Exploring Asia On Campus

Emily Prendergast
Staff Writer

According to BCC “Facts at a Glance 2009-2010,” nine percent of the student body is of Asian descent. The report also mentioned that, while the majority of students are of U.S. citizenship, Korea is among the nations with high numbers: 699 Korean students. This makes Bergen one of the most diverse community colleges in New Jersey. This month from November 8th to the 13th, BCC will hold their annual Asian Heritage Week. Bergen continues to provide students with interesting as well as educational events to promote understanding among cultures within the student body. Last year, the Asian Heritage Week was unforgettable and a success with everyone anticipating the guest speaker, B.D. Wong, who plays Dr. George Huang on “Law & Order: Special Victims Unit.” This year’s festivities are packed with back-to-back new and exciting events.

On Monday, the 8th, Keynote Speaker Mr. Ti-Hua Chang, an award-winning journalist and a general assignment and investigative reporter on FOX 5 and on My Nine news, spoke in the Anna Maria Ciccone Theatre at 11:00 a.m. to 12:15 p.m. He spoke on the Current Relationship between China and the United States. He donated half of his honorarium to Bergen’s Food Pantry for the Students and the other half to City Harvest. Professor Win Win Kyi stated that, “He is a fighter and a champion to eliminate hunger in the world.”

On Tuesday, the 9th, students were able to learn more about different aspects of Asia. The event kicked off by a show presented by the Asian Student Union, a group of students who educate people about the different cultures within Asia. Following the performance, guests were able to learn about the different cultures and customs through a food tray representing different Asian foods.

On Wednesday, the 10th, Mr. Steven Tson, a professor from the Chinese University of Hong Kong, spoke on “Beyond Success: How to Love Your Life.”

Gloves Come Off at County Executive Forum

Emily Prendergast
Staff Writer

Before the Republicans’ sweeping victory in Bergen County, a debate style forum between Democratic incumbent Dennis McNerney and then Republican challenger Kathleen A. Donovan was held in the Technology Building at BCC’s Paramus campus, on October 14th. The debate was moderated by Lucie Heller of the League of Women Voters, who posed 21 questions to the candidates, three of which were devised by the League, and 18 submitted by those in attendance.

Some of the important questions posed to the candidates were how to curtail spending, the possibility of revoking the blue laws, and the proposed new rail tunnel under the Hudson River.

On the issue of government overspending Republican Kathleen Donovan said, “we’re going to look at everything freeze taxes and spending,” Donovan said. “We’re going to look at everything and do it.”

Walk for Breast Cancer at Bergen

Stephen Zheng
Staff Writer

Breast Cancer has always been a chronic illness. During the last decades, it has been affecting many women and men around the world. On Sunday, October 24th, Bergen Community College hosted the “Making Strides Against Breast Cancer,” a five-kilometer walk around campus. It started eight years ago in Leonia, with a small group of people and soon evolved into one of the biggest events to be held in North Jersey. The walk aims to help support the American Cancer Society in an effort to raise funds for research and services for Breast Cancer victims.

The 5K walk was a huge success as female Breast Cancer Survivors, Jean Sheldon, from North Haledon and Barbara Engles from Clifton, lead about 5,000 people around the course of BCC, holding an optimistic banner with the imprint “Happy Feet.”

Ren Tong, who two years ago survived Breast Cancer, explained the reasons for her participation in the walk. “It’s been a hard two years since my chemotherapy. After months of pain and losing all my hair, I may have lost all of my hair but I’m happy to have survived all that. I’m happy to be able to live happily with my grandson and my husband. I come out today in hope to help raise money for all the other suffering breast cancer victims.”

The event was possible thanks to efforts made by Moira Sullivan Renke, Director of Special Events for the American Cancer Society Northern New Jersey Region. Cathy Lauer, the chapter’s Senior Director of Patient and Family Services, also participated in the walk’s organization.

When asked how the money raised during the walk would be used, Sullivan answered, “All the education, money, and services happen to stay here at Bergen County for special programs.”

Lauer added, “Services range from many different kinds. From driving patients to treatment, peer support groups, offering free wigs to victims that lost their hair while undergoing chemotherapy.”

The funds will also provide for special programs like the “Feeling Good” and “Looking Good” programs, which will bring expert cosmetologists into the hospital to help Breast Cancer victims.
Abalos from Princeton University shares his personal journey as a Latino. He wanted to gain knowledge and a deeper understanding of the world surrounding him in order to become more capable of having an influence of its ways and an influence of its ways. 

"I went home and nights were empty, there was no one to talk to. The only thing I could do was read and led him to do some profound self-inspection and soul-searching. He began to look into his heritage and gradually came to discover that he had been estranged from his own past. He began to understand that he had been part of the majority group. He realized the importance and necessity of getting to know one’s inner-self in order to be able to become an “agent of change” in one’s community.

According to Dr. Abalos, one of the answers to stereotyping is “intimacy.” This implies that truly knowing and loving yourself will aid you in overcoming negative outside influences, such as racist acts of discrimination.

During Dr. Abalos’ undergraduate studies, he encountered a professor who had an enormous effect on him and led him to do some profound self-inspection and soul-searching. He began to look into his heritage and gradually came to discover that he had been estranged from his own past. He began to understand that he had been part of the majority group. He realized the importance and necessity of getting to know one’s inner-self in order to be able to become an “agent of change” in one’s community.

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Accordin...
Fitness Club Wants You to Have Fun

Alfred Martinez
Staff Writer

Nowadays, there is an abundance of healthy choices that people are making to improve how they live their lives. With diabetes, cardiovascular disease and malnutrition accounting for millions of deaths per year, one group at Bergen is helping people make the right choices to avoid health problems and improve their daily lives.

Most of the health issues today can be countered through healthy eating, exercising and avoiding unhealthy choices; that is what the Fitness Club is all about: helping Bergen Community make the necessary choices to improve diet and lifestyle. When asked how the Fitness Club got started, Professor Danielle Coppola, the Advisor of the Fitness Club, said, “A student of ours here at BCC came to me with the intent of starting this club to help students, faculty and staff become more active, more involved, have more supervision, more direction within fitness, health and nutrition.”

Since its inception here at Bergen, the Fitness Club has enrolled over a hundred members and created many events for their members and arrange new ways to get involved in a more consistent manner. Some of the activities presented at the school are the weekly Walk-a-Thons, which invite everyone to hang out and take a walk around the track behind the Technology Building. The Walk-a-Thons are going on now through the end of November every Thursday 12:30 to 1:30 p.m., weather permitting.

Every first Tuesday of the month, the Fitness Club has its club meeting at 12:30 p.m. in room S-128. Every second Tuesday of the month, the club introduces a variation of some type of fitness, such as Muay Thai boxing, self-defense or belly dancing. There is also Yoga this fall semester, which meets every third Tuesday of the month from 12:30 to 1:30 p.m. in Gym A; it has a great turnout. Unlike other clubs which hold sit-down meetings, the Fitness Club has a more hands-on approach to giving people a better understanding to exercising and physical activities. They get on board with members and arrange new ways to get people on track toward mental wellness, diet and exercise.

The foundation to the Fitness Club is its participating members and part of those members is the executive board, which is made up by students here at Bergen, including Maria Misalo, President, who is a Natural Sciences and Mathematics Major; Juan Bazal, Vice-President, a Biology Major; Mary Arestisiusa, Secretary, a Liberal Arts Major; and Mike Poppa, Treasurer, an Exercise Science Major; who help keep things going through their proactive involvement and dedication.

Some of that involvement and dedication is done by advertising, sharing and creating events, recruiting, tracking and informing members through e-mail and Facebook; most importantly, being at the events and activities which they set up. After speaking to the executive board about what it is they want to communicate to everyone at Bergen, they said, “We just try to help people and promote fitness and health.”

For more information, one can go to the Student Life bulletin for schedules and upcoming events and check out the Master Calendar at www.bergen.edu. The Fitness Club also has a Facebook page where everyone can connect to discuss ideas, issues and meet people with the same interest. One can also go to the athletic department and its facilities such as the gym in exercise rooms G-032 and S-128.

To speak directly with Professor Coppola, her office is at G-211. When asked what is her message to the BCC community, she said, “We want everyone to just come out. Bring your friends; everyone has an hour to spare...that's what we're about: having fun!”

Benjamin De Brasi
Staff Writer

Orientation and Induction was a success! Over 160 students were officially inducted into Phi Theta Kappa (PTK), the International Honor’s Society for community colleges. Each student has to reach and maintain a high GPA, which varies based on the amount of credits one has, in order to be invited into PTK.

Anyone in the society has access to exclusive scholarships and a bolstered shot at getting into top schools.

PTK Forum: Induction Ceremony

The PTK orientation began at 6:00 p.m. in the Technology Building, room TEC-128. The orientation consisted of the Executive Board members and the advisers talking to members informing them what PTK has to offer the inductees. Each vice president covered their area of focus while the advisers handled logistics.

The orientation was followed by a small Induction Ceremony, which began at 7:00 p.m. It was a much more rigid and formal than the orientation. The president of PTK was responsible for most of the proceedings. After each officer and adviser was reintroduced for the guests of the inductees and after the pledge of allegiance, Dr. Jose Adams, Vice President of Academic Affairs at BCC, took the microphone in place of President Ryan who was ill, thus unable to attend. He greeted everyone in a gracious manner and gave way to the first keynote speaker, Maria Palacios, who is the president of the PTK’s Middle State Region (our region) spoke on the merits of being in PTK.

