The Development, Relief, and Education for Alien Minors Act—also known as the DREAM Act—proposed that undocumented minors be given permanent residency if they meet certain criteria. In order to be eligible, the undocumented minor must have lived in the U.S. for five years prior to the bill’s enactment. They must also complete two years of higher education at a four-year institution, or serve four-year institution, or serve

Donovan Resolution Unanimously Passes

SGA Secretary of Personnel, John Zeuner and County Executive, Kathleen Donovan, during a discussion at the Board of Trustees meeting held on March 2nd

The approved resolution states that if any item is going to be changed by the Board of Trustees, “it will be resubmitted to the County Executive’s Office prior to being acted upon by the Board of Trustees.” In addition, if the County Executive’s Office has any objection to any item on the agenda, “it shall so advise the Chairman of the Board and the item shall be discussed between the Board Chairman and the County Executive’s Office to the end that the objection will be addressed.” The agreement states that if after thirty days the County Executive and the Board do not agree on an item, it can return for public discussion.

The Student Government Association (SGA) held a meeting on Feb 23 allowing people to voice their opinions. Student Government leaders, explained that they were trying to create a petition opposing the resolution. Although they decided not to support the petition

Students Seek Board Vote

Kathryn Rodriguez
Staff Writer

Students gathered in record numbers at the Board of Trustees meeting on March 2nd where a compromise was reached regarding the last item on the agenda. Many of Bergen’s clubs and organizations’ members were in attendance, with exception of the honorary Alumni Trustee, Benjamin Blank. The Student Government Association Executive Board, as well as many of Bergen’s clubs and organizations’ members were in attendance, with exception of the honorary Alumni Trustee, Benjamin Blank. The Student Government Association Executive Board, as well as many of Bergen’s clubs and organizations’ members were in attendance, with exception of the honorary Alumni Trustee, Benjamin Blank.

Donovan expressed that the governing power of the college would ultimately lie with the Board of Trustees, however she went on to say, “What I can do to say I can’t give $24 million to the college if they want to pass an obstruction that I think is wrong.” A withdrawal of funding would result in a default payment which is currently $127 million annually. This was a major cause of apprehension among students, according to SGA members and other student leaders. Donovan expressed that the governing power of the college would ultimately lie with the Board of Trustees, however she went on to say, “What I can do to say I can’t give $24 million to the college if they want to pass an obstruction that I think is wrong.” A withdrawal of funding would result in a default payment which is currently $127 million annually. This was a major cause of apprehension among students, according to SGA members and other student leaders. Donovan expressed that the governing power of the college would ultimately lie with the Board of Trustees, however she went on to say, “What I can do to say I can’t give $24 million to the college if they want to pass an obstruction that I think is wrong.” A withdrawal of funding would result in a default payment which is currently $127 million annually. This was a major cause of apprehension among students, according to SGA members and other student leaders. Donovan expressed that the governing power of the college would ultimately lie with the Board of Trustees, however she went on to say, “What I can do to say I can’t give $24 million to the college if they want to pass an obstruction that I think is wrong.” A withdrawal of funding would result in a default payment which is currently $127 million annually. This was a major cause of apprehension among students, according to SGA members and other student leaders. Donovan expressed that the governing power of the college would ultimately lie with the Board of Trustees, however she went on to say, “What I can do to say I can’t give $24 million to the college if they want to pass an obstruction that I think is wrong.” A withdrawal of funding would result in a default payment which is currently $127 million annually. This was a major cause of apprehension among students, according to SGA members and other student leaders. Donovan expressed that the governing power of the college would ultimately lie with the Board of Trustees, however she went on to say, “What I can do to say I can’t give $24 million to the college if they want to pass an obstruction that I think is wrong.” A withdrawal of funding would result in a default payment which is currently $127 million annually. This was a major cause of apprehension among students, according to SGA members and other student leaders.
Issues Explored During Black History Month Opening Ceremony

Nima Ahmady
Staff Writer

American playwright and poet Ntozake Shange (left) reading from one of her older poems

American playwright and poet Ntozake Shange (left) reading from one of her older poems

American playwright and poet Ntozake Shange (left) reading from one of her older poems

Nima Ahmady
Contributing Writer

This Thing Called Race

Nima Ahmady
Contributing Writer

Black History Month continued to fill the auditoriums of Bergen Community College with spectators as well as guest speakers during their month of celebration. Events attracted interested and intrigued students as well as faculty members to listen and engage in discourses about race, racial ideology and racial awareness. On February 15th, the first portion of one of the controversial event took place. Sponsored by the Center for Study of Intercultural Understanding, this event demonstrated and discussed “Strategies for Identifying and Responding to Issues of Race.” For this purpose, Professor LucreChelle Brim-Atkins from Seattle, WA, spoke about the psychological origins of racial thinking and how this kind of thinking affects our society today.

Professor’s Brim-Atkins’ background is remarkable. “If I were to introduce Prof. Brim-Atkins in any great detail, I’d be standing here for an hour,” said BCC faculty member and Black History Month committee member Dr. Ursula Parrish Daniels during her introductory speech. An established trainer, counselor, college professor and lecturer, High School teacher and founder of the Brim-Donovan & Associates organization which provides consulting and training in human resources management and organization development nationwide, Prof. Brim-Atkins indeed has extensive experience. This was evident with her regards to American History, the origins and dynamics of racism and racist thinking, psychology and a broad range of other academic fields, all of which she incorporates into her work.

Starting out with a brief history on how racism came about in the United States, another speaker, Dr. Daniels quickly jumped into more current events and demonstrated that racism is in fact a very current issue and far from being part of our past. Dr. Daniels stressed specifically that “even though we are in a post-racial era, there are still issues that we need to have a conversation about.” This is precisely what Professor Brim-Atkins did during her speech as she shared a personal story on how she got pulled over several times during one drive simply because she was sitting in a vehicle which had been deemed a ‘car of the underworld’ by the police – an example of racist profiling.

Other real-life examples were given, related to drug consumption and imprisonment in the United States. According to a recent study presented by Professor Brim-Atkins as part of her speech, 74% of all drug users in the U.S. are white; however, whites constitute merely 10% of the prison population that is arrested for drug law violation. In addition to that, 14% of drug users are black and 10% are Latinos. This is a strong indication that blacks and Latinos are more readily prosecuted for drug-related crimes than whites.

There is a necessity to broaden people’s minds and open one’s eyes to real trends as they are occurring in our country and could potentially affect us as well. Race and racism are active components of American society.
Start Your Own Business
In the Black, out the blues and reds, in just what they said.

David Gonzalez
Staff Writer

Hosted by Hot '97 Radio Personality, Uncle Ralph McDaniels, the first-ever Black Business Seminar held at Bergen Community College discussed entrepreneurship on profitability and success. The seminar, organized by Mrs. Aretha McMillan and co-organized by Ms. Vannette John, was designed to “set the bar” in the growth of business in the black community.

McDaniels, the owner of the “Video Music Box” is well known for producing the video “Juice” with Tupac Shakur and Omar Epps; he has worked with hip hop artists from Jay-Z to Nas.

The panel comprised of twelve prominent entrepreneurs, including Deborah Harris, owner of Hip-Hop Tours; Frank T. Fraley, President of the Chamber of Commerce of Mount Vernon; New York, former CFO of Motown Records, and Chubb Rock, Platinum artist and owner of “On Da Rocks Entertainment.”

Uncle Ralph introduced each panelist, who in turn gave a brief introduction, followed by questions from the public. “Why is it so urgent for the establishment of black businesses to start?” A thirty-minute discussion ensued among the panelists, but it was Chubb Rock who really captured the audience. Rock engaged the audience in a factual, thought-provoking dialogue. He delivered plenty of information and did so in an animated way with his larger than life personality.

The purpose of the seminar was to encourage the start of black businesses and students to consider starting their own business once they finish college or graduate school, said McMillan.

If you live at home you want interference from your parents, if you live at home you want interference from your parents, if you live at home you want interference from your parents. It is unclear at this point whether she still plans to attend any student run meetings.

During the most recent Faculty Senate meeting the SGA attended as members. Perez, also a member of the Faculty Senate, stated plans to address the Faculty Senate before hand but regretfully said they feel they were “disregarded and scolded” during this meeting as well.

“Disregarded and scolded” during this meeting as well.

As Bergen students we have always been taught to be strong, be intelligent and get involved. But now that it matters, we’re being told to step back and let the adults take care of business,” Perez said. She also added that the SGA is working on a proposal to request voting rights for the Alumni Trustee.

Continued from page 1

Students resolution unanimously, which according to SGA President, Jannyl Perez, “wasn’t exactly what we wanted.”

Donovan and President Ryan had since agreed to meet with the SGA. Although, according to Perez, Donovan has neglected to respond to emails or phone calls since the Board of Trustees meeting, in regards to her scheduled visit. It is unclear at this point whether she still plans to attend any student run meetings.

Continued from page 1

District Executive Kathleen Donovan

Photos by Frank Panzarino

Photos by Aretha McMillan
Navigating Grants

BCC Grants Breakdown (by percent)

<table>
<thead>
<tr>
<th>Program</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>53% Health Profession Pathway for Temporary Assistance for Needy Families (TANF) &amp; Low Income</td>
<td></td>
</tr>
<tr>
<td>3% Quality Assurance Technician Training</td>
<td></td>
</tr>
<tr>
<td>5% Regional Autism Center - TPSID</td>
<td></td>
</tr>
<tr>
<td>1% Garden State Pathways - TPSD Translation and Post Secondary Programs for Students with Intellectual Disabilities</td>
<td></td>
</tr>
<tr>
<td>2% MOSAIC Center for Disability Employment</td>
<td></td>
</tr>
<tr>
<td>2% Title V-Developing Hispanic-Serving Institutions Program</td>
<td></td>
</tr>
<tr>
<td>4% Adult Basic Skills &amp; Integrated English Literacy and Civic Education</td>
<td></td>
</tr>
<tr>
<td>1% BCC Campus Violence Prevention Project</td>
<td></td>
</tr>
<tr>
<td>10% Bergen County Jail Inmate Education</td>
<td></td>
</tr>
<tr>
<td>6% Carl D. Perkins Vocational &amp; Tech Ed</td>
<td></td>
</tr>
<tr>
<td>1% Work First NH/Welfare to work Adult Basic Education Training</td>
<td></td>
</tr>
<tr>
<td>1% Workplace Literacy Link</td>
<td></td>
</tr>
<tr>
<td>7% Employment Pathway Initiative</td>
<td></td>
</tr>
</tbody>
</table>

In Need of Child Care?

Alicia Marte  
Staff Writer

The Child Development Center of Bergen Community College was designed not only to serve students with providing child care and education to their child, but to also work as a program for those students who are under the CDA or Child Development Associate Certificate Program. On March 2nd, the Child Development Center (CDC) had an Open House from 10 a.m. to 7 p.m. The CDC has been a part of Bergen Community College (BCC) since 1982 and is located in Einder Hall.

