Phi Theta Kappa’s Satellite Seminar Series Presents:  
Gender and Power in Relationships

**By: Martya Gonor**

**Staff Writer**

For many years, Phi Theta Kappa’s satellite seminars have been a great way to educate the students of Bergen about important issues of our present time. This year will be no different. Our Alpha Epsilon Phi chapter of Phi Theta Kappa will continue to promote scholarship among our peers. Also, this year students who attend the seminar not only have a chance to learn a lot from the speaker, but they can also express their opinion on the subject matter. Each seminar is being followed by a discussion, which is important because we, as students, have voices that have to be heard.

The first seminar was held on the 26th of September in room C-102. The topic of that seminar concerned power in relationships. Dr. Pepper Schwartz turned out to be a great speaker. She touched on some very significant aspects of the relationship between males and females. The people who attended seemed to enjoy the event, and participated in the discussion. It is obvious that events like these are very important for students of Bergen. To find out more about the seminars and topics that will be discussed later, I decided to speak to the person who is responsible for the organization of the event, the Vice President of Scholarship, Mrs. Tilia Gode. (who by the way was doing a great job so far).

** Presenter: Dr. Pepper Schwartz**

Q. So I heard that this year’s seminars are going to be a little different that the ones from years before. How different and why?

A. This year’s satellite seminars will strictly deal with our new honors study topic: Gold, Gods and Glory: The global dynamics of power. By exploring power in all the different ways it appears, we will be trying to enhance an intelligent climate among all the students. In addition to the different topics presented, this year’s seminars will be held in the student center. They will be preceded and followed by a dynamic discussion. We want a much greater part of the student body to take advantage of this amazing educational opportunity created for them.

Up-close and Personal with Bill Miller

**By: Justin Keenan**

**Entertainment Editor**

As I enter the quiet classroom where Grammy Award-winning singer/songwriter Bill Miller is scheduled to have an intimate lecture with students about the music industry, I see him in a nearly empty room, smoothly strumming his Takamine, “Nashville.”

After a few minutes, I am reminded of my experiences with Miller: his expert songwriting, his beautiful melodies and harmonies, and direct yet metaphoric lyrical style. First, I ask him about his guitar. He explains that the Takamine G1000 sends him all kinds of promotional goods while he is on tour and that this particular guitar is his favorite. “I had it custom made from a prototype of a guitar called ‘The Nashville,’ ” he says in a cool, calm voice. “The custom work on the guitar is evident by the Native American graphic on the front of the body.”

Bill also talks about his new record, due out sometime in December, produced by New Orleans’ Judd Spencer. The new album used only one vintage room microphone, a laptop and a “room recording,” he states. “People say the drums (on the album) sound really awesome which is funny, because we only used one room microphone to capture all the instrumentation,” Miller explains. “It’s really hard to find someone who appreciates that acoustic, clear sound of a clean recording,” he states. “I feel that some of the best natural recording work comes out of Nashville.”

As the classroom begins to fill, Bill switches modes. An energetic and inspiring Bill Miller, one who tells amazing stories of his career, encourages others to create those same stories. He starts with an explanation for his work, “Humming Bird Song,” with a fantastic tale of his trip to the Grammy Awards. “I was between heaven and hell,” says Miller, referring not only to his state of mind, but also to the fact that behind him sat a large gospel choir and in front of him, the heavy metal band Slipknot. As the story continues, he won the Grammy Award and was completely surprised and amazed at his feeling of accomplishment not only for himself, but for his listeners and the power of music.

BCC Students Experience "Intensity"

**By: James Robinson**

**Staff Writer**

Where were the 1984 Summer Olympic Games held? How many U.S presidents have been assassinated? Was University did Magic Johnson attend? If you know the answers to these questions, you might have won the cash prizes that were awarded to the winning teams during the game show Intensity.

These were just some of the questions that had everyone guessing during the show. If you were walking through the Student Center here at BCC on September 19th, you probably saw a crowd of students and PCCA staff calling out answers during the show. Intensity was just one of the events going on during last month’s Bergen “Welcome Week” celebration, but it’s a game students who played and viewed will not forget.

Produced by Casting Edge productions and hosted by Josh Hull, the show grouped three-to-four players and made up five teams in total. With multiple choice questions appearing on a big screen, it was up to the contestants to punch in their answers on a remote control while time was running out. The student’s attention in the game seemed to grow when Mr. Hull explained that there were cash prizes to be won. While the game was played, anyone within walking distance of the Student Center seemed to be stopping by to check out the excitement. At the end of each round, five students selected from the audience played a mini game, involving a hula hoop contest among other things.

After the show, I asked some students who watched and played along what their most memorable moment of the game was. They all answered the “Chubby Bunny” game. The “Chubby Bunny” game is a simple game. The object of the game is to put one marshmallow in your mouth, and say “Chubby Bunny.” If you say it clear enough, your mouth, and say “Chubby Bunny.” If you say it clear enough, you probably saw a crowd of students sitting at the Student Center and in the Student parking lot playing the game. The “Chubby Bunny” game is a simple game that you probably saw a crowd of students sitting at the Student Center and in the Student parking lot playing the game. The “Chubby Bunny” game is a simple game that you
Bill Miller

Continued from Cover

for our students to be informed

regime until the hand-over of

The Iraq

Our students are "mess-ups" – a euphe-

The course description

Finally, why is it impor-

English.

“B is for Bergen ... That’s Good Enough for Me.”

BY: MICHELISA LANCHE

STAFF WRITER

It’s a Saturday afternoon. A del-

to the success of the speaker’s aspi-

FROM COMMUNITY COLLEGE.

I'm only going here because it's

So come and express what you

Satellite Seminar #2 - The Iraq

Money in Washington

Where: In the student Center

Presenter: Arun Gandhi

So come and express what you

think, because your opinion

counts!!!

CNC NEWS

BCC NEWS

Phi Theta Kappa's: Gender and Power in Relationships

Presented by

Steve Vincent

Saturday, March 18, 2006 7:00-8:30 pm

Where: In the student Center

Presenter: Jeff Birstbaum

Satellite Seminar #4 - Lessons Learned from My Grandfather

Where: In the Student Center

Presenter: Arun Gandhi

Satellite Seminar #3 - Money Talks: Lobbyists and the Power of Money in Washington

When: Tuesday, October 24, 2006 7:00-8:30 pm

Where: In the student Center

Presenter: Dan Senor

Satellite Seminar #1 - The Israeli/Palestinian Conflict

Where: In the Student Center

Presenter: Dan Senor

Continued from Cover

scholarly articles. It is very impor-

What was the last novel

that you liked the least?

What is the topic of your

presentation at the

first seminar? I left

with the opinion that the environ-

ment created was not welcoming and

that there was not enough space
to better accommodate our listeners, which will not be a prob-

lem for the following seminars since they will be held in the

Student Center. This will unquestion-

ably be more comfortable for all

the attendants.

Q: What is the topic of your

speech and in your opinion do

you think it is important to

the students of Bergen?

Our presenter for the 2nd

Satellite Seminar is Mr.

Dan Senor. Senor is the former

Chief Spokesperson for the U.S.-

Iraqi Joint Ventures Group and

Advisor to Presidential Envoy L.

Paul Bremer III, the Administrator

of the Coalition Provisional

Authority. He served in this post

from the fall of Saddam Hussein’s

time in expository writing. Its

principal aim is to help students

write well-organized, logically

sound, rhetorically effective,

and grammatically correct prose.

The course also introduces

research techniques, especially

thoughtful synthesis and analysis

of sources.

English Composition I at Bergen "empha-

sizes the writing process, and con-

centrates on the organization and development of ideas in written

work and on student responses to

reading. Attention is devoted to

correct language usage and on

research and the basic techniques

of MLA documentation." In not

so many words, Bergen essentially

described the same courses at NYU

and Columbia; the three classes

consist of reading texts and writing

devices of thought, and the writing

of both exploratory and argumenta-

tive essays. Examinations, inquiry,

reflection, analysis, revision,

and collaborative learning.

Columbia describes in College

Composition I class for freshmen

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...
We are happy to report that the Library renovations are proceeding on schedule. Work on the low-ceiling area of the main floor should be completed by the end of October. When this work is completed, the space will be opened for students, and we will begin work on the Atrium, the final stage of the project.

The renovations began in July, and it has been amazing to see some of the old walls come down, new rooms constructed and the very old carpeting replaced by clean, cushiony carpet tiles. However, the best part of the renovation has been the response of Bergen students. Students returned in September to find 1/3 of the Library space blocked off for construction; crowded study areas, and the occasional noise of saws and drills. Throughout all this, students have been extremely patient, and understanding.