The second keynote speaker Dr. Ursula Daniels, a Bergen Community College alum, spoke about growing up in a segregated America and the value of education on her life. After the speakers addressed the inductees, it was time for the induction ceremony. Each member was called by name by Vice President Adams, asked to stand for a moment and sit back down when the next person was called. With that, over 160 students became part of BCC’s PTK chapter. Hopefully, they will answer the call that being in PTK is.

Photo courtesy of Ptk.org
Tragedy in “The House of Bernarda Alba”

Jessica Czarnogensky
Staff Writer

“The House of Bernarda Alba” is one of the most cultural and influential nations in the world. Spain is one country that is worth mentioning for its contributions in the field of the Arts. One notable contributor is Federico Garcia Lorca, the Spanish author, musician and poet. Lorca is known for his vision of the gypsy culture and themes related to Flamenco traditions. On October 14th, a tribute event was performed in memory of Lorca, to commemorate his work and achievement. Lorca was a poet, for his vision of the gypsy culture and its vast contribution in the field of the Arts.

In an overall observation, the performance illustrated the soul in the words of John LaBarbera, as the actor portrayed the feelings close to the heart and concluded; ultimately to celebrate Lorca’s work, and to bring forth a mighty script.

In a final note, the event did indeed bring forth a presentation that brings you into those two different worlds that are very much close to the heart and the soul. Just like the director of this year’s ARS Nova presentation, Ender Hall, the once dormant space attached in Lorraine’s presentation of the spirit world phenomena. She said she and her late husband as well as her daughter’s next anticipation, each photo, as Lorraine Warren shared in Lorraine’s presentation of the spirit world and Lorraine is renowned medium, said she has the gift to see spirits since the age of 9. She tried to fit in with others and not stand out, not realizing that she was the only one seeing the light.

After meeting her late husband, Ed Warren, he realized that they both had something in common. Having grown up in a town that was haunted by the spirit world, she decided to study the phenomena. Eventually, he gained a wealth of knowledge of the spirit world and Lorraine had the gift to see them. She had no interest in using her gift at all, let alone to use it in the spirit world. However, when she encountered Ed, her spirit world, you are opening up doors in your life for the spirits to interact with you. According to Lorraine, how do you know if a Psychic is for real or not? Lorraine said, “Having psychic abilities is a gift, and you should not pay anyone if they are a real Psychic.”

The question that ended the presentation was; What do you think of the energy here at Bergen Community College? Lorraine Warren answered, “I’ve been to many colleges and I find this one to have very good energy, I have been warmly welcomed.”

Commemorating Federico Garcia Lorca

Daniel Borja
Contributing Staff

Among one of the most cultural and influential nations in the world, Spain is one country that is worth mentioning for its contributions in the field of the Arts. One notable contributor is Federico Garcia Lorca, the Spanish author, musician and poet. Lorca is known for his vision of the gypsy culture and themes related to Flamenco traditions. On October 14th, a tribute event was performed in memory of Lorca, to commemorate his work and achievement. Lorca was a poet, for his vision of the gypsy culture and its vast contribution in the field of the Arts.

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A Natural Psychic Phenomenon at Bergen

Deborah Brown
Contributing Writer

Lorraine Warren, a dedicated, renowned medium, said she has the gift to see spirits and that she did contribute was an excellent way to tie together the actions of the audience. The lighting was fair dim throughout the duration of the play, creating a more personal atmosphere as if the audience, too, was part of the story of Bernarda and her daughters. The sound effects blended well with the flow of the play and made the performance flawless.

“Bernada really such a strict mother, or just one so worried about having her daughters’ hearts broken and dreams shattered that she did all she could to protect them?”

Lorraine Warren, a dedicated, renowned medium, said she has the gift to see spirits and that she was in a period of mourning, their black and white clothing, being vibrant in color and more flattering for her figure. While lighting (Richard Sæson) and sound (Patrick Ryan) did not contribute a large amount to the play, what the two did contribute was an excellent way to tie together the actions of the audience. The lighting was fair dim throughout the duration of the play, creating a more personal atmosphere as if the audience, too, was part of the story of Bernarda and her daughters.

The sound effects blended well with the flow of the play and made the performance flawless. Though a play quite serious in content, it was nonetheless an enjoyable performance.

“The House of Bernarda Alba” truly showed the bond amongst sisters and how one small infraction could tear their love apart. It also raises the question, was Bernarda really such a strict mother, or just one so worried about having her daughters’ hearts broken and dreams shattered that she did all she could to protect them?

Tragedy in “The House of Bernarda Alba”

Jessica Czarnogensky
Staff Writer

“The House of Bernarda Alba.” This play depicts feminine strength and weakness and how in some cases, a man can destroy a home. Performed at Bergen Community College on October 28th, 29th, 30th and November 4th, 5th, and 6th, much can be said of such a small but mighty script. Written by Federico Lorca just before the start of the Spanish Civil War, the play takes place in southern Spain. When the play opens, we find the Mask (Vicky Van Dike) and her four daughters preparing the house for the mourners. Sixty-year-old Bernarda Alba (Courtney Priddmore) and her five daughters have just attended the funeral of Bernarda’s second husband.

Bernarda forces eight years of mourning and reflection while raising her daughters. Angelo (Stephanie Fitzsimmons), Adela (Stephanie Fitzsimmons), Carmen (Christina Czarnogensky), and Pepa (Annie LaBarbera) are the four surviving daughters of the deceased, each one of whom is forced by Bernarda to remain in mourning for eight years. The other poem event was “Yerma,” “Blood Wedding” and “The House of Bernarda Alba,” depicted throughout the event, Flamenco performances were done by Espiritu Griego, Barbara Martinez and Rafael Cintron, as an introduction, interlude and conclusion, ultimately to celebrate Flamenco traditions which, Lorca admired dearly. A memorable part of the event was also the performance of “The Weeping” by Linda Marcel as pianist. Paul Lee as violinist, John LaBarbera, himself, as guitarist, Gene Caldenon and Alexandra Lopez as readers, which brought about a look on the suspended work of Lorca. Dance is a language of feeling, and themes related to Flamenco traditions.

Some of the plays performed at the event were “Yerma,” “Blood Wedding” and “The House of Bernarda Alba,” all to be considered a trilogy. Other poems that were recited and translated to English were “Insect Panorama,” and “The Weeping.” These plays and poems were in a period of mourning, their black and white clothing, being vibrant in color and more flattering for her figure. While lighting (Richard Sæson) and sound (Patrick Ryan) did not contribute a large amount to the play, what the two did contribute was an excellent way to tie together the actions of the audience. The lighting was fair dim throughout the duration of the play, creating a more personal atmosphere as if the audience, too, was part of the story of Bernarda and her daughters.

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Global Trekker
Fabiola Behncke
News Editor

Brazil - South American Women in Power

Dilma Rousseff, former Chief of Staff for Brazil’s President, Ignacio Lula da Silva, became Brazil’s first female president on October 31st. She beat her opposing candidate, José Serra of the Party of Brazilian Social Democracy in a 56 percent to 44 percent vote.

During Brazil’s military dictatorship of the 1960’s, Rousseff belonged to a guerrilla group that fought against the regime. She comes from a wing of the Workers’ Party that is particularly keen on state industrial policy and intervention in the economy.

Her victory comes along a wave for women elected for the presidency in South America, similar to neighboring Chile’s former President Michelle Bachelet, as well as President Cristina Fernandez from Argentina.

According to the “Economist,” once Rousseff takes office on January 1st, critics will probably focus on an area where some differentiation from her predecessor might be welcome: handling the public purse. Since the election, Rousseff has preached as President Cristina Fernandez from Argentina.

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After the devastating earthquake that took more than 250,000 peoples’ lives in February, Haiti now faces a different tragedy: the spread of cholera amid imminent tropical storms. Over 400 people have died due to this disease and it is now threatening to spread in the watery muck that hurricane Tomas could make worse.

The New York Times reported that the United States spent more than $1 billion in humanitarian aid to Haiti after the earthquake. However, the U.S. has been slow to honor its pledge to the recovery fund, as well as its overall promise of $1.15 billion in reconstruction money.

Cheryl Mills, Chief of Staff to Secretary of State Hillary Rodham Clinton, announced the contribution at the third meeting of Haiti’s reconstruction commission. Mills said that the U.S. preferred that 75 percent go toward rubble removal and housing repairs.

Haiti – Unrelenting Tragedy

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Corrections

» In the October 2010 edition, the photo caption for the article “A New Decade of Self-Discovery” misstated the caption. The caption should read: “Jenny Fisher, keynote speaker for the Women’s Institute Conference.”

» In the article, “Rotary Corner: Get Involved,” Marie C. Jardin’s title was mistated as “Public Safety Sp.” The correct title is supposed to be “Assistant Director of Public Safety.”

» In the article, “NJ Legislators Stand Up for Women’s Health,” several points of misinformation were found. Nothing was cut from the Women’s Health and Family Planning Services. Bill S2139/A3019 was about supplementing $7.5 million dollars to the Women’s Health and Family Planning Services and removing $7.5 million from the State Employees’ Prescription Drug Program; essentially redistributing the appropriated budget from one program to the other.

” Additional phone lines were opened and staffed, and hours were expanded to help those families who did not provide the information through the online application,” Bouse said.