Director of the CDC, Sally Dionisio, explains how this event is really for the parents. “They can actually see what goes on, rather than be told what goes on in a day to day basis... The kids here are engaged and interacting with one another,” says Dionisio. The center serves children from two and a half years old to five years old.

Parents of those children who currently are enrolled in the center, will be present and happy to answer questions or give feedback.

Students with an interest in early child development care can volunteer and spend an hour or so interacting with children. If you or someone you know is a parent and currently searching for child care, come down to future CDC open houses for more information. See the facility, observe the environment. There are student discounts for those parents who wish to take courses for the fall semester or for those who are already registered for courses this semester.

The CDC is not only for the students, but also for faculty, staff and the community. For more information about the Child Development Center, call (201) 447-7165.

Students Helping Students Save Money

John Zeuner  
Contributing Writer

The Student Government Association (SGA) started off the spring semester with a book exchange, held outside of the cafeteria. It was scheduled to run from January 24th to February 4th, but due to snow and student demand, two extra days were added, extending it to the 6th of February.

The book exchange was organized to give students a way to have one place to buy, sell and trade books, as well as save money on their textbook purchases,” says Jaclyn Santini, President of SGA. Over one hundred students signed up for the book exchange and an even greater number of students purchased books there. SGA was able to attract such a generous number of students by promoting the book exchange with flyers posted throughout Bergen’s three campuses. SGA, along with Angela Harrington, Chief of Community Relations at BCC, contacted the entire student body via-email to inform them on this event. Because of their efforts, a substantial number of students were able to save money on their textbooks.

Most of the textbooks at the book exchange were sold for less than half the price at a traditional bookstore. It also helped students receive more for their books than the Bergen Community College Bookstore would have paid them. “I received $25 for a book that the bookstore refused to buy back while saving a student $30,” compared to what they could have purchased it for from the bookstore,” said student, Esmeralda Bako. Another student, Richard Greenwood, stated that he “spent almost one hundred dollars more for a book prior to attending the book exchange.”

While swarms of students saved on books others were not able to find the texts they needed. To help as many students as possible, “SGA members took note of students who could not find the books they needed and tried to locate them throughout the book exchange,” said Jessi Loranzo, Recording Secretary for SGA. For those students that could not be helped, SGA members distributed the bookstore’s rental information.

Despite the fact that not all students would purchase the books they needed, many are calling the book exchange a success. Loranzo reported that students have already begun to ask whether SGA will be holding another event this year. President Perez reported that she “hopes that the book exchange is something that BCC SGA will run for many years.”
Students, Identify Your History

Alicia Marte
Staff Writer

Students and faculty alike opened their minds to the idea of a Latino nation adopting the definition of the Black heritage. With panelists Gene Calderon, from the Career and Transfer Center, Vice President of Student Services, Raymond Smith, and Alejandro Benjamin, Academic Counselor, a deep cultural discussion was held February 8th. “Dominicans Are Black Too,” sponsored by the Latin Student Association (LASA), was open to the students and the public.

The discussion began with a brief background history of all three speakers. Calderon, a Puerto Rican national, grew up in Washington Heights, New York. VP Raymond Smith, stated he has “Ethiopian blood” and Alejandro Benjamin is from Dominican Republic. A common factor these men shared is from Dominican Republic. A

“black skin.” and Alejandro Benjamin, Smith, stated he has “Ethiopian

speakers. Calderon, a Puerto Rican

and the public.

Black Too,” sponsored by the Latin

Student Association (LASA), was open to the students

During the discussion, Calderon stated, “race was developed for power and control.” In the Dominican Republic, a derogatory term, “mulato” explained by Benjamin is “a disgrace – ato is a place for animals, and mulas are mules.” What isn’t mentioned frequently is that mulatos were really inbreeds of people who were half Dominican and half white. Dominicans would call themselves mulatos without really knowing the definition behind the word.

The panel discussion concluded with a question from the audience, “If someone in the street calls a person the ‘n’ word, should a Dominican be offended, too?” Another exclaimed, “Yes” from the far back of the room. Essentially, “if we want to unite as a people,” moderator, Augusto Suarez commented, “we have to identify with our history and culture.”

With panelists Gene Calderon, from the Career and Transfer Center, Vice President of Student Services, Raymond Smith, and Alejandro Benjamin, Academic Counselor, a deep cultural discussion was held February 8th. “Dominicans Are Black Too,” sponsored by the Latin Student Association (LASA), was open to the students and the public.

The discussion began with a brief background history of all three speakers. Calderon, a Puerto Rican national, grew up in Washington Heights, New York. VP Raymond Smith, stated he has “Ethiopian blood” and Alejandro Benjamin is from Dominican Republic. A common factor these men shared is from Dominican Republic. A

“black skin.” and Alejandro Benjamin, Smith, stated he has “Ethiopian blood” and Alejandro Benjamin is from Dominican Republic. A common factor these men shared is from Dominican Republic. A

“black skin.” and Alejandro Benjamin, Smith, stated he has “Ethiopian blood” and Alejandro Benjamin is from Dominican Republic. A common factor these men shared is from Dominican Republic. A

“black skin.” and Alejandro Benjamin, Smith, stated he has “Ethiopian blood” and Alejandro Benjamin is from Dominican Republic. A common factor these men shared is from Dominican Republic. A

“black skin.” and Alejandro Benjamin, Smith, stated he has “Ethiopian blood” and Alejandro Benjamin is from

“black skin.” and Alejandro Benjamin, Smith, stated he has “Ethiopian blood” and Alejandro Benjamin is from Dominican Republic. A common factor these men shared is from Dominican Republic. A

“black skin.” and Alejandro Benjamin, Smith, stated he has “Ethiopian blood” and Alejandro Benjamin is from Dominican Republic. A common factor these men shared is from Dominican Republic. A

“black skin.” and Alejandro Benjamin, Smith, stated he has “Ethiopian blood” and Alejandro Benjamin is from Dominican Republic. A common factor these men shared is from Dominican Republic. A

“black skin.” and Alejandro Benjamin, Smith, stated he has “Ethiopian blood” and Alejandro Benjamin is from Dominican Republic. A common factor these men shared is from Dominican Republic. A

“black skin.” and Alejandro Benjamin, Smith, stated he has “Ethiopian blood” and Alejandro Benjamin is from Dominican Republic. A common factor these men shared is from Dominican Republic. A

“black skin.” and Alejandro Benjamin, Smith, stated he has “Ethiopian blood” and Alejandro Benjamin is from Dominican Republic. A common factor these men shared is from Dominican Republic. A

“black skin.” and Alejandro Benjamin, Smith, stated he has “Ethiopian blood” and Alejandro Benjamin is from Dominican Republic. A common factor these men shared is from Dominican Republic. A

“black skin.” and Alejandro Benjamin, Smith, stated he has “Ethiopian blood” and Alejandro Benjamin is from Dominican Republic. A common factor these men shared is from Dominican Republic. A

“black skin.” and Alejandro Benjamin, Smith, stated he has “Ethiopian blood” and Alejandro Benjamin is from Dominican Republic. A common factor these men shared is from Dominican Republic. A

“black skin.” and Alejandro Benjamin, Smith, stated he has “Ethiopian blood” and Alejandro Benjamin is from Dominican Republic. A common factor these men shared is from Dominican Republic. A

“black skin.” and Alejandro Benjamin, Smith, stated he has “Ethiopian blood” and Alejandro Benjamin is from Dominican Republic. A common factor these men shared is from Dominican Republic. A

“black skin.” and Alejandro Benjamin, Smith, stated he has “Ethiopian blood” and Alejandro Benjamin is from

“AIDS Victim Shares Her Story With Students

John Sapida
Contributing Writer

Black Student Union welcomed Tangy Major as a guest speaker in honor of National Black AIDS Day as part of Black History Month. “Tangy’s Song,” a short film picked up by BET’s campaign called “Rap-It-Up” explains the struggle of her fight against HIV.

Major stresses the importance of love, responsibility and honesty in any relationship. Ariel Leconte, President of Black Student Union said, “I asked Mrs. Major to come and speak because I believe her story was truly inspiring. I think that hearing from a person who is actually living with HIV could best touch people and give this disease a reality.”

According to www.aids.gov, Centers for Disease Control estimates that more than one million people in the United States have HIV. One out of every five of them do not know they have it. Since 2007, the U.S. has had over 576,000 people deaths from HIV/AIDS.

Major, currently a guidance counselor at Eastside High School in Paterson, graduated from Stockton State College where she met Lawrence Taylor in 1991, with whom she had her first child, Isaiah. Eventually, the couple got married. Soon after his birth, Isaiah grew extremely ill and after weeks of misdiagnosis the doctors realized he had contracted HIV from Tangy and her husband. This was the moment when the couple found out they had contracted the disease. Isaiah passed away at six months of age and soon after followed the death of Lawrence, Major’s husband.

The Determined to start over again, Major went back to college to finish her master’s degree and meet her current husband, Marvin Major. Together, they had a daughter, Kayla, through artificial insemination. Kayla Major is now seven and HIV negative. Though many have died from HIV/AIDS, Major is a success story. “It’s been pretty good for me. I was able to find out early enough and do treatment and stick to that commitment and it does make a difference.”

Berkeley College can help prepare you for success.

Widely recognized as unique among colleges and universities, Berkeley College offers a proven approach to career education that provides students with a competitive edge and the skills sought by employers. This innovative combination of benefits is known as The Berkeley Advantage®.

Some of these benefits are:

• Small classes for more personal attention
• More than $31 million in Berkeley College grants and scholarships for qualified students
• On-the-job internships required in every program as part of the curriculum

Call now to learn about all the benefits of The Berkeley Advantage® and how easy it is to transfer your credits toward a Bachelor’s degree.

It’s easy to transfer your credits!
800-446-5400 ext. GTG
BerkeleyCollege.edu/Transfer

“TRANSFER” 58163

Visit us on these social networks:
Facebook
MySpace
Flickr
LinkedIn
YouTube
Twitter
Japanese American musicians, Bill O'Connell on piano, Luques Curtis on cello, Dave Samuels on vibraphone, Conrad Herwig on Trombone, Steve Slagle on alto saxophone and Steve Berrios on drums. Bergen Community College, The Rotory Club and Ridgewood AM all pulled together to bring a spectacular performance from Bill O’Connell’s “Rhaphson in Blue” which was released in Oct 2010. The concert was to help benefit community blood services, BCC scholarships for the needy and social service associations.

One of the masters was that of his instruments of choice. The opening song consisted of solos by each of the performers, which highlighted each of their talents. The crowd became more lively when a young pianist named Peter, came on stage to perform. As his fingers hit the keys, the crowd cheered as the listened to the young artist perform on stage. As the night progressed such songs as “Monk’s Cha-Cha” and “3-man” were performed and for the entire night the crowd stayed captivated and marveled at such a wonderful performance.

