



THRIFTING TREND IN COLLEGE STUDENTS MAY HELP SAVE THE PLANET

by Blessing Akeju - Contributing Writer



The interior of Another Man's Treasure. Photo courtesy of Another Man's Treasure.

Buying clothes at thrift stores has become more popular among college students in recent years, even though many young people don't realize how this habit can help save the planet.

While it used to be seen as a choice for low income and older people, the increase in thrifting for Gen Z and younger can be attributed to several factors, including social media. Apps such as Tiktok, Youtube, and Instagram all have flashy videos of students showing off vintage items from their last thrifting haul.

The demographic for thrift stores has shifted to include undergraduate and high school students who are looking

for a quality retro jacket or a rare style of jeans. At a thrift store, they can get items at a fraction of the price they would pay at a retail store. Recently, the younger audience has realized that thrifting is a cost-friendly way to expand their wardrobes with staple clothing and one-of-a-kind statement pieces. Now, it is viewed as an exciting activity to take part in with friends.

Fashion resale might seem like an unlikely industry to flourish during a global pandemic, but the internet thrift store ThredUp, for example, has seen a 31 percent increase since the first COVID-19 lockdown.

But while students may be thrifting

solely because it is popular, experts say it is a trend that should be cultivated and continued because of the environmental impact. Thrifting is a practice that leads to less waste and can even guide people into buying less.

Aarian Frye from the thrift store chain Buffalo Exchange said, "Back when we first started in 1974, we had more of a niche customer base and there was more of a stigma against secondhand clothing. These days, though, secondhand shopping is becoming the norm and, in many cases, preferred to buying brand-new because of the wide variety of clothing available and the affordability." Frye said that thrifting has no downsides because it allows thrifters to keep up with the latest styles while simultaneously reducing levels of textile waste that often ends up in landfills. Buffalo Exchange has 43 stores in the United States, including 6 locations in New York, where customers can buy, sell, or trade clothing.

According to Frye, thrifting is more than a passing trend, as it has environmental benefits: "The fashion industry accounts for about 10 percent of global emissions and tons of clothing ends up in landfills every year. Moving towards sustainable practices like

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Buffalo Exchange in New York. Photo courtesy of Buffalo Exchange Marketing.

thrifted and upcycling clothing is a great way to keep clothing out of landfills and combat environmental pollution since buying secondhand reduces the carbon emissions and water waste that comes with producing new clothing.”

Fast fashion, while considered convenient, wastes great amounts of packing material and fabric. The existence of fast fashion, along with the fashion cycle, pressures people to purchase excessive amounts of clothing. Much of it is thrown away after being worn once or twice since it is generally low quality. Clothing that people give to thrift shops has likely already withstood several years with the original owner without becoming damaged. As a result, thrift store items are usually more durable. Besides, most thrifters know to select well-made items.

On the other hand, thrifting can be a hard habit to keep up with since it's more difficult to find items in the right size, and not everyone lives near a thrift store with low prices.

James MacKinnon, the author of the book *The Day the World Stops Shopping*, said “Thrifting itself is not enough, but it can be effective if it's moved in certain ways. If the trend of thrifting pushes us towards a culture where it's more acceptable to wear older clothing [and] it's possible for us to hang on to clothing for a longer period of time, not

participating in the constant acceleration of fashion cycles... that would have an impact.”

MacKinnon said that if people want to reduce their impact, they have to consciously purchase fewer items. “If people combine thrifting with reducing the number of articles of clothing they are buying, that would make a difference. If people focus on buying durable thrifted clothing as opposed to disposable thrifted clothing, that would make a difference because they could keep them for a longer period of time.”

It appears that young people have to do their own research or ask some savvy friends to understand how to approach thrifting and its environmental effects. But, are people thrifting because they think it is good for the Earth, or do they simply want to take advantage of low prices and follow their peers until the next clothing trend?

NJCU junior Gabriel Petruziello said he has brought some of his own clothes to thrift stores and also said he had seen his friends thrifting and wearing second-hand clothing. Petruziello was asked whether he believes students are thrifting for the long-term due to environmental concerns, or whether he thinks it is a temporary fad. Petruziello said, “I try to stick to it, but I don't really know about other people. I hope they do.”