Recently, however, I did speak with a student who was understandably displeased by the noise and the reduction in study space. Libraries are very difficult spaces to renovate without either closing down completely or re-locating to other areas. Neither was a viable alternative to the noise of the work during the remainder of the Library and provide additional staffing at the Atrium for the final phase of the renovation. During this final phase, we will shift furniture to maximize the number of seats in the reference and circulating collection were moved to the upper level. There are also two silent study rooms and a photocopier, located directly across from the front elevator on the upper level.

C210 was opened as a quiet study room. The Library is also quieter and less crowded on weekends. Weekend hours are: Saturday 8:00 to 3:30 and Sunday noon to 5:00. Sometime in early November, we will be closing all of part of the Atrium for the final phase of the renovation. During this final phase, we will shift furniture to maximize the number of seats in the reference and provide additional staffing at the Reference desk. We ask students to help by observing these guidelines:

- group study (2 or more) is restricted to the main floor
- The upper level is reserved for individual study
- Cell phones may not be used to make or receive calls. Ringers must be turned off.
- Construction areas are off limits.
- Food is not permitted. Covered beverages are allowed.

Students can also use the Library's web-based resources from any computer on or off-campus. These web resources provide access to electronic books, thousands of full-text newspapers, magazines, and journal articles, and other reference resources. Access to these resources is available from the Library homepage: www.bergen.edu/Library under Find Articles/Electronic Resources. For off-campus access, students need the 7-digit number on their college photo i.d.

There are also reference librarians working the College administration to set up additional study areas and, in mid-September, room

and to find books and magazine articles in the Library's web-based resources. Library staff at the circulation/media desk can help find books, use microform readers, and duplicate audio tapes for students enrolled in AEL and World Language courses. To provide students with a quiet place to study away from the construction area, the reference and circulating collection were moved to the upper level.

My office is located in L216 near the front elevator on the Library main floor. My door is always open, and students are welcome to stop by at any time 9-5:00. I am frequently in the Library after 5 p.m., but if you need wish to reach me after hours, please email denholm@bergen.edu or post your comments to the "Director's Blog." A link to the Blog can be found on the Library homepage.

Pat Denholm, Library Director

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**Game Show "Intensity"**

Continued from Cover

you get another marshmallow to and put it in your mouth. And then another. And another. The game went on until someone could no longer speak clearly the please given and the last one left is the winner. At the conclusion of the show, three separate teams had won cash prizes with their friends rooting them on. Indeed, the show lived up to its name by providing an intense experience for everyone who played.

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Learn more
Co-Curricular Program: BCC Bus Trip to the Metropolitan Museum of Art

BY: DOUG SMITH
STAFF WRITER

Going to the BCC Metropolitan Museum of Art trip was no easy task. Due to the popularity of the Museum, it was already sold out by the time I inquired about going. Luckily enough, my French teacher (the enthusiastic Linda Robbins) is a major coordinator of school events and told me to just go around noon and try to meet up with the trip then. I arrived early, but soon found myself a bit lost due to the enormity of the museum and the fact that the bus arriving place was further down the block. I was worried, but I didn’t need any companions on this excursion. I had my camera ready, mostly hoping to find some BCC people, and my eyes were open for what was to come.

The first place I went to was the European sculptures. I was impressed by their extensive collection of more than a dozen of European-style marble sculptures; they were all installed together so you as if you are little and insignificant. This room was really impressive because of the inspiration it gave off. It had more chairs to seat artists than any other, which were full of people trying to capture a true perspective of this three-dimensional masterpiece.

After the sculptures, I did a bit of wandering, browsed through the Latin and African pieces and then accidentally stumbled upon the elevator to the rooftop garden. This was really nice, but might not be what you’d expect. It’s not much of a garden at all, it’s really more of a view of the New York skyline at a distance with Central Park being your immediate surroundings. It was enjoyable because you could see a lot of things without going down in a hurry and try to see if someone is taking a shot so I went down in a hurry and try to see where it’s coming from. That is why life seems so much easier, because I don’t have to keep worrying.

The next stop in my wandering brought me to the Modern Art section where I was surprised to find a very nice marble sculpture of a woman’s face, a stark contrast to more modern styles. Even more surprisingly, as I thought I was doomed to roast alone, I stumbled upon a student and also cousin of mine, Marcia Geise, who enlightened me about everything else in the museum that was impressive. I took her advice and went to the other side of the building where I found an ancient Nubian temple that I quickly inspected. She took me over to another room of sculptures set in a garden type of scene with stained glass windows facing Central Park. In the back room, I came upon an exhibit of ancient armor where there were re-created knights in full battle gear that seemed as if I was standing in front of Don Quixote himself.

On the way back, as my time was limited, I strolled through the many endless rooms of paintings. I worked from famous artists such as “El Greco.” Just when I was going to run into one of my fellow class mates, Marcia Ribeiro-Morman. She was blissfully taking notes on the works that she enjoyed for future reference. I was impressed by her knowledge of art and all of the museums that she had visited all over the world. I definitely have some catching up to do.

Shortly thereafter I proceeded to leave, regretfully so, as there were many more things that I was not able to see including a photograph of a picture titled “New Orleans after the Flood,” and “Cézanne to Picasso,” exhibiting a plethora of avant-garde pieces. No worries though, I can return at any time. I recommend the Metropolitan Museum to anybody interested in art because over there, there’s a style for everybody.

Sources (pertaining to the Temple of Dendur):

dur

The War No One Wants

BY: BAHADIR BAHARAN
STAFF WRITER

Rich Cleri is a 26-year-old public safety officer here at BCC. To be a combat veteran of World War II and our father was in Vietnam. So I felt as though it was now my turn by going into fighting in Iraq. Now, I wouldn’t have. I did have a runs gear that seemed to be moving through an ordinary day here because it seemed so much slower and calmer. In Iraq I had to have a lookout for enemies, and here everything is just so relaxed in comparison. I’m not even used to having to people stand close to me because I never had a stranger come close in Iraq. Even the small things are different like when a car tire backfires, I think that something is taking a shot so I go down in a hurry and try to see where it’s coming from. That is why life seems so much easier, because I don’t have to keep worrying.

Rich Cleri told me, “I would be willing to risk myself for a better life.” We often pity soldiers when they go to war. We pity them because they are always in danger. But knowing that coming back in one piece will result in a much better life, I say pity us.
On November 7th, Congress will hold its bi-annual elections and many of the incumbent Congressmen involved could be on their way out. Here in New Jersey, Senate Bob Menendez is running for re-election against Tom Kean Jr., a Dartmouth College graduate and former special assistant to the United States Environmental Protection Agency during President Bush’s administration. Senator Menendez has been the junior senator for New Jersey ever since 2002. Corruption has been the theme, especially during the time President, Senator Lieberman has been elected to the Senate in 1988 and is currently serving the tenth term in office along with Senator Chris Dodd. In March of this year, Mr. Lieberman was challenged by fellow Democrat and businessman Ned Lamont. Mr. Lamont distanced himself from his Independent roots, running on nearly every issue, most notably, the senator’s position on the war. Mr. Lieberman has also brought close ties to President Bush. Mr. Lieberman has continued to support the war, while his Democratic colleague Senators have made their case well known against President Bush and the war. In 2005, the Senate approved a resolution to pass the new legislation he requested to the Geneva Conventions as they see fit, ultimately achieving the rank of teens suicide. Days after being quoted in a local newspaper, Dale received a letter stating that he no longer met the Boy Scouts’ standards of morality. At the age of 19, Dale followed his core beliefs and continued the non-profit civil rights group Lambda Legal Defense, who filed his suit for reinstatement into the Boy Scouts. After many delays in the legal system, the case grew stronger when New Jersey expanded its non-discrimination law. In a 1995 decision against Dale, a judge called him a “sodomite” and ultimately generated national attention as he quoted from the Bible, declaring homosexuality “criminal and immoral.” That ruling was overturned in 1998 by a state appellate court and one year later the New Jersey Supreme Court handed down a landmark civil rights decision ruling unanimously that anti-gay discrimination violated state law. Unsurprisingly, the Scouts appealed their loss to the U.S. Supreme Court, and Dale’s case was heard on the last day of the spring 1999-2000 term. Just two months later, a deeply divided Court ruled that the Scouts had the right to expel gay youth leaders and in its unanimous 6-3 decision stated that the Scouts’ right to “free associ- ation” was guaranteed. Under the organization’s bylaws, gay youth were allowed to join Scout troops, but the organizations were forced to admit those who disagree with Scouting values.

The fact that a number of senatorial candidates decided to speak out against the President on such an important issue during an election year exemplifies the tumultuous growing amongst certain members of Congress towards the White House, a sight rarely seen during President Bush’s six years in office. Several weeks later, on September 23st, it was announced that Congress and the White House had agreed on a bill relating to the treatment of the detainees in the war on terror. President Bush said that “the agreement clears the way to do what the American people expect us to do...to capture ter- rorists, to detain terrorists, to ques- tion terrorists and then to try them.” Senator McCaity also stated that there “is no doubt that the integrity and letter and spirit of the Geneva Conventions have been preserved.”