Steve Slagle has many upcoming performances, one which is located at the “Falcon” in Marlboro, New York. In addition, Bill O’Connell seemed very passionate about his CD, and when asked, which song was his favorite he simply said, “That’s a tough question.” He said that he enjoyed each song for different reasons and each one had a story to tell. The band has been invited to Moscow to perform for the ambassador in April. “It does not matter where you are, it’s where you are. There are many beautiful places on the planet, but music overshines everything,” Slagle said.

With five decades under his belt, Galen Abdur Razzaq may have well-earned his title as the “Master Flutist.” Abdur-Razzaq delighted Bergen Community College’s audience with his performance on February 16th in the Ciccone Theatre. He had a strong fan base of students at Bergen Community College’s audience with his performance.

PTK Forum: Join Us

In this issue, we will be focusing on the blessings you’ll receive through being a Phi Theta Kappa member. Invites are being given out this month and now is the ideal time to join. Regardless of whether you are in your second semester and have barely begun to ponder transferring, or are currently sending out your applications, being a Phi Theta Kappa can reap many benefits. Joining Phi Theta Kappa expands a Bergen student’s horizons. Bergen’s Phi Theta Kappa chapter is a part of an international organization with millions of members. You are put in contact with a wealth of resources, providing a network that can last a lifetime of valuable opportunities.

One of the prestigious perks of being a Phi Theta Kappa member is the almighty dollar. Phi Theta Kappa rewards the hard work and dedication top community college students put into their studies by offering them millions of dollars in exclusive scholarships. The majority of them are merit-based, so you have a great opportunity to let your talents shine. Phi Theta Kappa will also help you get into schools after Bergen. Many applications ask transfer students specifically if they are a member of Phi Theta Kappa. Phi Theta Kappa shows a more impressive GPA than their GPA.

Being a member of Phi Theta Kappa shows a you are part of that selfless, philanthropic spirit and proves you are willing to channel your talents for real world problems. That fact has separated many students from getting accepted into top universities. If you are one of the fortunate few who are able to get invited to join. It can truly define your future.
When you've completed your associate degree you'll have many great options ahead of you and one is DeVry University. We work with community college students to make sure qualifying credits transfer seamlessly and that you have everything you need, including:

- Access to required courses
- Financial aid
- Lifetime Career Services for all graduates

**Paramus Center**
81 East State Route 4, Ste. 102  |  Paramus

For more information on earning your bachelor's degree, please visit DeVry.edu/cc.
Empowering Women of Tomorrow

Perpetua Romain
Editor-In-Chief
EditorInChiefTorch@gmail.com

As a student leader in Bergen, I have taken on plenty of responsibilities. However the greatest challenge is being a female student leader and this is a challenge I gladly accept. We are in an ever changing world where everyone has much different opportunities. As an independent being, I am capable of accomplishing much more than what we have gotten credit for in the past. Challenges, whether it be through men feeling opposed by our strength and growing credibility, or through society still wanting the definition of a woman to be "womb centered." Ladies of Bergen, it is our time to step up and shine because March is devoted to Women's History, or as it is also called, Women's History Month. Here at Bergen we have various female leaders and role models of the Torch who have paved the way. Will ever be recognized for something great as our female discussion guests have? Will our voices be honored just as Oprah, Marie Curie, Betsy Ross, Ella Fitzgerald or Coretta Scott King have been?

It is a privilege to be working side by side with my female peers in high positions. The leaders of some of the top clubs of Bergen are female and it is our great work that we are working together to create a comfortable working and learning environment. And in regards to strength, I always remember my mother who has always been brave when dealing with life's machinations. Women have also been recognized for the many accomplishments to be put that have been made. As we walk through the halls of Bergen this month we see so many tributes to the women who have contributed to society. Where do we as students see ourselves on the calendar? It is a question that is asked of each generation. Will ever be recognized for something great as our female discussion guests have? Will our voices be honored just as Oprah, Marie Curie, Betsy Ross, Ella Fitzgerald or Coretta Scott King have been?

My inspiration is both my mother and my sister, the main women in my life. They have both taught me the key to being a strong woman is to nurture oneself. Stereotypes are void when you know who you are and what you're capable of. The best women are those who can stand in a room full of opinion and stand out as one of the strongest beings in the room both emotionally and intellectually. I have grown up to see my mother be that very woman and her qualities trickled down to me. When I am in the face of opposition, I always remember my mother who has always been brave when dealing with life's machinations.

Three Cheers for Student Activism: Setting the Record Straight

Angela Harrington
Chief Community Relations Officer

Public Disclaimer: The following op-ed reflects the independent opinions of the writer and is not an official statement from Bergen Community College

At the March 2nd Board of Trustees meeting Dr. Kaufman, professor of English, expressed his viewpoint that a college should be a place of reflection and study. In my opinion, reflection and study is one part of the college experience, but not all of it. Dr. Kaufman would have students behave passively towards the Bergen college, but Bergen Community College promotes an active, total college experience. That means taking an active role in helping to shape the direction of their school. Another important part of the college experience for students is growing and forming their own opinions.

Where would our black ancestors have ended up had students across America not risen to the call of Dr. Martin Luther King Jr. to battle the injustice of racial discrimination? What if women were given the same opportunity to be idly and tolerated inequality in the workplace? Where would we be as students if we had not engaged and disagreed with leaders like Cesar Chavez?

All the students were doing when they stood up for their beliefs and freedom of assembly rights. We should encourage our development as leaders. Let's bring all generations on campus together to engage students in dialogue and democracy without disruptive consequence. Dr. Kaufman is a respected faculty member at Bergen. That is why it was projected by why he would assume students were not capable of taking initiative on a matter pertaining to them. I also was confused by Dr. Kaufman's statements regarding the role of the Office of Public Relations in student activism on campus. How did he arrive at this conclusion? It is not the role of the Student Engagement, public service, the development and leadership that leadership and the convergence of academic scholarship and leadership have been at the core of President Dr. G. Jeremiah Ryan's vision for Bergen. This vision may be at odds with the traditional model of community colleges as transient destinations for learning, where students are disengaged. It is not the model for Bergen Community College.

Leadership is a challenging journey. Once you work through the struggles and grow from each experience, there are so many rewards.

At Bergen, there are faculty members, staff and professionals who differentiate themselves with their integrity and leadership in the classroom, through the lives they lead, their community service and beyond, and they do so with veracity. Their efforts and commitment, along with the well-intentioned efforts of our students, should not be tainted by this overt display of political friction aimed at the Bergen Community College administration.

In the face of confusing and intimidating circumstances, student leaders across the country chose to be a part of a tenacious political discussion and came to the microphone to talk about the issues that plague our community. Yet we jump the many hurdles that can be put in front of us; happy are those who take advantage of learning from the women in our past, so that we can become the women we see in our future.
Many of the students who come to Bergen, do so as their only alternative. From remedial students, international or out of county and state, to recent high school graduates or returning veterans and returning adults, students at Bergen come from a wide range of backgrounds. It is within that diversity of life experiences where students at Bergen share a lot in common. The ideals of justice, tolerance and transparency, gain an inclusive shape when different points of view are considered. As a working student, I understand that it is hard for those with more responsibilities to participate in school affairs, but if there is no sense of caring, there can't be a sense of community. After all, it is thanks to Bergen that many doors will now be open to us. We should take that Alma Mater pride of being part of such a revolutionary and just idea of providing education for all, by participating and staying involved and informed in the decision processes.

As a student in my last semester at Bergen, I feel very proud to belong in such a wonderful and diverse student body. I have been able to learn from many cultures by sharing experiences with people from many different places, which would have taken many years to travel to. I have enjoyed the opportunity to listen to lectures from professors who care deeply about students and our development. As an immigrant, I could not have landed in a better place to understand the ideals of social justice and the constant fight for equality in “the land of the free.”

When I was kid my mom used to tell me, “A University doesn’t make you, you make a University,” and I loved to find that to be true. After all, isn’t that the primary objective of every school? To educate the leaders of tomorrow, the people who will question and address the issues that our world demands. Schools were not created as Degree factories, but as the stepping stone of understanding Democracy, where citizens capable of analyzing critically will be able to defend their rights. The ideals of the President of the Student Government Association hold the opportunity, but the members of the House of Representatives and the student body have always had the chance to run for these Exec Board Members positions of the Student Government Association.

Every member in SGA is able to run if they choose to. However, in order to be eligible to become a chosen candidate, the Election Committee must go over the candidates’ packets, which must be signed. After the packet has been reviewed, the Election Committee must then report to head of the Judicial Board, Nester Melendez, who checks the academic background of the student. Candidates are ineligible to run for a position if their GPA is lower than a 3.0 and if they have been suspended, or had any run-in’s with Judicial Affairs.

Each Executive Board position requires a certain amount of signatures on the candidate packet. The President requires 500 signatures; Vice President, 450 signatures; Treasurer, 400 signatures and Secretary, 250 signatures. This is a very important opportunity for students of Bergen Community College to vote for the new representative leader. The Student Government Association holds an annual election for the new student-leaders of the Bergen Community College. Every year, the Student Government Association holds an annual election for the new leader of the student body. One Professor said that it was the first time she had seen so many well-spoken students work together towards a cause.

In the recent discussion between the County Executive and the Board of Trustees, our voices helped make a difference in their decisions leading to a reasonable compromise. I leave you with these inspirational words from Buddah.

“Do not believe in anything simply because you have been taught. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything simply because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it.”

Sincerely, Jannyl Perez

The Time Has Come To Choose Your Leader
The Global Warming Dispute: Science or Politics?

Kathryn Rodriguez
Staff Writer

“Everybody is entitled to their own opinions, but not their own facts,” said Senator Daniel Patrick Moynihan, Democrat of New York. But would you argue that any amount of money is comparable to the value of their own life? When face to face with a mugger and a gun, most people wouldn’t hesitate to hand over their wallet to secure their safety. Yet when the loaded weapon pointing at us is an increase of CO2 emissions and other greenhouse gases that stifle our health, our ability to grow food and the sustainability of our planet, some want us to pause and examine the economic effects of saving our own lives. It’s no surprise that it is in the short-term interest of a few to keep global warming a secret or simply disregard it as fiction and convince others to do the same. But, there is nothing factual about the opposition to climate change efforts. In fact, the opposition seems to be armed with only smoke and mirrors in their attempt to defeat organizations like the Environmental Protection Agency (EPA).

The EPA has recently been under attack in their efforts to save the planet, their aim being to limit heat-trapping, pollution and enforce the Clean Air Act established 40 years ago. The opposition claims that the enforcement of these laws by the EPA would suppress job-creation, but they make few fact-based statements to support such a claim and outright ignore the creation of ‘green’ jobs.

Republican Shelby Moore Capito is an outspoken house-member from West Virginia and a member of this opposition. Capito called the EPA’s actions a “power grab” that would have devastating effects on the economy. Without congressional action to say otherwise, the EPA will continue to dismantle energy and manufacturing industries through regulation,” she said.

