Professors picket annual gala
Working without a contract for more than five months, faculty up the ante

By Mariana Braz & Stephen Harrison
Senior Reporters

Each November the college hosts a gala in the Mercer Conference Center to showcase college programs for the community before the board of trustees meets and the president, Dr. Patricia Donohue, presents her annual report.

This year the main hall, which usually includes large tables full of edible arrangements, ice sculptures and doozies of faculty members waiting to welcome the community, was notably more empty than usual. Though the Viking mascot stood at the door to greet people and there were platters of fruit and cheese, many of the program tables were untended, and through the window behind the carving station red and white protest signs could be seen.

Forty-five full-time faculty members arrived with picket signs at 4:15 and took up post along the main walk into the conference center. By sunset their numbers had increased to 62. They stood for roughly two hours waving their signs and chanting “no contract, but still working” and “settle now!” Some protesters passed out information flyers to people arriving.

English Professor Ed Car- mien, who serves on the faculty union negotiating team, told The VOICE that the aim of the protest was “to spread the news about on-going negotiation issues we’re having with the administration.”

The roughly 200 people who attended the gala included administrators, deans, trustees, prominent local business people and prospective students and their parents.

Passing the picket lines outside, most attenders averted their gaze, although Dean of Students Dr. Diane Campbell took a flyer from the protesters and said “I love you guys!” before hurrying to the warmth inside.

The faculty contract, which is renewed every three years, expired on June 30 and negotiations between the college’s administrators and the faculty union have been unproductive for five months. As the stalemate has worn on, faculty members have continued teaching but ceased other administrative tasks.

“What we are doing is we are continuing to work, continuing to teach, continuing to hold office hours but we are boycottting any kind of campus wide committee meetings until we get a contract,” Prof. of English Jack Tabor told The VOICE.

The goal, according to Ta- bor, is to put pressure on the adminis- trators to offer a fair contract without harming student success.

But the job actions have had indirect effects on the student body. Changes and updates for programs and curriculum cannot be approved because the Curriculum Committee is not meeting. Student academic integrity violations are not being addressed because the Aca- demic Integrity Committee is not being convened, although last week the college’s vice president, Dr. Guy Generals, in an unprecedented move, put together an ad hoc committee, that did not include faculty or follow the usual procedures, to hear student grade complaints.

“Academic Integrity Com- mittee chair Prof. Heather Jennings told The VOICE that General’s ad hoc committee seemed to have dis- pensed with allowing faculty to speak on their own behalf during the grade appeals. She said, “any committee that is not following the policies that...”

“You know very honestly I don’t know much about this. When I showed up tonight and saw the picket line, I didn’t know there was this level of impasse. I am a little concerned about this level of impasse obviously.”
-John Cimino
Chair of Mercer County Chosen Freeholders and son of Anthony “Skip” Cimino, former chair of MCCC Board of Trustees

Mercer County Freeholder John Cimino.
The mysterious tale of the disappearing news truck

By Carl Fedorko
Senior Reporter

The VOICE Nov. 11, 2013

A truck donated for use by television students has had a busy few years, although no students have ever been in it.

In the summer of 2010 Princeton Video Image Inc. (PVI) donated a mobile television production truck to Mercer for use by students learning broadcast and media skills. With some work, the van would be able to provide students a chance to do live broadcasts of events and breaking news in the area.

After determining what tools were needed, communications faculty members Prof. Barry Levy and Prof. Steve Voorhees, who teach the TV production courses, applied for federal Perkins grant money that would have been used to purchase equipment for the vehicle. The grant funds came through in 2012 and the equipment was purchased in the spring 2013.

But before the upgrades could be installed, the truck disappeared.

When it reappeared it was covered in promotional images imposed through a process known as vehicle wrapping, in which high performance vinyl adhesive panels are printed and then applied to a vehicle’s prepared surface. According to Zero Gravity Marketing: “A typical car wrap installation could take 7-9 hours, even longer for larger vehicles. Sometimes it takes two days to complete a full wrap.”

Several years ago, Mercer also invested in a van and it does have Mercer’s name on the side and doors of the freshly wrapped news van now featured Mercer logos and images of various college programs including hospitality and horticulture, but notably not including television, film or new media.