Why is Thrifting Good for the Planet?

Thrifting is an environmentally-conscious habit for several reasons. In retail stores and with fast-fashion sold online, it requires a large amount of energy and plastic waste to produce, sell, and internationally transport new, identical items of clothing. Some of the energy used to produce these items are non-renewable resources, which often leave the environment worse off. Thrifting is a much greener option since it doesn't directly promote the creation of new materials.

In addition, when people choose to thrift, fewer chemical pollutants are created. Goodwill's website says, “When it comes to clothing, textiles need to be grown using pesticides, and then those fabrics are treated with harsh chemicals and dyes that can be not only harmful to the environment but also to our health. When we create synthetic fabrics, greenhouse gases are released which contribute to climate change. These chemicals contaminate our water, soil, and air, and this can impact wildlife and the quality of many resources we use to survive”.

Such chemicals are harmful to animals and humans because of bioaccumulation. When plants and animals we may eat are contaminated by chemicals, we end up



Exterior of the Buffalo Exchange Store.

Photo courtesy of Buffalo Exchange Marketing.

with a greater amount of those toxins in our bodies.

When asked how he feels about people giving up their sustainable behaviors after trends are over, Petruziello said, “I’m scared about the future of the Earth. More could definitely be done, we just need to stick to good habits.”

Educating Students About Environmentally-Friendly Behaviors

Young people may eventually abandon their thrifting habits because they don’t recognize the environmental benefits. They also may not see the need to consume less, especially when they are constantly pushed to consume more. MacKinnon said, “Really powerful forces compel us to consume, including the fashion cycle, advertising, the global production of goods that make them gradually become cheaper. At this point, the most important thing is education and stirring conversation about how consumption itself is a problem.”

Mass consumption is the greatest threat to the planet currently. MacKinnon said that it is crucial for young people to make a movement out of the issue. This begins with research and small groups of people committing to making greener choices daily. It snowballs into organizations pushing for widespread change. Young people need to write about it, discuss it with friends, and use social media to spread awareness, educating their peers.

“It is really good to see that there are signs that this generation may be one that brings the issue of overconsumption back to the table since it is the biggest driver of our environmental crises,” MacKinnon also said. The issue is how the information will be given to young people, who could work together to accomplish this task.

To avoid environmental collapse, environmental experts and common people alike agree that drastic change is

necessary. Many are beginning to see the reason for switching up their daily habits. If one person can convince a handful of others to start considering thrifting and how to practice it in an environmentally conscious way, then others may begin to do the same.

Places to go Thrifting Buffalo Exchange

www.buffaloexchange.com

www.buffaloexchange.com/locations

Another Man’s Treasure

www.amtvintage.com

ThredUp

www.thredup.com

Goodwill

www.goodwill.org

Salvation Army

<https://centralusa.salvationarmy.org/usc/location-search/>

Find the location nearest to your zip code.



NJCU’s Gothic Rack located in GSUB room 211.
Photo by David Wilson.

Gothic Rack

The Gothic Rack provides free professional clothing options for NJCU students, both slightly used and unused, for special events such as interviews, work, and careers fairs. It is located in GSUB room 211.

<https://www.njcu.edu/student-life/campus-services-resources/community-center/gothic-rack>

“I’m scared about the future of the Earth. More could definitely be done, we just need to stick to good habits.”

- Gabriel Petruziello



Another Man’s Treasure, a thrift store in Jersey City. Photo courtesy of Another Man’s Treasure.

SWEENEY TODD SWINGS HIS RAZOR WIDE AT NJCU'S WEST SIDE THEATER

by Ivana Estime - Contributing Writer

The recent production of Sweeney Todd at NJCU was so good I went to see it twice. In 1979, the original production won eight Tony Awards and was considered best musical of the season. Written by Steven Sondheim, it was his tenth production. Sadly, he passed away in late November.

Sweeney Todd: The Demon Barber of Fleet Street tells the tale of a barber seeking revenge after being wrongfully imprisoned and coming back to hear that his wife is dead and the judge responsible has taken his daughter. Sweeney Todd (Jordan Owens) and a young sailor named Anthony (Damon Porter) arrive in town and Todd visits Mrs. Lovett's meat pie shop.