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**Asia**

nationally and internationally.

The following events on Tuesday, November 9th, will take place at the Cincione Theatre. The Bergen County College will host a guided tour of the main campus for visiting high school students.

According to the Bergen online calendar of events, Valleldicor of In addition, there is an event, will discuss her experiences at Bergen and her insights into how to achieve success. Ms. Vinokurova received her bachelor’s degree from Harvard University.

Don’t miss out on amazing performances of this old but fascinating city. Tickets will be held that Tuesday at 10:45 a.m. in the Cincione Theatre. Martial Arts of Japan, a watchful eye, will be performed by high school students. Afterwards, the Taiko Drums, Shakuhachi musical, Tai Kwon Do and gymnastics will be sure to put on a great show at 11:00 a.m. to 12:15 p.m. in the Cincione Theatre. A social networking and micro-blogging service being toot short messages out in cyberspace. It also allows users to read other people’s messages. This type of communal conversation is called “tweets,” which are text-based posts of up to 140 characters.

Unlike its counterpart friend-based social network, Facebook, Twitter is more of a professional site. You will find even companies’ CEOs, employees, celebrities and also government agencies tweeting with each other as they get work done. Twitter is also famous for getting certain lucky people their dream jobs. A good example of this is our previous Featured Staff Writer, Matthew W. Cole, who was offered an interview by Marvel Comics over Twitter. It was such an honor to be offered a job interview from a big company like Marvel. It had to be a dream, said Twitter can’t get you a job interview with the big guys, it sure did me with me.

Like Facebook, there is always people constantly updating their statuses and pictures. Although these up-to-the-minute messages allow people to know what is happening in their life, it may not be wise to release all of that information to the public. You never know who may be out there, be it your friends or a stalker.

For instance, you may think twice before you upload or tweet embarrassing photos of you as the pictures could make them feel embarrassed to even come to school. This was the case for Tyler Clementi, a freshman from Rutgers University who committed suicide at the George Washington Bridge on September 22nd, 2010.

According to nj.com, Clementi’s roommate told friends that he saw Clementi having sex with two boys. Then, he tweeted an invitation for people to iChat with him from 9:00 p.m. to 12:00 a.m. on September 25th, broadcasting Clementi’s sexual content all over Twitter. Unfortunately, Clementi was a victim of cyber-bullying. Twitter shouldn’t be used this way and there are certain things that should be kept private, or we will see another incident like Clementi’s.

Another factor to keep in mind is that employers use Twitter to check out their employees’ tweets. Employers check to see what the workers are doing and that they are actually working. Employees are in danger of getting fired if they tweet any inappropriately or unprofessional. Bottom line, what you are tweeting, especially if your bosses see it, is your future.

Twitter has over 300,000,000 registered users, along with the rate of 300,000,000 users signing up every day. Plus, Twitter has 180 million unique visitors and 55 million tweets a day in addition to having 916 million requests per day from API and third party users, reported blog.twitter.com. Blog. twitter.com maintains updates on every sign-up and tweet on Twitter. You can now also hide your Twitter account. You can hop aboad and give it a shot. You might find your boss or your company on there already.

Twitter: Are We Sharing Too Much?

Stephen Zheng

Staff Writer

It has been around since the first prototype of Twitter was built, back in March of 2006. Twitter’s popularity grew when it allowed people to post tweets to their friends on a social networking site. For instance, people use Twitter to keep close friends updated on their whereabouts.

As a tool for social networking, like Facebook and Twitter, are incredible mass media tools. So it’s no wonder why companies have their own pages, politicians use the site to broadcast messages, employers use it to keep their potential employees, and researchers use it to analyze market trends. Now, with personal privacy being important on the Internet, you can ask the important question: How will you make Facebook work for you?

First, you need to evaluate what you expect from your friends on Facebook. Is it for family, friends, professional networking or all three alike? Then, you can balance the information you put out there.

Facebook allows you to make friends in an easy way of organizing your friends into different affiliations. For each list, you are able to create specific privacy policies, such as co-workers needing, able to see pictures you have been tagged in. Photo albums have privacy settings allowing you to allow who can see your pictures, and so forth. You can also hide wall posts from specific friend groups; you can do this by hitting options’ button, then hitting ‘share’.

In addition to that, you can also remove people from your friending list. You can also stop coming up in search results, simply by clicking ‘edit’ on your privacy settings’ page. Finally, you have the option to remove yourself from friend's friends list. You can click ‘Applications and Websites’ on the bottom. Then under public search you can choose to turn off the engines from indexing you.

There is more you can do to protect your privacy in the 21st century than limit Twitter and Facebook. Stay on top of your game. Schmidt admitted on CNN that the company records and archives every single tweet. This market trend information is also tracked by Facebook and Twitter. This information includes, for example, if you are not signed into Facebook (Google: “Weigh trends + Facebook”), you can ask to see your friends. Unfortunately, some of us would like to opt out of this target marketing service. You can disable web trends, analytics, and Facebook tracking by downloading NotScript for Chrome, and ‘NoScript’ for Firefox (for those with Windows). It takes a quick step to protect your privacy and disable web trends, analytics, and Facebook tracking.

Ultimately, there is more you can do to protect your privacy settings and groups. Although simply clicking ‘privacy settings’ works well, you should also be aware of other privacy and security settings one can choose to disable search engines from indexing you.

Another factor to keep in mind is employers use Twitter to check out their employees’ tweets. Employers check to see what the workers are doing and that they are actually working. Employees are in danger of getting fired if they tweet any inappropriately or unprofessional. Bottom line, what you are tweeting, especially if your bosses see it, is your future.

Twitter has over 300,000,000 registered users, along with the rate of 300,000,000 users signing up every day. Plus, Twitter has 180 million unique visitors and 55 million tweets a day in addition to having 916 million requests per day from API and third party users, reported blog.twitter.com. Blog. twitter.com maintains updates on every sign-up and tweet on Twitter. You can now also hide your Twitter account. You can hop aboad and give it a shot. You might find your boss or your company on there already.

In the end, Donovan’s triumph transitioned into a tirade of accusations about McNerney’s alleged misuse of funds, her key point being that the incumbent authorized the purchase of a “million-dollar microscopes” for Bergen Academy in Hackensack. McNerney’s campaign benefited from the opening of Overpeck Park and encourages Bergen County added up to the post-Great Recession era, which believes that it is unnecessarily expensive. Donovan goes on to say that she wishes to put an end to what she calls “unbridled spending.” The heated and acquisitive nature of the campaign continued with Donovan’s claim that she doesn’t lay enough stress on party bosses, but that McNerney is beholden to his party to the point from which he chooses Democratic state politicians to the New Jersey Shore and to Yankee headquarters; there is more.

The moderator posed the final question to the candidates: “What can you say that is positive about your private life can sometimes affect your career? The heated and acquisitive nature of the campaign continued with Donovan claiming that she doesn’t lay enough stress on party bosses, but that McNerney is beholden to his party to the point from which he chooses Democratic state politicians to the New Jersey Shore and to Yankee headquarters; there is more.

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DAVID SHAPIR
RYAN VARGALIA
ARIANDRA SABAAN

CONTACT INFO
400 Paramus Road
Paramus, NJ 07652-1595
Room B-101
201.493.5006/5007
EditorInChiefTorch@gmail.com

THE TORCH, a member of the Associated Collegiate Press and the College Media Association, is the official student newspaper of Bergen Community College. The purpose of THE TORCH is to report on the events at Bergen Community College and to offer the BCC community a forum for expression. The opinions expressed in THE TORCH will not necessarily represent those of THE TORCH. All the materials submitted to THE TORCH become property of THE TORCH.

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As an open public forum, THE TORCH welcomes guest opinion pieces. THE TORCH submits the letter to the editor from any member of the Bergen Community College community. Materials should be submitted to editorinchief@torchmagazine.com or delivered to office B-101. Submissions must include the writer’s name, contact information and affiliation with Bergen Community College. Students should include their major; faculty and staff should include campus title or position. Opinion pieces are limited to 600 words and letters to the editor to 200 words. THE TORCH reserves the right to edit and to refuse publication of any submission.

Are You Pursuing Your Passion?

Carina Tesone
Editor-In-Chief

At some point or another, you may have been asked the question, “So what do you do in the summer?” Some got it all planned out since elementary school, while others may have needed to do some soul searching before coming up with an answer. However, whatever it is that you pursue, just make sure to make the most out of your time at Bergen Community College.

Life after Bergen. Yes, those grueling years at Bergen will not last forever, but that is really up to you to decide. One opportunity students could not pass up was on Transfer Day, where about 40 different colleges and universities met with BCC students. Taking place on October 20th, over 1,600 people attended this special event. Many were not excited but excited to take the next big step. “Transfer Day provides opportunities for students to gather information and make decisions on what four-year schools to transfer to after Bergen,” said Donna Crotty, Transfer Counselor at Bergen Community College.

The Torch conducted a random survey of Bergen students. Questions included, “What are you doing to plan ahead?” The hope is that students realize their passions, tap into BCC’s resources, ask others for advice and eventually get the “Ah, I get it” moment.

So...you knew all along. For Bienvindo Mena, passion and knowledge were hand-in-hand so preparing for the future was a cinch. “When I was younger, I was good at marketing and selling, and at math.” When I was older, I was also good at math. So when I came to Bergen, I decided to get into Accounting,” said Mena. He is planning to transfer to Syracuse University in New York City or Johnson and Wales University. “Do something you are passionate about,” Mena advised students.

