Competition, but she impressively was a finalist in the Economist as a research professional and in 97’ as valedictorian and a success. In her footsteps and repeat her to encourage students to follow Vinokurova spoke about the of endless opportunities. From BCC to Harvard University undergone upon arriving to inspirational journey she had witnessed the Community College alumna—the speech given by Bergen in-the-butt! Those who attended the event was organized by the Honors Association and the turnout was spectacular. Vinokurova spoke about the Honors Program at BCC and how it helped her get into her dream school. Her purpose was to encourage students to follow in her footsteps and repeat her success. She graduated from BCC in 97’ as valedictorian and a mere two years later, graduated from Harvard with Honors. Not only has Vinokurova worked as a research professional and was a finalist in the Economist Competition, but she impressively speaks six languages as well. In her speech titled “Successful Life,” Vinokurova gave a detailed description on her view of success, stating, “I stand before you, some 12-14 years after sitting in those very same seats, facing some of the same choices you’re [faced with] today. ... My definition of success encompasses three facets: relentless pursuit of happiness; helping others; and being true to yourself.” A favorite quote of Vinokurova’s, incorporating all three, is by Rabbi Hillel. “If I am not for others, what am I? And if not now, when?” Vinokurova firmly believes that excellence means giving everything you do your best shot; “Life is too short to otherwise.” It is our responsibility as young adults of this generation to help those less fortunate than ourselves.

For the past eleven years Vinokurova has done countless amounts of interviews, including prospective Harvard University applicants. One of the main questions asked is “How much community service have you done?” which she affirms helps students get into college. In order to be true to yourself in life, you must love what you do and do what you love. It seems intuitive to do this, but very few people actually succeed. “It’s not what your parents want. It’s not what’s expected of you. It’s you succeeding to do what you personally love to do,” says Vinokurova. When asked how she ended up transferring to Harvard Vinokurova responded, “I applied.” She declared that simply applying to Ivy League schools infinitely increases your chances of getting in. “The more lottery tickets you buy, the higher your chances are of winning.” The obvious answer is a combination of excellent grades, high test scores and an interesting collaboration of community

Newark Mayor Shares Vision of Hope, Reform

With impeccable poise and conviction, Newark Mayor, Corey Booker, delivered a message of hope and reformation to a packed audience at Bergen Community’s Anna Maria Ciccone Theatre on Tuesday, February 2nd, 2010. As the keynote speaker of the program, which served as the opening ceremony for Bergen’s Black History Month, the Bergen County raised Booker used his brilliant oratory skills to captivate the multi-ethnic crowd, with awe inspiring tales and anecdotes. Booker revealed glimpses of his childhood as a young black man all the way through his current tenure as Mayor of New Jersey’s largest city. “Injustice anywhere is a threat to justice everywhere, yet with that notion in mind, I would like to proclaim to you that I have never been more hopeful in my life.” Booker, a Stanford University graduate, explained to the mostly youthful crowd. Indeed, throughout Booker’s seventy minute speech, there was an underlying theme of hope, reform, and a promise for a better Newark in the years to come. Booker enumerated a hand-full of city sponsored initiatives such as a “teacher’s village” with affordable housing units where college professors and high school educators can live and gather, as well as a five year plan to drastically reduce crime. “I believe Newark is going through a cultural and economic renaissance, and will again become a vibrant, desirable city to live in,” the 40 year old mayor shared, visibly excited and passionate about his mission. Yet, Booker’s climb to power was not an easy one, nor was it without setbacks. Booker told a heart warming story of how he first ran for office in 1990, lost the race, and then ran for and won the 2nd Ward Council seat in 1994. Despite his political setbacks, Booker continued to fight for the things he believed in. "In the summer of 2007, I decided to run for mayor, and I won. That was a difficult campaign, but I’m proud of the work we did.

Among his concluding remarks, Booker proudly confirmed that Newark led the nation in 2009 in violent crime reduction; a clear sign of Booker’s persistent effort, unmatched commitment to the city of Newark and its people. The program concluded with the Democrat mayor fielding several questions from audience members. Onlooker Bergen Community College freshman, Michelangelo Parisi, summed Booker’s talk up best: “This man is a legend. He’s done so much. It seems intuitive to do this, but very few people actually succeed.”
**BCC NEWS**

**BERGEN BREAKS GROUND FOR NEW STUDENT CENTER**

**TRAVIS WEITE**

COPY EDITOR

For those of us who started our Bergen Break early, contrary to not paying attention to administrative announcements, we were surprised to find much of Bergen Community College fenced off on the first day of Spring Semester, affecting just one side of the parking lot, not Ender Hall, Tech or West Hall.

The fencing off of BCC caused chaos as we tried to find our way from Parking Lot A to the S section of Pitkin. In addition to the parking terror, we were disappointed to see that the pizza place, as well as the Dunkin' Donuts, was no longer there.

As the semester has progressed, we have found that the familiar pizza place has moved to the Cafeteria, and the Dunkin' Donuts is now located near the Civic Theatre. The reason for this displacement, and the fencing off of an area that all BCC students once passed through regularly, is due to the reconstruction of BCC’s Student Center.

Despite construction starting nearly a month ago, the official Ground Breaking Ceremony took place last February. The new Student Center, located behind the fence and in front of (or on the other side of) the Student Center. The event drew some familiar faces such as Governor James Florio (President of BCC), Mr. Cid Wilkerson (Chairperson of BCC Board of Trustees), and Dr. Dennis McNerney (Bergen County Executive) to name a few. Each of them gave a short speech discussing what the new Student Center would mean to the students, faculty and staff.

The speeches were followed by the cliché use of golden shovels to dig a little dirt off of the construction site. Afterwards, the attendees gathered for a reception in Chairperson Wilkerson’s hall for some handshaking, photo opportunities and to congratulate those who have worked so hard to construct the new Student Center.

The new Student Center is designed to be the “new space for student’s to build a community among themselves,” as put by Nestor Melendez (Director of Student Life). The area will act as “the face” of BCC as its new front entrance with outside seating, and a large external canopy to protect students from the elements when waiting for the bus.

The new Student Center will include a satellite office for Public Safety and a new information desk that will rest in the center of the area. Our favorite coffee stop, Dunkin’ Donuts will be returning to the Student Center with a larger café area for students to sit and dine. According to President Ryan, “Students coordinated with the architect’s design the layout for the new Student Center,” to make sure it met student needs.

The idea of renovation is a thought that has been in the minds of BCC administrators for some time, but according to Dennis McNerney, it was necessary for BCC to “explore” its potential to accommodate the growing number of students. This renovation is an acknowledgment of the administration that they have to “capped BCC’s” plan for more space. The renovation has also kept in mind some of the Environmental Club’s initiatives by using “green technologies” such as a green roof, energy efficient light fixtures, and water saving devices in restrooms for the new Student Center.

These are just a few reasons why students will be thrilled to be in the new Student Center. The administration also conveyed that only “happy” BCC students’ patience throughout the construction process, which is scheduled to be completed by the end of 2010.

**“How Bad Is The Bookstore, Really?”**

**Bookstore vs. Online Companies**

**PRO**

- Textbook Package is cheaper than buying each textbook individually.
- No Shipping Fees with textbook purchase.
- Will Accept Returns.
- Percentage of Profit goes toward BCC scholarships.
- Textbooks purchased online are delivered immediately.
- Books can be purchased online for textbooks used in the current term.
- BONUS: Sell back textbooks for up to 50% of sale price back.

**CON**

- Higher Price.
- Textbook supplements may not come with book.
- May be low textbook quality.
- More expensive as you don’t have to work at the bookstore.
- May be wrong edition.
- Cannot be paid for with financial aid.
- No Retention.
- No percentage of profit goes toward BCC students.
- Waiting for books to arrive on time for classes.