When asked why he thought the truck was wrapped, television production Prof. Levy said: “I can only speculate and I don’t like speculation, but it is a production truck and it does have Mercer’s name on it, and we’re the only school in NJ that has it.”

While communications faculty waited to hear what the plan for the wrapped truck was, they moved ahead with equipment procurement that had already been under way due to the Perkins funding.

And then the truck turned up at graduation.

During the May 2013 commencement ceremonies at Mercer, the truck was parked on the grass in front of the college’s Old Trenton Road entrance. As clouds boiled overhead and students, faculty and administrators arrived to participate in the festivities, it sat on display. And it sat some more as torrential rains forced the event indoors. It sat, slowly sinking into the grass and mud.

According to Kenneth Miller, Maintenance Department Supervisor at Mercer, “It was still driveable when we pulled it from the mud. The brakes were shot before we got it on campus. The truck’s old.”

Over the summer, Professors Levy and Voorhees, along with Dave Valentino, Mercer’s Chief Electronics Engineer—who had been instrumental in getting the van donated in the first place—spent their free time working on the truck, snaking wires and installing racks to support and house high-tech mobile production and broadcasting equipment.

Simultaneously, maintenance personnel were trying to get the air conditioning system working. Dan Mattonelli, a carpenter in that department told The VOICE, “When we were working on the A/C, something let loose in the generator. The problem was that the truck had sat [unused] for years.”

In regard to the generator failure, Professor Voorhees said, “Without the generator we can’t power any of the equipment.”

Since August the truck has sat in the parking lot of BCI Trucks on North Clinton Avenue in Trenton awaiting repair. Detailing what BCI recommended Mattonelli told The VOICE, “[the truck] needs a new generator, brakes, exhaust system, and air conditioning system.”

BCI has provided a bid for $4,900 to make preliminary repairs, but that does not include fixing the generator, and the generator is crucial for powering the news equipment.

After months of nothing happening, the day before this article went to press, Vice President Generals apparently convened Dean Robin Schore, Chief of Security and Maintenance Bryon Marshall and Chief Financial Officer Jacob Egan. They reported to Prof. Voorhees that “The decision to fund the repairs was reached.”

According to correspondence from Marshall, the new plan is to take the vehicle to two additional vendors and to work with faculty to find a suitable replacement generator.

How long the repairs will take is unclear, but Professor Voorhees says he hopes “…to get the truck working so we can get the students involved.”
Students in Applied Mortuary Science must have academic and psychological strength

By Louise Traberg-Nielsen & Jessicarose Fattibene Reporters

In December of 2010 Mercer flooded the lead of numerous other colleges and began offering winter session courses. At first the plan was to offer non-credit bearing courses in things like photography and cooking, but quickly the college moved to run credit courses that students could take to accelerate their graduation.

The choice to offer the classes made financial sense for the college and practical sense for students who didn’t want to get stuck at Mercer for extra semesters.

To fit the winter session in between the fall and spring terms, however, classes had to be very short to avoid overlap with the end of the fall term, and, potentially, the beginning of the spring.

The school’s academic calendar has been retooled in the last few years. There is now just enough time for the four week winter session (six week classes are offered online only). But some faculty questioned whether students could acquire a full semester’s worth of learning in four weeks when even the highly condensed summer session courses run a full five weeks.

English Professor, Dr. Carol Bork says that while short semesters can work for certain disciplines, it is problematic in others: “For people to learn how to write at a college level, there has to be some down time where people think and reflect. There has to be time for revision, and revision actually doesn’t work unless there is time in between the draft and the final version of the project. From my point of view writing classes, composition classes and literature classes, are not really a good choice for a shorter semester.”

Though literature classes used to be offered in the winter session they are no longer. Lab sciences are also not offered. But some courses that are core for many majors are offered, like Psychology 101 and Health and Physical Education.

While there is room for debate about how short is too short to learn key skills. What is clear, however, is that transfer schools often treat shorter classes – even five week summer classes – differently than longer ones when determining what credits they will accept from students.

If a student completes their associate’s degree at Mercer, under the Lampitt Law, all NJ state colleges who offer that student admission must accept them with 60 full credits, but students who transfer out before completing the degree have their transcripts evaluated course by course. Typically students don’t get credit for everything and extra short classes are among the first courses to go.