When you hit that fork in the road, “I’m stuck between two different career paths, special education or becoming a U.S. Marshal,” began Alyssa Armstrong, a Special Education major. “I would want to help make

the world a safer place, so I want to be a U.S. Marshall; but I also have a passion for working with children.” Armstrong spoke from the heart, as she said, “I feel like I have the patience and understanding to teach kids learning disabilities.” Either way, Armstrong is determined to transfer to Kean University.

Who inspires you? “I never thought I’d want a career; I thought maybe I’d excel in sports,” began Jenny Hernandez, an Art major. However, with her niece looking up to him and with a knack for creative illustrations, Hernandez realized his potential. “I used to sit in class and wonder...I would give my drawings to little kids and it would put a smile on their faces.” From this point on, Hernandez discovered what he wanted to be: an illustrator for Nickelodeon or even Disney. However, he decided to transfer to Boston College in Massachusetts. A tip from Hernandez: “Don’t ever blink you never know when your number might hit you. True story.”

Follow Your Heart: Right off the bat, Lena Elezazy said, “I really don’t know what I want to do!” Elezazy is a Communications major in General Education. “My mom tells me to be a Special Ed. teacher, but I want to study my heart and cook,” Elezazy, who was inspired by the Food Network Channel, is of Egyptian descent and wants to become a restaurant owner offering Egyptian cuisine. She just joined the newly formed Culinary Arts Club, is and is learning about the Hospitality and Management program as well as the Culinary Arts program. “At first I did not know the college had these programs,” she said. “I scheduled an appointment with the Admissions office and I also took an Introduction to the College Experience (ICE) class, which opened my eyes to how I should learn and what are the consequences.”

Although your route toward your dreams may be winding, your life is your own. Remember you are not alone. There are thousands of students at BCC who have been asked the same question: “So what do you want to do?”

Infidelity in America

Peter Carrazzone
Contributing Writer

Ever had your heart trampled on by a cheating ex? Perhaps you were the one that was less than faithful in a past relationship? Regardless there are two things that we can be sure of: the first is that most people consider cheating wrong. Most societies and religions choose to maintain monogamous relationships. The second is that human beings do cheat and do it a lot, especially in America. According to www.infidelity.com, an estimated 30 to 60 percent of all adults in the United States will cheat on their spouse at some point in their marriage. That statistic is on the conservative side, considering all divorced marriages aren’t being taken into account and the fact that most people lie about their affairs.

Here’s a quick rundown just to give you a better picture. According to Helen Fisher’s Anatomy of Love – A Natural History of Mating, Marriage, and Why We Stray: in 53% of marriages end in divorce in America

41% of marriages have one or both spouses that admit to infidelity either physical or emotional

33% of men admit to committing infidelity in any relationship they’ve had

36% of men and women admit to having an affair with a co-worker

36% of men and women admit to infidelity on business trips

17% of men and women admit to having infidelity (emotional or physical) with a brother or sister in law

74% of men say they would have an affair if they knew that they wouldn’t get caught

68% of women say they would have an affair if they knew they would never get caught

Psychiatrists and marriage counselors have the highest divorce rates. After knowing all these facts, is there even a point to having a successful monogamous relationship, or is it all just wishful thinking? Some recent studies in modern evolutionary psychology can give us some insight into answering this question.

So why do people cheat? Unfortunately, although we don’t like to admit it, evolution and psychology suggests that cheating is an innate part of human behavior. This behavior helped us to survive, as well; particularly in the child-raising aspect. This behavior is known as pair bonding.

Pair bonding is rare in nature. Only 5 percent of mammals are monogamous and even then, most of these are local arrangements. The Nile crocodile, the American toad and some desert woodlice are examples of promonogamous animals. Some 36% of men who admit to infidelity in any relationship they’ve had.

According to Helen Fisher, “pair bonding is a behavior that helped us to survive, as well; particularly in the child-raising aspect. This behavior is known as pair bonding.”

So being that our pair bonds usually aren’t permanent and the trend of divorce and cheating is on the rise, it’s fair to say modern Homo Sapiens are anything but monogamous. What we do is somewhere in between. We engage in a pair bonding behavior known as social monogamy. Social monogamy is when someone is faithful to their mate, like when with family and friends for example, but when left alone and opportunity arises, they are anything but monogamous.

Now this doesn’t mean that monogamy doesn’t occur or that it doesn’t occur in nature. Many animals are monogamous and the same patterns are seen in our family pets. While they may not be monogamous report a deeper bond and more cooperation with their partner that they say can only be achieved through a monogamous relationship. It does mean, that is we as a society should take a more realistic approach to dating and marriage.
Tolerance and Sanity in a Mad World

Fabiola Behncke
News Editor

Perhaps, one of John Lennon’s most famous quotes came from the song “Imagine”. It was a call for something that humankind may be secretly longing: Tolerance. The world celebrated Lennon’s 70th birthday on October 9th, and it seems like those 40 years of life he

offered to humanity, were enough to leave a legacy that will last for generations. While spreading a message of peace and tolerance throughout the world, Lennon was ironically assassinated 30 years ago, yet his message lives on, or at least that is what we would like to think. Unfortunately, against Lennon’s will, we still live in a very intolerant world. As a nation, we are facing two sides of that, while not ignoring the kill thousands of Americans and foreigners every year. There is also an internal war as the media’s rhetoric of “left” and “right” or “socialists” and “tea-partiers” begun turned even more violent and very much misleading. There are also cases in states like Arizona, where Latin immigrants are being ostracized by equivoquant stereotypes. In New York

City, disputes arose regarding the Mosque being built near the 9/11 site; all of this in a country that has come quite be so great essentially due to its diversity.

Just recently, I went so see a documentary film, “Boxing Gym” by Frederick Wiseman. He never uses voice-over narration, encouraging viewers to really look at what’s being shown. The film is set in Austin, Texas, more specifically, at “Lord’s Gym.” At first sight it would look like a pretty violent subject. I’ve never thought of boxing as a sport, but I found exactly the opposite. I discovered boxing can be friendly, because even when you must defeat your opponent, you can still care for them just for the sake of commonwealth. The film documents the affable characteristics of a very diverse clientele at a gym located in a rough part of town. It’s a hectic, no-frills “Million Dollar Baby” variety with every corner bursting with training spaces and every inch of wall space covered by posters and boxing art.

I saw the ability of human beings to analyze violence. In daily situations, and from different backgrounds, people are still able to learn from each other as well, making tolerance and sanity always present.

It made me think, why is there so much hatred? Why is it that even in a place where there is direct confrontation, such as a boxing ring, there seems to be more tolerance than the real world? In the end the purpose is one: Divide and conquer. The more we think we are different, the more divided and weaker of a society we will become.

On October 30th, the National Mall in Washington D.C., was once again witness of a demonstration of democracy in the United States. According to the organizers of “Rally to Restore Sanity,” TV pundits Jon Stewart and Stephen Colbert, this rally was meant to not be a rally. Instead, the rally was an act of presence of “sane” people, who agreed that shouting and screaming at each other is not the way to solve peoples’ differences. Inasmuch, many have considered it a failure and critics tended to see the organizers’ intentions as counterproductive. The message of the rally is still there, and many heard it a long time ago (even though it wasn’t a shout). To be calm and think of a common purpose and benefit; in the end, if everybody shouted, nothing can be heard.

“You may think I am a dreamer, but I am not the only one. I hope someday you join us and the world will be as one” – John Lennon.
Performing Arts
Administrative Services, Dennis C. Miller; Jeremiah Ryan; Interim Vice President of friendly . President of the college, Dr. G greatness in perspective of the college's sub-theme of Greening & Growing to Live, Learn, Lead but also included the successful in everything life has to offer. to implement these learned skills to be organizations. Students were also advised sense of leadership for their clubs and Community College with a revitalized event were encouraged to return to Bergen Pennsylvania, was about growing as a property of Woodloch Resort in Hawley , of Student Life and hosted on the Weekend 2010.

This weekend, run by the Office of Student Life and hosted on the property of Woodloch Resort in Hawley, Pennsylvania, was about growing as a person. Students who participated in this event were encouraged to return to Bergen Community College with a revitalized sense of leadership for their clubs and organizations. Students were also advised to implement these learned skills to be successful in everyday life has to offer.

The theme for the weekend was Live, Learn, Lead but also included the sub-theme of Greening & Growing to Greatness in perspective of the college's goal to become more environmentally friendly. President of the college, Dr. G Jeremiah Ryan; Interim Vice President of Administrative Services, Dennis C. Miller and Vice President of Student Services, Raymond Smith, addressed the students. There was also the presentation, "The Intersection of Leadership, Happiness and Sustainability" from the Environmental Club's advisor, Professor Rachel Wieland.

Since the whole point of this weekend was to break out of our comfort zone to grow and take on leadership roles, we did not get to pack our roommates. We could not sit next to anyone—we knew during the main sessions or during meal times. Luckily, there were many fun ice-breakers to get to know each other and even help us develop a sense of ourselves. For how can we build up our skills as great leaders of the masses if we do not even know ourselves? This strategy worked incredibly. By the end of the weekend, we knew everyone and were referring to each other as family. The schedule was jam-packed with activities, no one was a stranger to one another during the morning and afternoon sessions, no one broke off into their own cliques once we left the meetings. We all stayed, worked and played together.