**Online Companies**

**PRO**

- Lower Price.
- Textbook supplements are included in purchase.
- Can’t be paid for with financial aid.
- No Retention.
- No percentage of profit goes toward BCC students.
- Waiting for books to arrive on time for classes.

**CON**

- Higher Price.
- Textbook supplements may not come with book.
- May be low textbook quality.
- More expensive as you don’t have to work at the bookstore.
- May be wrong edition.
- Cannot be paid for with financial aid.
- No Retention.
- No percentage of profit goes toward BCC students.
- Waiting for books to arrive on time for classes.

It was this collaboration that allowed the completion of a new Meditation Room, wider and easier wheel chair access and a new seating arrangement in bathrooms and office space, for clubs and organizations.

Student Government will also have a new office located in the Student Center. “As you can see, we have been struggling for space,” says Hamama Boshra regarding the lack of space available for student clubs at the moment, “[this new Student Center] guarantees space for the students.”

The idea of renovation is a thought that has been in the minds of BCC administrators for some time, but according to Dennis McNerney, it was necessary for BCC to “explore” its potential to accommodate the growing number of students. This renovation is an acknowledgment of the administration that they have to “capped BCC’s” plan for more space. The renovation has also kept in mind some of the Environmental Club’s initiatives by using “green technologies” such as a green roof, energy efficient light fixtures, and water saving devices in restrooms for the new Student Center.

These are just a few reasons why students will be thrilled to be in the new Student Center. The administration also conveyed that only “happy” BCC students’ patience throughout the construction process, which is scheduled to be completed by the end of 2010.

**TABLE BY TRAVIS WEITE**

**Harvard Grad**

**SERVICE**

The benefits of going to an Ivy League school comes down to the benefits of being exposed to knowledge you could never imagine possible. You are sitting next to those who are passionate about learning. “No, it does not guarantee success in continued from pg 1 life, but more than anything, it makes your life more interesting.”

Vinokurova went on to state that education, along with an interesting life, cannot have a price tag attached to it. If you are already working as hard as you humanly can at BCC, you will exert that same amount of effort at a four-year school. According to Vinokurova, “If you continue to never give up, you will be tremendously successful by definition, regardless of the amount of degrees you choose to accumulate.”

Vinokurova’s speech exerted sincere passion, viewers could not help but apply her words of wisdom and pursue success for themselves. In ending her speech Vinokurova left the crowd with two very meaningful quotes, the first being her own, “As you pursue excellence, help others, be true to yourself and persevere.”

Make sure to take your time, and enjoy the process. The second, of Rabbi Hillel, which hangs on her office door, “I get up. I walk. I study. I think. I meditate. I dance.”

**PHOTO BY TRAVIS WEITE**
Let’s Book Swap It Out

AVILET SHIRMON
EDITOR-IN-CHIEF

No One But Ourselves

SEMMEN ELSHAM
STAFF WRITER

A De-Vine Fashion Show

DALLA MORILLA
CONTRIBUTING WRITER

As a result, students could not strictly swap books without money involved, because the chances of finding two students who coincidentally require the other textbook are quite slim. “In order to incooperate sales into the equation, we had to go about signing contracts to make sure we were not violating any boundaries,” says Cina.

The bookstore was not thrilled about this flourishing event, but they understand the circumstances. Cina states, “I met with the manager, he’s a good guy and I understand he does a business to run. But we also have [BCC students’ interests to keep in mind which have been addressed by the] student government; I feel like there’s a divided interest there. The bookstore has to reach their quotas and make their profit, while Student Government has the interest of helping the student body. We want to do what we can without completely destroying our relationship with the bookstore.” The ideal solution would be for SGA to collaborate with the BCC bookstore and come up with a plan that benefits both parties.

The event turned out to be such a success that Cina extended the book swap by a couple days. WINS-AM, an all-news station at 1010 on your AM radio visited BCC to interview the students involved in the swap. In one interview a student said, “I gain more from swapping my books over selling them off a website such as half.com. Not only that, but it helps the student body. We want to do what we can without completely destroying our relationship with the bookstore.”

The one and only, Bob Marley

The success in helping Jamaica's music spread to audiences all over the world. “My music will go on forever. Maybe it’s a fool say that, but I believe it,” said Bob Marley.

Amateur Night at the Apollo

BCC hosted its annual trip to the Apollo Theatre in NYC. The world famous Apollo Theatre is recognized as the launching point for many careers and the place where many performers took their first step into the limelight. Performers such as Michael Jackson, James Brown, and Lauren Hill made their debut on the Apollo’s stage, way before they became famous.

Prior to the show, BCC students had dinner at Longle’s Restaurant, one of New York’s well-known spots, where they served southern style chicken, pork and rice.

In case you have not seen a broadcasted showing of amateur night at the Apollo, the competition is combined into two segments. The first segment is called Young Stars of Tomorrow, where young performers, up to the age of fifteen, compete on stage. The second segment consists of the older competitors. While the audience is discouraged from booing the younger amateurs, the adult competitors do not have this luxury. For them, the audience is given free reign as to who they choose to “boo” off stage. There were four performances on this particular amateur night.

Among the Young Stars,” Austin Broughton won the spirits of the audience with the empowering last song of the night “X Factor.”

Amateurs show off their talents.

Kay-Nelle, from Maryland describing the hard choices in life through lyrical jive and poetry. He aspires to take the music industry by storm. In first place, Clark King, hailing from Georgia, impresses androused the crowd with a jazzy funk style of music. On the Apollo website, he mentions that his inspiration comes from his vocal coach, Carmen Bradford, a four-time Grammy Nominee.

Allowing the crowd to be a part of the show by calling audience members to the stage as well as using the whole crowd as judges according to their level of volume, made the event all the more exciting. All in all, the night at the Apollo was as good as expected.

No One But Ourselves

Can Free Our Minds

The one and only, Bob Marley

Caribbean music has gone mainstream across the world for nearly two decades and till this day remains timeless and universal. Bob Marley's music still remains the most widely known and recognized performer who succeeded in reggae music. His work is also credited to his success in helping Jamaica's music spread to audiences all over the world. “My music will go on forever. Maybe it’s a fool say that, but when me know facts me can say facts. My music will go on forever,” said Bob Marley.

The one and only, Bob Marley

A De-Vine Fashion Show

A success! De-Vine Fashion Show held in respect of Black History Month, in the Amateur Night competition, “happened” to be an experience never to be forgotten. A tribute to the Black History Month Celebration, current Bergen Community College students put their ideas into action to create an event full of creativity and fashion. The students incorporated a touch with a touch of Caribbean style. De-Vine was sponsored by the African Student Union along with the help of other organizations on campus. Bergen Community College’s theme for Black History Month was “What Men do. When men told women to get out the house the women refused echoing what they could do better then them men. In case you have not seen a broadcasted showing of amateur night at the Apollo, the competition is combined into two segments. The first segment is called Young Stars of Tomorrow, where young performers, up to the age of fifteen, compete on stage. The second segment consists of the older competitors. While the audience is discouraged from booing the younger amateurs, the adult competitors do not have this luxury. For them, the audience is given free reign as to who they choose to “boo” off stage. There were four performances on this particular amateur night.

Among the Young Stars,” Austin Broughton won the spirits of the audience with the empowering last song of the night “X Factor.”

Amateurs show off their talents.

Kay-Nelle, from Maryland describing the hard choices in life through lyrical jive and poetry. He aspires to take the music industry by storm. In first place, Clark King, hailing from Georgia, impresses and rouses the crowd with a jazzy funk style of music. On the Apollo website, he mentions that his inspiration comes from his vocal coach, Carmen Bradford, a four-time Grammy Nominee.

Allowing the crowd to be a part of the show by calling audience members to the stage as well as using the whole crowd as judges according to their level of volume, made the event all the more exciting. All in all, the night at the Apollo was as good as expected.

