

Perspectives

VOLUME 02, ISSUE 3



Essex County College Evening/Weekend College

***“The Right Help at the
Right Time”***

Essex County College Evening/Weekend College
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Don't forget to go out
and VOTE for the next
Governor of NJ



*Evening /Weekend College
Wishes You A
Happy Thanksgiving !!*



To celebrate this Thanksgiving holiday, Evening/Weekend College will be offering students an opportunity to win a Thanksgiving basket. Starting November 19th, stop by EWC and receive your raffle ticket for a chance at winning a basket. Winners will be announced on November 24th via email.

LEARN MORE STRESS LESS

November 9-24, 2009



In recognizing the levels of stress associated with being a student while working and occupying other roles, ECC Evening Weekend College will be holding its annual "Learn More Stress Less Initiative" again this year for ECC students. The project aims to help reduce the level of stress and anxiety experienced by ECC students so that they are better able to meet their academic goals. The initiative consists of academic and health workshops, yoga workshops, massage therapy, open discussion forums and other activities directed toward reducing students' stress levels.

As a courtesy of EWC, below is a coupon which can be used toward your "free" chair massage, provided you are one of the first 30 students to attend the workshop. A calendar of EWC's massage therapy sessions and other activities is inside this edition of *Perspectives* under our *November Calendar of Events*. Remember, all of our events are FREE to the ECC community.

**Election Day is
November 3**




Save The Date
Celebrating the Legacy

Honoring the
President of Essex County College
on the occasion of his retirement.