However, Leadership Weekend was not just work or play. It was something much deeper than the simple conference we all expected. Tears, ideas and powerful memories were shared. I doubt that anyone will forget this weekend nor the life and leadership lessons we learned along the way. It was an experience that helped us to grow as human beings, students and, of course, leaders. Leadership Weekend 2010 was an exhilarating and entertaining experience that no one should miss out on.

Post-weekend, we all locked into the mirror. Although our appearance did not change, our perspectives were renewed.

Stefany Castellanos

Calendared of Events & Performing Arts

Leadership Weekend Luau: Put your hands up!

The people who made it happen:
Leadership Weekend facilitators

Krystyn Croney
Contributing Writer

"Leadership means inspiring others to be the best they can be, so one day they too will become leaders and inspire as well." As said by Dalia Campero, this sentence became the mantra of Leadership Weekend 2010.

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While the sessions were informative and pertinent to being a leader, the evenings were more about widening our social horizons. We had the opportunity to get to know each other and enjoy ourselves in a less formal setting during a pool party and a luau. Everyone was just as comfortable with each other during the activities as well as afterward, because we progressed together during the morning and afternoon activities, no one was a stranger to one another during the evening. No one broke off into their own cliques once we left the meetings. We all stayed, worked and played together.

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Open Your Mind to Diversity

Adriana Szboova Contributing Writer

As approximately 110 students stepped off the bus, we had no idea what to expect. We had heard of the topics and discussions we were about to have, but nothing prepared us for what we would experience. Diversity Weekend was held at Honor’s Haven in Ellenville, New York from November 4th through 7th. This three-day trip opened a lot of students’ minds.

From the first discussion of getting to know the person behind you; to the discussion of the dominant and non-dominant cultures, this weekend challenged you to reevaluate yourself. Various cultures and groups were evaluated in their beliefs and non-dominant cultures, this discussion, among some of which were: “How were you taught to express emotion?” and “What are your memories of learning about what is right and what is wrong?” In addition, all kinds of moral issues were addressed; ranging from “Is a person’s sexual orientation a choice or is it natural?” to “Should we educate anyone regardless of their ability to learn?”

Many attendees felt their way of thinking was changed. I personally have been shown how unforgiving the world really is to different social groups. By working in small teams, students created a bond with people of other cultures. “I hope you will all return to campus and become 110 ambassadors,” President Ryan said, having high hopes for the students.

Student Government Association (SGA) Senator, Daniel Hyun Lee, said, “The weekend was revolutionary and it is an event ALL students should experience.”

Concluding Diversity Weekend, students were asked to write a poem, answering the question “Who are you?” Nestor Melendez, Director of Student Life, shared his poem, entitled “The Answer,” shown right.

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Both students and faculty members attended Leadership Weekend. Throughout the workshops and lectures, students were encouraged to accept and listen to new ideas. Various discussions were held, some leaning toward debates, while others brought us together as a family. Inasmuch, we learned to hear viewpoints different from our own.

There were questions posed for discussion, among some of which were: “How were you taught to express emotion?” and “What are your memories of learning about what is right and what is wrong?” In addition, all kinds of moral issues were addressed; ranging from “Is a person’s sexual orientation a choice or is it natural?” to “Should we educate anyone regardless of their ability to learn?”

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Who am I? Who the hell are you?

How dare you try to define the paradigm of this exquisite design, so sublime it blows your mind.

I speak in tongues you’ve never heard nor can begin to perceive. Consider yourself blessed to receive.

My presents, my presence. I manifest the essence of grandness.

Not boastful but proud, I live my life out loud and will be allowed to be the story.

In my entirety, not bits and pieces. All of me and not half the story.

I will not let you bore me by focusing on the differences, instead force your focus on the magnificence.

Take a chance and join my dance, you might find romance, bromance.

Just remember to let no man put us under; let no people be sent wandered but rather let us plunder the wealth of Universal richness and when it comes to family our blood will be thickest.

Put your hand in mine and let the world witness.

That to anyone who am I who the hell are you?

Together- we are us.

And that’s the only truth.
Math rock innovators, Tera Melos

Tyler Burns
Contributing Writer

On a cold late September night, I made the hard, long journey into Brooklyn. What was on my mind? I'm not sure. I wondered if I had really anticipated me at the end of my path? Something better than gold at the end of a rainbow. Yes, it was math rock entrepreneurs Tera Melos. The show was to take place at the infamous Death By Audio. As I walked down Bedford Ave, I could feel a good night coming on with my friends.

The opening bands were great, especially Anamanaguchi who is notorious for writing the soundtrack for the Scott Pilgrim video game and movie. Now I had to begin my very painful, but well-worth-it wait for Tera Melos to begin. (If you’ve never heard of them, they’re a math rock band from Roseville, California infamous for touring with The Fall Of Troy.) Nick Kiszewski made sure his name was mentioned in both his bassist and guitar parts along with their bassist.

If you’re a guitarist yourself, or at least know a thing or two about guitar pedals, you would have been foaming at the mouth as I counted at least 18 set up. Once they had set their gear, they jumped into their set. Opening with the first few songs off Patagonian Rats and then playing all the hits. In Brooklyn, the kids really know how to show their appreciation by crushing the crowd in front of them and jumping off of everything in sight.

The band didn’t let this slow them down and actually basked in it. Nick’s fingers were invisible to the naked eye and the drummer sounded more like a machine than a man. All the new songs, especially “Frozen Zoo” were the highlight of the show. Live, the band really puts a new spin on their material. No Age all of a sudden becomes a noisier Dinosaur Jr. On the fast tracks, guitarist Randy Randall really shows what2

No Age is one of the most respected math rock bands in the scene. This was their first time in Brooklyn, the kids really know how to show their appreciation by crushing the crowd in front of them and jumping off of everything in sight. The band didn’t let this slow them down and actually basked in it. Nick’s fingers were invisible to the naked eye and the drummer sounded more like a machine than a man. All the new songs, especially “Frozen Zoo” were the highlight of the show. Live, the band really puts a new spin on their material. No Age all of a sudden becomes a noisier Dinosaur Jr. On the fast tracks, guitarist Randy Randall really shows what it’s like to be a multi-instrumentalist and soloist. The band’s self-titled six EP was a winner, I’m a dreamer”, it’s safe to say that this is the end, it simply hits like a bomb and does not leave you feeling much better. The entire album is definitely not something to pass up. If you’ve got the cash or a computer grab it quick before “Glitter” becomes a radio hit. Overall, if you’re into New Wave, Dinosaur Jr, and Sonic Youth, then No Age is your band and Everything In Between is what you need on your turntable. In stores now and is a must-have for any pop-punk fan. If you’re looking for a band that can both sing and play, then No Age is the perfect band for you. They have a unique sound that is both powerful and melodic. Overall, a great album that is sure to please any fan of pop punk.
Searching for Utopia
Rachel Kim
Contributing Writer

When you hear the words, “Escape the Earth” cliché automatically pops into your mind. This widely used subject—everywhere from movies, books, to any story subject—surprisingly changes its meaning when you begin to read the book, The Butterfly of the Stars. The original title of the book is Le Papillon des Étoiles, written in 2006 by the French science-fiction novelist, Bernard Werber.

You have probably heard of his name or at least his best seller books like Empire of the Ants, The Tree of Possible Things, or The Thanatonauts. As he surprises the world with his unlimited imagination in his previous books, he again amazes the readers by presenting his unique storyline and creativity in his book. The Butterfly of the Stars. The story begins with 144,000 people, who are gathered together, residing in a despondent Earth. They rely on their sole hope of escaping the Earth, which is bombarded by poverty, terrorism, wars, pollution and diseases. They begin to travel for the new planet in the spaceship of Papillon. These people set off seeking the new utopia, the last hope work alongside with the pioneers that build the modern type of the Ark of Noah. They step into the new world by taking only the limited species who will build up the basis of the new utopia.

The vivid detailed description and the unlimited imagination of the story makes the book fascinating to read. Werber writes in such a way which entices the readers to crave more, even wanting to finish the book in one sitting. The author’s imagination throughout the novel is very talented. He operated the spaceship with the energy of the sunlight, choosing experts from each field. Similar to the motives of the Ark of Noah from the Bible, he gathered men, women, and each animal species. He uses vivid descriptions to make the readers feel like they are actually on the Papillon as well as enable the readers to use their own imagination to picture the possibility of Papillon in the real world that we live in.

What is most fascinating about this book is that it is based on science fiction, yet it also criticizes the problem of the human species. Through the unavoidable repetitive history inside the Papillon, the book raises the question, “Is the statement, ‘History is repetitive,’ an inexorable truth?”

Bergen County Getaways
Polina Lentsi
Contributing Writer

The students at Bergen Community College have the advantage of going to school only a bus ride away from the madness of Manhattan, while maintaining the rural comfort that New Jersey has to offer. If you’re looking to get away from the daily stress that we call life, a day of hiking is the perfect way to relax; it’s just as close as New York and doesn’t include the costly $8.00 toll.

Polina Lentsi
Contributing Writer

Along with a gorgeous view of the George Washington Bridge from the Historic Park at Palisades Interstate Park trail system, the students who live in Edgewater, very close to the George Washington Bridge, in case you change your mind last minute and decide that New York is more what you’re in the mood for.

Your next spotlight.