Kay-Nelle, from Maryland describing the hard choices in life through lyrical jive and poetry. He aspires to take the music industry by storm. In first place, Clark King, hailing from Georgia, impresses and rouses the crowd with a jazzy funk style of music. On the Apollo website, he mentions that his inspiration comes from his vocal coach, Carmen Bradford, a four-time Grammy Nominee.

Allowing the crowd to be a part of the show by calling audience members to the stage as well as using the whole crowd as judges according to their level of volume, made the event all the more exciting. All in all, the night at the Apollo was as good as expected.
With sustainable and eco-friendly efforts on the horizon, Bergen Community College is recognizing an emerging field for the environment by introducing its “Bergen Goes Green” program. BCC has joined the U.S. Green Building Council—NJ (USGBC-NJ), a leading nonprofit organization in sustainability, a BCC press release says. BCC and USGBC now share a “strategic partnership that will allow the College’s Division of Continuing Education and Public Sector Training to offer USGBC Leadership in Environmental Energy and Design (LEED) courses.”

Through its LEED program, the USGBC is an advocate for green initiatives, this partnership allows the College to provide the community with programs that will allow the College’s Division of Continuing Education and Public Sector Training to offer USGBC Leadership in Environmental Energy and Design (LEED) courses. Together, with our own sustainability initiatives, this partnership allows the College to provide the community with access to information on cutting-edge, progressive technologies and strategies.

Thus, it was only natural that on February 8th, Bergen’s Division of Continuing Education partnered with the USGBC to host an Open House Seminar for LEED as part of the “Bergen Goes Green” program. LEED is a national certification system to measure, improve, and create greener buildings by such methods as conserving energy costs, implementing renewable energy, using eco-friendly construction, reducing carbon dioxide emissions, and much more.

“One partnership with the U.S. Green Building Council will establish Bergen Community College as a leader in sustainability education and information,” says President Dr. G. Jeremiah Ryan. “Together, with our own sustainability initiatives, this partnership allows the College to provide the community with access to information on cutting-edge, progressive technologies and strategies.

“Buildings in the United States are responsible for 39% of CO2 emissions, 49% of energy consumption, 15% of water consumption and 15% of GDP per year, making green building a source of significant economic and environmental opportunity,” reports the USGBC.

Wennersten also described how virtually every career could benefit from LEED, including architecture, interior design, real estate, facility management, landscape architecture, construction management, and engineering. For example, if you work in a company, the knowledge and skills you acquired in taking LEED courses could allow you to steer construction projects into the right direction for your company. Not only could you get more “green” in your pocket, you could help conserve the environment, as well.

A new study by Booz Allen Hamilton reported that “Greenbuild 2009 predicts green building will support or create 7.6 million jobs between 2009-2013 and will contribute $554 billion to the U.S. gross domestic product.”

Greenbuild is the sector in which you will find your future.

New Eco-Friendly Careers with LEED

According to the Division of Continuing Education, thus far, there are approximately 35,000 projects currently using the LEED Rating System nationwide. As of February 2010, seventy-eight buildings are already LEED certified in New Jersey. Such companies listed ranged anywhere from banks to universities.

BCC is integrating green efforts for its Student Center, as well. Pradeep Kapoor (LEED AP Elected Chairman of the USGBC-NJ Northern NJ Chapter) is the Project Manager in charge of the Student Center Construction. Kapoor works for DMR Architects. According to a newsletter from DMR, “The new [student] center has been designed to incorporate many energy and water efficient features including a green roof which manages storm water runoff. The final result is a facility that meets the needs of the academic community by being considerate of the surrounding environment.”

Currently, LEED courses are now offered at BCC. Among the topics covered are: Green and Sustainable Interiors, Environmental Concerns and Legal Issues and Solar and Renewable Energy.

The press release also mentioned that “Many courses offered as part of this partnership will carry continuing education credits and certifications for various professional organizations.” Bergen hopes to eventually create a new curriculum that primarily focuses on the environment. For more information, visit the Division of Continuing Education in the Technology Building or go to www.bergen.edu.

New Eco-Friendly Careers with LEED

The Extraordinary Juggler, Greg Kennedy

When someone mentions juggling, the picture most people get in their minds is of someone tossing three balls in the air and not dropping them. This seems very difficult, especially if you have never tried it yourself, but what about four balls? What about seven? And then try it with clubs, knives, hats and throw a bowling ball into the mix. Not only that, but who can bounce the balls off one another without dropping them? This seems to be a mental game where you get in your mind’s eye images of someone juggling, the picture most people have when someone mentions juggling, and yet few people can do it. Greg Kennedy, the Innovative Juggler, can not only do it behind his back, but also on a tightrope, while doing外科 surgery, on a pool table, juggling as he plays the piano, and on a unicycle.

“Whoa!” moments, you can check me out. For about fifty years, a sufficient time to be called a ‘Master’ of juggling, there are those who have had a sufficient time to be called a ‘Master’ of juggling, and Galen Abdur-Razzak is one of them. According to the Division of Continuing Education, Galen has been playing the flute for about forty years, a sufficient time to be called a ‘Master’ at it. Originally from Orlando, Florida, he was invited back to Bergen on February 15th after a successful performance last year. Galen played for the lunch crowd in the cafeteria. A small stage was set up against the wall between the cafeterias main entrance and the food court exit, but you could hear the music all the way down the hall. Galen plays jazz, or as he calls it, “African-American classical music, better known as, ‘Jazz’.”

There was one act where he rolled the balls around a giant circular track. He would roll three or four balls around, catching them at certain rhythms, step through the circle, and do it behind his back.

Another favorite of the crowd was when he juggled a sixteen pound bowling ball, a hatchet and a bean bag. The audience, which ranged in age from seniors to young kids, laughed at his humorous faces as he tossed each item under his leg. They songs they played were mostly jazz standards. His favorite was “Lady’s Choice,” a song they said which featured the tenor sax. Galen called it “Lady’s Choice,” saying that the ladies always like the slow songs to dance to.

Galen plays jazz, or as he calls it, “African-American classical music, better known as, ‘Jazz’.” His pickup band, consisting of drums, tenor sax, cello, keyboard and miscellaneous rhythms, backed him up while he played the flute. For one number, he switched out to the piccolo, the flutes smaller, higher pitched cousin. And sometimes the flute didn’t play at all for a few minutes, allowing each instrument to lead at least once.

No one had music in front of them; it was all in their heads. They had a strong rhythm that held them together. You could tell the rhythm by looking at some of the students as they bobbed their head to the beat. A few even got in some moves at a particularly rhythmically strong section.

The Extraordinary Juggler, Greg Kennedy

Galen, Master Flutist

PHOTO COURTESY OF WWW.USGBC.ORG
Golden Dragon Acrobats of China Light Up the Stage

On February 7th, 2010 the Anna Maria Ciocco Theater was filled to capacity with an audience wanting to see the famous Chinese acrobatic touring company, the Golden Dragon Acrobats.

The acrobats are chosen from many various cities of China and come together to perform under the charge of Danny and Angela Chang. The show is a mix of unparalleled flexibility and acrobatics as well as traditional Chinese dance. The Washington Post today said "There's a precision and beauty about everything these performers do."

The two hour show had so many people involved that it was impossible to keep track of. Soft palette-toned, bright neon, mirrorless sequins, jumpsuits and clothing of heritage and costumes were worn so that the amazing movements were done in.

There were small tables, bowls and plates being juggling; and even at times people being easily thrown around the air as if they were feather-light objects. All of the performers were able to bend and contort their bodies to depend on, forms, throwing/catching objects, being in a 38 shaped hoops and then a third circle at the top, water dancing and even a man Angus doing a mime dance. The top of Ciocco's auditorium was filled with a group of kids which consisted of papers titled "I AM THE FUTURE," a better understanding of the abilities that they are capable of.