Friday, December 4, 2009
Reception/Dinner
begins at 6 p.m. **New
Date & Venue!**

NJ Performing Arts Center
1 Center Street
Newark, NJ 07102

A. ZACHARY YAMBA



\$200 per person
Payroll deduction available

Quote of the Month

"The freedom of the mind is the
beginning of all other
freedoms."

~~~~~  
**Clinton Lee Scott**

**FREE**

Chair Massage  
Essex County College  
Evening /Weekend College  
Tel. 973-877-3245

Expiration Date: **11/21/09**

| DATE          | EVENT                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 11/9-10/2009  | <p><b>"Yoga Meditation Session"</b></p> <p>Dance studio PEB 5p.m.—6:15p.m.</p> <p>Students and faculty you don't want to miss this FREE yoga session!! Charles "Jo-Jo" Tyler has been exploring the body, mind and spirit connection to overall health and fitness for many years. His innovative and precise style works to relax muscles and relieve stress.</p>  |
| 11/12-13/2009 | <p><b>"Dance Classes"</b></p> <p>Dance studio PEB 5p.m.—6:15p.m</p> <p>So you think you can dance? Well come dance with the multi-talented Rick Long, who has worked with many of your favorite artists throughout the years. Specializing in Hip-Hop, Long's instructional and fun dance class will help you dance your stress away. FREE</p>                      |
| 11/17&19/2009 | <p><b>"Massage Therapy"</b></p> <p>2nd floor foyer 5p.m.—8p.m.</p> <p>Take advantage of an opportunity to receive a chair massage. You will find it to be a relaxing and rewarding experience. <b>Free</b> to the first 30 students with coupon provided on the front page of this newsletter. One dollar per minute thereafter.</p>                                |
| 11/18/2009    | <p><b>"Services offered by Dean of Student Affairs"<br/>With Professor Micah Mukabi</b></p> <p>Essex Room 6p.m.—7p.m.</p> <p>Learn exactly what the school offers. Between scholarship opportunities, health care, evening childcare, and the school code of conduct, students will leave here with a broader view of the College.</p>                                                                                                              |
| 11/21/2009    | <p><b>"Understand How General Ed Goals Lead to Greater over all Student Success" with Professor Rita Higgins</b></p> <p>Essex Room 11:30a.m.-12:30p.m.</p>                                                                                                                                                                                                                                                                                          |
| 11/23/2009    | <p><b>"Eid Al-Adha Celebration"</b></p> <p>2nd Floor Foyer 5p.m.—6p.m.</p> <p>Come join EWC and ECC Muslim Students Association as we celebrate the Eid Al-Adha Festival of Sacrifice. Guest Speaker Abdul Aleem Mubaraak will speak about the Hajj and the Eid.</p>                                                                                                                                                                                |
| 11/24/2009    | <p><b>"Proofreading and Editing, Part II Workshop"<br/>With Rita Higgins</b></p> <p>Essex Room 6:40p.m. —8p.m.</p> <p>Learn how to proofread assignments in a professional manner in this informative and educational seminar. This is a sure fire way to improve your grade in English and any other class where writing a paper is essential.</p>                                                                                                 |
| 11/25/2009    | <p><b>"EWC Open Discussion Forum"</b></p> <p>Faculty Lounge 5:30 p.m.—6:30 p.m.</p> <p>Fellowship with other students on a variety of controversial thought provoking topics. Feel free to bring any questions or concerns. All discussions will be videotaped for later viewing.</p>                                                                                                                                                               |

## *A Male's Perspective: Stress Relief*

By Stephen Lane, EWC Staff

Stress, the number one cause of many health issues we face today including high blood pressure, heart attack, stroke, can also increase the aging process. Common causes of stress include major life changes, marriage and family, financial problems, and being too busy. Although stress is natural, too much stress can be deadly. This is why we need to find a way to limit and relieve it.

Common symptoms of stress include:

- Feeling overwhelmed
- Inability to relax
- Constant worrying
- Eating more or less than normal
- Sleeping too much or too little
- Inability to concentrate
- Irritability or short temper
- Chest pains and rapid heart beat
- Nervous habits

There are several ways to reduce stress, all of which have the basic underlying idea of relaxation and distraction. Meditation is a great way to relieve stress. By relaxing the mind and focusing on a peaceful idea, event, or item, the stressful situation will be out of the consciousness, allowing for clearer thought and better functioning. Another great way to relieve stress is exercise. Whether it's weight training, yoga, or simply running or walking, this is a great way of distracting the mind and calming the spirit.

Stress relief is more simple than one may think, whether it comes in the form of rest, exercise, meditation, or just being around great friends, relieving stress is possibly easier than obtaining it in the first place. These methods don't have to be a one time cure, rather they can continue to prevent the stress for returning in a long term way.

[http://www.helpguide.org/mental/stress\\_signs.htm](http://www.helpguide.org/mental/stress_signs.htm)



### **Chris Daggert:**

### **Independent Candidate for Governor**

**Christopher Jarvis "Chris" Daggett** (born 1950) is a former regional administrator of the United States Environmental Protection Agency and Commissioner of the New Jersey Department of Environmental Protection. In 2009, he declared his candidacy as an independent candidate for Governor of New Jersey.

**Frank John Esposito** (born 1941) is an American historian, educator, and university administrator. He is the Distinguished Service Professor of History at Kean University in Union, New Jersey. In the 2009 New Jersey gubernatorial race, Esposito was named by independent candidate Christopher Daggett as his ticket's candidate for Lieutenant Governor.

(Biographies of John Corzine (D) and Chris Christie (R) were featured in last month's edition of *Perspectives*)

## Eid al-Adha ("Festival of Sacrifice")

By Linda Agbontane, EWC Staff



*Eid al-Adha meaning the ("Festival of Sacrifice") eid al-adha is a Muslim Holiday celebrated by Muslims worldwide to commemorate the willingness of Ibrahim to sacrifice his son Ismael as an act of obedience to God. The festivities last for three days or more depending on the country. Eid al-Adha occurs the day after the pilgrims conducting Hajj, the annual pilgrimage to Mecca in Saudi Arabia by Muslims worldwide,*