The race in Connecticut is primarily between Mr. Lieberman and Mr. Lamont. In total, the Democrats would need to hold down all of their cur- rent seats and acquire 6 new ones to ultimately come into power of the new Republican-controlled Senate. A fact which many have predicted to be too large for them to achieve. The House of Representatives, which the Republican Party has been in con- trol of since 1994, has greater pos- sibility for the Democrats to lose a primary. Mr. Lamont won in the Connecticut primary elections by nearly a four point margin and Senator Lieberman kept his hand on nearly all seats he was offered. Many of his fellow Democrat col- league including Senator Ted Kennedy, have tried unsuccessfully to per- suade Mr. Lieberman to withdraw from the race, stating that a third candidate like Mr. Lamont Independent could only hurt the chances for Democrats to recapture the Senate this November. Running against the two candidates on the Republican ballot is Alan Schlesinger, but as the early poll numbers indicate, the race in Connecticut is primarily between Mr. Lieberman and Mr. Lamont.

Republican Senators BattlerPres. Bush on Terror Suspect Treatment

By James Robinson

President Bush revealed last month that the CIA currently operates secret prisons overseas for the detainment of suspects in the war on terror. The President stated that these prisons, along with the controversial methods of interrog- ation used within, were just one of the “necessary tools” needed to operate with in a time of war. Many of his fellow Democrat colleagues have made their case well known against President Bush and the war. In 2005, the Senate approved a resolution to pass the new legislation he requested to the Geneva Conventions as they see fit, ultimately achieving the rank of teens suicide. Days after being quoted in a local newspaper, Dale received a letter stating that he no longer met the Boy Scouts’ standards of morality. At the age of 19, Dale followed his core beliefs and continued the non-profit civil rights group Lambda Legal Defense, who filed his suit for reinstatement into the Boy Scouts. After many delays in the legal system, the case grew stronger when New Jersey expanded its non-discrimination law. In a 1995 decision against Dale, a judge called him a “sodomite” and ultimately generated national attention as he quoted from the Bible, declaring homosexuality “criminal and immoral.” That ruling was overturned in 1998 by a state appellate court and one year later the New Jersey Supreme Court handed down a landmark civil rights decision ruling unanimously that anti-gay discrimination violated state law. Unsurprisingly, the Scouts appealed their loss to the U.S. Supreme Court, and Dale’s case was heard on the last day of the spring 1999-2000 term. Just two months later, a deeply divided Court ruled that the Scouts had the right to expel gay youth leaders and in its unanimous 6-3 decision stated that the Scouts’ right to “free associ- ation” was guaranteed. Under the organization’s bylaws, gay youth were allowed to join Scout troops, but the organizations were forced to admit those who disagree with Scouting values.

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For Many Lawmakers, This November Could Spell Disaster

By James Robinson

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When the Pencils Hit the Fan: Getting College Induced Stress in Order

By Amanda Ferrante
Fashion Editor

College: the necessary rollercoaster in life that can be fun, interesting, and downright stressful. There are many issues to be handled from getting your well researched and lengthy papers in on time, to enjoying your whole college experience; you've got to grow some skin, kids! Social lives shouldn't take a "backseat" to our education, but rather ride shotgun along with it, blaring Atmosphere's "Tryin to find a Balance." This, my friends, is what we call growing up. It's tough, and sometimes it's all about finding a way to balance everything and realizing that we can play just as hard as we work.

The whole "work and school" thing: Now you employees-of-the-month may be shocked, but your unique - everybody does it. As a matter of fact, some have no choice but to work to support their educations. Props to you, you're doing a great thing for yourself, and you'll be worth it. However, it's tough, and sometimes it's hard to keep your head in the game. Just take a deep breath, and make sure you're getting enough Zzzzz's. So what if it sounds like an after school special - you need the sleep, kiddos.

You've probably heard of some of your friends/girlfriend going to another school and forgetting they've got a problem in the first place. I'm talking about the war on terror - obstacles everyday. She talked about how to deal with it. Don't have the time you want to take together, and thus, the relationship goes sour. Just a little thought: although we hate hearing this, we are in fact young. You love them and they love you, but you're at the prime of your lives trying to figure yourselves out. If it's the real McCoy, you'll be there for each other when you're ready. Keep those close feelings and soak up all the time you do have together.

In addition to personal relationships, there's a whole other world that Bergen students can overcome their obstacles. There's a whole other world that Bergen students can overcome their obstacles.

1) Can Bergen's students overcome their obstacles of failing or struggling with a class?

Varrassi: No, you should not let stress reactions and deal with it realistically. Go to tutoring if you need help. The problem is that we don't know how to deal with it.

2) How can they deal with the everyday pressures or stresses to make themselves happy?

Varrassi: They should stay busy by getting involved with other activities. Also, look at what's in it for you.

3) What helpful advice could you give Bergen's students on how to think positively? How can they keep a positive outlook during their college years?

Varrassi: 1) Find the humor and learn to laugh at themselves.

2) Bergen students should also have confidence in themselves. Have the ability to believe in yourself. Focus on what you can do for yourself. Once they recognize it, it will change different situations.

3) Remember past successes. Find positive people to cheer them on.

4) Do you have any personal experiences where you had to overcome obstacles?

Varrassi: After the stock market crashed I had financial problems. I worked three jobs. It was a difficult time, and I am glad I overcame it.

Varrassi also mentioned a self-help book that would help Bergen students deal with their everyday stress and obstacles:

"Who Moved My Cheese?" written by Kenneth Blanchard and Spencer Johnson.

I think all the wonderful advice she gave us students and myself overlook. Positive people can help you become a positive person. I think it can also help you overcome anything with the right people supporting you. I think it can also help you overcome anything you want to achieve with the right motivation.

"How Bergen Students Can Overcome Their Obstacles" by Chloe Riccardo

Staff Writer

I sat down on October 17th with Paula Varrassi, the director of the West Bergen Center for Children and Youth from Ramsey, New Jersey. She came to talk to the Bergen Community College students about how to overcome their obstacles. It was a personal enrichment workshop. It was very inspiring to hear her wonderful advice since I had overcome one of my own obstacles: I had to drop one of my classes after failing. She explained to the students how human beings have to overcome their obstacles everyday. She talked about the tsunami disaster two years ago. She also mentioned the war on terrorism and the Katrina inci.

"Each situation people had to face positive people to cheer them on. Bergen students should also have confidence in themselves. Have the ability to believe in yourself. Focus on what you can do for yourself. Once they recognize it, it will change different situations. Aking for help is a sign of strength, not weakness. Do you have any personal experiences where you had to overcome obstacles?"}

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Can Your Friendship Survive Long Distance?

By: MARIYA GONOR

Staff Writer

Friendship is the most wonderful gift known, you always know that if you fall, she/he will catch you. One can be considered lucky if he/she has at least one trustworthy person in their life. People say that a true friend can be tested in troubled times, but I came to believe that being in trouble is not the most certain way to test your friendship. However, distance is just a second to think about it. When you don’t hang out regularly or talk as often as you would wish, a big gap in your relationship starts to appear—or does it?

Many of you may claim that I am wrong. Actually, a year ago I would be one of those people; however, certain events made me change my mind. It is a real-life story that I am about to tell you. It is about three friends - let’s say their names are M, V, and N. They have been friends for more than 5 years, and they have always been there for each other in times of trouble and happiness. But then life played a mean joke on them, and M had to move to another country to go to school. In a year M came back. V was sincerely happy to see her friend after this long separation. They were still close and shared secrets with each other. N, on the other hand, became distant and kept on letting M down, which made M very upset and confused because she loved her friend dearly. What was the reason for this drastic change? It is hard to say. Though it is an important question, a more significant one is what should you do when your “friend” is not as friendly anymore? Should you forget about your friendship or should you try fixing it?

The very first step is to see and realize that there are problems in your relationships. Your friend can behave oddly, and the following are the most certain signs that something is wrong.

- Your friend envies your success. If your friendship is sincere, she/he will be happy when you are doing well. However, when your friend seems weird when hearing about how many things you have accomplished, there is something wrong in your relationship.

- Solutions

Talk to your friend. But don’t say that you suspect that they envy you. It will mess up things between you even more. Maybe he/she is not doing well and simply needs your help. Or maybe, they feel left out and think that you don’t need them anymore. Anyhow, try to explain that you too have some problems and you need their guidance. You can always forgive your friend and help them in any way you can. It is all about being there and being patient.

- Sleep Deprivation and Modern Generation.