The climate is, without a doubt, changing. The earth is warming up and there is now an abundant scientific consensus that global warming is real and it is affecting us now. Data collected from recent years shows escalating temperatures in different regions and increasing extremities in weather patterns. Food growth and clean water supplies are becoming a greater problem every year. As a result, food and water prices have begun to rise. The resistance to this reality is a small minority of pseudo-scientists with padded pockets, corporations with transparent intentions and politicians trained in the art of illusion.

Misinformation and misdirection are common political tools against the freethinking minds of the general public. It is the easiest way to commit crime and travesty in plain sight. On the topic of the recent snow and weather patterns, Charles Krauthammer, a writer for the Washington Post, said in an interview on PBS, that global warming is a religion. He criticized climate change science and Al Gore for his inability to concede to hypothetical facts against climate change but he offered up no science of his own.

In regard to the recent series of blizzards, snow and ice storms that have halted the northeast, several politicians and corporations dig deep to convince the general public that this disproves global warming. The increase in snow, however, provides evidence to support global warming and its effects, as it is explained by excess water vapor in the atmosphere which returns to the ground in the form of heavy rain or snow. Water vapor is a greenhouse gas just like carbon dioxide, methane, nitrous oxide and ozone, which in excess are the cause of the detrimental environmental effects known as global warming.

We, as the human race, need to see climate change for what it is: an issue of survival. We need, as a species, to find the greatness in ourselves to endure. A little conservation and awareness is a small price to pay for the longevity of our planet. A modest effort to take less and contribute more isn’t “tree hugging,” it’s simple human resilience. Reduce, Reuse and Recycle. We are the answer to our own problem. The world did not evolve 4.5 billion years to end with us.

Get in touch with the Bergen Community College Environmental Club. Get Involved. Thursdays, Room C-312 in The Pitkin Education Center at 12:30 p.m.

Students on the Front Lines of Revolution

Alyson Ann Cina
Foreign Correspondent

University students have been at the helm organizing late mass protests in Northern Africa by using social media sites like Facebook and Twitter. Now, more than ever, young people are connected globally and are aware of the world around them. North Africa and the Middle East are experiencing a time of unprecedented change. Last December, a young man in Tunisia who could not find work bought a gun, showed his solidarity and harassment, lit himself on fire and was sick of government corruption, lit himself on fire and was sick of government corruption and was sick of government corruption. He was an amazing experience to show my solidarity,” she said.

In Morocco, an internet campaign was started using a YouTube video and a Facebook group, along with Twitter messages, to organize mass protests on February 20, 2011. With less than two weeks notice, almost 40,000 people, according to the Moroccan government estimate, took to the streets across the country mostly in the cities of Rabat, Casablanca, Tangier and Marrakech. University students helped make up the front of the march to Parliament in Rabat.

Currently, Libya is in the midst of a people’s revolution despite Muammar Gaddafi’s violent retaliation against them. It is likely he will soon be either dead or exiled. Demonstrations have been widespread in the past in Algeria, Jordan, Yemen, Bahrain and Iran. The common thread through all of these movements is a desire for more democracy, lower food prices and employment opportunities. Another similarity is that almost all of these protest movements were organized by a younger internet savvy generation.

In Egypt, there was an online exchange from the United States to Al Akhawayn University in Ifrane, Morocco. Ashley Drzymala, a college-educated, technology proficient, globally minded generation. The demonstrators are much like any American university student, except that desperate times may have brought out the best in them.
Is Democracy on the Rise in the Middle East?

Andoni Demetriades
Staff Writer

Imagine you and a number of your college friends attended a massive political rally in downtown Manhattan. You have gathered to exercise your right to peacefully assemble. Now, imagine the military, by order of the president, start to gun down the attendees in cold blood.

Most Americans alive today have never seen such events manifest here at home. The above analogy is understandably difficult to fathom. But, pick up any newspaper or turn to any news channel and this is exactly what you’ll see happening in Libya.

Dictatorships and autocracies are very common in Arab and Middle East countries. Governments like these are problematic for a number of reasons, but the main one is that they have never served as an example of freedom amongst its people in recent months and years. Citizens are tired of being pushed around by their government. So the question many are asking: is democracy on the rise? Will seeds of freedom take root, grow and blossom?

As a result countries like Libya, Tunisia, Egypt and Iran have all had some kind of protesting and uprising amongst its people in recent months and years. Citizens are tired of being pushed around by their government. So the question many are asking: is democracy on the rise? Will seeds of freedom take root, grow and blossom?

The first wave of protests began in 2009 after Iranian President Mahmoud Ahmadinejad won re-election. All three opposition candidates claimed the votes had been manipulated. Iranians took to the streets to express their dissatisfaction over the outcome. The Iranian regime responded to the peaceful protesters with pepper-spray, batons, sticks and in some cases guns. Some sources have suggested approximately 170 protesters were killed from June 2009 to June 2010.


After the Tunisian Army refused to continue backing in 2011 an uprising of tens of thousands of Egyptian protesters in cities like Cairo and Alexandria all demanding for President Hosni Mubarak to step down. After 18 days of intense demonstration the Mubarak Autocracy, which had been in power since 1981, was over.

Though the Mubarak regime was not as brutal as Saddam Hussein’s in Iraq or Col. Muammar Gadhafi’s in Libya, that’s irrelevant when looking at the bigger picture. Thirty years is simply way too much for one man/family to be in power. To help put that in perspective, if you’re 29 years of age or younger, Hosni Mubarak has served as president longer than you’ve been alive.

In Libya, the protests have turned into a full civil war. This is because Gadhafi unleashed his military goons on protesters and are killing innocent people. It has been reported that some of these attacks have even come by way of air strikes.

Gadhafi’s 42-year stronghold is vigorously being challenged. Libya’s second largest city, Benghazi, has been taken over by rebels and attempts in other key cities have been made. Such as Zawiyah, which is located only 30 miles from the capital, Tripoli.

Will liberty and democracy prevail? No one knows what the end result will be, but we must remain optimistic! One thing is for certain, the sooner tyrants and dictators, the better off the world will be.
Win Win Kai
What position do you hold?
I am a professor and Program Liaison for Student Life. I work with faculty, staff and students to organize diverse programs for a better understanding of the world we live in. These diverse programs include Diversity Weekend as well as Women's History Month. I am a firm believer that academics must include cross cultural learning and in the 21st century, we must no longer just learn from text, but we must learn from what is going on in the world.

What event pushed you to be in the position you are today?
What were you doing before?
I started working as a teacher when I was 22; I have worked in education all my life except for 4 years when I was working with the Young Presidents' Organization. I was the Organization Director for the YPO, which helps to better company presidents through education and idea exchange. My upbringing as a child of an organization Director for the UN in the country of my birth, which is Myanmar. That position would be a composite of what I am all about: a child of two great parents, a servant in the US and an advocate of education. Education refines our speech and our thoughts. It is not about wall hangings. It is about not judging others. It must reduce, if not eradicate aggression.

What advice would you give to young women/men?
What advice? Education! You become educated to serve others, not to flaunt your degrees on the wall. You must educate the mind and build compassion, building from the inside out. I don't care how big your house is, how big is your heart?

Perpetua Romain
What position do you hold? Brief summary.
I am the current Editor-in-Chief of the Torch BCC Student Newspaper. I oversee a group of editorial board members, as well as a staff of reporters, photographers, journalists and artists. I also have the final decision as to what articles make it into the monthly paper after reading and editing every single last one of them.

What event pushed you to be in the position you are today? What were you doing before?
I originally was a Nursing major in continuation from my position as a Practical Nurse to Registered Nursing. Over the summer, after being elected Features Editor of the fall 2010 semester, I endured a series of disturbing events which put my endurance towards my education to the test. It started from a small hiccough to what I was becoming educated to serve.

Who is your biggest influence?
My biggest influence is my father. I gained pure optimism from him as well as my patience and observant nature. One of the qualities of being a student leader is to not only have a strong mind, but also have a positive mental attitude. This is something he expressed every morning to me during our daily pep talk before school. Remaining positive while striving for your goals is not something limited to leadership, but life itself. As a professor of many languages and professional studies, I learned from him that perseverance is the key to success.

What do you aspire to achieve in the future in your position?
I would like to keep the Torch burning at full force; further providing students to not only make a difference at Bergen, but in their lives outside of Bergen and in all of their future endeavors. I would like to be a mentor to my staff writers so they can truly master the art of news, features and sports writing, taking their journalistic views to a new level.

What advice would you give to young women/men?
Don't be afraid to become a student leader, however remain balanced. Remember, you are a student first, so always evaluate yourself. Take charge of your passion and uplift the lives of your fellow peers. The power you can accrue, but live well, but life itself. As a student leader, however remain balanced. Remember, you are a student first, so always evaluate yourself. Take charge of your passion and uplift the lives of your fellow peers. The power you can accrue, but live well, instead of wasting it on any venture.

Who is your biggest influence?
My biggest influence is a Bergen student. Wilfredo Betance. This person influences me because he is very determined person. He kept telling me that whatever he wants in life and he is not afraid of failure; he is a risk-taker. He has showed me that anything is possible if one has the drive to succeed. Thanks to him.

Khin Myat Thu Tun
What position do you hold?
I am the President of Student Activities Board. We are the life of Bergen and coordinate major events for BCC students on campus. During students' free-time, I would help plan and derive events that would entertain them. These events would vary from fun-filled contests to the collection of toys for underprivileged children.

What event pushed you to be in the position you are today? What were you doing before?
I was asked to sing at the S.A.B talent show during my first semester at Bergen. Ever since that event I have been hooked on S.A.B. I got to see first-hand how S.A.B works. I could feel the energy and excitement in the room. You can almost say it was love at first sight.

Before S.A.B, I was one of those students who would go to class and then go straight home. I really didn't like being in Bergen before, now I live, breathe and sleep here.

Who is your biggest influence?
My mom is my biggest influence. She is my biggest influence. She is my biggest influence. She is my biggest influence. She is my biggest influence. She is my biggest influence.
Women you might be surprised where it might lead you. No matter what life throws at you, all you can do is give it your best.

What advice would you give to young women/men?

I have always been an advocate of Honor education. As a professor at BCC, I routinely mentor students for the Beacon Conference for Student Scholars at Two-Year Colleges. In 1994-96, I was the Gifted and Talented Coordinator for Rutherford Public Schools and when I returned to the BCC faculty in 1998, I taught Honors Composition. But, probably the event which pushed me from being a professor at BCC to being the Honors Coordinator was participating in the Princeton Fellowship Program, where I wrote a research study on Honors Programs titled "Creating the Successful Honors Program," published in 2005. In 2007, I was asked to assume the position of BCC Honors Coordinator.

Who is your biggest influence?

My biggest influences were probably my mother, a Latin teacher at Johnstown High School, who regularly had students who achieved 90’s and even 100’s on the Regents Exam and my older sister, who is an English professor at the University of Georgia.