Upon arriving, Todd makes conversation with Mrs. Lovett (Caylen Enriquez Montemayor) and she tells the tale of a barber named Benjamin Barker who used to live in the upstairs apartment above the pie shop before he was imprisoned for life. She continues on about how his wife had taken her own life after having been assaulted by Judge Turpin (Byron Flores Jr.). Sweeney Todd becomes furious which gives away that he is Benjamin Barker himself. Mrs. Lovett agrees to keep his secret and tells Todd that his daughter Johanna (Jessica Garcia) was taken in by Judge Turpin as his ward.

Todd swears to get revenge in the song "My Friends" in which Owens gives an intense performance that had the crowd trembling in their seats, and Mrs. Lovett gives him his old set of silver razors that she had kept in case he had returned. In this scene, the ambiance with red lighting and the razor gleaming in the spotlight gave the audience a sinister feeling.

The attention is then put on Anthony when he finds Johanna singing by her window and falls in love at first sight not knowing this is Todd's daughter. Anthony is threatened and chased away by Beadle Bamford (Joshua Rosenthal), the Judge's servant.

The attention is brought back to Todd in the next scene when he calls out Adolfo Pirelli (Jason Concepcion Mora) and his assistant Tobias Ragg (Justin Reed) for selling a fake elixir that cures hair loss then challenges him to a shaving competition which Todd wins. After Todd makes a name for himself when he wins the shaving competition, Pirelli comes to his barbershop and threatens to expose his true identity. Sweeney Todd with a swing of a razor claims his first victim and now has Pirelli's dead body to dispose of.

While trying to decide what to do, Judge Turpin comes to get a shave from Todd. As the Judge is about to get "the closest shave he has ever had," Anthony bursts in and talks of his plans to rescue Johanna and elope with her. This angers the judge and he leaves and vows to

never return. Todd in a rage having lost the opportunity to kill the judge, and he yells at Anthony to leave.

Mrs. Lovett discovers what has happened and while calming Todd down pitches an idea on how to get rid of any dead bodies he may create. She suggests that she could use the meat from the dead bodies to improve her meat pies since meat is expensive. Todd takes pleasure in this idea and agrees with his ultimate goal being judge pie.

Jordan Owens' performance had the crowd at the edge of their seats. The engagement with the audience was captivating when the cast would perform right in front of us and when Sweeney would point out and offer "the closest shave" to people in the crowd.

The cast also impressed with vocals as I couldn't tell whether the audio was live or through a recording of a perfect run. I saw the musical twice and found myself enamored by the vocals each time. Overall, it was an amazing experience to witness NJCU's Musical Theatre Department perform Sweeney Todd.



Photo courtesy of the Music, Dance, and Theater Department.

MEN'S VOLLEYBALL TEAM READY TO DOMINATE AFTER HISTORIC SEASON

by Suhas Vittal and Tia Warren - Contributing Writers

Following a win at the Skyline Conference and a bid to the NCAA Division III championships last April, the NJCU men's volleyball team are training even harder to defend their title and advance further.

This season, the team's roster has 11 returning players, four of which are seniors. There are also seven new team members, three of which are first year players.

Coach Patrick John Padilla is the newest addition to the team and was hired for his strength and conditioning expertise. Now that he is here during the preseason, he is able to extend the training and physical regimen.

James Bajor, one of the team's co-captains, was vigilant about the opponents they would be facing. Bajor said, "There's going to be a lot of teams that are out for us looking for blood, I think St. Joseph's College of Long Island is going out for us because we beat them in last year's finals."

St. Joseph's College, considered one of the toughest men's volleyball teams, won the past two Skyline conferences

and beat NJCU during their regular season. However, NJCU eventually took their Skyline title away by dominating them after five sets 18-16.

The Skyline Conference is an intercollegiate athletic league where eight teams compete against each other. The men's volleyball team winning the skyline conference was historic because this was the first time an NJCU team won a conference championship of any kind, and the first time the men's volleyball team got a bid to play in the NCAA Division III championships. This is the first reputable win volleyball has had since 2010 and it gives the Gothic Knights much-needed recognition on a national stage.