By: MARIYA GONOR

Staff Writer

Myth: Every one needs to have 8 hours of sleep to be well-rested and energized.

Fact: People need as little as 6 hours of sleep and some as much as 10.

Another fact: People who don’t enough sleep are very irritable, more vulnerable to negative stress or different kinds of diseases.

Sleep deprivation is becoming one of the most significant problem challenges of modern life. High school and college students are spending less of their extra time practicing their studies and physical activities. This time should have been spent on sleeping and relaxing.

Just ask yourself a question, when was the last time you had enough sleep? And ask a follow up question: why?

Now some of you will say that you were studying because during the day you had to work. I understand that earning money and getting a decent education is important for everyone. You might not be thinking of it yet, but your health is a much more important thing and if you damage it, it is harder to repair (and much more costly) to repair it.

Constant sleep deprivation may lead to the cause of obesity, stress, and headaches; in other words poor quality of life.

In the long run the consequences are more serious and dangerous. Not having enough sleep may lead to the cause of high blood pressure, higher risk of heart attack, and stroke, to name a few. As for your mental health, depression, and different mood disorders may occur.

It does not seem like much fun to hang out all night anymore, or does it?

If you don’t get enough sleep because you simply can’t fall asleep, some actions should be taken. First of all, sleep disorders are very common and everyone deals with them in a different way. Don’t rush to a drugstore and get a sleeping pill.

There are some natural things you can try before calling upon drugs for help. Instead, try to cut down on caffeine. Try not to drink any coffee, tea, or soda after 4 pm. Secondly, you might not be able to fall asleep because you are worrying. Remember, your mind has something to worry about. If that is the case, try and take it easy on yourself. Remember, pity yourself, your health is THE MOST IMPORTANT THING. Also, as you may not know, we have some counselors on campus, and you can always come and talk to them.

This article is free of charges - students should be taking advantage of it.

In conclusion, you should choose your priorities and manage your time better so that you can work, study, have fun, and most importantly get enough sleep. Take care of yourself.
Thanksgiving in October

BY JUNG HAE YI 

STAFF WRITER

Most of you may be wondering how I could possibly think that Thanksgiving is in October when we have been celebrating Thanksgiving in November for a number of years now. However, in the Korean world, it was actually Korean Thanksgiving, or Chusok, in October this year. Chusok is the Korean equivalent to Thanksgiving in America. It marks the full harvest on the 15th day of the 8th lunar month. Chusok serves a similar purpose as Thanksgiving here in America in the sense that it is family-oriented. We begin our celebration with the family gathered together, at which time rice cakes or Songhyun are served. The rice cakes are comprised of a variety of ingredients, one of them being the most obvious, rice - hence the term rice cakes. The other ingredients include beans, sesame seeds, and chestnuts. The women of the family work extremely hard to prepare the foods required for Chusok. The majority of the foods prepared are comprised of meat, fish, broth, and vegetables.

The family demonstrates their respect to their ancestors by visiting their tombs and offering fish, fresh fruits, and even alcohol. There is a lot of time, effort, and meaning that goes behind the way every dish is placed accordingly on the memorial service table in 5 rows. For example, the number 5 holds a special significance to the Confucian thought. Another example is that the fish are placed on the east side with their heads facing east because fish symbolize good fortune and the east represents eternal life. Every dish is passed over honoring the ancestors before the ancestors can accept it. There is no rice or soups served during the memorial service, which may seem anomalous because we Asians are all about rice and soup, but that is only because the rice and soup is substituted by the rice cakes or Songhyun. The family then bows and shares a moment of silence. Because there are no formal written prayers that should be said at this point, each family member converses with their ancestors regarding their life and the ancestor’s welfare.

Afterswards, the family may change from their formal attire into the traditional Korean clothing called “hanbok.” The rest of the night is devoted to games, singing folk music, and dancing under the bright moon in a large circle. The most notable games that are played by the men during the Chusok festival are archery, Korean wrestling, or “Shi Rumi,” and Turtle Tag or “Kobu-nori.” Turtle Tag is exactly just that. A person dressed in a turtle costume attempts to tag the participants in the game. It’s like the American version of tag but with an embarrassing costume that tends to hinder one’s movements. The most notable activities that the women participate in during the Chusok festival are see-saw and jump-rope. A traditional song called “Kang Kang Sue Wol Lee” is also sung by the women to reflect the Chusok process and the morals and values that the Korean society ardently believes in.

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Public Safety Health??

By: Kiss

CONTRIBUTING WRITER

Public Safety is the name of the security organization whose job is to ensure the safety of the staff and students at Bergen Community College. But, they seem to be mis-guided about their duties that lie in the very definition of their department name. It seems that the officers are more concerned with the smoking habits of students rather than our actual safety. I have heard numerous complaints about Public Safety all but harassing students to deter them from smoking near the buildings. It is a daily routine, to which there is no feasible solution. Students would rather smoke near the benches and closer to their escape into the building headed toward classes. And, Public Safety’s “most important” obligation is to chase them away. The funny thing about this reality is that I can stand outside for five minutes, not even long enough to light and smoke my cigarette, and numerous security guards will come and treat me like a criminal; even going so far as to rap on my name down and then treating me with community service. However, on Friday September 22, I sat and watched two students pummel another student in front of me. This girlband, ironically in that same forbidden smoking area, and not one security officer was seen for over twenty minutes. This was the first actual fight that I have witnessed at Bergen, and do not know the history of security response to these types of situations, but if this last incident is any sign of the then we as a student body are not as safe as we may believe. It is un-nominal that I can punch someone in the face and flee the scene without repercussion. If I want to relieve stress from a big test, I must chase them away. The funny thing is that I can punch someone in the face and flee the scene without recourse. We need to vote out politicians who support keeping the US in wars, unless our allies are attacked or unless our allies are attacked. This is the best path toward stability and toward reducing terrorism against us. Bush’s security policy is based on the idea that others as you would have them act toward you. We should not use our military unless we are attacked or unless our allies are attacked. The Democrats are the only kind of guaranteed health insurance millions of citizens. We are paying a bigger percentage of our money on healthcare than any other industrialized country—so basically, we get less and spend more. The logical choice is to somehow to some kind of universal health insurance program, similar to Medicare but covering everyone. Most Americans feel this—large majorities favor this idea over the current system. But most Democrats have been stuck on halfway measures that don’t send a clear message. Enough of this. The Democrats are in an excellent position to support this. They just need to do it.

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(2) Support universal social security for all Americans, as we have already done for wartime veterans. Social Security is based on the idea that “one person’s old age is another person’s youth.” We have a national health insurance program that provides for the majority of our citizens. We need to support this program and ensure its future. The United States is the only country with a national health insurance program that provides for the majority of its citizens. We are paying a larger percentage of our income on healthcare than any other industrialized country—so basically, we are getting less and spending more. The logical choice is to somehow to some kind of universal healthcare program similar to Medicare but covering everyone. Most Americans feel this—large majorities favor this idea over the current system. But most Democrats have been stuck on halfway measures that don’t send a clear message. Enough of this. The Democrats are in an excellent position to support this. They just need to do it.

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FASHION

These Are a Few of My Favorite Things...

BY: AMANDA FERRANTE

FASHION EDITOR

We all have our favorite accessory that we just can’t go without. For instance, there are jeans that make my butt look just great, can’t leave home without ’em! So here’s a little bit about the staff here at The Torch. These are some of our staff writers and editorial staff sharing their “favorite things.” They tell you where you get them, about how much they cost, and why they’re just so freakin’ cool. Enjoy!

Amanda Ferrante, Fashion Editor: Vest 26$ at Mandee

Why I love it? It servers as an effort of style and interesting. “It’s a perfect fit and it weep, boys!” Don’t we all, Chloe. Read it and weep, boys!

Rachel Freeman, Staff Writer: T-shirt from Forever 21, $12.95.

Why she loves it? “I like the message.”

Do you have a favorite thing you can’t be without? Let me know and you could be in next issue’s fashion section. You can reach me best by e-mail at AmandaFerrante@yahoo.com

No Sweat: Sweatshirts are the New Black!

BY: RACHEL FREEMAN

STAFF WRITER

On the way to class, clutching your inordinately high-priced text books, you will probably pass dozens of people sporting the affordable, classic, low-main- tenance look that’s totally in this season —sweatshirts. Lined with soft fleece, protected by a finely woven cotton shell, this fashion-statement scenem “I just don’t give a damn.” You got home from work last night at 9. You were up ‘til 2 a.m. studying Chem. You slammed the “snooze” button five times and now you’ve got 4.5 minutes to get up to make your 9:30 class. Not to worry; your fashion savior is just a pull-over-the-head away! Who can resist the seductive charm of its warmth? Who can resist sinking inside its belly for a quick nap? Who can resist chewing on its hood-strings, or picking at its fraying wrists until thumbs can pop through? Who is like you, oh sweatshirt! “They’re retarded,” says student Tikki Weissel. “Indeed it is, Moses. That’s why the ladies love him!”