What event pushed you to be in the position you are today? What were you doing before?

I have always been an advocate of Honor education. As a professor at BCC, I routinely mentor students for the Beacon Conference for Student Scholars at Two-Year Colleges. In 1994-96, I was the Gifted and Talented Coordinator for Rutherford Public Schools and when I returned to the BCC faculty in 1998, I taught Honors Composition. But, probably the event which pushed me from being a professor at BCC to being the Honors Coordinator was participating in the Princeton Fellowship Program, where I wrote a research study on Honors Programs titled "Creating the Successful Honors Program," published in 2005. In 2007, I was asked to assume the position of BCC Honors Coordinator.

What advice would you give to young women/men?

I would advise all students to stay in school and get involved in extra-curricular activities. Aside from going to classes, getting involved in clubs makes a person gain many skills. Coming to Bergen Community College was the best decision ever. I have so many memories and I have learned so much from this school. I actually sometimes don’t even want to leave behind all the wonderful people I have met. Bergen has definitely prepared me for the next step in my life.

What position do you hold?

I am the Dean of Arts, Humanities and Wellness where my main duties are to oversee the seven departments in those areas. I work with faculty to help faculty develop their teaching skills, work ethic, dedication, preparation and creation.

What advice would you give to young women/men?

I suggest that you do something that can be your future. Bergen is what you make of it. No other college in the world is more diverse. You have the opportunity to meet people from all around the world and make friends that will last a lifetime.

What is your biggest influence?

I think my mother is my biggest influence. She was born and raised in Rangoon, Burma. She gave that all up to come here with her family. She didn’t speak English and was very shy. I was always her protector. She instilled in me the importance of education and hard work. I am very proud of her.

The Torch
Dips D’ Light

Imagine a world without any dips or spreads. Life would be dull and bland without dip! It brings spice to our meals and snacks in our everyday life. However, dips can be consumed frequently at a fast rate. The average serving size is two tbsp and these too can easily be devoured. Instead, dip away at the following recipes that will limit the hidden calories and fats in many dips. Have fun combining and experimenting with these new flavors and dishes.

**Easy low-fat Hummus**

Although hummus is for the most part healthy, it also contains a lot of fat. Instead, substitute tahini for fat free plain yogurt.

**Ingredients:**
- 1 1/2 tsp. tahini
- 1 1/2 tsp. lemon juice
- 1/2 tsp. garlic powder
- 1/8 tsp. chili powder
- 1/8 tsp. cumin
- 1/8 tsp. pepper
- 1/4 tsp. salt
- 4 tsp. lime juice
- 1/4 cup fat-free vegetable broth
- 1/4 cup plain fat-free Greek yogurt
- 1/2 cup mashed avocado
- 1 15-oz can young peas
- 1 teaspoon salt
- 1/2 cup plain fat-free yogurt plus 1 tbsp
- 1 teaspoon salt
- 1/4 cup fat-free Greek yogurt (like Fage Total 0%)
- 1 tsp. lime juice
- 1/2 tsp. chopped garlic
- 1/2 tsp. garlic powder
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 1/8 tsp. cumin
- 1/8 tsp. chili powder

**Directions:** In a food processor, combine all ingredients until smooth.
ENJOY!

**Guacamole Dip for the Addicts**

Avocados are healthy on a salad or by itself. However, guacamole is often high in calories and fat.

**Ingredients:**
- 1 15-oz. can young peas
- 1/2 cup mashed avocado (about 1 medium-small avocado)
- 1/4 cup finely chopped onions
- 1/4 cup fat-free Greek yogurt (like Fage Total 0%)
- 1 tsp. lime juice
- 1/2 tsp. chopped garlic
- 1/2 tsp. garlic powder
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 1/8 tsp. cumin
- 1/8 tsp. chili powder

**Directions:** Place all ingredients into blender and puree until smooth. Refrigerate for several hours.

**Artichoke Dip with a Twist**

Similar to guacamole, artichoke dip contains many hidden calories and fat.

**Ingredients:**
- 1 cup canned artichoke hearts, drained
- 1/4 cup fat-free vegetable broth
- 1/4 cup plain fat-free Greek yogurt
- 1 tsp. lemon juice
- 1/2 tsp. crushed garlic
- 1/2 tsp. dried parsley flakes
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1/4 tsp. paprika
- 1 15-oz. can chickpeas (garbanzo beans), drained and rinsed

**Directions:** Place drained peas in a medium bowl and mash and rinse. Add onions last. Mix well.

**How To Manage: Work School Personal Life**

Time is a very important asset. For most students, it is not always easy to manage it properly.

The first key to managing time is making a realistic schedule that keeps track of all activities from work to leisure. The second key is never take on too many responsibilities at one time. If you’re a full-time student, try to avoid being a full-time worker.

In their schedule, students should break down large tasks into small pieces and organize them. Smaller tasks spread throughout a larger amount of time might be easier to deal with than leaving something for the last minute. For example, a term paper might be broken down into a brainstorm, note review, research and writing spread among multiple days. This will allow for students to have more time to think about what they are working on as well as avoid last-minute crunch time.

Ironically, one way to reduce stress is to avoid missing class. When a student misses a lecture, they also miss getting the notes and the professor’s repetition that helps store short-term memory into long-term memory. Reviewing class notes immediately after a lecture can really help with learning. Missing a class will only add work for students to catch up on, creating more stress.

**A Must Have for All Students**

Much of today’s technology is said to pull away students’ concentration from their classes. However, there are other inventions that can contribute to one’s learning. Based in Oakland, CA, a company called Livescribe developed the Smartpen. Essentially, the Smartpen is a computerized ball-point pen integrated with a high-speed infrared camera and a digital audio recorder.

This masterful piece of equipment is as good as it looks. The infrared camera allows the pen to recognize and record any word written down on their special notebook paper to its internal memory. This allows for digitized copies of your notes to be automatically saved. The audio recorder lets you to record lectures or meetings as you take notes. All audio and text recorded simultaneously will be linked in playback.

By downloading the Smartpen software from their official website, www.livescribe.com, you will be able to upload your recorded information onto your computer and create flash videos of your notes called pencasts. The software is both Mac and PC compatible.

What really brings this pen out of this world is its ability to hold applications. Some applications allow you to write a word in English and translate it by double tapping the word with your Smartpen. The pen’s mini OLED screen can display definitions of the words as well. It can function as a calculator or play music by playing on a keyboard that you’ve drawn yourself.

There isn’t anything that comes close to the capabilities of this perfectly constructed pen. It might be a bit pricey for a pen ranging between $99.95 for the 2GB Pulse model to the newer $199.95 8GB Echo model. You can get the 8GB Echo bundle pack for $249.95. Despite its steep price, this may definitely be an investment well worth the money. It could be the difference between a B+ and an A. Don’t be the only one to miss out!
Dispatches from the Magreb
Season of Revolution

Alyson Ann Cina
Foreign Correspondent

When I made the decision to come to Morocco, I had no idea that history was about to be made across the Arab World. If you are not sure to what I am referring, on January 14th, Tunisia’s President, Zine El-Abidine Ben Ali, was forced to step down after massive protests rocked the country for a month. This was the first time a dictator had been overthrown in the Arab World. Eleven days later, millions took part in historic protests in Egypt eventually forcing their President of thirty years, Hosni Mubarak, out of office on February 11th. Now, there are even more protests demanding democracy breaking out in Algeria, Libya, Jordan, Bahrain, and Yemen. This is all unprecedented.

Most of the demonstrations were spurred on by a lack of job opportunities for young college graduates in these countries. Unfortunately, unemployment hovers near 30% for this group, forcing many to delay starting their adult lives. The prices of basic food staples have also skyrocketed in North Africa. Add an authoritarian government with a poor human rights record to this problem, and the situation becomes intolerable. A group of five North African countries having active protests (two of which were recently overthrown in revolution), many in the media are witnessing history.

At Al Akhawayn University, students and faculty have been talking about Tunisia and Egypt. Many support the revolutions. However, there is a question of whether Morocco could see unrest come up, the tone changes and most say that it is not likely to happen here any time soon. The consensus is that Moroccans respect the authority of the King as head of state and his religious authority as “Commander of the Faithful.” The King has also pushed through some reforms giving women more rights and he has promised to continue subsidies on staples like bread. His progressive policies have been successful in satisfying some people.

Morocco, however, is still not immune to unrest. A group emerged on Facebook calling for protests on February 20th to demand democracy. So far, it has approximately 9,000 members and it is growing by the minute. Most Al Akhawayn students are still saying nothing will happen, but many of them are not from the struggling lower classes. In a YouTube video, young Moroccans are featured stating why they will be protesting on February 20th. The reasons range from high food prices, to government corruption, to abuse by police.

This Torch reporter is still considering whether to head to Rabat on February 20th to cover the demonstrations. No one knows whether it will be a small demonstration that will lead nowhere or whether this is the beginning of something huge for Morocco. Either way, the tension on campus seems higher ever since Mubarak was forced out in Egypt.

With such authoritarian regimes that fall, people across the Arab World intrinsically know that their country could be next. There are those who are trying to hasten the process and there are those who are afraid of the uncertainty. Most can agree that democracy is better than dictatorship. The fear is that the next leader will be worse than the former and some are not willing to take that risk. What we all know for sure is that we are witnessing history.

For more information on Study Abroad programs, e-mail Dean Amparo Coddington at acoddingen@bergen.edu. This column is made possible by the Benjamin A. Gilman International Scholarship Program by the U.S. Department of State.

Spring Trends to Brighten Your Winter Pieces

Carolina No
Contributing Writer

Spring is here! Despite that fact, it will take time for the warm weather to kick in. Spring fashion is making its way, slowly. So here are a few ways to transition your dark and gloomy outfits from this year’s harsh winter to a bright and cheerful spring.

What trends from Spring 2011’s Ready-to-Wear collections can help you achieve that? Think bright neon colors, lace, whites, ruffles and funky, colorful prints.

Warning: trend with caution! An outfit combining all of these trends is an overload, so do one or two at a time. Just take it easy because all in all, less is more.

Let’s face it, no one can really rock head-to-toe bright neon colors as seen in Christian Dior’s Spring 2011 collection, but that doesn’t mean you can’t add a dash of color, such as a neon pink cross-body bag or a bright yellow scarf over your chunky knit sweater with leggings and combat boots. Or why not try both for added flair?

Lace doesn’t have to be saved for under your clothes, why not make it a statement piece. Take your simple, little black dress and add some funk with colored lace stockings, your highest heels and you’re ready for a night out on the town.

Maybe the neon colors and lace isn’t for you and you’d like to keep it minimal. Not a problem! If you’re a little more daring, get yourself a printed dress like the ones that made their way down Blumarine’s Spring 2011 runway, in playful colors and pair it with a neutral cardigan and knee-high boots. Slip on some opaque tights or a pair of thick, knee-high socks for extra warmth and you’re ready to face the cold in style.