Richard Valentine, who was honored with the libero of the week during the skyline conference for getting eight digs, talked about how he felt about winning last season. Valentine said, "Our head coach has waited many years for a chance to redo on winning a conference and I'm happy our team was able to make him proud. Winning the game has presented new opportunities to enter the NCAA and compete against the 12 best teams in the country for Division III volleyball."

Back in 2010, the team lost a conference 16-18 in the fifth set. Head Coach Carlo Edra considered it the worst loss of his entire career but that did not deter him, in fact, he put the runner-up trophy with the headline of them losing that match and used it for motivation. When they won, he replaced it with the championship trophy with the headline of the team winning.

Even though they were able to make it to the NCAA Division III championships



Brandon DaSilva. Photo credit NJCU Athletic Communications.

last season, the team lost by seven points during the first round against Wentworth Institute of Technology. A loss that Coach Carlo attributes to the team's nerves due to the sheer size of the event. This season, the team hopes to make more progress.

Last year's captain Alexander Umanzor gave advice to the newcomers on the team and said they shouldn't take anything for granted: "They need to work hard and give it their best. Hard work will be evaluated by Coach Edra." He finished off by saying, "Always trust the system."

"Trust the system" is a phrase used by Coach Edra; it refers to blockers and defenders positioned in the back row. When asked to elaborate on the meaning of it, Edra explained, "The players are set up so when the opposing team hits the ball to certain areas of the court and that's where our defenders are."

The pandemic shortened the season last year to 16 games but this season the schedule is back to 28 games. Their first home game is a tri-match and is scheduled to be on January 27th against Lehman College.



The Skyline Championship Trophy. Photo Credit Coach Carlo Edra.

BECOME A PILLAR OF HOPE: NJCU INTRODUCES THE BACHELOR OF SOCIAL WORK

by Joy Ajeku - Contributing Writer



NJCU students in the Social Change class, a core course for the new Bachelor of Social Work (BSW) degree.

Are you an empath with dreams of helping people reach their fullest potential? Are you fascinated by the intricacies of the human mind and itching to learn more about the values of different cultures? If so, a career in social work might be worth exploring.

This school year, NJCU now offers a Bachelor of Social Work (BSW). The Department of Sociology and Anthropology created this program specifically to train students for entry-level social work in various specialties.

Elissa Bonilla, a BSW student, said “This is the degree that will help me progress my career that is already related to social services.”

“The BSW program will provide opportunities for students and graduates to contribute to the betterment of the community and apply what they learn

to address social problems locally, nationally, and globally,” said Professor William Westerman.

What is Social Work?

Many students who are considering a career in human services are currently majoring in psychology, sociology, anthropology, or political science. The job market for these majors is extremely diverse, with a lot of different interconnected career paths. However, those who care the most about supporting people in need on a more personal level would benefit from pursuing a more specialized education.

Professor Jennifer A. Pax, director of the BSW program, said the definition of social work from the National Association of Social Workers (NASW) is “The professional activity of helping individuals, families, groups or communities enhance or restore

their capacity for social functioning or creating societal conditions favorable to that goal.”

What exactly does that mean? One common example of a career in social work is a school counselor. Many of us have memories of reaching out to a school counselor for advice, emotional support or other types of assistance with personal. This is an extremely rewarding career as you may end up being a source of hope and comfort for kids and teenagers going through tough times.

Pax said, “The Bachelor of Social Work program at NJCU is a great opportunity for students to develop skills that increase their preparedness for work in social and human services settings. There are many positions that require and/or prefer.”

Another possible area of interest is becoming a marriage or family counselor. These professions usually involve applying learned practices to help people improve their relationships. Depending on the profession, these types of social workers may also diagnose and assign treatments for mental, emotional, and behavioral disorders.

Another broad field within social work is rehabilitation. This involves helping people overcome mental or physical disabilities, substance abuse or traumatic experiences. Social workers in this field pay special attention to the needs of each client to help them attain a healthier and happier lifestyle.