Moses Agwai, Illustrator: Blazer from J.C. Penney, approximately $120.

Why he loves it? “It’s classy and understated, yet the ultimate accessory; I like watches.”

Rachel Freeman, Staff Writer: Earring from a thrift store, $4.

Why she loves it? “Because they’re cool.” Yeah, they are!

Mariya Konor, Staff Writer: Pumps from Belle in the Garden State Plaza. Why she loves it? They go with a lot of different outfits, and they’re sexy!

Chloe Riccardo, Staff Writer: T-shirt from Forever 21, $12.95. Why he loves it? “I like the message.”

Do you have a favorite thing you can’t be without? Let me know and you could be in next issue’s fashion section. You can reach me best by e-mail at AmandaFerrante@yahoo.com

Shelly Lanche, Staff Writer: Earring from Korea; approximately $4 USD.

Why she loves it? “It’s cute, comfy, black, and interesting.”

Olga Zderco, Staff Writer: Belt from Dolce & Gabbana. She doesn’t know how much it is, but something tells me we don’t want to know either. Who needs numbers when it looks so good?

Amanda Ferrante, Fashion Editor: Vest 26$ at Mandee.

Why I love it? It serves as an effort of style and a comfy piece. I dress it up with nice pants and pumps, or dress it down with jeans and my converse.

Francine Lucas, Copy Editor: Blazer from Old Navy, $20.

Why she loves it? “It’s cute, comfy, black, and interesting.”

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Sergei Miledin, Staff Writer: Hat from New Era in NYC.

Why he loves it? It’s exclusive to the store he purchased it at, and if he might add, “nobody rocks my style.” Represent, Sergei!
Torch Members: Francine, Moses & Amanda

Torch Members Moses, Amanda, Francine & Alon Recruiting New Members

Laura, Hector, Julian & Friends

L.A.S.A. Members

S.A.B. Members serve up BCC

Video Game Club

KTU 103.5 Host the Club Day

G.L.B.T.

L.A.S.A. Members Serving Food

Biology Club Members

S.A.B. Marci & Errol

Junior & Francisco Serving Up

S.A.B. Members serve up BCC
Monday 6th
Lecture
Dr. Basil Wilson
11:00 a.m.
Room A104

Basil Wilson is a Professor in Residence at the City University Graduate center at John Jay College of Criminal Justice. He holds a PhD, M.A. and a B.A in Political Science. He served as the Provost and Senior Vice President for Academic Affairs at John Jay College of Criminal Justice from 1990-2006. He has been writing a column in the Caribbean weekly, Carib News for the last seven years and presently is working on a book, Surplus Labor and Political Violence in Jamaica.

Tuesday 7th
“An A taste of the Islands”
12:30 p.m.
Student Center

A dance performance by “Something Positive”
Caribbean Folk Dance
1:00 p.m.
Student Center

For more information contact bcc_caribbeanclub@yahoo.com

Wednesday 8th
D.J. “Hollow Point”
(a mixture of reggae, soca, latin, hip and more)
1:40 p.m.
Student Center

Caribbean Heritage 
Eighth Annual Awards Dinner
6:30 p.m.
Technology Building, Room TEC128

Thursday 9th
Hugh Borde Steel Band
12:30 p.m.
Student Center

Friday 10th
The Might Sparrow
“The King of Calypso”
7:30 p.m.
Marie Ciccone Theatre
$20; $18 for students and seniors (65+)

Experience the Caribbean music, message, and commentary of the legendary Mighty Sparrow, the longtime Calypso King of the World. The illustrious singer, composer, comedian, and supreme entertainer will be joined by his legendary band “The Sparrow’s Troubadours.”

Caribbean Heritage Week Committee
Prof. Sonia Brown, Chair
Deborah Graham, President
Shamsa Johnson, Secretary
Kimesha Scarlett, Treasurer

Dean Lynda Box
Dr. Ralph Choonoo
Vanette John
Prof. Pierre LaGuerre
Tonya McKoy
Prof. Paula Williams
Susan Baechtel
Wilson Aguilar
Prof. Stafford Barton
Snapshots: Native American Week

Evelyn Yazzie

Jennifer Peña

Erin Verdis - Mohawk and Ruth Marelle - Gaweanyah Gallery

Joseph Bravehawk O’neal

Joseph Bravehawk O’neal and Donna Coane
Can You Fake Your Way Into Getting an A?

BY MARTA GONOR
STAFF WRITER

All of us would agree that we hate liars and do not want to deal with them. It is an under-
standable statement since it is hard to deal with a person on whom you cannot rely. However, this statement also is very hypocritical; simply, because all of us lie every day. By lying I don’t only mean not telling the truth, but also fak-
ing, pretending, etc. Whoever wants to argue with that can go ahead and live one day being absolutely sincere, which means saying only what you mean even if it can hurt someone’s feelings. It seems like people have become so professional at fak-
ing that life without it becomes incomplete. In reality we don’t know how others truly feel

Dark Light
BY ASIMAC
STAFF WRITER

Many years ago, I stood by the table to see a newspaper that said “Raped and Murdered.” Not knowing what “rape” meant, I became curious. I grabbed the newspaper from the table to see a newspaper that said “Raped and Murdered.” Not knowing what it contained was dis-

Terms and Regulations

Deadlines:
The deadlines for advertising submissions to the Torch is Thursday of the week before the publication week at 1:00 p.m. Otherwise, a prior arrangement has to be made with the Advertising Manager. The Torch reserves the right to change deadlines without notice. Deadlines (contact torch_editors@yahoo.com)

Classifieds:
Cancellations of reserved advertising space may be done by Thursday of the week before the publication week at 1:00 p.m. Otherwise, a prior arrangement has to be made with the Advertising Manager.

Billing:
Invoices and tear sheets are mailed out dur-
ing the week following the publication week. There will be no tear sheets for classified ads.

Payments:
All classified ads are to be paid by submis-
sion deadline. New customers are required to prepay their ad orders. Checks and Money Orders are the only acceptable forms of payment. No cash or credit cards are to be accepted. Make checks payable to Bergen Community College.

Penalties for Non-Payment:
Bills are due upon receipt. On the thirty first (31) day from publication that a bill remains unpaid, a 20% finance charge is levied. After sixty (60) days, unpaid invoices are referred to an outside collection agency. Delinquent advertisers may not advertise until after their accounts are settled, and run the risk of being banned from advertising all together.

No ad copy will be accepted by fax.

E-mail torch_editors@yahoo.com

Contact
Editor in Chief
493-5006
Fax: (201) 493-5008

Address
The Torch
Room L-115
Bergen Community College
400 Paramus Rd.
Paramus, NJ, 07652-1595

Middle Eastern Studies Program Series

*Fall 2006 Events*

Wednesday 10/4: Dr. Fawzia Most Khan presents

Shattering the Stereotypes: Muslim Women Speak Out

“In the wake of September 11th. Muslim women in the West found themselves more marginalized than ever by a pandemically discourse that little did to promote a sense of harmony between different cultures. This presentation will focus on a volume that includes essays, poetry, fiction, memoir, plays, and artwork. Muslim women speak for themselves, revealing a complexity of experience and thought that eschews most Western portrayals. It is an editor Fawzia Most Khan’s plea for, it’s own voice in the wheels of our lives.”

C133 @ noon

Monday 10/9—Friday 10/13: The Photography of Samek Ghanem
The Shatila Refugees Camp, Lebanon.
Main curator, Phineas Hall

Created to house a few hundred refugees in response to the EightPalestinian refugees from their homeland in 1948, the 700 X 700 m

refugees camp holds more than 18,000 people today. Residents of the camp live under conditions of extreme poverty. This project raises funds for Shatila’s residents.

Monday 11/6—Thursday 11/10: "Battle of Algiers", A104 @ 4:00pm

Gillo Pontecorvo’s award winning film shows the decade leading to the liberation of Algeria from the French colonial occupation. Please join us for a post-film discussion that will interrogate the colonial condition and the question of culture/religion/imperialism as it relates both to the film as well as our current geopolitical climate.

Friday 11/17: "Taste of Cherry"—Contemporary Iranian film to be screened and moderated by Prof. T. Rowshesh Mashaghi, A104 @ 6:00pm.

