban has hit others. Consider yourself collateral damage.

Dear Teacher is Jonesin',

You are tired, totally worn out, and you aren't even half way through the semester. Sometimes fatigue is the point at which you have to push harder.

Virgo

Aug. 23 - Sept. 22

Twice a year you have the urge to slap someone who probably really deserves it. These are natural feelings and you have them less often than most, but to get them to go away kick boxing and fencing are good ideas.

Libra

Sept. 23 - Oct. 22

Inner calm flows through you this month as you find a way to balance demands and stay poised. The peace may come from within or from an outside source such as yoga or religious meditation.

Sagittarius

Nov. 22 - Dec. 21

No one knows better than you how hard it can be to keep going when the odds seem stacked against you, but now, more than ever, you are able to tap into your strength.

Capricorn

Dec. 22 - Jan. 19

You mean a lot more to people than you realize. You mean a lot more to people than you realize. You are twice as likely to make it happen, but beware: that special someone may be warm and friendly, but also furry.

Aquarius

Jan. 20 - Feb. 18

You are tired, totally worn out, and you aren't even half way through the semester. Sometimes fatigue is the point at which you have to push harder.

Pisces

Feb. 19 - Mar. 20

You want to bring someone new into your life and this is the time to make it happen, but beware: that special someone may be warm and friendly, but also furry.

Taurus

Apr. 20 - May 20

What is wrong with everyone around you? It could just be the stars for quiet walks alone.

Gemini

May 21 - Jun. 20

You are twice as likely to be lucky in love this month as you are at any other time in the year. If you already have a special someone get ready for the heat to turn up! It won't be long!

Cancer

Jun. 21 - Jul. 22

When was the last time you really pampered yourself? It has probably been too long. Treating yourself right doesn't have to cost a lot, just grab some cats and settle down with Netflix.

Leo

Jul. 23 - Aug. 22

When you were a kid, people said you had a lot of potential. Lately it feels like you haven't been living up to it. Don't get discouraged. You are just like a bulb. Prepare to blossom this spring.

Scorpio

Oct. 23 - Nov. 21

People think Scorpio and they think of bringing bitten by scorpions when actually you Scorpions are some of the kindest folks in the zodiacal calendar. Time to correct people who have the wrong impression.

Aries

Mar. 21 - Apr. 19

No more excuses. You have been promising to get healthy this year, but somewhere along the way you lost track of your plans. Time to find your resolve and get back on the wagon!