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WONDER WOMEN 12: HEALTH AND ART IN A GLOBAL PANDEMIC

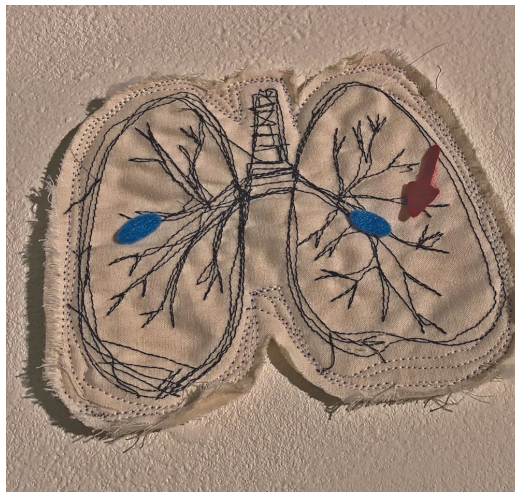
by Michi Suazo - Contributing Writer

A collection of vibrant pieces constructed by ten women artists paints the space of the Visual Arts gallery. These pieces completely contrast the grim actualities of ongoing socio-political issues (especially during the pandemic) that center the theme of the exhibition. Wonder Women 12: A Health Survey invites the public into conversation about the long-term detrimental effects this crisis has caused in terms of mental, emotional and physical health. This crisis has shed light on failing healthcare, and forced many to reflect thanks to prolonged quarantines and lockdowns. These artists created works while keeping their bodies in mind.

Face and nose coverings have become a staple in our everyday wear since the advent of COVID, and Pollie Borden incorporates a version of this in her work. Borden's eye-catching piece titled Emotion Sorting Cape, a set of fabrics tied onto a hoop that resembles a color wheel, dangles above a video documentation of the artist. In the video, Borden dons a white top. She places a hoop of long tulle rainbow fabrics around her neck, and, finally, a plastic tube in her nose. Borden faces the camera and sits in silence. Only the crinkling of the plastic bag which sits atop her head connected to the tubing can be heard. A look of distress. Rapid bursts of breathing inflate and deflate the bag. She exhales long and hard, turning and straightening the hoop of colors around her neck. She is short of breath. Overwhelmed. Claustrophobic.

"I've worked most of my life to not deal with internal emotions," Borden said in a virtual artist talk. "And we cut forward to 2020 and all the things I

usually use to keep me busy so I don't engage with myself like my work, my art, my friends and my volunteer projects get stripped away. So now I'm in this place where it's just me and my thoughts." Borden goes on to explain Plutchik's wheel of emotion, a diagram of colors each associated with emotions such as rage, disgust, sadness, and joy. Borden's cape follows the structure and function of Plutchik's wheel. "With the cape, there is a bottom layer of white and the compression signifies the anxiety. And with the two layers of colors [of the



Stephanie Tichenor, detail of *Little Steph* (part of the *Pain Atlas* series), 2021. Interactive fiber sculpture. Photo courtesy of the NJCU Gallery.

cape] it symbolizes that it won't be a linear process to alleviate the anxiety behind it. The breathing apparatus, as I mentioned earlier, and in meditation, the breath is key. We always go back to it." Borden reveals that her video documentation was actually recorded on a stressful day. In the video, she rotates the cape to the shades of red and pulls out the fabric. She takes a deep breath and closes her eyes.

Another piece using video is Mary Jeys's *Feeling the Weirds: Mapping Portals to My Unknowing* (2021). A video supplements



Melissa MacAlpin, *Rules of Civility & Decent Behavior in Company and Conversation*, 2021. Canvas, paint, wood, envelopes, tacks, nails, frame purchased on Facebook marketplace, ink jet print, pencil, chalk. Photo courtesy of the NJCU Gallery.

the two maps composed of watercolor and thread. During a rehearsal of her video performance, a beetle catches her attention while she talks to the camera regarding depression, therapy and work in the midst of a pandemic. Jeys gives the beetle its own camera and tries to track it while it moves around the room. "Is this some sort of Kafka, Metamorphosis stream at this point?.... I do feel like I can use tools that I've learned in therapy to reframe what's going on and not get stuck although I feel very stuck with this bug. But I definitely feel like, 'am I becoming this bug or is this bug a metaphor?'"

In Franz Kafka's famous novella, "The Metamorphosis", the protagonist, Gregor Samsa wakes up to find himself

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Social workers are also employed in homeless shelters, or as adoption specialists, behavioral health assistants, crisis teams, client advocates, and more.