A source within Rutgers New Brunswick admissions office told The VOICE that the university will only accept one winter class per transfer student.

According to Dean of Student Affairs Diane Campbell, the reason for this is the college’s new computer system only allows a certain number of sessions to be listed.

“For, I believe the number of sessions we had was like 23 sessions so when they were setting up College they said that’s just too many sessions so we tried to condense the sessions and that’s how the thing in the Summer sessions,” Dean Campbell told The VOICE.

In fact, however, school records show the college has listing winter classes as “spring” since the first winter classes were offered in 2010, well before the arrival of the new computer system.

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“Before, I believe the number of sessions we had was like 23 sessions so when they were setting up College they said that’s just too many sessions so we tried to condense the sessions and that’s how the thing in the Summer sessions,” Dean Campbell told The VOICE.

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Generating confusion for our transfer institutions is one problem inherent in recording winter classes as spring classes. A more obvious problem is that it can cause students to have trouble registering for their spring classes.

There is a cap on how many credits students can carry in a single semester. Because the enrollment system treats winter classes as part of the spring term, students can find themselves unable to register for a full line up in the spring session.

According to Dean of Liberal Arts and Communications, Robin Schore, there is a work around for the registration problem can fill out forms to resolve the conflict. But this puts students at cross purposes, not wanting to limit how many credits they can take in spring, but not wanting to change their transcript less transfer schools refuse to take their credits.

Third year Exercise Science major, Jeff Diesendroe who took ENG102 online during the winter session, says, “People go to community colleges to save money. If four-year universities won’t transfer the credits, then it’s a waste of our time.”
Barbara’s Hungarian offers best comfort food in town

By Louise Traberg-Nielsen

Hidden away in a strip mall in the heart of Ewing, at 1400 Parkway Avenue, and open six days a week, is gems known as Barbara’s Hungarian Restaurant. The food is homemade and while many may not be familiar with the cuisine, it is rich and savory and apt to appeal to the American palate.

The restaurant’s owners, Laszlo and Barbara Kolarovszki, welcome customers into a different world away from work stress and Jersey drivers. Open arms and broad smiles are offered as Laszlo greets guests at the door and usher them to one of the broad wooden tables.

The Kolarovszkis met in Hungary and have been married for 23 years but came to the States 13 years ago in search of new opportunities. They do all the cooking themselves. “I used to spend every day in the kitchen with my mother, cooking, since I was a little girl,” Barbara told The VOICE. “I would always help her.”

They began their business as a food stand at a flea market in South Brunswick in 2004; their popularity grew and they were able to open the restaurant in Ewing in 2009. So far they have won three awards: the New Jersey Monthly, 205 Best Restaurants, Reader’s Choice and Critics Picks, Best New Jersey Restaurants 2013, Annual Readers Choice Awards, and urbanspoon.com Best North Jersey Restaurants, 2013.

Their menu offers variety of traditional Hungarian foods from goulash to vegetarian dishes like pea soup with noodle. The fare is extended from goulash to vegetarian mushroom goulash (Gomba paprikas) $11.99, with rice and peas, Leal continued, “They have a great service. The gentleman [Laszlo Kolarovszki] serving us was very nice, and funny. I feel like I can ask for anything and he will bend over backwards to try and get it for us.”

When asked if they ever consider returning to Hungary, the Kolarovszkis laughed and said, “No, we like it too much here in the States.”

Candela’s of Lawrenceville offers classic Italian fare

By Nicholas Forgione

Candela’s Pizzeria and Restaurant located at 22 Lawn Park Avenue in Lawrenceville offers standard but good Italian fare at reasonable prices.

Pete Candela started the business that is currently run by his two sons, Frank and Pete Jr. The family has owned the restaurant for over 20 years and it has built a strong local following. Frank and Jillian Stanzione of Ewing Township are frequent patrons. “We have been dining here for about 14 years now, the food is unbeatable,” said Frank Stanzione.

The dining area is fairly small, which helps a the family atmosphere. Frank Candela often comes out and chats with the patrons to see how everyone’s meal is going, which gives a welcoming vibe.

Just off the dining room is the kitchen which is always busy with table orders, take-out or delivery orders. Frank says “we rarely get a moments rest, from the minute we open.” Fortunately, kitchen noise is not too loud for patrons to hold a conversation.