Melendez has worked very hard to relate to BCC students and address the concerns they have with BCC. The success of Leadership Weekend was a testament to Melendez's, as well as the Student Activities Boards dedication to BCC. They both show a want for the future generation the students to properly know how to step into the world and work with their skills in order to make it better. Upon arrival, students were given keys and assigned rooms; students did not know who they were rooming with ahead of time. The idea shocked many, but it gave the opportunity to make friends and to get to know someone who you have not known prior to the experience.

The idea shocked many, but it gave the opportunity to make friends and to get to know someone who you have not known prior to the experience.
Among colleges and leading administrative college efforts to create a governance council the state, supporting reaccreditation efforts, four-year colleges and universities throughout into baccalaureate degree programs at public community college associate degree graduates promoting the transfer of New Jersey fields: working to continue education, Vice President leads to a variety of different accomplishments he has done as Academic as mentioned, putting note into the actual Kappa) Chapter for professional admissions Intercultural Understanding, PTK (Phi Theta from the Honors program, the Center for broad experience for the school alone range President Jeremiah Ryan.

Bergen has been a big part of my family with one son who has graduated and two nieces who will be graduating this May. “Porter had requested that he’d be allowed to step down from his position as Academic Vice President and go back to his long-time love of Chemistry; having attained his Ph.D in the field and making an assortment of publications. His request was granted upon recommendation by President Jeremiah Ryan.

Porter was a major part of Bergen Community College and to its students. His broad experience for the school alone range from the Honors program, the Center for Intercultural Understanding, PTK (Phi Theta Kappa) from the Honors program, and as a professor of Chemistry; having attained his Ph.D in the field and making an assortment of publications. His request was granted upon recommendation by President Jeremiah Ryan.

Porter would work at BCC with a wide variety as mentioned, putting note into the actual accomplishments he has done as Academic Vice President leads to a variety of different fields: working to continue education, promoting the transfer of New Jersey community college associate degree graduates into four-year colleges and universities throughout the state, supporting reaccreditation efforts, leading credit efforts to create late start programs at south county campus, leading college efforts to create a governance council among colleges and leading administrative for faculty leadership positions. Additionally there’s also working with faculty to create new academic divisions, new department structures, redesigning the master course syllabus, program review process and resurrecting the faculty development program.

Having a long list of proficient fulfillments of course comes with time and experience. Having worked since 1975 through 1996 as a technician for Quality Lab Control, six years as a helping assistant, a researcher in Enzymology and Department of Health Director he’s obtained more than the basic steps for everything that led up to now. During that time, in 1984, he began starting out his career to ‘Higher Learning’ at Upsala College in East Orange, NJ.

At Upsala Porter was a part of the Science club as well as the Council for Fraternities and Sororities; both for five years along with chaperoning school dances. In 1990 he became Department Chair of Science and Engineering in the Health Department Lab at Passaic County Community College where large improvements in science came to fruition: department laboratories, developing a new science program and the engineering program. Working with students in 1991 Porter was a part of Sigma Xi for ‘Research in Biochemistry’ by the Scientific Research Society. From 1996- 1998 Porter became Chair Officer at Warren Community College; holding the same position at Jameson Community College in west New York, from 1998-2007.

Other positions held from 2006 to 2008 include Chair and Vice Chair of Academic Officers of Association, in addition Chair to General of Coordinating Committee from 2007 to now. Noteworthy excellence happened when Porter was presented the 2008 Community College Spirit Award for his exemplary service to one of the states nineteen community colleges. He was recognized for his leadership and service as a Chairman of NJ’s Community College Academic Officers Association and the General Education Coordinating Committee.

Porter commented on being excited on teaching in chemistry and being able to do it all over again. He will remain as Academic Vice President Rent until June 30th and come next Fall he’ll be known as Professor Porter.

As an indication of Bergen’s success, every year a high number of graduates go on employment or further related to their school within 1 year, Bergen’s graduation employment rate more than 70%.
A bill that’s been causing much debate among the New Jersey legislative houses has come to offices with a large plan: letting illegal immigrants qualify for in-state at public colleges and universities. Naturally this would cause quite the uproar.

The bill was honestly a hot-potato game between the Democrat and Republican parties with no one wanting to drop their argument and lose. The Democrats are in favor; equality, helping the economy and fairness upon tenure; whereas the Republicans were against it stating that NJ didn’t have any money at the moment so this was absurd and especially that it wasn’t fair to U.S. citizens that don’t live in the state but still are public college and university students.

The New Jersey Office of Legislative Services openly said that state revenue wouldn’t rise if the bill was proved since the state doesn’t collect from public colleges and universities.

After several hours of more hot-potato arguing the bill was done with a score through the Assembly Appropriations at 7-4 and Senate Budget and Appropriations Committee 8-6. The trick was to get it passed this before Governor Jon Stevens Corzine leaves office since he’s in favor for it and Governor-elect Christopher James Christie isn’t exactly the happy camper and opposes the bill entirely.

Bergen Community College’s own President G. Jeremiah Ryan is in favor of the bill. “The undocumented kids have a tough time anyway. They’re really good about going to class. Then they stop because they can’t afford to go to a four-year institution.” Cid Wilson, vice-chairman to BCC’s Board of Trustees, agrees with the whole idea. “This is not about remittance, this is not about law breaking. They came here because they’re parents brought them here.”

New Jersey is honestly quite packed with people and quite a few being illegal. Most parents bring their children here at a young age and only want the best for them; mainly going to school to make something of themselves that they originally never could in their home-country. They want the same things that a legal citizen of the United States would want; the only thing holding them back is a little piece of paper that the government likes to hold over their heads in a taunting-fashion. This bill would still have students filing an affidavit swearing that they have applied to become a legal American citizen or will do so soon when eligible.

After hearing from people who are and have been illegal for years I know how hard it is to become a legal citizen. It’s not a simple matter of writing your name, address, phone number and e-mail on an application and sending it out to wait for a manila envelope to come in the mail saying you’re a citizen. It takes years to get that paper and in that time you could be caught and deported. It isn’t fair either to those who have been students here for what appears to be their whole lives and never have equality after all this time.

Here’s to hoping that all goes as planned and that NJ will be the 11th state that supports this; the others being California, Illinois, Kansas, Nebraska, New Mexico, New York, Oklahoma, Texas, Utah and Washington (though Oklahoma ended their support in 2008). Although the bill didn’t come to pass this round it’s always a possibility that something will happen to turn things around. The sooner this is all able to happen the better, no on should be denied an education.

LEGALITY FOR ILLEGAL STUDENTS

Nicole De Los Santos

A bill that’s been causing much debate among the New Jersey legislative houses has come to offices with a large plan: letting illegal immigrants qualify for in-state at public colleges and universities. Naturally this would cause quite the uproar.

The bill was honestly a hot-potato game between the Democrat and Republican parties with no one wanting to drop their argument and lose. The Democrats are in favor; equality, helping the economy and fairness upon tenure; whereas the Republicans were against it stating that NJ didn’t have any money at the moment so this was absurd and especially that it wasn’t fair to U.S. citizens that don’t live in the state but still are public college and university students.

The New Jersey Office of Legislative Services openly said that state revenue wouldn’t rise if the bill was proved since the state doesn’t collect from public colleges and universities.

After several hours of more hot-potato arguing the bill was done with a score through the Assembly Appropriations at 7-4 and Senate Budget and Appropriations Committee 8-6. The trick was to get it passed this before Governor Jon Stevens Corzine leaves office since he’s in favor for it and Governor-elect Christopher James Christie isn’t exactly the happy camper and opposes the bill entirely. Although the bill was won approval by both sides it never came to pass and was never legalized, being put-out.