What the B.S.W Program Has to Offer

Pax said the BSW program will also significantly boost employment opportunities. The most prevalent advantage the BSW program provides is the skills enrolled students gain which will prepare them for many different careers.

For example, the New Jersey Department of Child Protection & Permanency will prioritize those who have a BSW degree over those who do not.

Students who graduate with a BSW are also eligible to apply for certification from the New Jersey Board of Social Work Examiners, the licensing board under the state's Division of Law.

The Department of Labor's Bureau for Labor Statistics predicted 16 percent growth in jobs for social workers from 2016 to 2026.

Pax said, "The BSW degree can save students time and money. As a BSW recipient, students can apply to master's

"The Department of Labor predicts a 16 percent growth in social work jobs from 2016 to 2026."

in social work (MSW) programs as an advanced standing student and skip the foundation/first year of the MSW program."

Desiree Boyles, a BSW student, said, "I transferred from Hudson County Community College to NJCU to pursue my BSW degree. I am thrilled to be able to earn my BSW near my home."

How to Join and Participate in the Program

Students must be approved by the BSW program faculty to declare their major in social work and permitted to apply on a rolling basis. The application process involves completing a form and essay that is reviewed by social work faculty.

There are several application requirements students must meet in order to be considered for the BS program. This

includes the following: 1) grade point average of 2.75; 2) resume; and 3) essay introducing oneself and motivations for majoring in social work, readiness to accept the rigorous internship requirement. Additionally, transfer students will be assessed individually based on comparable courses and credits completed, and comparable learning outcomes.

The courses for this program will be taken in the students' junior and senior years for a total of 48 major credits, which are listed on the BSW page in the NJCU academic catalog. Students will have to maintain a BSW Major GPA of 3.0 or higher, and each course in the program may be taken no more than twice.

"Students will have an opportunity to engage in meaningful community service while building their work experience through a rigorous internship component built into the BSW curriculum," said Pax

For Inquiries about the BSW program, contact:**Professor Jennifer A. Pax**

Director of Bachelor of Social Work Program

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turned into a beetle one day. Gregor is a salesman and is heavily relied on by his family to make money. In his predicament, Gregor struggles to adapt to his transformed insect body while his family tries to get him to work despite the circumstances.

Fibroids (2021) by Agnieszka Wszolkowska pops out thanks to her use of muted blues and intense reds. A faceless naked woman surrounded by red orbs sits, prim and proper, in a set of four canvases. In the first canvas, she holds

them in a clump like a giant scab in her hands; in the second, the red orbs dangle on strings around her; in the third, the red orbs gather in her belly; and in the last, the red orbs are contained in square frames around the woman. Wszolkowska pairs these paintings with tangible 3D forms on a table. Made of earthenware clay in different shades of pink and reds, the figures resemble hearts in varying sizes. Wszolkowska was unfortunately not available for the artist talk but her artist statement remains in the gallery next to her work.

Gothic Times meetings every Wednesday at 2 PM. Please contact editor in chief Haresh Oudhnarine at houdhnarine@njcu.edu for any questions or concerns.

ISSUE #2

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DEADLINE

CAN RAIN GARDENS HELP SOLVE THE FLOODING PROBLEMS IN JERSEY CITY?

by Blessing Akeju - Contributing Writer

As climate change becomes more of a threat, weather patterns are increasingly severe. In New Jersey, one way to prevent flooding could be through rain gardens.

Hurricane Ida reminded people that there is a huge flooding problem in the Garden State. When the storm tore through the state, there was severe flooding, especially in urban areas covered in pavement. Streets were flooded, and dirty water poured into houses, stores, and other buildings.

Hurricane Ida is only the latest in a series of storms that have ruined property in New Jersey within the past few years. The educational site Flood Factor says that due to climate change, sea levels are rising, oceans are getting warmer, weather patterns are changing, and storms are becoming more powerful. These factors lead to more devastating weather events like Ida.

The Jersey City community felt the consequences of not being prepared, and many people had parts of their homes, as well as belongings, destroyed. The question came up, what could be done in the future to prevent this?