The menu includes all the classic favorites from eggplant Parm to chicken marsala. For those who want something other than pasta they have flatbread sandwiches and wraps.

A good starter is the antipasto freddo ($6.95 for a small and $7.50 for a large). The salad is made with an assortment of ham and salami served over a bed of lettuce, with giardiniera or Italian pickled vegetables, with a choice of dressing. The robust flavor of the salami complements the smoked ham and ties together nicely with the pungent provolone.

For a main course the cavatelli with bolognese and peas ($12.50), is a solid choice. The chunks of ground meat are juicy and well marinated and the veal is perfectly tenderized.

The prices are reasonable at Candela’s. You can expect to spend about $30 per person for a three-course meal. The most expensive item is the pasta with mussels, clams, shrimp and calamari.

The Kelly family of Lawrence Township said they often dine at the restaurant. Shaun Kelly yokes: “We have been coming to Candela’s for years now and have never left with an empty stomach.”

Frank Candela told The VOICE what he thinks makes his restaurant successful “We are a family run business that has always put the customers and our food in front of everything, and that we try hard to get you to want to come back.”

Candela’s Restaurant has established itself as contender among the best Italian restaurants in Mercer County.
Bold tastes and brash presentations at Midori Sushi

ABOVE: Midori Sushi of Princeton's sushi chefs from left to right: Vincent Ming, Lin Yang and Jun Tao prepare hand rolls and specialty rolls. RIGHT: Midori Sushi's spectacular Lobster Fest Roll and Madness Roll. Midori has become known for their striking presentations and unusual ingredient pairings to create sushi specials.

By Max Mandel
Reporter

The Princeton North Shopping Center on Rt 206, houses Midori Sushi, where the food is excellent but the price tag is a little hard to swallow.

"This location is the third Midori sushi, all owned by the same people so they know what they are doing" said Jennifer Huang, a waitress at Midori. Opened a year ago, Midori has been doing well, according to Huang. "The community has embraced the restaurant completely."

From the exterior the restaurant is unassuming and run-of-the-mill, but inside it is tranquil and modern. The spicy calamaris is a great start for people who like plenty of heat; the more timid may want to go for the nico soup. If you opt for the Kani salad, don't expect anything simple or predictable. Bursting beads of caviar compliment the crunchy crab and cucumber paired with a mayo based dressing. It is bliss in an oval shape bowl.

Sushi, steaks and hibachi are all offered here. Among the sushi options, the Lobster Fest Roll is the most expensive, priced at $16.5. But you get what you pay for. It is the perfect bite of sweet and tender Boston lobster stuffed with creamy avocado, crisp cucumber and eggs from heaven all wrapped inside of soy paper and finished with a spicy unagi based sauce.

The Midori roll was named after the restaurant so you know that is done right. It includes three mouthwatering pieces of tuna, salmon, and yellowtail inside of one roll. When this restaurant advertises "Special Rolls" it really means special. From the samurai roll to the caterpillar roll, both the presentation and the taste sensations will delight. Let's just say that the only thing I left on that plate was the flower decoration.

Midori is one of those places that your friends will be glad you told them about. Choose it for a splurge or a special night out (you can order online which is useful for party platters that will wow your guests). Go for the unusual offerings like the "blue crab fantastic roll" that includes bar-be-que eel and avocado. You won't be disappointed.

Value and quality define Piccolo Trattoria in Pennington

By Deanna Rizziello
Reporter

Family owned Piccolo Trattoria features both an affordable pizzeria and upscale Italian Restaurant. Located at 800 A Denow Rd in Pennington, Piccolo Trattoria has 12 years of success. Originating in Newtown, PA the restaurant has now three locations including Langhorne, PA.

Along with the great food, the restaurant has different elements of Italian culture. When you walk, besides the refrigerated desserts display, you can see are the pictures and paintings of Italy. The background music, iconic Italian singer/songwriter Andrea Bocelli, sets the atmosphere.

The main dining room also features three beautiful large light fixtures and large windows. Although the restaurant is not very large in size, it has a seating arrangement of about 20 tables, but provides enough space to be comfortable.

The decoration and music are assets on the success of the restaurant. Eric Szymanski, restaurant Manager at the Pennington location said that the difference between Piccolo Trattoria and other Italian restaurants is the value and quality of their menu.