Bergen Community College’s own President G. Jeremiah Ryan is in favor of the bill. “The undocumented kids have a tough time anyway. They’re really good about going to class. Then they stop because they can’t afford to go to a four-year institution.” Cid Wilson, vice-chairman to BCC’s Board of Trustees, agrees with the whole idea. “This is not about remittance, this is not about law breaking. They came here because they’re parents brought them here.”

New Jersey is honestly quite packed with people and quite a few being illegal. Most parents bring their children here at a young age and only want the best for them; mainly going to school to make something of themselves that they originally never could in their home-country. They want the same things that a legal citizen of the United States would want; the only thing holding them back is a little piece of paper that the government likes to hold over their heads in a taunting-fashion. This bill would still have students filing an affidavit swearing that they have applied to become a legal American citizen or will do so soon when eligible.

After hearing from people who are and have been illegal for years I know how hard it is to become a legal citizen. It’s not a simple matter of writing your name, address, phone number and e-mail on an application and sending it out to wait for a manila envelope to come in the mail saying you’re a citizen. It takes years to get that paper and in that time you could be caught and deported. It isn’t fair either to those who have been students here for what appears to be their whole lives and never have equality after all this time.

Here’s to hoping that all goes as planned and that NJ will be the 11th state that supports this; the others being California, Illinois, Kansas, Nebraska, New Mexico, New York, Oklahoma, Texas, Utah and Washington (though Oklahoma ended their support in 2008). Although the bill didn’t come to pass this round it’s always a possibility that something will happen to turn things around. The sooner this is all able to happen the better, no on should be denied an education.
Haiti’s Continuation of Strength

It has been over one month since the infamous tragic earthquake in Haiti destroyed the lives of many. There have been fewer headlines covering the devastation and people are starting to lose interest. A number of doctors are leaving the country, causing medical emergencies to go untreated. However, in the midst of this turmoil, countless stories, both upsetting and wonderful, have risen from the disaster.

Food distribution began in Haiti, providing water and nourishment to the unfortunate families affected. At this time, various fundraisers had been held and organizations that raised money began distributing the profit throughout the country, to provide families with tents and supplies which had later been called ‘Tent City.’

Unfortunately weather conditions such as hard wind and rain caused excessive mud and freezing temperatures which has made it more uncomfortable to live in Tent City. However, this is the safe alternative to living inside homes that are still standing in survival as well. Some schools that are facing difficulty in the event that another aftershock occurs. There are many children inside homes that are still standing, who are buried underneath the rubble of buildings with pure uncertainty as to whether any have survived, or if all had died.

At sight of this, many people have opened their hearts and homes to care for an orphan Haitian child, by choosing to adopt. Some were successful, especially considering the fact that they started the process very early. About 90 orphans were illegally taken and brought to the United States to be distributed within particular adoption agencies. Some claim this was done with good intentions only while others claim this was done for personal gain. Despite the reasoning behind these actions, the Haitian government is determined to fully enforce their law to protect the people.

Consequently, some Americans are held captive in a government facility for adopting the law and illegally adopting orphans. The government wants to ensure the well being, safety, as well as survival of the children. Even so, more survivors were found in the rubble remaining.

A man named Evan Muncie was taken out the rubble and found alive on February 8th, 2010, twenty-seven days after the primary earthquake had occurred. “We thought we had lost him,” says a family member of Muncie. “He’s very confused and it looks like he lost about 30 pounds.” Surviving on practically nothing for nearly a month is just one of the many reasons why the Haitian population praises and rosefoundationofhaiti.org.

The R.O.S.E. Foundation of Haiti plan to visit Haiti to distribute the duffle bag survivor kits as well as nourishment. “Haiti was beautiful before the recent devastation and can once again be, with the help of everyone,” states Pierre Romain, the president of the foundation. For more information on how to become more involved in aid continuation please visit www.rosefoundationofhaiti.org.

Bergen Community College

Please contribute $1 to help us reach our goal of $10,000 for Haiti

College of Science and Health at William Paterson University

Diane Asmar
Majors: Biology

Your next discovery.

Diane has a head for science and a heart for kids. As a student in the College of Science and Health at William Paterson University, she knows she’ll graduate ready for dental school, a career as an orthodontist, and a life of making smiles brighter.

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

Transfer Information Session* Thursday, March 25 … 4:00 – 6:00 p.m.
Undergraduate Open House Sunday, April 25 … 12:00 p.m.

*Make your reservation online at wpunj.edu/undergraduate.
**Women’s History Month**
March 2010

**“Writing Women Back Into History”**

### 3/1 Monday
**Glass Case Exhibits**
Library
Presented by The Women’s Institute, Program Coordinator Sandra Sroka and Jennifer Migliorino-Reyes

**Opening Tea,**
C-211, 2:30–4:30 p.m.
Presented by Prof. Susan Baechtel & Dr. Ifeoma Uzoka-Walker

### 3/3 Wednesday
**Keynote Speaker:** Dr. Susan Fuhrman
Ciccone Theatre, 11:30 a.m.–1:00 p.m.
President, Teachers College, Columbia University

**Teachers College, Columbia University,**
Tec-119, 1:00–2:00 p.m.
Masters and Doctoral candidates Information Sessions

### 3/4 Thursday
**The Poetry of Phillis Wheatley,**
C-316, 12:30–1:30 p.m.
Presented by Dr. Dorothy Altman

### 3/5–3/7 Friday-Sunday
**“War in Paramus”** by Barbara Dana
E-101, March 5 and 6 at 7:30 p.m. and March 6 and 7 at 3:00 p.m.
Student Production

Special Appearance: Playwright Barbara Dana, along with several of the original cast members, will attend the March 5 performance. Ms. Dana will hold a question and answer session after the performance.

### 3/8 Monday
**International Women’s Day:**
An International Display of Women’s Attire
Cafeteria Display Case
Presented by Tia Ivanko, Kate Plessing and Dr. Ifeoma Uzoka-Walker

**Women’s Studies Open House**
Cafeteria Entrance, 12:30 p.m.
Presented by Dr. Maria Makowiecka

**“Looking For Prince Charming: A Celebration of Women’s History Month”**
Bergen Community College at the Meadowlands, 3rd Floor
9:00 a.m.–8:00 p.m.
Presented by Professor Ellen Feig

### 3/9 Tuesday
**“Writing Women” Workshop**
C-314, 12:30–1:30 p.m.
Presented by Dr. Dorothy Altman and Dr. Leigh Jonaitis

### 3/11 Thursday
**Book and Brunch (Brown Bag Lunch)**
C-325, 12:30–1:30 p.m.
“Acacias Bloom” by Debora Vogel
Presented by Dr. Maria Makowiecka

**ARS Electronica “Women’s Issues”**
Ciccone Theatre, 7:30 p.m.
Original music composition in three pieces and dance presented by Dr. Linda Marcel entitled “It’s Her Turn”

### 3/15 Monday
**Women’s Studies Open House**
Cafeteria Entrance, 12:30 p.m.
Presented by Dr. Maria Makowiecka

### 3/16 Tuesday
**Women in Science and Mathematics Panel Discussion**
C-316, 12:30–1:30 p.m.
Moderated by Dr. Joan Tscherne and Dr. Ifeoma Uzoka-Walker

### 3/18 Thursday
**Book and Brunch (Brown Bag Lunch)**
A-305, 12:30–1:30 p.m.
“Night Women” by Edwidge Danticat
Presented by Prof. Stacey Balken and Professor Kelly Keane

### 3/27 Saturday
**The Mystifying Magic of Lyn Female Illusionist**
Ciccone Theatre, 3:00 p.m.
Tickets: Adults $14, Children (17 and under) $10
Presented by This & That from Here & There

### 3/29 Monday
**Closing Luncheon**
Tec-128, 12:30–2:00 p.m.
Tickets: Faculty/Staff $5, Students $1

### 3/30 Tuesday
**Book and Brunch (Brown Bag Lunch)**
A-305, 12:30–1:30 p.m.
“Three from the Earth” by Djuna Barnes
Presented by Dr. Jessica Datema

---

**Brown Bags & Books—Discussions**
Join one, two, or more of these lunch-time book discussion groups. Reading materials will be available in advance in Rm. A-333 or at the Library’s Circulation Desk. Read a new author or greet an old friend. Brown bag your lunch if you like beverages provided. All programs will be held at 12:30 p.m.