Effects on Jersey City Residents

Residents of Jersey City who were negatively affected by Hurricane Ida believe something needs to be done about Jersey City's flooding situation.

One student at New Jersey City University, Station Rodriguez, said, "My bathroom and my basement were flooded, and the metal in my basement was rusted. It was the worst flood my family has seen in general, because



A rain garden sign in Jersey City.

we live on a hill. When it rains, there's usually only minimal flooding. Some of the rooms in our house were damaged and my dad had to skip work to repaint them. It doesn't feel like it could happen to you until it does."

Station continued to say, "The area was so flooded that the streets were hard to drive through, so you had to go very slow. We live on a hill so the neighbors had similar flooding issues." Station said that living in Jersey City and knowing that there aren't many protective measures for the next flood is a "constant worry".

Features of A Classic Rain Garden

Rain gardens are depressions in the ground containing plants that consume large amounts of water. The purpose of a rain garden is to suck in the runoff floodwater that fills the streets in urban areas after heavy rains, which can damage property and put people in danger.

The difference between a regular garden and a rain garden is that the former does not have nearly the same ability to absorb excess water. As the Interstate Commission for the Potomac River Basin website said, "The traditional system of curbs, gutters, and storm drains carries stormwater runoff directly

to local streams and rivers without any bio-retention filtering process. Instead Rain Gardens filter and reuse the water, reducing stormwater pollution, while providing attractive landscaping."

A rain garden is arranged with carefully arranged soil and sand layers along with native plants that are known for using large amounts of water. They are typically placed in low areas where it is easiest for water to collect. The rain garden may also have trees, specific flower types, and grass. Some native plant types to put in New Jersey rain gardens are swamp milkweed, sweet pepperbush, and American elderberry.

According to the Groundwater Foundation, rain gardens do a remarkable job and pulling in rainwater. The Groundwater Foundation website says, "Rain gardens are effective in removing up to 90% of nutrients and chemicals and up to 80% of sediments from the rainwater runoff. Compared to a conventional lawn, rain gardens allow for 30% more water to soak into the ground."

Factors of Severe Flooding in Jersey City

Mark Zdziarski, an earth and environmental science professor at New Jersey City University, said that Jersey City's flooding problems are based on several different factors. Most of Jersey City is on top of hard rock, which can't absorb rainwater. Most of Jersey City is built on this type of ground. When a serious hurricane passes through Jersey City, water overflows from the Newark Basin.

Zdziarski said, “Because of plate movement, glacier melting, and erosion, a lot of good angles were created. Since Jersey city sits in the middle of it all, it’s a danger zone for flooding. The pavement can’t absorb all that water, so it rushes down the Palisades and into the people’s property.” When water comes from above, slides down the Palisades, and overflows from the Hudson River and sewers, the flooding that results can be so great that Jersey City citizens may have no effective way to protect themselves or their homes.

The problem of weather-related damages in urban areas is complicated. The United Nations website says that climate change is when the temperature and weather in an area become different over an extended period of time. It also says that human activity, particularly the use of fossil fuels, is the major cause of climate change. In addition, things like the severity of a storm and tides can make flooding more extreme.

There are a number of possible solutions to the flooding problems in Jersey City, but some are more effective than others. Some people turn to simpler solutions, such as flooding insurance, which helps people whose property was ruined by floodwaters.

People can also consider flooding problems when choosing a place to live, avoiding houses built in low areas and older homes that likely cannot withstand hurricane-related damage. This can be difficult because Jersey City has many buildings made without flood-conscious infrastructure. Rain gardens are a newer solution regarding their popularity, and there aren’t many in Jersey City currently.

Luckily, there are several options for someone who decides to install a rain garden in their backyard. There are programs such as the Rutgers Cooperative Extension Water Resources Program which carry out rain garden projects. In

fact, the RCE program has built more than 125 rain gardens in New Jersey. These rain gardens were made with the help of volunteers and local offices and stakeholders that are still being cared for today. Others choose to install their own rain gardens, using online rain garden building guides and video tutorials. For example, the Native Plant Society of New Jersey and the United States Environmental Protection Agency have published online instructions about building personal rain gardens.