"We provide a better value for our food and each dish is made with the freshest ingredients." He continued by saying "Our chefs have a strong culinary background in Italian food."

The restaurant menu features both classic and unique pasta, seafood, chicken and veal dishes. All meals on the dinner menu come with a homemade soup such as pasta fagoli or fresh salad. The dinner menu appetizers range between 10 to 13 dollars and the entrees range from 15 to 23 dollars. Prior to the first course, fresh baked Italian rolls were served with a warm, chunky tomato dip that had a hint of Italian seasoning. The dip was flavorful and the tomatoes were extremely fresh. After placing an order, they bring you the first course, a salad of romaine lettuce, tomatoes, cucumbers, onions and carrots. The house dressing, which was an incredibly sweet balsamic dressing, gave an amazing taste. The chicken parmesan with a side of angel hair pasta ($16) had a steaming hot, breaded large piece of chicken topped with a layer of warm melted mozzarella cheese and topped with more sauce and a fair amount of pasta to go with it. Patrons seem to be happy with the food and service offered at Piccolo Trattoria. "The quality of the food can't be beat and the service is always really great. It has that family owned atmosphere and that's one-of-a-kind," said Paul Dorio, Mercer County Sheriff's Officer and resident of Ewing Township.

During his second time dining at Piccolo Trattoria Restaurant, Dorio ordered the Penne Pasta with Shrimp and Chicken in a Pesto Sauce ($17). He said "The pesto sauce was very creamy. I could taste the freshness of the basil with garlic and parmesan cheese. The chicken and shrimp were cooked just right and complimented the dish nicely. It was outstanding!"

Dorio said that the prices of the dining menu are more expensive but worth it. "I usually order from the pizzeria because it is significantly less expensive, but it's occasionally nice to splurge on dining out." Dorio said.

Server Alexandra Lang said "I've been working here for 10 months now and I really enjoy it. It's a great restaurant to work for. Because this is a family owned business, everyone is close and that's what makes this a great place."

The restaurant operates seven days a week and serves dinner all day on Sunday.

"Although the restaurant isn't ideal for a student on a budget, the old expression remains true, "You get what you pay for.""
Faculty from all divisions and departments throughout the college turned out at the annual gala to protest their lack of contract on Nov. 14, 2013.

"Yeah I think this [gala] is great because we're here, we're talking, people are learning about the school, no one's asking for money. It really showcases all the school does. All the opportunities there are for the students."

-Pam Hersh

MCCC Board of Trustees Member and Director of Community and State Affairs for Princeton University

are set in place for the protection of all parties involved makes me concerned about what can happen both internally and externally."

Despite repeated requests, Vice President Generals declined to comment on the faculty contract negotiations, stating: "As far as commenting on negotiations, it's a matter of policy that we don't comment on contract negotiations." According to lead faculty negotiator, Prof. Don Reichman, who has taught mathematics and computer science at Mercer for 37 years, the chief sticking point in the negotiations is pay: "At the moment [the problem is] financial. We had no success in negotiating the overall package. We are trying to settle on a financial package first and then we'll deal with the rest of the contract hopefully down the road."

The college has faced contract disputes in the past, most recently in 2009. As reported in The VOICE, a resolution came in early November of that year with faculty agreeing to a 3.75 percent annual pay increase instead of the 4 percent they were hoping for.

But this year the stakes are higher as a result of a mandate that all state employees now pay into their health care benefits that were once covered entirely by tax payer dollars.

According to Prof. Reichman, faculty salaries have always been calculated based on the principle that they could be substantially lower than comparable private sector jobs because faculty received full medical benefits. With faculty now required to pay 1.5 percent of their salary for health coverage, a percent that will increase to 3 percent next year and continue up for several years after that.

"The salary increase that is being offered [by the administration] does not offset that. For the first time in the 37 years that I've been at this college we're staring at actual salaries going down. So this is a tough situation. It's not acceptable to us," Reichman said.

Although Mercer faculty are college educators, they are part of the NJEA union that represents public school teachers in New Jersey. Like unions laborers across the country, the NJEA has faced considerable governmental opposition in recent years. Governor Chris Christie has frequently criticized the teachers union and he has pushed through changes to tenure laws for K-12 teachers to make it easier to fire them.