Kamiall Bayete
Minor Communication

Kamiall is the kind of student who wants hands-on access to all the latest technology, up-close attention from expert faculty, and real-world experience in her field before she begins her career. William Paterson is her kind of university.

Find out what’s next for you at an upcoming event.

Undergraduate Open House
Sunday, Nov. 14, 12:00 p.m.
Transfer Information Session
Thursday, Nov. 18, 4:00–6:00 p.m.

Make your reservation online at wpunj.edu/undergraduate.

Neue Galerie Exhibits the Art of Facial Expressions
David Kwon
Contributing Writer

Students should truly take the opportunity to enlighten themselves by visiting the Neue Galerie, located at 1048 Fifth Ave in NYC. Their current exhibition on the third floor shares the “character heads” sculpted by Franz Xavier Messerschmidt (1736-1783). His sculptures capture the intensity and depth of human facial expressions, with pieces depicting a myriad of emotions from anger (The Yelled Man) to calmness (The Gentle, Quiet Man), and even fright and pain (The Constipated One). The appeal of these sculptures is the artist’s ability to relay a true-to-life representation of his subjects in their contorted faces. The sculptures feel incredibly refreshing, even today.

Messerschmidt was renowned in his own time as well. He was lauded for his unique style and had the privilege of working on several royal commissions. This exhibition of Messerschmidt’s work was made possible by Guilhem Scherf, the chief curator of sculptures at the Louvre, where the exhibition will move after January 10th, 2011.

The second floor of the museum houses Austrian and German artists such as Klimt, Schiele, Beckmann, Kirchner, and Nolde. I was especially drawn to the room that housed the sketches of Klimt and Schiele. Klimt’s sketches of Adele Bloch-Bauer, created in 1903, mesmerizes the viewer and allows one to see the lines and themes that the artist perfected in his 1907 masterpiece ‘Adele Bloch-Bauer I’, which is on display in the neighboring hall. The first floor of the museum houses a book store and a beautiful café. The Neue Galerie Book Store provides literature on Austrian and German artists including many who are not a part of the permanent collection, as well as a series of posters, postcards, calendars, and other gift shop goodies.

Fête Sabarsky is a beautiful work of art itself, designed in the manner of the Viennese café’s, which were prominent centers of intellectual and artistic development during the turn of the century. The café also serves as an intimate hall where the performances for Cabaret at Café Sabarsky are held. A series which is “devoted primarily to German and Austrian music of the 1890s to 1930s, some of the most fertile and volatile music created in the modern era.” (www.neuegalerie.org). Admission to the museum is $10 for students and seniors, and $15 for all other visitors.

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Kamiall Bayete
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Franz Xavier Messerschmidt expresses expression through sculpture
Matthew Cole
Staff Writer

“How YOU doin’?” It’s the original pick-up line of the character, Joey, from the television show, “Friends.” It’s pretty obvious when Joey hits on a girl, but most of the time it isn’t obvious when guys may flirt with you. There are resources upon resources to find out if you’re being hit on by a guy; from the “how to” section on YouTube, books, Wikianswars and hundreds of websites solve this issue. Hopefully this will be a little more helpful than a Yahoo answers…answer.

The things to notice are the actions he does subconsciously. Pay attention to his body position as you chat it up. Seldom turning his back to you, leaning towards you, slouching his shoulders around you, pointing his shoulders and pelvis towards you mean he is probably into you. There is also the eye contact. This is a special kind of eye contact: he looks at you while you’re not looking at him, and he watches you until you look at him then he looks away: it’s a game of peekaboo. But many kind of flirting. This may tell you all you need to know.

Knowing if a guy likes you isn’t a science, it doesn’t have a finite answer. Sure, there are other things guys do that may OR may not do that tell you if he likes you: subtle touches, extra hugs, nervousness in his voice, talking too much, asking too many questions and et cetera.

These are not definitive; the closest way to figure it out is if he follows the rules of flirting: “Uhh, are you flirting with me?” Bluntness. He will be shocked by this, possibly even stutter. However, if he’s not, be careful when doing this. Be stern but charming and playful. This is the worst possible outcome: he’s gets interested (a stick in the mud) but charming and playful. The two are not definitive; the closest way to figure it out is if he is interested, possibly even stutter. However, if he’s not, be careful when doing this. Be stern but charming and playful. He will be shocked by this, possibly even stutter. However, if he’s not, be careful when doing this. Be stern but charming and playful.

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Hey guys, remember that time you noticed a girl looking in your general direction? She was batting her eye lashes rather seductively. But, being the genius 4.0 student, you figured it was probably just something in her eye or she wasn’t even looking at you to begin with. Well, surprise, surprise she was actually looking at you! Girls are coy creatures and send flirty messages and signals that just might go over your head. But here are some tips to start picking up on these messages.

From a distance you can see her smiling, smiling at you when you aren’t looking. When you do look at her she looks away but keeps on smiling. After a few flirty smiles she makes eye contact. The eye contact is a sensitive subject for girls, we have a tendency to look away fast but it can really go either way.

Entering into small talk will start round two of flirting. She’ll try touching you unnecessarily to send electricity through your veins. When she’s doing this you know she’s into you.

Girls travel in packs and realize when they isolate themselves they’re more approachable. This is a sign of flirting. Girls may do this by walking past you or close to you, to accomplish a standard memory test and after some only spending minutes with a pretty girl, their answers were slow and inaccurate…poor sobs.

Guys, look for all these signs. Try to not stumble on your words although, according to a study done in Journal of Experimental Social Psychology, men basically lose their memory when talking to pretty girls; pretty being a relative term. Forty male volunteers were asked to accomplish a standard memory test and after some only spending minutes with a pretty girl, their answers were slow and inaccurate…poor sobs.

Stephen Zheng
Staff Writer

Thanksgiving has always been famous for eating until you can no longer walk, not to mention the famous main course: the turkey.

How happens if you’re a vegetarian? What can you eat on Thanksgiving? How do you create and enjoy a turkey-less dinner with your family?

Besides the cuisine difference, you can enjoy Thanksgiving Day the same way as everyone else with a normal sleep-in, pop in a movie and just relax till dinner is served. Of course, if you’re like me, you can get up at 5:00 in the morning to prepare all the ingredients for the dinner and start cooking.

For a Vegetarian Thanksgiving, start off with the Vegetarian Appetizer. First, the French Onion Soup: unlike most which is made with beef broth, it can be prepared with vegetables and a lot of mozzarella cheese. The famous fall salad, the Autumn Salad, made with your favorite lettuce, carrots, pecans, raisins and pears couldn’t possibly be left out of a vegetarian dinner. Along with the vegetarian appetizers, we have baskets of buttermilk biscuits, corn bread and Popovers muffin-shaped bread.

The main course of the night and also what makes the whole Thanksgiving Day worthwhile is the Lasagna. Lasagna is a basic casserole made with layers of flat noodles, vegetables and cheese. Another famous, rich and delicious casserole is the Greek dish, Spanakopita, a spinach feta cheese pie.

To replace the turkey we have a veggie loaf, which is a spread of veggie burgers in a loaf pan cooked to perfection. Last not least is the Vegetable Gratin: a mix of tomatoes, pumpkin, eggplant, onions, cooked with olive oil, salt and white pepper. Then top off the layer with cheese and breadcrumbs and bake until golden brown.

For side dishes, we have the famous mashed potatoes with vegetarian gravy and stuffed sweet potatoes (also called yams). Another popular side dish to prepare is mashed sweet potatoes. Don’t forget the traditional cranberry sauce and stuffing, which instead of being stuffed into a turkey can be the vegetarian bread stuffing. The stuffing can include apples and walnuts, and it is deliciously baked as a casserole.

This amazing Vegetarian Thanksgiving Dinner with sweet potatoes, cranberry sauce and stuffing, and of course, the famous pumpkin pie. If you’re craving a cheesy dessert, end it with the spinach and feta cheesecake.

Nita Lim
Staff Writer

Stomach compresses. That is healthy slowly exhale completely until your nose to fill your lungs, and breathe in a more relaxed way. Ujjayi breathing, balance and circulation. You will help prepare you for the real deal of labor, birth and motherhood. Not expected arrival. Consider yoga, it is a great exercise that helps the labor to progress. Yoga, on the other hand, will help you limber, lean; improves your strength, endurance and helps in maintaining proper alignment of the body. It also helps in removing adrenalin and may lack to produce many hormones that help in proper labor process. When the human body is scared or in pain, it produces adrenaline and may lack to produce Oxytocin, which is a vital hormone that helps the labor to progress. Yoga, on the other hand, will help you resist the urge to tighten when you feel a sense of pain. Instead, it will teach you to relax. In fact, in the April 2009 issue of Harvard Mental Health Letter, it is scientifically proven that yoga helps reduce the feeling of stress by slowing the heart and breathing rates, and lowering blood pressure.

There are a few prenatal yoga positions. Before you start, here are some tips and reminders. First, always consult your physician before practicing any kind of fitness activities. Second, listen and trust your body. Never push yourself beyond limits. Third, always hydrate before, after, and during the activity. Lastly, enjoy, relax, and have fun because it won’t be long until you have to be chasing your kids around.

Extended Triangle Pose: Stretch your legs, stretch the groins, hamstrings, hips, and opens the chest and shoulders. When you’re in this pose, the body is open to and flowing with the breath.

Warrior I Pose: Strengthens the legs and arms, opens the shoulders, and tones the abdomen.