Rain gardens have the potential to lessen the damage of the huge flooding situation New Jersey faces during hurricanes, particularly in urban areas. New Jersey residents might not have such severe property damage after storm-related floods if there are methods in place to redirect the floodwaters. If enough are installed, rain gardens can be an inventive way to beautify places like Jersey City while increasing the quality of life of the residents.

SPEICHER – RUBIN WOMEN'S CENTER FOR EQUITY AND DIVERSITY

JANUARY	FEBRUARY	MARCH	APRIL
Pride Time: <i>Beyond the Sticker</i> Tuesday, Jan. 25 1-2 PM, Virtual	Pride Time: <i>Beyond the Sticker</i> Tuesday, Feb. 8 1-2 PM, Virtual	Women's HerStory Month Opening Luncheon Thursday, March 3 12-2 PM, GSUB MPR B	Pride Time: <i>Beyond the Sticker</i> Tuesday, April 5 1-2 PM, Virtual
Race Talk Real Talk Book Discussion Thursday, Jan. 27 10-11 AM, Virtual	Black History Month Hair We Are Again Wed., Feb. 16 2-4 PM, GSUB MPR B	Pride Time: <i>Beyond the Sticker</i> Tuesday, March 8 1-2 PM, Virtual	Sexual Assault Awareness Month Take Back The (K)Night Thursday, April 7 6-8 PM, GSUB 129
Pride Time: <i>Beyond the Sticker</i> Tuesday, May 3 1-2 PM, Virtual	Race Talk Real Talk Book Discussion Thursday, Feb 17 10-11 AM, Virtual	Pride Time: <i>Beyond the Sticker</i> Tuesday, March 22 1-2 PM, Virtual	Race Talk Real Talk Book Discussion Thursday, April 14 10-11 AM, Virtual
	Pride Time: <i>Beyond the Sticker</i> Tuesday, Feb. 22 1-2 PM, Virtual	Race Talk Real Talk Book Discussion Thursday, March 24 10-11 AM, Virtual	Pride Time: <i>Beyond the Sticker</i> Tuesday, April 19 1-2 PM, Virtual
	Gothic Knight Ally Safe Zone Two-Day Training Feb. 22 & Feb. 24 1-3 PM, Virtual	Author Panel Discussion Details to come!	Lavender Graduation Friday, April 22 4-6 PM, Location TBD
	Yoga Details to come!		

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SPRING 2022 CALENDAR


SPEICHER-RUBIN
 WOMEN'S CENTER FOR EQUITY & DIVERSITY

Important Dates for Spring 2022**February 15**

Final day to withdraw for 50 percent refund.

February 15

Deadline to declare a major for all degree students with 35 or more earned credits and with a least a 2.0 cumulative grade point average.

February 21

University Closed for Presidents' Day

March 1

Deadline: Incomplete grades for Fall 2021 and Winter 2022 semester become "F" grades.

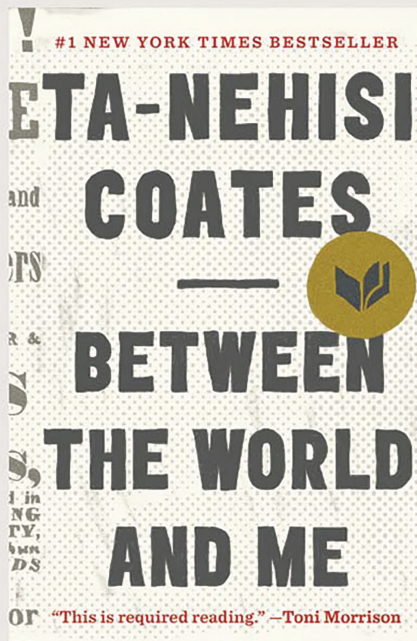
March 7 to 13

Spring Break

April 15

Final day to withdraw for a "W" on your transcript.

RACE TALK REAL TALK



Thursday, January 27
10-11 AM; Zoom

Thursday, February 17
10-11 AM; Zoom

Thursday, March 24
10-11 AM; Zoom

Thursday, April 14
10-11 AM; Zoom



Zoom RSVP:
<https://bit.ly/3mklIzW>

Email us with any and all accessibility concerns: njcuwomenscenter@njcu.edu
Sponsored by the Speicher-Rubin Women's Center for Equity and Diversity.

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