During a speech to the Orthodox Union in Teaneck last month, Christie said of the public schools in New Jersey that he "would be happy to take as many dollars as possible away from failure factories that send children on a non-stop route to prison and to failed dreams."

Prof. Robert Pugh, who has taught Health and Physical Education at Mercer for decades and who served as the protesters' spokesperson at the picket, told The VOICE that "the contract situation doesn't involve only faculty. Faculty is getting organized for the protest but "professionals, assistants, security, nobody has a contract right now. We are just the forefront."

Security officers maintained a quiet presence at the protest, mainly directing traffic as usual for the gala attendees, but one officer who asked not to be named told The VOICE: "If we weren't working we'd be over there [with the protesters]. We're also working without a contract."
Faculty members who have worked without a contract since the end of June lined the walkways outside the Mercer Conference Center on the West Windsor campus, chanting “Settle now!” and giving information to those coming to the annual community gala on November 14, 2013.

When asked how much raise the college had offered the faculty, Prof. Pugh said “We can’t talk about numbers. We just want it to be fair. No more no less.”

According to the NJEA’s most recent published salary tables, Mercer is ranked twelfth in the state (out of 18 community colleges) for faculty pay, although Mercer County is the seventh richest county in the state.

When asked his response to the faculty picket lines, Vice President for College Advancement Ed Gwaza told The VOICE: “The college, as an educational institution, supports the freedom of assembly and freedom of free speech. So we see the faculty action today as an extension of their position in their negotiations and we support the principles of the freedom of assembly and free speech.”

At the gala, Mercer president, Dr. Patricia Donahue, when asked about the faculty protest, told The VOICE: “We are in negotiations, we’re still meeting and we have money on the table.” When asked what she thought the faculty wanted she said “You have to ask them.”

Chair of local Chosen Freeholders of Mercer County, John Cimino, who is the son of former Mercer board of trustees chair Anthony “Skip” Cimino, told The VOICE he had not known of the contract negotiations impasse until he saw the picketers outside.

“What the impasse is, I’m not really aware of. It has not come to us on the freeholder board. So once we have an understanding, we may be able to help direct a positive way to get this resolved,” Cimino told The VOICE. But the freeholders have little leverage in internal contract negotiations at the college.

Though faculty participating in the protest directed all comments to their spokesperson, Prof. Pugh, those who spoke briefly to reporters emphasized their goal to protect the learning environment for students while seeking a resolution to the contract conflict.

While going on strike is the most well known union job action, it is not one the faculty have pursued to this point. A walkout did occur once at Mercer in 1986, resulting in larger faculty pay increases, but union labor had more strength at that time.

Nationwide the climate for unions has become more difficult since the 1980s. With the rise of the Tea Party, political conservatives including Governor Christie, have promoted and endorsed numerous anti-union laws. At present, for example, Kentucky’s Republican U.S. Senators Mitch McConnell and Tea Party darling Rand Paul are attempting “to attach a national anti-union ‘right to work’ law to the Employee Non-Discrimination Act (ENDA) — the federal law designed to provide workplace protections for lesbian, gay, bisexual and transgender employees” according to TTY Network.

English Prof. Carol Bork, who originated the college’s Honors program, summed up the faculty view saying: “There is some irony here because the mission statement [of Mercer] claims that the college is dedicated above all else to student success. I, as a faculty member here, am actually dedicated above all else to student success. That is why I come to work every day, and it seems to me that the contract negotiations indicate that the administration, or at least the negotiating team, doesn’t have the students’ best interests at heart.”

Russ Chizek, Kyle Kondor and Carl Fedorko contributed reporting for this article.
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We should limit and regulate billboards featuring hyper thin women

**AS I SEE IT**

Ample research has proven that frequent exposure to media featuring hyper thin models has a negative effect on the mental and physical health of young women. Although it is not reasonable to police this sort of advertising in magazines—which are rightly protected by the First Amendment and which no one is forced to buy—public billboards or images in public places featuring extremely underweight women should be regulated by the government. According to the National Eating Disorder Association (NEDA), 20 million women in the United States experience some form of an eating disorder.

These findings support the cause for statutes and bills to be proposed for regulating the content in advertising that is viewable in public places. However, regulations do not apply to magazines because they are owned by private corporations and people can control what magazines they read. A person can’t control the advertising they see when they are driving on public roads or walking around in public.