Lastly, the most important fashion tip anyone can give you is to always stay true to yourself. Some of these trends can be out of your fashion bubble, however it shouldn’t keep you from adding a little punch and kick to your own personal style.

“Try a classic, crisp, white button-down with your jeans instead of a plain tee and throw on nude heels or wedges with gray socks to keep your look clean and fresh.”

Transfer to NJIT for the Edge in Computing

Hot new careers are emerging every day for those who know how to apply computer technology to everything from scientific research to movie animations. Offering pioneering faculty, real-world experience and opportunities to participate in cutting-edge research, NJIT gives you an edge in the job market.

Here is a sampling of some of our exciting computing majors:

- Bioinformatics
- Computer Science
- Human-Computer Interaction
- Information Technology
- Business and Information Systems
- Computing and Business
- Information Systems
- Web and Information Systems

Find out about transferring to NJIT at http://www.njit.edu/transfer or call 1-800-925-NJIT.

www.njit.edu
It is equally important to get your point across without verbally violating your partner.

2. Maintain the “self” aspect of your relationship.

It is essential to maintain your self-confidence in a relationship. Regardless of how far you progress in a relationship, you must avoid losing your sense of self and well-being as you delve deeper into the relationship with the other person. Just because your partner is spending time going to a gym or school instead of spending time with you is no valid reason for you to be upset with them. These activities are meant for advancement and there is nothing worse than having a partner who wants to hold you back from advancing. Instead, try doing your own advancing activities. Join a gym of your own, join a club or find a project to work on that makes you happy. This project may start as a distraction but could turn into something you have great passion for.

3. Do not lie.

Everyone knows lying is wrong but we do it all the time, especially in relationships to avoid confrontation. This may come as a shock, but confrontation is not always a bad thing. Fighting all the time is a sure sign that something is wrong. However, a little confrontation is a good thing. Avoiding the argument is not going to make your relationship stronger, it will only keep you at an arm’s length from each other until the lying stops. Say what you feel. Be honest. When you express yourself fully, you feel better as a person and your partner feels closer to you.

4. Remember that relationships are supposed to be fun.

Many relationships fail because they simply are not fun anymore. Being around each other all the time can become tedious and suffocating. When you are with your partner, find fun activities to do together that will share your interests and get you out and about together. Also, try to spend time with other people and maintain your friendships. Allow the people you care about most in your life to know each other. Friends can also be a healthy way to gain perspective on problems you have with your partner.

5. Compromise.

Relationships are not about winning. If you are in a healthy relationship with someone who loves you, then you have already won. Try not to look at everything from a win or lose perspective. It is okay to compromise with the person you love in order to gain trust and reliability. Do not be afraid to get your hands dirty for the person you are with. However, when you find yourself with a partner who has trouble compromising because of past pains, try to be understanding. Patience is a virtue. No one is perfect! It is imperative to remind yourself of this for the sake of your relationships. Building up high expectations of your partner too quickly will only lead to disappointment.

6. Accept when there is nothing that can be done.

When you have done all you can and it seems like nothing is working, then do not be afraid to walk away. It may feel like it at the time, but you will not die if you hold yourself to the guy as well and says, “Hi, I’m so and so…” I know many people who don’t. Now get out there, stop being socially awkward, and meet people.

Holding hands long term

Disney movies and romance novels may have prepared all women for romance like a knight on a white horse, or a man to read to them the story of their lives. But we all know the reality is that half of that romance will stay just a fairy tale and a hopeless pipe-dream. So we women, filled with all of this hope and then disappointment, start to question ourselves. “Though everything in me fights to wait for a guy to wake up, should I just go ahead and make that first move?” If you’re asking yourself this question, chances are there’s one simple answer:

Though Hollywood may have upped the hype just a little, the natural pattern of life has for the most part started boy meets girl. Yet recently, we’ve seen more of both boys who are too lazy to meet girl, and girl got tired of waiting, so she made the first move. This assertive nature is great for other things, but when it comes to matters of the heart, we know our rightful place is to be the pursued, not the pursuer.

We have listened to the stories our parents tell us from the time we were little about how our fathers won the hearts of our mother’s by making the move, being the alpha male and initially starting something great. We may be women of the twenty-first century with power, position and knowledge, but the concept of romance has remained the same: we all want to be someone’s princess.

So maybe the guy staring at you in chemistry seems like someone you’d want to get to know romantically, but if he doesn’t have the courage and power to make the first move, what will stop him from failing to be bold and courageous in other parts of your relationship?
SEX & HEALTH

BeCause it’s Called SEX

Igniting the Flame Within BCC

Nita Lim
Sex Columnist
nlm@me.bergen.edu

College is generally considered a time for male sexual activity to be at its highest. But, what happens when reaching climax becomes an arduous task, or when arousal is difficult despite enticing stimuli from the opposite gender? These situations may not be as uncommon as one may think.

Sex therapist and author of She Comes First: The Thinking Man’s Guide to Pleasuring Women, Ian Kerner, began noticing a distinct rise in the number of men approaching him with issues concerning delayed ejaculation. He goes on to state that much of the issue can be connected to a rapid proliferation of Internet porn, which then leads to over-masturbation.

In a study from the University of Kansas, 200 men were questioned if they have ever faked an orgasm and 25% of them said yes. With porn so easily available on the Internet and cell phones, it creates immediate and easy access to whatever your sexual needs desire.

And cell phones it creates immediate and easy access to whatever your sexual needs desire. 25% of the men who were questioned said they have ever faked an orgasm and 25% of them said yes. With porn so easily available on the Internet and cell phones, it creates immediate and easy access to whatever your sexual needs desire.

When asked about their porn viewing habits, many stated that they commonly jumped quickly from clip to clip. This explains the popularity in porn montages-snippets from a variety of porn containing just the “money shots.” Kerner even coins the term “sexual attention deficit disorder.”

Davy Rothbart wrote an article about this very issue in New York magazine and says, “For a lot of guys, switching gears from porn’s fireworks and whiz-bang to the comparatively mundane calm of ordinary sex is like leaving hallways through an Imax 3-D movie to check out a flip-book.”

Scientists speculate that a dopamine-oxytocin combination is unleashed in the brain during an orgasm, then becomes a biochemical love potion as behavioral therapist Andrea Kuszswski calls it. But humans don’t only experience this biochemical concoction during sex. When watching porn those chemicals get fired, making you “fall in love” with the porn. Then making you want to keep watching it more and more; some men even go so far as to get a neurological attachment to it.

At a time when porn is at your finger tips, know that somethings might be harder to come by. As more technology becomes deeply rooted in youth and sexual needs, changes can be expected in today’s sexual norms.

Sexual Attention Deficit Disorder

Sexual Attention Deficit Disorder

Sleep On It

Lydia Snyder
Staff Writer

How much sleep did you get last night? If you are like most college students, probably not a lot. When you stay up till two or three in the morning, what are you doing? Perhaps studying for an exam or working late? These seem like valid excuses for staying up, but are they really worth it?

You’ve probably heard that the average person needs around eight hours of sleep every night and that the best hours of sleep happen around midnight. Sometimes students don’t get as much sleep as they should. This “sleep debt” adds up, culminating in more stress, loss of focus, impaired judgment and a weakened immune system. So you’ll worry, act dumb and get sick.

Long term effects of sleep deprivation include heart attack or failure, stroke, depression and even obesity, since lack of sleep makes a person hungrier, so they tend to eat more and then get fatter. To add, lack of sleep makes you age faster. That’s why it’s called “beauty sleep.”

After one night of missed sleep, a person will be sluggish and maybe moody. After two nights, they will start to make mistakes in their daily functional tasks. After three, they could start to see hallucinations, which is from the consciously slowly starting to shut down. So if you start seeing sheep in your room instead of counting them, you know it’s time to hit the sack. Sometimes sleep deprivation gives a person a sort of euphoric buzz. This may sound kind of cool, but it’s not worth having a heart attack over. During the average year, according to the National Highway Traffic Safety Administration, drowsy driving results in more than 100,000 car accidents. Driving under the influence of drowsiness is just as dangerous as driving under the influence of alcohol or drugs.

The next time you are tempted to stay up late cramming, working or procrastinating, ask yourself if your health is worth what you are doing. We need to wake up and realize how important sleep is to our health. And then, go to sleep.

The Dental Hygiene Clinic of Bergen Community College is now open to the public for its inexpensive and friendly service. The clinic has spring semester appointment times available, Monday through Friday at 8:30 a.m. or 1:00 p.m. If you are not satisfied with the service of your dentist, you can schedule an appointment. If you do not have a dentist, schedule an appointment to take care of your essential teeth. Call (201)-447-7180. You can come in person to the Dental Hygiene Clinic at Bergen Community College, Room S-327.

Price Chart:
Examination & Prophylaxis (cleaning) : $20.00
Sealants: $5.00 per tooth
X-Rays: B.W.X. $5.00
F.M.X. $ 15.00
Single X-Ray: $5.00

The Torch
Volume 18 Issue 6
MARCH 2011
FEATURES
17
Features Editor Torch@gmail.com
Adriana Szaboova
Staff Writer
Krystyn Croney

Members of Bards & Scribes club posing while writing poetry

Creative Writing Your Niche?

In a usual meeting, they start off with a free-write in order to get rid of all the stress and clutter of the mind, facilitating a clear mind for writing. After, they read some work samples or prompts - usually a poem. These are used as inspiration as the members then just write. Generating work is the most important aspect in writing, which is why Bards and Scribes feels it is so important to take the time out to do it. They don't just write; they immerse themselves in their art. In April, they are planning a trip to a poetry center in Paterson, NJ. There, you can listen to readings from well-known poets such as Sherman Alexie or take a workshop. There might even be an open mic for the adventurous. Bards and Scribes also hopes to host a poetry reading right here in the area to hold assemblies. At these assemblies, members of the club would speak about experiences in their own lives, as well as answer any questions that they are asked.

The club has been busy planning great events for this semester. They are hosting a Bake Sale as their pay-it-forward event for the semester. The proceeds will go to a S.P.A.R.K. Club member, who is in need of a kidney transplant. They will be hosting a pay-it-forward event each semester to help a member of the community. The club is also holding its first anti-bullying day outside the cafeteria on April 5th. School is supposed to be a safe place. S.P.A.R.K. A Change is there to help it become an even safer place.

S.P.A.R.K. A Change

If you happened to be in the cafeteria on February 9, you may have noticed the many pages of student signatures hung up on the walls. These pages were filled with signatures of students from last semester who decided to sign the petition to commit random acts of kindness for the club known as S.P.A.R.K. A Change. They obtained about 600 signatures last semester at their "Got SPARK?" event, which was sponsored by the Communications Department of Bergen Community College.