Emily Prendergast
Staff Writer

Are you anticipating having a baby? Maybe it is time to think healthy by staying in shape for you and your expected arrival. Consider yoga, a low-impact exercise that keeps you limber, lean, improves your breathing, balance and circulation. According to www.babycenter.com, Yoga is a great exercise that will help prepare you to do the real deal of labor, birth and motherhood. Not only does yoga help you physically and mentally, but it teaches you to breathe in a more relaxed way. Ujjayi is a helpful breathing technique that helps you slowly breathe in from the nose to fill your lungs, and slowly exhale completely until your stomach compresses. That is healthy slowly exhale completely until your nose to fill your lungs, and breathe in a more relaxed way. Ujjayi breathing, balance and circulation.

The baby is important for the baby and it trains you to stay calm in situations when you need it the most during labor and childbirth.

It is important to stay calm and not tighten up during the labor process. When the human body is scared or in pain, it produces adrenaline and may lack to produce Oxytocin, which is a vital hormone that helps the labor to progress. But many kind of loosening. This may tell you all you need to know.

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Matthew Cole
Staff Writer

The Avengers, Captain America, Green Lantern and Thor are just a few comic book inspired movies that were announced last month at New York Comic Con. After needling out over the events of New York Comic Con, I have compiled a list of movies any comic book nerd / film school reject would be sore to miss.

10: The Green Hornet January 14th, 2011 - Seth Rogan playing the not so ever scrupulous superhero in this off the wall comedy that brings in some clutch action and routine Seth Rogan humor.

9: Super (Spring 2011) - Seemingly stemming from the success of “Kick-Ass,” the movie “Super” features comedian Rain Wilson portraying a miserable husband that turns, “Super.” Calling himself the Crimson Bolt, he becomes the face of justice; fighting the good fight against criminals of all kinds: drug dealers, underaged rapists or those who butt in line at the movies.

8: Cowboys & Aliens (Jon Favreau; July 29th, 2011) - Popcorn movie goers can expect nothing but the best from this film with the director being none other than Jon Favreau. Being known as a popcorn filmmaker, Favreau has come to be a director that can consistently be relied upon. The cast is nothing short of amazing: Sam Rockwell, Harrison Ford, Olivia Wild, Paul Dano and many others; this film may surprise casual movie goers to film nerds.

7: Thor: Legacy (December 17th, 2010) - “Thor: Legacy,” sequel to the 1982 film “Tron,” features the same dynamics of the first film with some CGI upgrades. “Tron,” not a classic to its own right, was literally on the cusp of greatness. “Thor: Legacy” however, seeks to potentially unleash whatever the first one missed and shatter that cup into a million kilobytes.

6: Spider-Man: Reboot (July, 3rd 2012): Slowly but surely news about this movie is being fed to the rabid comic book fans who have been looking for a milliğan on the spider-man movie series. Hopefully, this will satisfy the unreachable stomach that is a comic book fan.

5: The Green Lantern (June 17th, 2011) - Ryan Reynolds can do it all. First appearing in Marvel Comics third installment of “Blade,” Mr. Reynolds has made himself the go to guy for superhero movies. Last playing Deadpool in “Wolverine Origins,” Mr. Reynolds is being featured as Green Lantern. Green Lantern had hardly anything to show at Comic Con, so as of now, this movie is squarely placed on Ryan Reynolds.

4: Captain America: The First Avenger (July 22nd, 2011) - An all-star cast, a delicious plot written with the help of Joss Whedon and Joe Johnston on the reigns; what could go wrong? Oh wait, Joe Johnston could. Joe hasn’t had the best track record, though maybe he isn’t given enough credit and this movie will be a classic, maybe.

3: Sucker Punch (March 25th, 2011) - This movie’s teaser trailer was outright ridiculously good. Imagine a bunch of hot school girls playing ninja and putting to shame Hattori Hanzou Masahide, who is the deadliest ninja assassin in Japanese history. YouTube this trailer and you will see for yourself.

2: Thor (May 6th, 2011) - Seeing Thor’s hammer, Mjöllnir at the end of “Iron Man 2” gave you goose bumps didn’t it? Watching the Thor trailer at Comic Con gave the audience goose bumps on their goose bumps. All thoughts of a cheesy “Thor” have been put to rest. This movie will be amazing.

1: The Avengers (May 4th 2012) - Take the Iron Man, Thor, Captain America and Hulk (minus Edward Norton) movies, then add them together. What do you get? Quite possibly the greatest crossover movie storyline ever conceived, ever. Your kids’ kids will still be talking about this one even after you’re dead. It’s that good.
“Blueberry Muffins My Way
Or the Highway”

Emily Pendergast
Staff Writer

Muffins may look very deceiving sitting all innocent behind a glass in Starbucks or Dunkin’ Donuts. In fact, sometimes the granola, blueberries, or pistachios make it look healthier than it really is. Little do we know, muffins are for the most part, very high in fat and calories. Take the ones at Starbucks and Dunkin’ Donuts for instance. A Starbucks blueberry muffin contains about 380 calories and 19 grams of fat. Dunkin’ Donuts has a blueberry muffin that is a whopping 480 calories and 15 grams of fat. However, don’t let this scare you from ever eating a muffin again. You can still enjoy this tasty “morning to-go” snack with a recipe that will trim your waist and keep your wallet intact.

BLUEBERRY MUFFINS MY WAY
OR THE HIGHWAY:
(serving: 6 muffins)

You’ll need:
1 cup whole-wheat flour
1 cup blueberries or any other
berries/substitutes you like
1/2 cup light vanilla soymilk
1/4 cup sugar-free pancake syrup
1/4 cup liquid egg substitute (I use
Original Egg Beaters)
1/4 cup Splenda (granulated)
3 tbsp. brown sugar (not packed)
2 tbsp. light whipped butter or
light butter spread, room
temperature
2 tbsp. applesauce (pref. sugar-
free)
1 1/2 tbsp. baking powder
1 tsp. salt

1. Preheat oven 400 degrees.
2. Mixing bowl: combine flour, Splenda,
brown sugar, baking powder, and salt.
3. Separate mixing bowl: combine
soy milk, syrup, egg substitute, butter,
as well as sugar. Mix until thoroughly blended. Add dry ingredients.
4. Mix until completely blended. Gently
add blueberries.
5. Line a muffin tin (I use half a
12-cup pan) with baking liners. Evenly
distribute batter among the 6 cups.
6. Bake 22 minutes. Test center of muffin
with toothpick to see if it comes out
dean. Enjoy!

Finding Your Destiny

You wonder, “What do you want to be? Who do you want to be?”

We answer, “An astronaut, a princess, a hero who holds the key.”

Throughout the organs in our bodies, these goals were set innately.

You question, “What do you want to be? Who do you want to be?”

We reassure, “Leaders, believers, thinkers, benefiting from Bergen,
considering, like that of Architecture, plans to build our future.”

You concur, “What are you going to be? Who are you going to be?

They inquire, “What do you want to be? Who do you want to be?”

We sing, “An astronaut, a princess, a hero who holds the key.”

Facing towards that direction delectated us greatly.

Or the Highway

“Dee, we talked so much that day. We had lunch and he told me how much he loved Leadership Weekend… So I signed up for Diversity Weekend with him. I met all his friends there. He gets along with all my friends from my club, and we all had a good time. Dee, that weekend, he asked me out!” KayLeen

Perpetua Romain
Features Editor

“That midterm was absolutely ridiculous! How was it for you, Kay?” Davionne looked at her best friend and could only see stars in her eyes. Clearly, her mind was elsewhere. She pulled KayLeen aside in the hall. “Gosh KayLeen, you’re absolutely glowing today! Anything you want to tell me?” KayLeen blushed. “Does this have anything to do with Chase… Girl, details!” Dee shrieked with enthusiastic curiosity.

“Oh, Dee,” KayLeen sighed longingly. “Chase is amazing. I noticed all the flirty signs he mentioned before. He’s always facing in my direction—the eye contact—everything! So, of course, I had to lure him over to me when I was by the vending machine, pretending to want candy. It worked like you said! He came over and we started talking. He told me he went to last month’s job fair and he got hired! I told him I was happy for him and gave him a big hug. This is what it all began!” KayLeen said with a blushing smile as she wiggled her fists that rippled to her heart’s content.

“Kay, you’re wagging your tail again. Kay. This must be good!” Dee shouted as she gave KayLeen an undivided attention once more.

“Yeah, we talked so much that day. We had lunch and he told me how much he loved Leadership Weekend… So I signed up for Diversity Weekend with him. I met all his friends there. He gets along with all my friends from my club, and we all had a good time. Dee, that weekend, he asked me out!” KayLeen

Bergen’s newest short story series presents:
The Unforeseen Future

Part 3 of 4

“Hey, there Good-lookin’! Ready to go? I want to take you to the beach at Engle’s. It’s a really nice spot to just hang and relax.”

Could be in store for her day with Chase. KayLeen happily hopped into the vehicle, softly droning off. “Kay, that pink ribbon looks nice on you,” Chase said with a smile.

“Thanks. It got it from the Breast Cancer walk that was held at Bergen. There were a lot of interesting events this year. Speaking of which, did you get to check out that psychic, Lorraine Warren? She was one of the keynote speakers that BCC hosted. I heard she was interesting. Maybe we could find out where she is and see what’s in store for our future.” KayLeen smiled hopefully.