"Co-winner of the Palme d’Or at the 1997 Cannes Film Festival. The taste of Cherry is the venerable Iranian director Abbas Kiarostami’s examination of life, death and the small miracles in between." New York Times, 8/17/97

Closing is December.
"Mastix" moderated by Prof. Alla Kodama
"Racial Profiling in the Arab-American Community & Jewish Dialogue Series"

Closing this Spring

Panel Discussion: The Baghdad Diaries & Peacecorp: A Portrait of Islamic Feminism

Hosted & Produced by Snoopy Kinberly Baltz, Department of English

shatila@ Bergen.edu 552-911-44874940
Congratulations to the new 90 members that were inducted in Alpha Epsilon Phi Chapter of Phi Theta Kappa

LEADERSHIP WEEKEND

Students leaders during a workshop

Day 2 of workshop after a meal.

Exercise planned by S.A.B.

Group at Friar Tuck Resort

Helen, Karina, & Tiffany

Friar Tuck Resort
Available Books for sale:

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<tr>
<th>Subject - Course</th>
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<th>Edition</th>
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<td>Fourth Edition</td>
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The Bergen Community College Department of Arts and Communications and the Office of Student Life invite students, faculty, staff, and their friends and family to the Fall 2006 Bus Trips to Museums

Sunday Sept. 24, Lot B @ 11:00 AM Metropolitan Museum of Art

Cézanne to Picasso: Ambroise Vollard, Patron of the Avant-Garde
$8 for bus and admission www.metmuseum.org

Saturday November 11, Lot B @ 11:00 AM

The Museum of Modern Art
Eduard Manet and The Execution of Maximilian
$5 for bus and admission

Saturday December 3, Lot B @ 10:00 AM

Chelsea art galleries
Worksheets between 167th and 168th Streets, 87th and 88th Avenues
$3 for bus and admission only

* The activities listed above are only a portion of the art on view at each site.
* Faculty members will be available for information and discussion of the art on view; no tour provided.
* Participation is not mandatory for students; please consider these opportunities for viewing art and engaging in art making/creative projects.
* The above schedule is tentative; a technology schedule will be updated to reflect different locations.
* The museums and Chelsea art galleries have food for sale.
* For further information, emailentious@bergencc.edu

Staff Meetings are
Tuesdays, 12:30 - 1:30
Room – L-115

Interested Writers are Welcome

Contact Info:
e-mail: torch_editors@yahoo.com
phone: 1-201-493-5006
room # L-115

The Torch is the student newspaper of Bergen Community College. . . is looking for writers to cover college events, all student activities: from Bergen Community College News, to theatrical coverage, Bulldog sports articles...

THE TORCH
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phone: 1-201-493-5006
room # L-115

600 Paramus Road, Paramus, New Jersey 07652
Expressions in Art: Highlights from Fall 2006
Presented by

Artwork by: Noe Enriquez
Artwork by Jose Ospina
Artwork by Alvaro
Artwork by Dr. Amaparo C.
Artwork by Arniel Regala
Artwork by Heysin Kim

Artwork by Jose Ospina
Artwork by Arniel Regala
Artwork by Heysin Kim

Artwork by Jose Ospina
Artwork by Dr. Amaparo C.
Fall Tracks of 2006 – What to Expect? October

By ALON MELAMED

ENTERTAINMENT EDITOR

So, there's a fresh new month ahead and while all of us will be "trick" or "treating" ourselves to some wicked new music, I have taken upon the responsibility of deciding what the real treats are for this month.

The CD on showcase for this month comes from a band appropriate for this time of year, which is a bad East Coast hip-hop. It is hard to believe it has been just 3 years since Evanscence sent us a "Darkest Day" of a debut album. Fallen (2003) has sold an approximate 14 million copies worldwide to date. Furthermore, co-founder of the band, Ben Moody has decided to quit the band. Though initial reports declared Moody and his colleague in the band, Amy Lee, shared "creative differences" due to his bipolar disorder, Moody himself admitted that he had major alcohol and drug problems.

One might suspect that was the probable cause for the first single released by the band in August, "Call Me When You’re Sober." Three tracks were recorded for this album, one even using Mozart's classical "Requiem" masterpiece as a part of the song melody. After a long and dreadful year and a half preparing for the recording, The Open Door (2006) should be platinum immediately.

This next artist I am about to introduce hardly needs any introduction. With so many costumes about his nickname, he might as well use his real one instead. The artist formerly known as Puff Daddy, and then P.Diddy, decided to drop the 'P' and just be called Diddy. With 3 Grammy awards and a Curtis Mayfield sample throughout the chorus, club music will never be the same. The Stand is a true masterpiece. From The Slums of Shaolin, it was "some wicked new music, I have taken upon the responsibility of deciding what the real treats are for this month."

The three releases up for review are Masta Killa's Made in Brooklyn, Inspire the World, Patient and Method Man's 4:21...The Day After. Although each features a different style, the Wu-ness mark is immi- nent. The late ODB once said, "Wu-Tang is here foreveer," and with the release of these three albums, his words have still meaning.

Monica Review: The Makings of Me

By DANNY LAFAVO

SPORTS EDITOR

Stephen King has always been known throughout his career as the "scary guy," the one author who, when his name is mentioned, brings a chill and shudder to your spine. Well, I was to tell you that Stephen King wrote a novel so imaginative and so unbe- lievably cerebral, that the scariest part of it is trying to put it down. The Stand, argued by many to be King's ultimate literary triumph, is a tale of survival, human weakness, physical strength and, above all, good vs. evil. Now, I must say that the version of this novel that I read was over 1,000 pages long, but upon its completion, I wanted to start right back at the beginning and relive the journey all over again. The Stand takes the ultimate mix of human- ism, dark forces, and his usual macabre sense of death, throws them all into a huge blende and music industry in October. "Welcome to the Black Parade" is their first single. Nonetheless, we can not forget the other big names trying to cap- ture the audience attention. Australian sensation Jet, with their song "You Gonna Be My Girl," played on almost every commercial and TV show, are releasing their new album. Besides them, The Who are releasing lost days of the 70's while The Cure, who have lost their glam since the 80's, are releasing new material as well.

From The Slums of Shaolin, Wu-Tang Clan Strikes Again

By SERGEI MILEDIN

STAFF WRITER

Wu-Tang Clan, the Wu-ness mark is immi- nent not feeling that title of the song stress and wanting to be away from producer "Swizz Beatz." has a Curtis Mayfield sam- ple throughout the chorus, club music will never be the same. The Stand is a true masterpiece. From The Slums of Shaolin, it was "some wicked new music, I have taken upon the responsibility of deciding what the real treats are for this month."

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While King does incorporate his usual dark mind into the work, the contrasting of the novel and the unforgettable journey that they partake in is one that anyone can fall in love with. For those of you out there who see the name Stephen King on the binding of a book and instantly conjure images of evil clowns, high school girls covered in blood, or hotels that drive their inhabitants insane, The Stand is exactly the antithesis you seek. King proves that, while he can scare the pants off anyone, he can also make you sit back and think. You'll find yourself loving these characters like you do your own fami- ly, wishing and willing them to conquer the forces that stand in their way.

So take my word for it. The Stand is a vital and absolutely nec- essary addition to any reader's library. Rent it, buy it, borrow it, from an uncle, and begin the great- est and most compelling journey your imaginative senses will ever know.
BCC in the Midst of David Cohen

**BY CARRISA VALDUEZA**

David Bennett Cohen played Blues in the Student Center during one of the Welcome Weeks. A pianist for 56 years, he performs naturally with visible entertainment. “Jangle Partner,” “Imagination,” “Shuffle,” for a Summer’s Dream” and Ray Charles’s “Mess Around” were some of the songs played that noon on September 26th. Cohen shared his experiences in the music industry and his love for New Orleans where he spent some time. After the performance, he sold books and DVDs about how to play the Blues. David’s booking agent and publicist, Syd Meade Lux Lewis, upon hearing this type of piano music, different from the classical type, he came to love the piano and the Blues. The Mamas and the Papas, The Grateful Dead, Simon and Garfunkel, The Beatles and The Who. It was “three days of music and love” says Cohen. The festival was held in 1967 and was part of the Cultural Revolution. Besides a performer, David is also a private lessons teacher. One of his former students, Peter Glicinto, has already released 2 albums and played the piano in the film Beyond the Sea, which starred Kevin Spacey. Despite a great series of successes, David admits that he has been through a great deal of ups and downs. David is preparing to release his third album soon.

Anyone interested in watching David Bennett Cohen perform should look for his CD albums. For more information visit Cohen’s website: www.Davidbennetcoven.com

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BCC Welcomes The Leaf Arrow Story Tellers

**BY JUSTIN KEENAN**

As BCC celebrated the tenth anniversary of Native American Heritage Week, the College welcomed The Leaf Arrow Story Tellers to do their traditional performance of Native American folklore and legends to a full room of students. Among those attending the performance was Dr. William Shearer, Native American literature class.