The S.P.A.R.K. A Change Club of Bergen Community is a fresh face this semester. While this is their first semester as an organization, the club has been together since the semester of fall 2010. The idea came about during a lecture in Professor Jamie Keller's Communications class. The class was watching an episode of MTV's "If You Really Knew Me" and then were asked to write a one page reaction paper. As Professor Keller was reading the reactions of the students, the concept of the group was conceived. The following lecture, Professor Keller proposed her idea to her students and 45 of them committed to the group. It was not until the suicide of the Rutgers student, that the club's wheels were put into motion.

Professor Keller and the Executive Board of the club were very eager to share their story with me. Each board member knew the history as well as the ideal of the club. They were all involved in explaining their hopes for the club as well as the direction they wish the club to go. Professor Keller wanted to make sure Nestor Melendez, Director of Student Life, as well as the entire Communications Department was thanked for all their help in sponsoring their Got SPARK? event. Both Dean Amparo Coddin and Chairman of the Communications Department Elin Schikler were very supportive during the process the group went through to become an organization.

This semester, the club has about 63 very active and committed members. At the head of these members, is a highly dedicated and friendly Executive Board. The board consists of President Kelsey Barrows, Vice President Naomi Velez, Secretary Mai Kojima and Treasurer Kyran Guerra. This group of student leaders has created several committees within the club to help the club's message out to the rest of the student body.

The club's name S.P.A.R.K. is an acronym for Students Practicing Acts of Random Kindness. You can see their flyers hanging all around the school promoting the goal of the organization; promoting awareness of bullying and effective techniques for prevention. These students are committed to set an example by doing random acts of kindness and encouraging other students to follow their lead.

The club's goal for the semester is to become more apparent and more of a movement. They want to get their anti-bullying message out to as many students as the can, while also promoting awareness and prevention. The club is also planning on visiting high schools as inspiration as the members of the club would speak about experiences in their own lives, as well as answer any questions that they are asked.

The club has been busy planning great events for this semester. They are hosting a Bake Sale as their pay-it-forward event for the semester. The proceeds will go to a S.P.A.R.K. Club member, who is in need of a kidney transplant. They will be hosting a pay-it-forward event each semester to help a member of the community. The club is also holding its first anti-bullying day outside the cafeteria on April 5th. School is supposed to be a safe place. S.P.A.R.K. A Change is there to help it become an even safer place.

Members of Bards & Scribes club posing while writing poetry

Photo by Frank Panzarino

Photo by Frank Panzarino

President Evans Mbai, Treasurer Randy Hale, and Secretary Dianne Castillo, this is one of the new up-and-coming clubs in Bergen Community College.

The club's main goal is to create a safe community for writers to share their work if they feel like it and to set aside some time to write. So no more excuses, get to room C-315 on Wednesdays from 12:30p.m. to 1:30p.m. and write!
There are lights within every step I take.  Shining upon a path I never thought existed.  I try to understand where this road leads, but all I see is an empty space, a bright space which frustrates me.

These lights; these selfish lights, peeling away the darkness which contains me, but somehow I feel liberated.

I begin to believe in this path and continue with a forward motion, leaving behind traces of crushed blades of grass, suddenly these bright lights begin to burn.

They shine but also make me aware that this road wasn't meant for me to walk on.  The light dims but then where does that leave me?  Stranded, cold and alone, waiting for a sign.

The path begins to get covered by an abundance of leaves until I can no longer see it.  The road is lost and so am I, with no way of knowing which way is home.

As I dig my way into the leaves, looking for the path, I notice something.  Each leaf has a message written on it, reading “You lead your own way.”

Forgetting about the path, the light begins to shine again.  But this time, there was no path to lead me.  I make my own path and the light shined across as far as I could see, letting me know that every step I made was my own.

Every step I made would affect me.  Every step I made, shined upon by this light, was at my reach and I could make anything possible.

It’s March, are you feeling lucky?  We’ve had our fun with Bingo and Karaoke.  Now, come join the Student Activities Board’s remaining events this month and test out your luck.

Are you on S.A.B’s Wanted List this month?

You have a 3.0 GPA, have a talent and active in your community or in Bergen? Do you have what it takes to be the next Mr. BCC?

If you have any questions regarding any of our events please email us at bergensab@gmail.com.  Always keep an eye out for S.A.B posters because some of the event times and dates might be subject to change.  See you at the next event!

Beautiful Noize Is Coming

Get ready for the most exciting spring event Bergen has ever seen.  For the first time ever, BCC is hosting a student produced concert and it truly has been long awaited.

The Black Student Union (BSU) in association with Student Activities Board (SAB) presents Beautiful Noize Entertainment live in concert on April 7th at 7:30 p.m. in the gymnasium, featuring various opening performances by our very talented Bergen students.

Beautiful Noize Entertainment is an independent record label based in Burbank, California.  Founded in 2009 by CEO Jaquan Barnett and Alshawn Barnett, it is currently comprised of four emcees and two R&B singers including our upcoming guests, Artis, Big Tone, Ming, Madison Kaine and Q.  These members are focused on creating a movement of independent music, designed to uplift communities as well as encourage change in our society.

Since the massive distribution of their released mix tapes, Artis-“Raising The Bar” and Big Tone-“Mic Theory,” that took place at Bergen on December 15, 2010 by members of the BSU, this concert has been talked about for months.  With the aid and guidance of the Office of Student Life, this event will definitely be exactly what the students need to officially welcome in the spring.

Students who attend this Spring Hip Hop Concert 2011 are truly in for a treat.  When you mix in special guests Austin Suarez and the lovely Anjajy Jimenez, you know the show will be spectacular.  Starting off the show will be Precious Frazier, president of BCC’s Dance Club, along with her team of dancers.  They will be performing crowd pleasing pieces along with a step show.  “We are very excited to perform in front of the students,” said Frazier.  “It’s a great opportunity to showcase our talents and abilities.”

Their performance at this concert is but a mere Prelude to their own concert event, taking place the very next night in Ender Hall Lab Theater.

Our next Bergen student performers will be R&B sensation, David Lomax, known as Lomax vi L’Avenir along with Randy Hale, known as BrandNewJersey.  Lomax has performed at many events hosted by Bergen including the recent Black Business Summit, hosted by Hot 97’s Uncle Ralph and the SAB, as well as a show at the Bergen Performing Arts Center.  “It would be really cool to open up for Beautiful Noize,” said Lomax.  “My favorite song is [Artis’] Feel Me.”

Lomax will be singing tracks off his upcoming album, “Words Not Spoken,” which drops April 20th.

Closing off the opening acts for the main event is our very own Bergen Band, Isaac’s Horizon.  Isaac’s is a heavy funk band, known for their high energy shows and technical proficiency.

They’ve performed all over the New York/New Jersey area including colleges such as Montclair State University, the State University of New York, and our home, BCC.  With Chris Gellar on the drums and Bergen students Richard Maddox in the bass/backing vox, Johanne Pantinilla playing lead guitar backing vox and Joey Taylor contributing lead vox, you can be sure to feel the funk from the speakers.  Isaac’s incorporates the deep passionate music, videos or to download the free mix tapes to familiarize yourself with the deep passionate music, visit www.beautifulnoizeent.com.  This is a concert you definitely don’t want to miss!
What's going on in the Bergen County music scene right now? It's completely blunt, absolutely nothing. There's a few bands that are keeping things new and interesting: Haunted Houses, Prawn and Lost Blue to name a few. But other than that, everyone else is just another cookie cutter band to throw away and forget. Not only that, it feels like our band is the cure to both of these things and I can only hope that they will be around for a while to do so.

Guidelines is part of a scene that is slowly growing in Montclair State University. The band has recently released a powerful seven song CD EP, with sounds similar to Osceola, Suis la Lune and Touche Amore. Guidelines soars above the rest of their New Jersey counterparts with passion and emotion that doesn't feel forced at all. Though at times the songs can become redundant, the record keeps me listening the whole way through. For a band that's played few shows, their first release is something that shines and shows potential. "Warren" and "Bison" are stand out tracks for sure. The ending of BISON breaks my heart with it’s melodic vocals and the guitar playing on Warren cannot be described in any other way than the sound of unity in depression.

Other than Guidelines, there are a few good shows coming up in the area to look forward to:
- Trash Talk and OFF! at Santos Party House Mar. 26, 2011
- To those who care about our scene: keep it real. Do it for yourself and for those around you, not for the idea of getting big. Live together or die alone.

THE TORCH
VOLUME 18 ISSUE 6
MARCH 2011

DIY Or Die
Guidelines: Not a Band to Forget

Thaddeus Abbott
Contributing Writer

What's going on in the Bergen County music scene right now? It's completely blunt, absolutely nothing. There's a few bands that are keeping things new and interesting: Haunted Houses, Prawn and Lost Blue to name a few. But other than that, everyone else is just another cookie cutter band to throw away and forget. Not only that, it feels like our band is the cure to both of these things and I can only hope that they will be around for a while to do so.

Guidelines is part of a scene that is slowly growing in Montclair State University. The band has recently released a powerful seven song CD EP, with sounds similar to Osceola, Suis la Lune and Touche Amore. Guidelines soars above the rest of their New Jersey counterparts with passion and emotion that doesn't feel forced at all. Though at times the songs can become redundant, the record keeps me listening the whole way through. For a band that's played few shows, their first release is something that shines and shows potential. "Warren" and "Bison" are stand out tracks for sure. The ending of BISON breaks my heart with it’s melodic vocals and the guitar playing on Warren cannot be described in any other way than the sound of unity in depression.

Other than Guidelines, there are a few good shows coming up in the area to look forward to:
- Trash Talk and OFF! at Santos Party House Mar. 26, 2011
- To those who care about our scene: keep it real. Do it for yourself and for those around you, not for the idea of getting big. Live together or die alone.

RAIN
A Tribute to Beatles

Rain continues Beatles' legacy

Cesar Alvarez
Staff Writer

The lights go off at the Brooks Atkinson Theater in New York City as the crowd murmurs in anticipation. There are two TVs on either side of the theater, showing videos that represent the 60’s. The crowd eats it up and then suddenly the lights go on stage and we see the Beatles in their first performance in North America on the Ed Sullivan Show. The crowd is ecstatic as they go back in time to where it all began.

The truth is, these are not the Beatles nor are they trying to be. This true up cover band called “Rain” is a fitting tribute to one of the most influential bands in history. Rest assured that all of the Beatles members would be very proud because these gentlemen, Joey Curatolo, Joe Bihlorn, Steve Landes and Ralph Castelli sound just like their counterparts.

The show is divided into three periods and the costuming is very accurate as we travel from the Ed Sullivan show to the Beatles concert in Shea Stadium, to the Sgt. Pepper era and culminating on the rooftop. These actors are full of charisma and the crowd really had a good time. Technically, the show hits its stride at the end of Act I as we are introduced to a Psychotic spectacle of lights and sound. All of the love that the people showed for these performers lets us see that the music of the Beatles is timeless and these performers have shown us tremendous courage to emulate their idols. As for the crowd, everyone big and small, old and young loved the show from the first moment experienced to the curtain call at the end.