- **3/11 Thursday, C-325**
  12:30–1:30 p.m.
  “Acacias Bloom” by Debora Vogel
  Presented by Dr. Maria Makowiecka

- **3/18 Thursday, A-305**
  12:30–1:30 p.m.
  “Night Women” by Edwidge Danticat
  Presented by Prof. Stacey Balken & Prof. Kelly Keane

- **3/15 Monday, A-305**
  12:30–1:30 p.m.
  “Three from the Earth” by Djuna Barnes
  Presented by Dr. Jessica Datema

---

**EXHIBITS**

- **3/1 Glass Case Exhibits; Library**
  Presented by The Women’s Institute Program Coordinator Sandra Sroka and Jennifer Migliorino-Reyes

- **3/8 International Women’s Day: An International Display of Women’s Attire; Cafeteria Display Case**
  Presented by Tia Ivanko, Kate Plessing and Dr. Ifeoma Uzoka-Walker

---

**B E R G E N  C O M M U N I T Y  C O L L E G E**
Modern Woman or Traditional Woman?

AYELETH SHIRMON

Zora de Cuvry

Behind every strong woman stands a strong man. The role of women in today’s culture is progressing toward a revolution we have never seen in the history of mankind. “C’est la vie” to the days when women were confined to the kitchen, taking care of the children and catering to her husband as the “ideal housewife.”

What stereotypes once viewed as the perfect female meant sacrificing the ability to bring in financial income for her family. Slowly but surely, women have had the ability to speak up and assume their rights as equally capable and equal to men. Those who believe stereotypes of the role of women tend to be brainwashed, belittled mass market consumers, isolated from the depths of modern culture and stuck in a time period long gone.

I was born into a family of women who still hold firm to their traditional values. My grandmother from my dad’s side, sixth generation born and raised in Jerusalem, grew up studying Torah alongside her eleven brothers and sisters. I, on the other hand, first generation born in the United States, four right of birth to fall under very different circumstances. I admire those who conform to religion when it comes to their personal set of rules and values. My predisposition to scrutinize leaners more towards disparagement against both men and women who conventionally comply with being subservient to men.

As a young woman living in the 21st Century, I’ve witnessed countless instances in which women have been devalued. On account of the woman I’d like to state that my views are strictly egalitarian; not one sex is predominant over the other.

In 1956 Life Magazine put out an issue that enthusiastically praised the virtues of the “perfect woman” during the Eisenhower era. We idealized our was a middle-class housewife. She was thirty-two years old, lived in the suburbs, and had gotten married at age 16. Over the course of a marriage to just one man she already born four to giving birth to four by the time she reached that young 32. Society neglected to draw attention to how demanding a woman’s job actually was at the time.

Leading into today’s modern-day society, the role of women only becomes more and more difficult as we progress into a future of mutual equality. What was once the hard working stay-at-home mother and wife, is now the hard working woman and financial contributor to the family. Men are essentially receiving two for the price of one! Yet we still hear of women’s rights being ignored.

According to writer Virginia Woolf, whose ideas are associated with the First Womanism movement, men tend to socially and physically dominate women. “Women are simultaneously victims of themselves as well as victims of men and are upholders of society’s patriarchal order.”

We, as a nation consist of a social construct in which women are restricted in society.

The misconstrued image of women was once the hard working stay-at-home mother and wife, was not an easy role for women to live up to. Prior to the 1919 passage of the Nineteenth Amendment to the United States Constitution, granting women the right to vote, generational women who took the initial effort towards equality belonged to the more privileged middle and upper class.

It wasn’t until the second wave of feminist activity in the 1960’s that brought about a larger crowd with a louder voice. Instead of blaming individual women for failing to adapt to women’s proper role, they blamed the role itself and the society that created it.

The movement encouraged women to understand aspects of their own personal lives as deeply politicized and reflective of a sexist structure of power.

If we, as a nation, hold hands in unity, change becomes an attainable phenomenon. For women to create change, one must be in position to initiating the willpower and energy to bring change. Every idea, every adaptation we have to society, every teaching that continues to be taught religiously, began with one individual. In the words of Farrah Fawcett, “God made man stronger. I think women are more intelligent. He gave women intuition and femininity. And, used properly, that goddess ability easily matches the brain of any man I’ve ever met.”

The Torch, a member of the Associated College 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 BCC and the local community, and to offer the BCC community a forum for expression. The opinions expressed in THE TORCH are not necessarily those of THE TORCH. All the materials submitted to THE TORCH become property of THE TORCH.

The Torch strives for the highest journalistic standards and accuracy. Readers are encouraged to contact us if they find any mistakes in any edition of the Torch.

Editorial and Opinion Pieces

As an open public forum, The Torch welcomes guest opinion pieces and letters to the editor from any member of the Bergen Community College community. Materials should be submitted to editorinchief@torch.com or by mail to: The Torch, Paramus, NJ 07652-1595.

PHOTO COURTESY OF MCTCAMPUS.COM

PHOTO COURTESY OF SUITE101.COM

The State of the Union

In Section 3, Article II of the Constitution it says, “He shall, from time to time, give to the Congress Information of the State of the Union...” It was with these words that President Barack Obama, began his State of the Union speech on January 27th, 2010. The President tackled a great deal during his address, putting forth an ambitious agenda for his second year in office.

The President began his speech by recapping the steps taken by him and his administration during his first year in office. To emphasize his point, President Obama reminded everyone of the conditions that were present when he first took office. This reminder was a constant theme throughout 2009 for the Obama Administration.

As for looking ahead into the New Year, President Obama spoke about the many goals he hopes to accomplish. He spoke about the education in our schools and how success would be what is rewarded, not failure. “In the 21st century, the best anti-poverty programs is a world-class education,” he stated.

Also, by lightening the financial burden of college students by making college loans more affordable, limiting a borrower’s payments to ten percent of his/her income and forgive remaining debt after twenty years, and ten years for work in public service.

President Obama also talked about immigration reform, standing by military families, efforts to repeal “Don’t Ask, Don’t Tell,” and doubling the country’s exports over the next five years by launching a National Export Initiative that will help small businesses and farmers.

For as national security and the war on terrorism, the President spoke briefly, saying only the following. “Since the beginning of time, we’ve focused our focus on the terrorists who threaten our nation.”

The President spoke of many issues in his speech, but the highlight of his speech was the economy contrary to 2009 where the main priority was health care reform, note the national unemployment rate that steadily climbed over 10%.

To improve the economy, the President had a great proposal to take $30 billion of the money repaid by Wall Street banks and to give it to local community banks. Doing so would allow the flow of credit to small businesses. Due to the climate in the economy, lending has not happened as easily.

President Obama also spoke of eliminating all capital gaining taxes on small business investments and providing a tax incentive for small and large businesses to invest in new equipment and plants.

Another important step President Obama wants to take is cut the tax breaks given to companies that ship American jobs overseas. He wants to tax breaks to companies that create jobs here in the United States. This is essential for the survival of middle class people in the United States that are not only business, but also life for which jobs...