Joe and Donna, the performers, explained that stories of Native American lore are told through song and dance, and much is also told through the dress, or “Regala,” as it is called. “Regala” is the Native American traditional dress for the song and dance and it is made from the skins and feathers of various animals, each with its own meaning and purpose.

They started off their performance with a dance from the Southern traditional Native American culture, in which a warrior searches for hunting tracks of the enemy.

The next dance was called the Coyote Good Ground, featuring legendary characters, Coyote and Spring Bird. Coyote is the trickster who gets food for his family. He comes upon some droppings with fresh food in them and wonders where anyone can find fresh food during the winter. Spring Bird appears and tells Coyote to call the crows together, Coyote packs his bags full of the fresh food, but Spring Bird tells him he should bring the food back, and that the remains of the food should be disposed of properly because it may anger The Creator.

Against her advice, Coyote brings the food back up to his family, and they make a mess of the food he brings them, violating the rule of disposing of the food remains. Suddenly, The Creator appears in the form of a great storm cloud. As Coyote realizes the trouble he has made, The Creator strikes him with lightning to teach him a lesson, and Coyote vanishes.

The Leaf Arrow Story Tellers also cover the Northern traditional dress, as well as the Inquisition creation story, which originated in Northern New York. To the Inquisition, North America is known as “Turtle Island,” as in the creation story the entire land of North America was built by sea creatures to save a falling pregnant woman using the mad of the ocean floor, on the back of a giant turtle.

In conclusion, the performance was both educational and entertaining. The Leaf Arrow Story Tellers are expert in their craft. BCC thanks them for their effort in making the tenth anniversary of Native American Heritage week a diverse and educational experience for the entire student body.

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Book Review: Into the Wild: Dreams and Tragedy

**BY CARRISA VALDUEZA**

Christopher McCandless donated his savings to charity, and disappeared the rest of his money after college. The 22-year-old smitten by Jack London’s novel The Call of the Wild, who had even discovered that when he was a boy, his dog, Tohtoy abandoned the comforts of home, searching for uproot. In two years’ time, he traveled to Alaska, where he began to “decomposer” on the Stampede Trail of Alaska, miles and miles away from Washington DC, where he grew up.

Jon Krakauer’s Into the Wild is a poignant investigation on Chris McCandless, who disappeared and changed his name to “Alexander Supertramp” during his disappearance. From the east coast, he traveled west. He hitchhiked across California, canceled to the borders of Mexico, Canada, and the Dakotas, crossed the Canadian border then tramped into the Alaskan wild. Jon Krakauer interviewed the people who shared time with Chris in those two years. The young man was extremely bright, but he was also naive and many made a lasting influence. According to those who met “Alex”, his decision to go into the woods was not about himself, but the ‘kid’ was very smart and constantly talked about the world. Chris was raised in Brooklyn in the Washington Square area, where he grew up.

He was a junior member of the track team in high school soon channelled his energies to his lifelong dream, which was to escape our dreamworld. His resilience throughout his journey is impressive. However, I feel that Chris might have been quite too late to do the exploit. After all, Alaska was no longer that ‘classic’ and remote place as described in the books he read. At a matter of fact, a path was near the place where he expired. Had he brought a map with him, perhaps he would have survived. Chris was so inspired by idealism that he lost his practicality. He also exhibited ego-centricism common to young people, who overlook the realistic consequences of their daring deeds.

The article on Chris McCandless was published as an essay in Outside and more reactions “than any other in the magazine’s history.” Some gloated, finding Chris’ brazenness, while others, deemed the man ignorant. Still, after writing the sensational article, Jon Krakauer himself who climbed the Devil’s Thumb, a menacing trek known to most Alaskans. The parallels among the vagabonds helped readers understand the forces behind Chris’ bold actions. Research also proved that it was not a case of a sullen youth, Chris. Having a slightly idealism like that of Chris, I know how you like to be surrounded by a certain philosophy and hoped for its existence. Also, being born in the 1980s, I was raised in a generation that was bombarded with societal expectations, which prevented him from doing so. Sadly, he never made it back.

Into the Wild is a gripping study of a young man consumed by idealism, which led to a tragic end. The author succeeds in being maniacal, very personal yet objective about his subject. Despite an intimate look into Chris’ journeys, Krakauer forces the judgment to readers whether Chris was naive, or “heroic”, brave enough to make his dreams within reach.

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Syd’s performance in Bergen

**BY ALON MILHESED**

ENTERTAINMENT EDITOR

BCC’s “Welcome Weeks” hosted the Artist Syd as part of his college campus tour. The show, made up of mostly his original songs, was a calming and relaxing break on a very rainy and grey day. During his performance, he also connected to some known songs in an original medley, with a twist. I caught up with Syd after his next college destination.

Q. Where did you grow up?
A. I was born in Burlington, VT and spent most of my childhood in central Vermont. I went on to Emerson College in Boston, MA.

Q. Any musical background? Were you influenced by anyone?
A. Yes. Both of my parents are in the music business and almost everybody in my family are music-oriented.

Q. Who are your main influences?
A. I like anyone who performs honest heart music, if it’s Johnny Cash, The Get Up Kids, or simply good old rock n roll.

Q. When did you know music was going to be a major factor in your life?
A. It’s just kind of happened. I always knew that was how my life was going. The more shows I played, the more I liked it.

Q. What instruments do you know to play?
A. I have been playing to the guitar since I was six, started learning the guitar around age 16, and I know a little piano.

Q. As a music artist, what do you want to become?
A. For me, it’s not about being famous, rather but actually playing the music I like to and that the crowd enjoys hearing.

Q. What are the differences between all the venues you perform and do you a favorite?
A. Usually an acoustic show is better heard in a small inti- mate area while the rock n roll shows have a better sound in dirty clubs. One of my favorite venues is the Knitting Factory in New York.

Q. Where do you usually perform?
A. It depends on the tour! For me, it’s not about being famous, rather but actually playing the music I like to and that the crowd enjoys hearing.

Q. For more information about tour dates and music samples you can log on to: www.myopspace.com/syd.
Monday November 13

Keynote Speaker: Mr. Bei Dao, Nobel Laureate Nominee for Literature.
11:00 A.M., Room A-104

Born in Beijing in 1949, Bei Dao is one of the most gifted writers in modern China, who became in the 1970s the poetic voice of his generation. In 1978, he co-founded the first unofficial literary journal since 1949 called Today (Jintian), which became a prominent forum for misty Poets, a group derided by the Communist literary establishment for their of obscure language and their departure from socialist realism. Since 1987, Bei Dao has lived and taught in England, Germany, Norway, Sweden, Denmark, Holland, France, and the United States, and his work has been translated into thirty languages.

Reception and Book Signing for Mr. Bei Dao
12:30 P.M., Room A-113

Korean political / military drama: Joint Security Area
1:00 P.M., Room A-104

Tuesday November 14

Recognition Luncheon: Dai Minority Royal Court Dance: Rong Wang
Grand finale: Fashions of Asia
12:30 P.M., Gym A

Chinese films: “High school senior year”, “Four sisters from Batina”, and “Women 50 minutes”
1:00 P.M., Room A-104

Thursday November 16

Taste of Asia and performances: Martial Arts Group: Gendo/Kendo
Filipino American Association: modern band, modern hip hop dance and a folk dance. 12:30 P.M., Student Center

Filipino Film: “ANAK” (Child) 4:00 P.M., Room A-118

Friday November 17

Unity party. DJ Dance
7:00 P.M., Cafeteria
(Sponsored by Filipino Club, International Student Association, and Chinese Club)

Saturday November 18

The Art of Asian Dance (Nai-Ni Chen Dance Company)
With dazzling costumes and fantastic props, the dancers bring youngsters on a journey to explore the culture of one of the most ancient nations in the world – China.
3:00 P.M., Ciccone Theater
$10 - adults; $8 - children 18 and under
(Sponsored by Community & Cultural Affairs)

Wednesday November 15

Tibet “Thresholds” photos and lecture series with Ellen Miret
11:00 A.M., Room C-313

Bryan Van Norden
(Professor of Philosophy and Chinese Literature, Vassar College): “What Does Confucius Have to Say to Kant?”
1:40 P.M., Room C-313

Reception for Prof. Bryan Van Norden
3:00 P.M., Room C-313

Tuesday November 14

Mr. Arun Gandhi: Lessons learned from my grandfather. (Satellite Seminar)
Few names in world history evoke such images of power, integrity, courage, and social justice as that of Mohandas K. Gandhi. His grandson, Arun Gandhi will speak of the power of nonviolent protest as taught to him by the legendary peace fighter and spiritual leader.
(Sponsored by Phi Theta Kappa) 7:30 P.M., Student Center
Men's Soccer