So, if you have time head down to the theater, prepare to twist and shout and be introduced to Sergeant Pepper’s lonely Hearts Club Band, whilst traveling back to the Apple Corps Roof top to see the most influential band in history for one time. For two hours, you will be seeing the Beatles again and you’ll cherish every minute of it.

Dead Space 2

Nicholas Garcia
Contributing Writer

To start, Dead Space 2 is definitely not for the squeasy. This sequel is reminiscent of its predecessor along with added gore, heads being tossed to the floor and exploding babies. This intensely violent game revolves around Isaac Clarke, returning protagonist, who is battling dementia as well as foreboding visions from his dead girlfriend.

The entire game is one big third-person shooter-thriller. Progression with your overarching mission is constantly being hindered by giant monsters that surprise you at every turn. As you get further into the game, larger hordes of monsters attack from every direction. They become faster and stronger. You quickly learn that two bullets are much better than one while you rapidly run out of ammo, often trying to stay alive with about five bullets throughout the entire game.

Dead Space 2 is a hard game. Even playing on a normal difficulty level can feel like playing on hard mode. There is an unlockable “hardcore” mode which allows you to save only three times during the whole game. I would recommend it to anyone who is looking for a good thrilling experience.
La Vida Loca: The Gang Culture of California

Edaward Lee
Contributing Writer

When thinking of the violence and gang culture in East Los Angeles, you may mistake it for an underdeveloped war torn country. This was the reality that Luis J. Rodriguez, a prominent Chicano writer, is best known for in his 262 page memoir of gang life, “Always Running: La Vida Loca, Gang Days in L.A.” Rodriguez has won many literary awards including the “Unsung Heroes of Compassion,” an award presented by the Holy Dalai Lama.

Despite all of his accomplishments and awards, Rodriguez tells the graphic tale of la vida loca which means “the crazy life.” As a youngster growing up in the United States. Rodriguez tells the inspirational true tale of someone who was not supposed to live past the age of 18, yet defied all the odds, while at the same time becoming a positive member of society. The content of his book may spark many emotions as he describes issues and experiences from police brutality to the fight for equality by organizing a school walk-out.

Tony Lopez
Majors: Accounting and Business Administration

In the television industry, it’s not hard to see the change of the programming in these recent years. Twenty or so years ago, television concentrated on cliché Soap Operas and romantic comedies from the 80’s. By the dawn of the new millennium, we have noticed a change in television as more feminine figures have emerged and put a new face to what it means to succeed as a woman.

“Parks and Recreation” is an American comedy television series that debuted on NBC in 2009. It was co-created by Greg Daniels and Michael Schur, part of the creative team on the NBC version of “The Office.” It stands as one of the most intelligently written shows on television. The ensemble cast complements the show in many ways as we laugh and wonder at their personalities.

At the beginning of the first season we are introduced to the main character, Leslie Knope and we are immediately led to believe that she is annoying (which she is to an extent). However, we are eventually shown, layer by layer, how this woman stands up for her beliefs, is very respected and is not let down by any situation. The show is focused on the comedic side of situations and it actually works. Despite even exaggerated situations, Knope is determined to get out of them.

Tony is a financial whiz who likes to examine the market from the inside out. But he’s also a people person who’s intensely interested in the human factor. The Cotsakos College of Business at William Paterson University showed him how to blend both into an incredible career.

Build Your Portfolio at William Paterson University

Plan Your Next Move at wpunj.edu/campusvisit.
March

**SUNDAY**
- **28**
  - Speaker Series: Gloria Steinem
  - BCC Gym
  - 6:30 p.m.

**MONDAY**

**TUESDAY**
- **30**
  - Women’s Institute Luncheon with Speaker Lisa Oz
  - Tec 128
  - 12:30 p.m.
  - Tickets: $7

**WEDNESDAY**

**THURSDAY**

**FRIDAY**
- **1**
  - Break Dancing
  - Anna Maria Ciccone Theater
  - 2:00 p.m.

**SATURDAY**

**APRIL**

**SUNDAY**

**MONDAY**

**TUESDAY**
- **5**
  - A Fosse Tribute
  - Featuring the dance style of Bob Fosse
  - Ender Hall Lab Theater
  - 7:30 p.m.

**WEDNESDAY**
- **7**
  - Speaker Series: Nicholas Kristof
  - Ciccone Theatre
  - 1:30 p.m.

**THURSDAY**
- **8**
  - Speaker Series: Mrs. Gillian Sorensen
  - Tec-128
  - 6:30 p.m.

**FRIDAY**
- **11**
  - Last Day to Withdraw

**SATURDAY**

**WORLD WEEK END**

**APRIL 7**
- **Presented by SAB & BSU**

**APRIL 20**
- **BSU’s Jazz & Poetry Night**
- **Tec-128**
- **Time: TBA**

**APRIL 22**
- **Leadership & Diversity**
  - Sign up at the Office of Student Life
Tennis Slams

Alfred Martinez
Staff Writer

Going into the 2011 season, Bergen’s tennis team looks to serve up some serious heat come competition time. In BCC’s upcoming schedule, fans can look forward to a 12 game season beginning on March 24th. First on the list is a road game against the Vikings from Mercer County Community College who, last season, sported an overall 10-2 record. With the schedule in place and the roster almost finalized, Head Coach Sal Guillen is focused on improving his team from a year ago.

“At this moment, I am optimistic we are going to have an excellent season because the six players that we have are top shelf,” said Head Coach Sal Guillen. “My only concern is the size of my roster, 8-10 players would be ideal. Barring any injuries I feel we are going to be extremely competitive.”

Of the six players on the roster, four are returning players; Robin Jaramillo, Charlie Lolak, Joshua Pecson and Michael Remedio. Randy Esmejarda and Keith Lee are newcomers on the team which are expected to make great contributions to an already talented and experienced veteran team. With spring in the air, one can catch a glimpse of the team during practice at BCC’s tennis courts behind the TEC building.

In addition to the team’s veteran status, this season is the first time the tennis team adopts an assistant coach, Mr. Amr Farag. With talent, experience and now more instruction, one can be hopeful the team improves from a 2-8 record of a year ago and plays in more meaningful matches reminiscent of 2005.

In 2005, Bergen captured the Region 19 Tournament championship for the first time ever and participated in the NJCAA National Tournament in Texas. This year the Region 19 Tournament is scheduled for April 29 and 30 at Mercer County Community College the site where Bergen’s tennis team plans on building their road toward a successful season.
Lady Bulldogs

Staff Writer

David Gonzalez

When you combine the returning pitching staff from last year with the talent of today's freshmen, what you get is a seasoned rotation ready to take the Bulldogs to the top of their division according to Head Coach Jorge Hernandez. Hernandez puts a lot of weight into his returning aces, sophomore Kyle Van Vliet and Adolfo Rodriguez, who combined for 7 wins last season. Add to that Dillon Steitz, who was 2nd in saves nation wide, and it is easy to see where Hernandez gets his ideas.

Bergen's bullpen is strong with Mike Margacoo, Jordan Weinstein, Antonio Rivera, Ian Steopy and Rafael Rivas. Out of these core pitchers, two will fill utility positions—Rivas, who will also be manning center field and Steppy starting at 2nd base. Although last season's first round playoff performance did not go as planned, Hernandez insists this year will be different, with a deep one.

Moving forward, the Bulldogs Head Coach Jorge Hernandez and Assistant Coach Derek Rosenfeld sound upbeat, "We've definitely upgraded from last year, both defensively and offensively, as well as with the pitching staff. We look to have a very successful spring 2011 season, with over 20 wins. Looking back on last year," he said "we lost the first round on the 3rd game last year and we look to get into the second round this year. That's our goal." If there is any indication of the determination of this team, it was definitely exhibited back at the start of the season, March 5, 2011, with a sweep of a double header against Prince George CC of Maryland. Final scores were 9-4 in the first game and 11-1 in the second game, with Adolfo Rodriguez and Mike Margacoo, respectively, earning their first win of the year.

In the first game Mike Brito (freshman) from Paterson, went 2-2, with 3 runs scored, an RBI, 2 BBPs, BB and had 3 stolen bases. Mike Rizzo (freshman) from Lyndhurst, went 1-2, 1 run scored, 2 RBIs, 2 BBs and added a Double and a stolen base. Guido Cunillera (1st base) from Clifton, went 2-3, with 2 runs scored, 2 RBIs, a Double and a stolen base. Guido Cunillera, from Clifton, went 2-3, with 2 runs scored, 2 RBIs, and added a Double. Marco Casinelli, from Lyndhurst, went 1-2, 1 run scored, 2 RBIs and added a run, and a stolen base.

On March 14, 2011, Bergen won their first home game of the season against Borough of Manhattan CC, which almost slipped away late in the game. Tenaciously the Bulldogs were able to hang on by a score of 9-8. But, keep your eyes on the schedule; Bergen's next home game was against rival and nationally poll ranked # 9, Brookdale Community College, on Tuesday, March 22. Another rival home game fans can attend is against Union Community College on Thursday, March 31.

A Pitch for Perfection

Alfred Martinez

In what has been disappointing seasons in the past two years, new Head Coach Karen Strittmatter is determined to refurbish the Lady Bulldogs’ softball program and put the team back on a winning track. Heading into a new season, Coach Strittmatter is implementing positive attitude and good experience, from her 25 years of softball knowledge. A onetime Bergen alumnus (1978-1980), played on competitive teams as a pitcher under then Head Coach Kathy Pignatelli, a professor in the Wellness and Exercise department. As a player at Bergen, Strittmatter earned honors as an All-Conference, All-Region and All-American player, earning herself an athletic scholarship to play at Seton Hall University. She was an assistant coach at Division 1 and 2 programs. At Division 1, Iona College, she helped the players earn the MAAC championship that catapulted them into the regional tournament held in Texas. In recent years, she was Head Coach of Midland Park’s high school softball program. There she instantaneously stamp her mark of success, leading a couple of her teams to county and state tournaments. With her credentials as a player and coach, the example is carefully set for her players to succeed this spring and into the future.

After a brief interview with Strittmatter, the expectations are to at least a .500 ballclub, but with the goal of swinging for the fences. With the team preparing since January, the chemistry has grown a lot. With many new faces from different backgrounds, learning curves have been part of the growing pains and the coach’s message is, “They have to give it their best, if they make an error they need to bounce right back and do the best they can with it. Not to get mad at themselves, they get angry and forget what is still to become of them. That goes true in life, you just can’t stop, if you make a mistake you have to rebound and move on. Hopefully that is something that they will learn and get out of this, that they have to keep going forward, keep pushing forward.”

Before the season begins on Friday March 25, 2011 against Orange County Community College, the team will be heading to the sunshine state to be ripe for meaningful games when they return. On the roster will be 14 players with three returning from last year. These players are all looking to place their own stamp on and off the diamond.