“That sounds cool. I’m kind of wondering where life is going to take me.” Chase said as they arrived at their destination. They sat on the grass together as they continued their conversation.

“Hey, did you know we have a new Alumni Representative for the Board of Trustees? It’s on the second page of the November edition of the Torch,” Chase said as he pulled a copy out of his bag. His papers came out along with it and began to scatter in the wind around them.

“Oh no. Chase, your papers! Let me help you,” KayLeen said as she gathered what she could grab. However, she stumbled across one paper that dimmed the light in her mood.

“Chase, you’re transferring?” she asked.

“Yea, I applied to Myel Institute for Criminal Justice,” he explained.

The Library has received special permission to be open on the Saturday and Sunday after Thanksgiving.

Saturday Nov 27 9:00 – 4:30
Sunday Nov 28 Noon – 5:00

Features

Catch up with Bergen’s short stories part 1-2 in the September and October editions and read it online at www.torchbox.com
For all you Star Wars fans and geeks out there, Motorola has released a phone that finally enters to your geeky needs. Behold, Motorola Droid 2 the R2D2 Edition is here. Back on August 12th, the Motorola Droid 2 was released as a successor to the creator of the Droid Series, the Motorola Droid.

Motorola has decided to release a special edition and remake of the Motorola Droid 2 so as to represent the Comic-Con every year. It will be held at the Javits Center in New York City. The Motorola Droid 2 R2D2 version looks the same as the Droid 2, except with a complete makeover in style and looks. However, there is a minor internal difference between them.

The Motorola Droid R2D2 version is the first smart phone to ever be released with the highest 12.6Ghz Tegra 3 processor, making it the fastest phone you can get in the United States today. It also comes packed with a 7.1 inch screen with 854x480 screen resolution, 2.2 Android Operating system, R2-D2 notification sounds and ringtones, 4 special live wallpapers, R2-D2 clock widget, “The Best of R2-D2” video with the original Canta music and an exclusive hicronics app.

More features include an 8gb internal memory with expandable memory up to 64gb, physical qwerty keyboard for heavy texters, 5mp camera with auto focus, flash and ability to record videos at 720p resolution, packed with 512mb of application space, along with over 92,000 different applications in the Android Market, packaged in a special silver, white and blue R2D2 designed carbonate box along with a custom made R2D2 media dock and wired stereo, making it a worthy phone for all true Star Wars fans and geeks out there.

So if you're a Star Wars fan that is excited to get your hands on this phone, it's available at your local Verizon store for the price of $249.99 with a 2 year contract.

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Students don't always want a low-end computer that is meant just for school. They want one that they can also play high-end video games on when they are taking a break from work and/or studies. Asus has always been able to make an outstanding laptop for, us, students to drool over and just be plain amazed by what it can do for an affordable price. With a brushed aluminum metal case, the Asus U43JC is just the laptop for any student, as it is a component powerhouse. It has a 2.4GHz Intel Core i3-370 processor, combined with 4GB DDR3 Ram making it one lightning fast laptop in the computer world.

It includes an Intel GMA HD graphics card, a secondary card included, as well, a Nvidia Geforce 310M, enabling the user to experience PC games on a whole different level. If you think the Nvidia Geforce 310M is not a good enough graphics card for you, it can easily be swapped for a different graphics card to your taste and desire.

Asus comes with a 14.5 widescreen, with resolution up to 1680x1050, making it capable of bringing forth the true graphical experience of each graphics card installed. This feature allows students to experience true gaming, along with a powerful DVD-ROM writer installed that has the ability to play Blu-ray discs.

Asus U43JC is not only great for gaming, but also great for students to tackle all their college work with a 500GB hard drive. Students will not run out of space for their music, projects, PowerPoint presentations and high quality photos that they have to take for their photography classes.

Asus U43JC is a great and powerful laptop that not only brings a high power processor to allow students to remain studious, it balances work and play. The Asus U43JC-A1 is priced at $749 on Asus website and also at your local computer reseller stores.

Fashion on a Budget

Rachel Kaminer

Copy Editor

In these tough economic times, people are looking everywhere to pinch corners and pennies. However, just because you are trying to save doesn’t necessarily mean you can’t be fashionable. You can look great while staying on a budget. Many stores are becoming thrifty with their prices, especially the ones mentioned below.

Marshall's

Bergen Mall, Paramus, NJ

Marshall’s, located in the Bergen Mall, has always been one of the superpowers of quality clothing for a cheap price. It is one of the most fashionable stores around, following such trends as Military-Inspired wear, Polished Professional clothing and Vintage t-shirts. They have many brand names that are sold for a lot less than you would find in a brand-name store. They also sell toys and several other household items. If you will be shopping here, give yourself some time. There is always something new to be discovered.

Loehmann’s

180 West Route 4, Paramus, NJ

If you are looking for something a little bit more upscale, look no further than Loehmann’s. It is one of the most upscale discount clothing in our area. Not only does Loehmann’s have dramatic sales (their sales are becoming thrifty with their prices, especially the ones mentioned below.

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Lady Bulldogs Soccer Team Succeeds

Alfred Martinez  
Staff Writer

With many up and down moments at the start of the season, the Lady Bulldogs Soccer Team down the stretch held their heads up high in what turned out to be a season full of accomplishments. They won the needed games to make their first regional tournament under the guidance of Head Coach Ralph Embro. The team’s goalie, Lauren Kozlowski, was the first of Head Coach Ralph Embro. The team’s goalie, Lauren Kozlowski, was the first goalie in the league to start all her games during the season. Not to mention, the team had an amazing three individuals who ranked during the season. They ranked during the season. They were led by a second-team all-region and all-conference (defender), Marline Meza – second team all-region and second team all-conference (midfielder) and Nicholas Duarte made second team all-region & second team all-conference (midfielder). Going on a six-game winning streak at their end of the schedule, the Lady Bulldogs were able to make the necessary push for their first tournament appearance. Looking back to the beginning of the season, Kimi Majors, who played an important role this year, had already predicted that this team would make the playoffs and contributed to what was an impressive stretch run. Overall, the women’s soccer team finished 9-7 during the regular season, obliterating any previous record held by any other women’s soccer team. Although, it was a little disappointing to have lost their first and only tournament game at Gloucester County College 2-0, the ladies’ soccer team was able to set out to do what most of them expected to do from the beginning of the season, which was make the regional tournament. With the exception of a few players, the expectation for next fall is that almost everyone on the team will be returning, therefore raising the bar to make another great run and shatter the records they set this season.

Last Kick to the Net

Alfred Martinez  
Staff Writer

As time expired and the referee’s whistle blew, the men’s soccer team came to realize that their season, which began with high expectations, was now over. Back in October 20th, the men’s soccer team played their final game of the season away, against Middlesex Community College. Bergen lost that game by a score of 1-0, missing the regional tournament for the first time since Head Coach Sal Guillen took helm in 2002. In almost all of the games lost during the season, the average margin of defeat was by one run. In those games, what were missing were more precise strikes on goal, which may have extended the season for a team with many good offensive players. Despite their valiant efforts, the Bulldogs were unable to sustain a more balanced attack. The defense, which required more consistency to help the team find the right chemistry it needed, was impeded by an alternating lineup at the beginning of the season. The alternating of lineups was due in part to a shortened pre-season, where the team lost valuable scrimmage games and had to find its groove during meaningful regular season games. Then late in the season, the defense was also hampered by an injury to their best goalie, Lucio Figueroa, who was only able to play one game during the final 5 games, where the team went 2-3. Despite not performing as well as they would have liked, a couple players on defense did receive recognition for their accomplishments this fall. Reynaldo Sanchez made First Team All-Region & First Team All-Conference (Defender) and Nicholas Duarte made Second Team All-Region & Second Team All-Conference (Defender). As Coach Guillen looks ahead, he remains optimistic about his team’s chances to have a great comeback year next fall, with at least half the team returning. His hopes are that his young Bulldogs continue to perform well academically, stay focused on their tasks at hand and come back next season ready for the opportunity to compete again in what he believes was one of the best teams he’s coached here at Bergen.
The fourth-seeded Bergen Community College Lady Bulldogs Volleyball team made the most of their hometown advantage as they routed three invading schools to claim the National Junior College Athletic Association (NJCAA) Region 19 championship on Saturday, October 23. With the regional title win, Bergen advances to the NJCAA District H championships set for October 30 in North Carolina. Their opponent was not available at time of print.

Should Bergen emerge victorious, they will move onto the NJCAA Division III National Tournament in Rochester, Minnesota.

In their first match, Bergen bested Northern Essex Community College 3-1. The Lady Bulldogs were met with less resistance in the next two matches, dropping Union County and Atlantic Cape Community Colleges in three straight sets.

Team co-captain Caroline Willis of Ramsey, NJ credits the team's chemistry for their success. "We really stay together as a team," says Willis, adding that the team practices together six days a week for two hours at a time. "We would practice on Sundays if the school was open."

Willis, who will be graduating next semester, says that the opportunity to represent her school and county on the national level is one that she hopes to take full advantage of. "I'm really excited about this. I'm just thinking positive about this because we have a really good team. We're going to go out there and fight our hearts out, and hopefully we'll come out on top."

In individual honors, sophomore outside hitter Natalie Mooney of Garfield was named team MVP while sophomore setter Ali Ronchi of Leonia was named to the All-Tournament team.

Ryan Songalia
Staff Writer