It is with steps like these that our economy will start to improve. With the ever-growing country’s so-called “price being one more step that must be taken and that amount to save from government spending. On the issue of spending, the President had the following to say: “Starting in United States are required to freeze government spending for three years. Spending related to our national security, Medicare, Medicaid and Social

See State of the Union pg 13

PHOTO COURTESY OF MCTCAMPUS.COM
Men Should Respect Women, and Women Should Respect Themselves

Jill Stein, Candidate for President

The second deadline became reality. The initial deadline was to pass a bill before the August 25th recess. This did not happen. It was on this recess that many in Congress went home to angry constituents who blantly opposed a Government takeover of the nation’s health care system. Frustration was expressed at town hall meetings throughout the country. One of the things that upset most people was the clear rush by Democrats to pass a bill as quick as possible with the least amount of debate. The second deadline became Christmas. In the month of November, the House passed their version of a bill, H.R. 3962, which was a heaping 1,990 pages. Democrats needed 218 votes and were able to squeak by with 220. Now it was up to the Senate to pass a bill, because eventually, the two would have to merge before a final vote could occur. The Senate did not introduce a bill; one that was 2,074 pages, which never made it to a vote. As the House and Senate worked around the clock, so were the Republican Senators. Scott Philip Brown and Martha Mary Coakley were vigorously fighting for the senate seat left vacant when Senator Edward Moore Ted Kennedy passed away August 25th, 2009. At first, this campaign race did not draw much attention, as most assumed the Democrat, Martha Coakley, would easily win. After all, MA is not exactly a bleeding, red state. For the better part of six decades, the state’s two senate seats were dominated by Democrats. The unthinkable happened as Republican Scott Brown won, making an end to the Democrats 60 vote super majority.

The key to Brown’s victory was that he openly campaigned on the premise that if elected, he would be the first to stop up the Senate bill; believing a fresh start was in order. The people of MA, a state Obama won by 26% over John McCain, still voted for Brown, which sent a clear message to Washington. That message being an overwhelming number of MA citizens were not happy with the direction health reform was headed. So where does health reform go from here? Is reform dead? Absolutely not. President Obama made it clear in his State of the Union address that the issue is still on his radar and tried to encourage Congress with the following, “Here’s what I ask of Congress, though: Do not walk away from reform. Not now. Not when we are so close. Let us find a way to come together and finish the job for the American people.”

So what must be done? The President needs to deliver on his promise of transparency, and allow the C-Span cameras to air all discussions and debate—a something that did not happen in the tail end of 2009. As certain members of Congress worked behind closed doors, literally, to discuss health care reform issues. Considering that health reform is too big for the American people, they have a right to know what is going on, doing so may even foster more public support.

Both parties need to put their personal gains where their mouths are when it comes to bi-partisanship. Reform on this scale cannot be coordinated by any one party alone. In order to achieve what is best for the American people, both sides need to involve in the process. Only in this fashion can true reform be achieved.
Transfer qualifying credits from your community college to earn a bachelor’s degree from DeVry University. With a bachelor’s degree in a growing career field like Business Management, Information Systems or Healthcare Technology you can be one step closer to your dream career.

Paramus Center
81 East State Route 4, Suite 102 | Paramus

DeVry.edu/NewJersey | 201-556-2840
New Jersey has become the fourteenth state to legalize marijuana. What does that mean for the average college student? Absolutely nothing, unless you happen to be stricken with a severe illness.

This recent law passed by the General Assembly and State Senate says that it is up to the physician to decide how much cannabis a patient is prescribed. However, a patient is only prescribed a maximum of two ounces of cannabis over a thirty-day span.

The New Jersey Compassionate Use Medical Marijuana Act, was officially signed on January 18, 2010. The law will take effect six months after this date. Patients are to pick up their medical marijuana from a new type of pharmacy called – alternative treatment centers – which, will be the source of the marijuana. These alternative treatment centers will both be the producers and distributors.

State regulators, concerned citizens, educators and law enforcement opponents cited California as an unsatisfactory example of a state that allows the legal use of cannabis. California’s regulations on cannabis are loosely regulated if not at all. New Jersey citizens seem to fear the same thing happening here that happened in California. But to compare California to New Jersey is comparing Apples to Oranges.

Many people still seek the assistance of medical marijuana, but will not be entitled to it. What will those people do? Most will be prescribed painkillers that are more powerful and even more addictive than medical marijuana. Yet for some reason cannabis gets a bad rap for being addicting and dangerous. How many people have committed suicide from smoking cannabis?

“I don’t think it [marijuana] contributes very much to people dying. It’s not in the league of alcohol or tobacco,” said Dr. Stephen Sidney in an article from Medical News Today. Dr. Stephen Sidney is an Associate Director of Clinical Research with the Kaiser Permanent Health Plan, who has studied the effects of marijuana use on life span.

As citizens you might also be wondering in what form the government will be dispensing the marijuana, however, the bill does not clearly state this yet. The bill does state that usable marijuana is the, “dried leaves, and flowers of marijuana and any mixture thereof, and does not include seeds, stems, stalks or roots of the plant.” But as the deadline creeps ever closer the health department will likely set guidelines as to the specifications marijuana will be taking.

So we, as American citizens, are allowed after the age of twenty-one to drink alcohol and after the age nineteen, smoke tobacco with the government knowing full well that each of those things can do significant harm to our bodies. We are also allowed prescriptions of dangerous drugs such as Oxycodone and Percocet leading to more overdoses, which, according to the Centers for Disease Control and Prevention, is over 26,000.

A quick list of the diseases that make a patient eligible for medical marijuana according to the bill are: cancer, seizure disorders, Lou Gehrig’s disease, multiple sclerosis, muscular dystrophy, glaucoma, severe spasms, HIV/AIDS, inflammatory bowel disease and any terminal illness.

The question comes down to, “Isn’t the government supposed to be looking out for our best interests?” Instead the government is making a more compelling argument for the use of medical marijuana. As we pop pills prescribed by doctors that receive from chemists, who manufacture them in a lab, who really knows the detrimental effects, they can cause in the long run.

Learn something from all the celebrities we lost last year from overdoses, and those we know personally who have lost their lives from overdose; then decide if the legalization of marijuana is a mistake.

Matthew W. Cole
Features Editor

Cannabis the Killer?

PHOTO COURTESY OF MCTCAMPUS.COM

State of the Union

Security will not be affected. But all other discretionary government programs will.” In the end, the most important thing that can be taken from this State of the Union address is President Obama’s confidence and optimism in America and its people. “The spirit that has sustained this nation for more than two centuries lives on in you, its people.”
Keeping Your Body and Brain in Shape

The body and brain perform very significant roles in a healthy lifestyle. They rely on each other, which is why it is important to “Keep Your Body and Brain in Shape.” Exercise is derived from the Latin root “exercitum,” meaning “to maintain, to keep, to hold off.” This means self-discipline during those times of temptation and ambition to create and sustain a healthier life. Exercising can help shed those pounds that sneak up and improve our attitudes.

To keep your mind and body in balance, exercise is vital. Staying healthy, however, does not necessarily mean performing rigorous activities. Unlike other forms of exercise, jogging is non-strenuous. So, whenever possible, take a brisk walk. Walking from the parking building to your computer will work well, and studies show that walking can clear your head and help you think better. Walking, above all, does wonders for your body and for your brain. Exercising helps circulate blood, which allows oxygen and glucose to reach the brain. When you have more time, try other exercises such as jogging, swimming or weight lifting. Switching up your workout routines helps stimulate your brain even more. All forms of exercise have long been hailed as an aid to brain-power and ambition to create and sustain a healthier life.

Chris RaghuRan Contributing Writer

Newark’s Presidental Center received a double dose of hard rock when Breaking Benjamin and Three Days Grace hit the stage last month on their 2010 co-headlining tour. Both bands delivered their all with heavy beats, solid riffs, and an energetic attitude that showed their fans exactly what defined rock music in the past decade. After being together for 10 years now, Breaking Benjamin was ready to bring out their best guns on their latest tour. The crowd roared once guitarist Aaron Fink was the first to enter the stage, playing the opening riff to “We Will Not Bow.” The band was accompanied by large screen images behind them, projecting different graphic designs for each song. During “Blow Me Away,” from the Halo 3 soundtrack, the screens showed footage from the Halo video game series. Songs like “So Cold” and their finnisher, “Diary of Jane,” garnered a powerful response from the entire audience, who had listened to each song word for word.