Baskin Yedodhari
Born: 12/7/83
Team Position: Forward
Schooling Degree: In: Intramural Soccer Team Experience: 4 years in Athens, GA
Real Life Experience: Student Before the game I am focused Favorite Drink: Chocolate Milkshake
Favorite Food: Italian Food
Favorite Saying: Dream Big
What the Soccer team say about ME: Hard worker
Award: A.A. K.P. Favorite Saying: Go Dargon

Facundo Astudillo
Born: Argentina 8/28/87
Team Position: Midfielder
Schooling Degree in: Business Soccer Team Experience: 10 years in Athens, GA
Real Life Experience: 8 years before the game I eat Red Bull Favorite Drink: Red Bull
Favorite Food: McDonald's
What the Baseball team say about ME: Dancements

Arturo Fabara
Born: Ecuador Team Position: Forward Schooling Degree in: Business Soccer Team Experience: It's the best experience in my life
Real Life Experience: Before the game I stay home watching tv Favorite Drink: Milk Shake
Favorite Saying: What's going around comes around

Henry Guadalupe
Born: 4/27/88
Team Position: Defender
Schooling Degree in: Computer Technology Soccer Team Experience: 9 years in Athens, GA
Real Life Experience: 9 years before the game I eat French Fries Favorite Drink: Coca Cola
Favorite Food: Mexican Food
Favorite Saying: I can't play today
What the Soccer team say about ME: Man of the match

Julian Gavieria
Born: Colombia Team Position: Goalie
Schooling Degree in: Business Soccer Team Experience: 2 years in Athens, GA
Real Life Experience: 2 years before the game I eat a sandwich Favorite Drink: Coca Cola
Favorite Food: Zanagup Pulao
What the Soccer team say about ME: Great Guy
Favorite Saying: Good Stuff

Men's Soccer

Jeffre Galas
Born: Ecuador Team Position: Striker
Schooling Degree in: Business Soccer Team Experience: 2 years in Athens, GA
Real Life Experience: Before the game I eat a sandwich Favorite Drink: Coca Cola
Favorite Food: Ecuadorian Food
Alex Machuca
Born: 5/2/88
Team Position: Striker
Schooling Degree in: Business Soccer Team Experience: Summer Programs Before the game I eat a sandwich Favorite Drink: Red Bull
Favorite Food: McDonald's
Favorite Saying: Keep it up
What the Soccer team say about ME: 22 year old
Favorite Saying: Fight hard

Men's Soccer

Hernan Valerde
Born: Bogota Team Position: Midfielder
Schooling Degree in: Business Soccer Team Experience: Being at playing soccer for 15 years in all kind of teams
Before the game I think about things I have to do on the field
Favorite Drink: Gatorade
Favorite Food: Colombian Food
What the Soccer team say about ME: Don't know Favorite Saying: Keep it up

Men's Soccer

Jairus Marcella
Born: 10/9/87
Team Position: Defender
Schooling Degree in: Business Soccer Team Experience: Summer Program Before the game I eat a sandwich Favorite Drink: Red Bull
Favorite Food: Pizza
What the Soccer team say about ME: High things Favorite Saying: Play hard - never in down without a fight

Men's Soccer

Paul Pomykala
Born: 2/7/96
Team Position: Defender
Schooling Degree in: Business Soccer Team Experience: 1st semester at UGA Before the game I eat a sandwich Favorite Drink: Gatorade
Favorite Food: Fruit 
Hobbies: Lifting and partying
What the Soccer team say about ME: Man of the match

Men's Soccer

Robert Burton
Born: 7/23/83
Team Position: Forward
Schooling Degree in: Business Soccer Team Experience: 1st semester at UGA Before the game I eat a sandwich Favorite Drink: Gatorade
Favorite Food: Gatorade
What the Soccer team say about ME: Great Guy
Favorite Saying: Great Stuff

Men's Soccer

Jonathan Herrera
Born: Guayaquil
Team Position: Forward
Schooling Degree in: Business Soccer Team Experience: 1st semester at UGA
Favorite Drink: Gatorade
Hobbies: play soccer
A.R.A. Mummy Favorite Food: Caldo de Pollo y de Sotichokes
What the Soccer team say about ME: Supportive Favorite Saying: Hooray!

Men's Soccer

Michael Jaimez
Born: 6/6/85
Team Position: Midfielder
Schooling Degree in: Business Soccer Team Experience: High School Before the game I eat a sandwich Favorite Drink: Gatorade
Favorite Food: Pizza
What the Soccer team say about ME: I look like Beckham Favorite Saying: Strongest Experience: Walking into the wrong class

Men's Soccer

Manuel Ruidiaz
Team Position: Midfielder
Schooling Degree in: Business Soccer Team Experience: 2 years
Real Life Experience: just soccer Before the game I eat a sandwich Favorite Drink: Coca Cola
Favorite Food: Steak
A.R.A. Mummy Favorite Food: Steak
What the Soccer team say about ME: I'm the Man!! Favorite Saying: What's up??
Psychological and Performance Agendas

By Rachel Freeman

Vargas was as soft and supportive as a teddy bear. About forty fans cheered from the stands, some even wearing pony-tails and holding colorful signs. The crowd favorite seemed to be #11, Julianne Nikolic, #21, seemed to come out of nowhere to kill every shot, her vertical accomplishments, she seemed to be #11, Julianne Nikolic, #21, seemed to come out of nowhere to kill every shot, her vertical accomplishments, she

Active in every decision in life, the healthy standard of life should naturally come from a mental point of view. Like all decisions in life, the brain approves the first step and only then does the body actually form some physical activity (walking/running/weightlifting) and do it carry all necessary equipment.

It is an aspiration fulfilled by a diet for some of us, through cosmetics and surgical practice for others, or maybe simply the always-essential way of doing nothing. Deciding to become aware of your health always carries a luggage of questions about how to define health for each and every one of us. Thing is, you might be the next All-American honoree.

BCC offers us a way to participate in some of the better-known physical activities that are healthy to all of us and I will focus mainly on the school's gym. Below is a list of the advantages and how to perform these activities in the best way. True, if there are advantages there must also be disadvantages but like I said, the decision of whether to be active physically comes from your mind and yours only.

Here are some suggestions of how you can improve your health through fitness:

• Peace of mind. It is often thought that if you go to the gym, you have to do it a number of times in a week for a long (an hour and a half)

2006/07 English Premiership Preview

By: Serge Miledin

The world's most popular game kicked off on the United Kingdom a few weeks ago with the country's top clubs vying for the coveted Barclays title. From London to Manchester, fans waited all summer for what should be another memorable season. For those unfamiliar with overseas soccer, the Premiership consists of 20 teams from all over England, whose only concern is to lift the FA Premier League Trophy at the end of the season. Although some teams are stronger than others, each match is crucial because any type of street in England, who does make or break a team's season.

New teams this season include Reading, Sheff United, and Warford after being promoted to the Premiership from the second-level Championship. The teams that had to bow out of the EPL (English Premier League) include Birmingham City, Sunderland and West Bromwich Albion after failing to make an impression when it mattered most. Here's a peek at this year's contenders.

London's Arsenal were fairly quiet in the off-season after only re-signing Julio Baptista on loan from Real Madrid and their inactivity could threaten their chances in finishing at the top. Arsenal started the season with two draws and a crucial loss to Manchester City. However the gunners have had quite a momentum swing, winning 3 out of 3 and on top of all, crushing Sheffield United 3-0. Currently they reside seven points over the chasing Manchester United to 25 points. Up north Manchester United started the season off well and after a chal- lenge from Chelsea for the top spot with two dangerous squads. Man. U, like the Blues, remain on the right path when it came to signing new players and their biggest move was

C iPhones and other touchscreen smartphones.

We all (I hope) have a secret ambition of trying to be healthy all the time. It is a conscious dedication fulfilled by a diet for some of us, through cosmetics and surgical practice for others, or maybe simply the always-essential way of doing nothing. Deciding to become aware of your health always carries a luggage of questions about how to define health for each and every one of us. True, if there are advantages there must also be disadvantages but like I said, the decision of whether to be active physically comes from your mind and yours only.

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BCC's Women's Volleyball Victory

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By: Serge Miledin

The world's most popular game kicked off on the United Kingdom a few weeks ago with the country's top clubs vying for the coveted Barclays title. From London to Manchester, fans waited all summer for what should be another memorable season. For those unfamiliar with overseas soccer, the Premiership consists of 20 teams from all over England, whose only concern is to lift the FA Premier League Trophy at the end of the season. Although some teams are stronger than others, each match is crucial because any type of street in England, who does make or break a team's season.

New teams this season include Reading, Sheff United, and Warford after being promoted to the Premiership from the second-level Championship. The teams that had to bow out of the EPL (English Premier League) include Birmingham City, Sunderlan...