That is why laws like The Family Smoking Prevention and Tobacco Control Act limit where and how tobacco companies can advertise. The Act specifically focuses on limiting youth exposure to tobacco ads and similar consideration should be extended into other areas of public advertising.

Another reason young women are negatively impacted by this type of advertising is because the average/ideal fashion model is a major misrepresentation of the average American woman. According to Models.com, a fashion industry news resource website, the average Editorial/Fashion Model should weigh anywhere from 90-120 pounds and should stand between 68 and 72 inches.

However, Centers for Disease Control Prevention (CDC) says the average American woman stands 63.8 inches, weighs 166.2 pounds and has a waist circumference of 37.5 inches. Fashion models aren’t a model representation of women; if anything they’re an anomaly. These advertisements also place large amounts of pressure on young girls and women to be “thin.” A NEDA study shows 4 out of 5 women are dissatisfied with their appearance. Another NEDA survey of girls aged 11-17 years gave them three “magic” wishes. The number one wish among the girls was to lose weight and to keep it off.

So how can we fix this problem? By creating the same laws and regulations for advertisers using half clothed and excessively thin models, as already are in place for tobacco advertisements. The government has a duty to create legislation that stops harmful power from the eyes of kids does not lie within the scope of governmental responsibility. The government has a duty to create laws that protect its people, and legislation that stops harmful images from the eyes of kids does exactly that.

Even if the law helped just one woman, it will have served its purpose.
Bush called upon professional offenses. Penalties can double for repeated trafficking the drugs carries a prison and a minimum $1,000 possession of anabolic steroids Enforcement Administration a chemically induced edge on some athletes from trying to gain hormone are almost universally class athletes seem superhuman. PEDs can make world-class athletes even stronger. PEDs can make world-class athletes seem superhuman. PEDs, as the name suggests, can improve the athletes’ training results, such as attain a jump higher, run faster and become stronger. PEDs can make world-class athletes seem superhuman.

PEDs like anabolic steroids and human growth hormone are almost universally prohibited in professional athletic competitions but that doesn’t stop some athletes from trying to gain a chemically induced edge on their competition. According to the US Drug Enforcement Administration (DEA), the agency responsible for enforcing federal drug laws, possession of anabolic steroids carries a penalty of one year in prison and a minimum $1,000 fine for first time offenders. Trafficking the drugs carries a maximum penalty of five years in prison and $250,000 fine. The penalties can double for repeated offenses.

PED use has been a concern for a while. In 2004, during State of the Union address, President G.W. Bush called upon professional sports league to supervise their athletes and reduce PED usage. The clubs apparently didn’t follow the President’s request well enough because Congress introduced legislation in 2005 that took a harder line against athletes testing positive for PEDs. The controversies around the use of PEDs include the adverse health effects on athletes and the claim that PEDs give an unfair advantage to those who use them over those who don’t. Legalizing these drugs would level the playing field for other athletes who want to go to Congress and the President involved, and fans would benefit. Doping information claims steroid abuse can cause psychological effects like depression, mania, and aggression as well as addiction in some instances.

The DEA states side effects can differ depending on gender, age, duration of use, and the quantity used. For example, females can experience increased facial and body hair growth, voice-related changes, menstrual irregularities. Men can experience shrinking of testicles, enlargement of breasts, sterility and an increased risk for prostate cancer.

Athletes should be made aware of the side effects and risks of taking such substances. However, that is not an enforcement issue. If PEDs are banned, if they were legal, leagues and governing bodies could require PED education and training. At least then the athletes say they can make an informed decision.

No all sports ban PEDs though. Competitive bodybuilders for instance are not barred from using drugs to better their chances of winning. As a result, these athletes are open to talking about their steroid use and they’ll be the first to tell you that PEDs are not a substitute for hard work.

This past September, a documentary entitled "Generation Free" was released by The VH1 Company. The movie featured the world’s top bodybuilders as they trained to compete for the bodybuilding’s highest prize, the title of “Mr. Olympia.” Arnold Schwarzenegger won the title five times and was on enough “troops” to turn a high school football team into the Green Bay Packers. “People don’t respect (bodybuilding),” 2013 Mr. Olympia contestant Ben Pakulski said in an interview during the documentary. “They go, ‘ahh I could do that with steroids.’ No, you couldn’t. You couldn’t do it.”