*descend from Mount Arafat. The name is often simply translated into the local language, such as English Festival of Sacrifice, German Opferfest, Dutch Offerfeest, and Hungarian Áldozati ünnep.*

*The Ka'ba is the place of worship which God commanded Abraham and Ishmael to build over four thousand years ago. The building was constructed of stone on what many believe was the original site of a sanctuary established by Adam. The current structure covers an area of 400,800 square meters (99.0 acres) including the outdoor and indoor praying spaces and can accommodate up to 4 million worshippers during the Hajj period, the largest annual gatherings of people in the world. The building is opened twice a year for a ceremony known as "the cleaning of the Kaaba." This ceremony takes place roughly fifteen days before the start of the month of Ramadan and the same period of time before the start of the annual pilgrimage. One of the Five Pillars of Islam requires every capable Muslim to perform the Hajj pilgrimage at least once in their lifetime. Multiple parts of the Hajj require pilgrims to walk several times around the Kaaba in a counter-clockwise direction (as viewed from above).*



### Traditions and practices

*Men, women, and children are expected to dress in their finest clothing to perform Eid prayer in a large congregation in an open area (not in a mosque). Muslims who can afford to do so sacrifice their best domestic animals (usually sheep, but also camels, cows and goats) as a symbol of Ibrahim's sacrifice. Distributing meat among people is considered an essential part of the festival during this period, as well as chanting Takbir out loud before the Eid prayer on the first day and after prayers throughout the four days of Eid.*

### **ECC NEEDS YOU!!!**

#### **Join A Club or Organization Today!!!**

Clubs and organizations are always looking for new members, and what better way to meet people, network, and broaden your college experience than to join a club or organization!

Visit the Student Life and Activities Office located in the Clara Dasher Student Center today or call Alexis Forbes at (973) 877-3112 for more information.

## GLOBAL PERSPECTIVE

By Raymond Ibitokun, EWC Staff

### Global Stress Relief

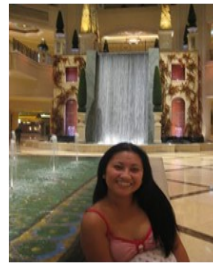
Tension from daily pressures causes stress. Some of the signs of stress are fatigue, sleep problems, anxiety, headaches, dizziness, colds, infections, indigestion, pain in the neck, shoulder or back, high blood pressure, and compulsive eating. In order to cope with stress, a change in dietary habits may be helpful. Eating a diet rich with whole-grains, fruits and vegetables and low in refined carbohydrates, such as junk food and sugar, is beneficial. Around the world, methods used to reduce stress are:



**Tai chi:** A Chinese martial art. It has been termed a kind of "meditation in motion" and is characterized by soft, flowing movements that stress precision and force. It was originated in China.



**Autogenic training:** Popular in Europe, it was developed in the early 20th century. This technique is based upon passive concentration and awareness of body sensations. Through repetition of so-called autogenic "formulas," one focuses upon different sensations, such as warmth or heaviness, in different regions of the body. Autogenic training has been used by physicians as a part of therapy for many conditions.



**Tai Dow:** Centralized in Australia, this is based on Nobel Prize winning research in medicine and the *secret* of the longest living. It is an advanced healing meditation. It is a powerful mind and body improvement program utilizing a unique breathing technique together with healing sound vibrations. It naturally increases your oxygen consumption and circulation. The treatment is to keep the speed of the blood stream so high that the venous blood still contains sufficient oxygen, according to Nobel Laureate Dr Otto Warburg.



**Yoga:** This is rooted in India, where many of the historical religious texts refer to practices that help one attain liberation. Yoga means to "unite" or "yoke" and Indian texts describe four paths to this yoking of the individual to universal spirit - devotion (bhakti yoga), discernment (jnana yoga), the renunciation of the fruits of one's labor (karma yoga), and astanga yoga - the eight-limbed path. Within this eight-limbed path, postures or "asanas", what we usually define as

yoga, are only one aspect; the others are restraint (yama), observances (niyama), breath control (pranayama), withdrawal of the senses (pratyahara), concentration (dharana), meditation (dhyana), and super consciousness (samadhi).

<http://www.taidow.com/stress-relief-australia/>  
[http://www.medicinenet.com/stress\\_management\\_techniques/page3.htm](http://www.medicinenet.com/stress_management_techniques/page3.htm)  
<http://healthylifestyle.upmc.com/StressRelaxation.htm>

*DID YOU KNOW???*

*Months that begin on a Sunday will always have a "Friday the 13th"!!*

## COUNSELORS' SCHEDULES

5 p.m. -8 p.m.

Laura Cruz

James Johnson

Monday

Linda Sallee

Tuesday

Xiomara Torres

Daphne Benyard

Wednesday

Brenda Groomes, Transfer

Wednesday

Kathlyn Battle

Thursday

Victor Stolberg

Friday

Ana Class-Rivera

Saturday

9 a.m.-2 p.m.

## World Teacher's Day winners

We at EWC are very happy to announce the winners of our first annual World Teacher's Day appreciation awards.



The second runner up, French Professor Claudy Delne, was met with great praise from his colleagues in the Bilingual department. When asked how he felt about this honor, he said enthusiastically, "It came as a surprise to me when I was told that I was awarded. This is a great achievement and I'm really proud of my students. I thank all the people who voted for me."

The first runner-up for this prestigious honor is Math Professor Joseph Delshad. When he heard of this award, he told EWC staff "This is a great achievement and I'm really happy about this award. I'm so excited because I wasn't expecting it. I thank everyone who voted for me on this award."

The professor that received the most votes from students, and therefore is the winner of this year's WTD recognition is Biology Professor Martin "Willie" Asobayire. On his most recent visit to EWC, he was thrilled to speak with us briefly on his thoughts and feelings of being the first winner in ECC history. Prof. Asobayire exclaimed he "is very happy and humbled by this award because I was once a student in this institution. I thank all my students and everyone who voted for me; I'll keep the good work going."



Essex County College

**FREE GIFT**

**EVENING/WEEKEND COLLEGE**  
LOCATED ACROSS FROM THE CAFETERIA 2ND LEVEL  
TELEPHONE: 973-877-3245

## The Celebration of Nigerian Independence

### With ECC African Students Association and EWC



*Everyone stands to sing Nigeria's national anthem*



*Emeka Ekulide, President of ECCASA, reads the history of Nigerian Independence*



*Students dancing to Nigerian music and having a good time*



*DID YOU KNOW???*

*The pupil of the eye expands as much as 45 percent when a person looks at something pleasing!!!*