The illegality of PEDs doesn’t stop the use of these substances in professional leagues. Let’s take the face of baseball’s proclaimed “steroid era” Barry Bonds. Barry Bonds used his first seven MLB seasons with the Pittsburgh Pirates, where he averaged just over 25 home runs a year. Impressive.

But in the last 13 seasons that followed, Bonds might as well have had a baseball official inject him with the HGH he was using because he averaged with the San Francisco Giants weren’t fooling anyone. It was clear that was up to something Bonds was convicted of steroid use in 2011. But huge fans want to see the black and yellow ball flying 600 feet in the air. Impossible. Don’t fans want to watch NFL players who can run as fast as they can while wearing football pads? Of course they do. But PEDs can’t magically turn a thirty-year-old into a twenty-year-old. According to the US Drug Enforcement Administration, “Steroids” are purported to increase lean body mass, strength and aggressiveness.” There isn’t any proof PEDs enhance intangible skills. The point to be made here is that some players won’t even consider taking PEDs whether they’re legal, ethical, perform under pressure, are accessible or not. You either have them or you don’t. Intangibles distinguish the elites among the professionals.

According to DEA “Steroids are dangerous because it is easy for a forgers to make PEDs look like effective and safe. This is why governments around the world have imposed numerous controls on steroid production and distribution.”

Th e controversy around PEDs doesn’t stop there. Field performance and athletes should be aware of the side effects. But who are we to tell others how to treat their own bodies? Especially when their body is what ensures their living.

When protecting a player’s career is more valuable than their health, we can understand why athletes are willing to risk their gains come with potential risks. Therefore they force a player’s career to be the best they can be. After all, that’s what athletes are all about.
ASK THE VOICE: GOOD ANSWERS TO TOUGH QUESTIONS

Dear Voice,
Are your pages getting darker and snarkier or is it just me?
-Hip to be Happy

Dear Happy,
Yeah. You caught us. We ran out of antidepressants.
-The Voice

Dear Voice,
Why am I so ugly?
-Ugly

Dear Ugly,
Grow a beard and hide behind it.
-The Voice

Dear Voice,
What’s the quickest way out of Mercer?
-Born to Run

Dear Born to Run,
A quick death.
-The Voice

Dear Voice,
I hear campus security is getting Segues to ride around on. Did my tuition money pay for that?
-Po’ Boy

Dear Po’,
We shook our Magic 8 Ball and it told us no.
-The Voice

Dear Voice,
What kinds of articles are you working on for November? Inquiring minds want to know.
-/The Cat

Dear The Cat,
Mutant squirrels, crop circles in the solar fields, the possibility our admins are werewolves and a hot scoop about the local ostrich farm. You want it, we got it.
-The Voice

Note: This feature is for entertainment purposes only. Any resemblance to actual problems is purely coincidental.

Horoscopes

Capricorn
Dec. 22 - Jan. 19
Why did you wait this long to speak up? No one is going to read your mind. If you want something, announce your wishes and they may very well come true.

Aquarius
Jan. 20 - Feb. 18
The end of the semester is not far off and you can hang in there with the best of them. Now is the time for one last push. Keep your goals in sight!

Pices
Feb. 19 - Mar. 20
You tend to be fair and balanced in your approach to others, but you may be sick of getting called in to referee for other people’s drama. Set lots of limits.

Aries
Mar. 21 - Apr. 19
Someone owes you an apology and you may not even know it. Don’t assume things are going wrong because you made a mistake. This time it really wasn’t you.

Leo
Jul. 23 - Aug. 22
This is a good time for exercise. Make time to move your body but don’t think that has to be unpleasant. Try a free Zumba or yoga class or take a walk at lunch. A little helps a lot.

Sagittarius
Nov. 22 - Dec. 21
How many people do you know who are as creative as you? The struggles you are facing this month can be resolved through cleverness and your ability to dream up innovative solutions. The answers lie within.

Sudoku

Difficulty: 4 (of 5)

6 3 2
8 4
7 2 9
6 1 3
5 1
8 6 9
2
5 4 3
1 8 4
2 5 6
8 7 9
3 4 5

PREVIOUS SOLUTION

12-9-10

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