The band’s best performance of the night was a cover of Aerosmith’s “Dream On,” with singer Ben Burnley’s voice sending chills throughout the arena as he paid tribute to the late great musicians of our time, including Kurt Cobain, John Lennon, & Michael Jackson. The seniors blamed as Three Days Grace then took to the stage, starting with their latest single “Break.” They brought a whole new surge of energy to the stage with their most famous songs such as “I Hate Everything About You,” “Pain,” “Home And” “Rot,” the latter two featuring the band’s greatest pyrotechnics. Highlights of their performance included an intense keyboard interlude and powerful drum solo by Neil Sanderson, followed by an eerie and powerful piano line by Jared Gontier. Later, an emotional Gontier dedicated it to a dear friend who had passed away, claiming “she loved this song.” Finally, the audience themselves became part of the show, singing along with the lead vocalist, dedicating it to a dear friend who had passed away, claiming “the music is our savior.”

Breaking Benjamin and Three Days Grace are two of the biggest rock acts of the past decade. Both have new albums, Dear Agony and Life Starts Now, which are available now.

Chris RaghuRan Contributing Writer

MobiMouse- Blackberry’s New Computer Keyboard

Stephen Zheng

Are you tired of getting up from your computer every time you want to use the keyboard or mouse? Well Blackberry users are in luck as an application called “MobiMouse” was released in the Blackberry App World on June 9, 2009.

“MobiMouse” is an application that allows blackberry users to use their own Blackberry phones as wireless keyboard or mouse via USB or wireless connection. The application called “MobiMouse” was released in the Blackberry App World on June 9, 2009.

”MobiMouse” is not a very complex application and a wired control via USB.

Blackberry phone. It requires a Blackberry phone and a wired control via USB.

4.5 or higher and a Windows PC running .NET Framework 2.0 or higher. The application also supports wireless control via Bluetooth and Wi-fi and also supports wireless control via Bluetooth and Wi-fi.

You can use this application even if your PC lacks a wireless connection. You can also assign your own specific hardware key commands to control the Blackberry keyboard through the PC Module, along with the ability to record your own cable free mouse phone, turning your Blackberry into a DVD remote while watching movies for those media crackers out there. The Blackberry keypad is used to enter text and the trackball is used to control the mouse in “MobiMouse.” The mouse cursor speed can be adjusted, which is essential for easy control of the cursor when using the phone.

For Blackberry Storm users, this application is only available in trial version, but the full version will be available by the end of the March 2010. If you are a Blackberry user and hate getting up to use the keyboard or mouse, then you should check this application out in your Blackberry App World for the price of $9.99.
The Jersey Shore hits Reality

The Jersey Shore "reality" show is supposed to be a television show based on the true experience of, for example, true Italian "Guidos" and "GUIDettes," at the Jersey Shore. This is certainly not the case since the majority of the Jersey Shore’s cast is not even from Jersey.

This reality show has made Jersey Italians look ridiculously horridly. Any true Jersey boy or girl, Italian or no, knows that Jersey Shore is not as crazy and immature as the show portrays the typical Jersey Italian to be. Additionally, since the cast is being displayed on a reality show, if they go too far out of acting as to actually act like people that have been committed the crime and Apple has been working on making a tablet. The rumor has finally been confirmed with Apple’s release of the new “iPad” on January 28, 2010. Despite the excitement that has resulted from Apple’s new product, the million-dollar question is "what will the Apple iPad live up to the hype?" The first thing people will think about when they see the iPad is that it is just a gigantic iPhone.

However, the Apple iPad is a bigger version of the iPhone, with a 9.7-inch flat-black screen and a single home button on its face, combining a standard keyboard, a laptop, and an ebook reader all compressed into one. It can do all the basic things that an iPhone can do with its amazingly fast Safari Browser, new feature, great video playback, faster services and speed with the 3G Network by AT&T. The iPad also provides users with the ability to download and use the applications from the Apple AppStore.

The Apple iPad might sound like a very nice and powerful device, but there are more cons to this game is sure to be another sensational addition to the Phoenix Wright series and one that fans of the series are sure to enjoy.

This reality show is not about reality. It is about stereotypes of a Jersey Italian at the Jersey Shore. This given viewers a negative image of what the Jersey Shore is actually like. For example, on the show, Italian girls are supposed to be tan 24/7 with hair too big to carry on the traditional gameplay style of the Phoenix Wright series. The goal of the game is to collect evidence and determine whether or not it will sell right off buyers’ feedback to know for sure. The crime is a murder and the player is required to use tools that have many quirks that make it worth watching. One thing that is important to mention is that Beth is not the girl who sits around waiting for a man to sweep her off her feet.

Beth is independent, and her image is one of a friendly and fresh-faced goodness to the "damsels in distress" of today’s movies. Duhamel’s character, Nick, is not really the "Hollywood Hunk," and Italy is an ideal screen to portray the woman either. He is a clumsy sports reporter, who is portrayed as a real person and not as the classic: Hollywood portrayal of a man who seems untouchable.

The men who fall under Beth’s wing are Cacee, a male model, an entrepreneur who is guilty of a crime that we have known and will take him to drive like he is in Rome. Instantly, he starts driving the car over sidewalks and even into the Guggenheim Museum in New York City.

Dorothy, a smart and an Italian artist. They all add their quirks to the movie. The Jersey Shore "reality" show is supposed to be a television show based on the true experience of, for example, true Italian "Guidos" and "GUIDettes," at the Jersey Shore. This is certainly not the case since the majority of the Jersey Shore’s cast is not even from Jersey.

This reality show has made Jersey Italians look ridiculously horridly. Any true Jersey boy or girl, Italian or no, knows that Jersey Shore is not as crazy and immature as the show portrays the typical Jersey Italian to be. Additionally, since the cast is being displayed on a reality show, if they go too far out of acting as to actually act like people that have been committed the crime and Apple has been working on making a tablet. The rumor has finally been confirmed with Apple’s release of the new “iPad” on January 28, 2010. Despite the excitement that has resulted from Apple’s new product, the million-dollar question is "what will the Apple iPad live up to the hype?" The first thing people will think about when they see the iPad is that it is just a gigantic iPhone.

However, the Apple iPad is a bigger version of the iPhone, with a 9.7-inch flat-black screen and a single home button on its face, combining a standard keyboard, a laptop, and an ebook reader all compressed into one. It can do all the basic things that an iPhone can do with its amazingly fast Safari Browser, new feature, great video playback, faster services and speed with the 3G Network by AT&T. The iPad also provides users with the ability to download and use the applications from the Apple AppStore.

The Apple iPad might sound like a very nice and powerful device, but there are more cons to this game is sure to be another sensational addition to the Phoenix Wright series and one that fans of the series are sure to enjoy.
"Oceaneyes", the new release by electronic sensation Owl City, is taking the world by storm. This storm is very peaceful, vibrant and ethereal. owlcity's upbeat melodies, loads of synthesized good vibrations and a child-like wonder. "Oceaneyes" helped Owl City go from obscure internet sensation to one of the biggest new artists of the past year. "Oceaneyes" is Adam Young's latest album, and Owl City has two other self-released albums, and a little green spirit.

Johnathan Shriver
Contributing Writer

Have you ever thought about using steroids? If so, you are not alone. Once viewed as a drug used solely by bodybuilders and athletes, the use of this drug is now becoming increasingly more common with teenagers and college students.

Here is an alarming statistic to get us started:...
Egg and Sperm Donations

You cannot have a baby with just the egg; sperm is needed. The ideal sperm donor is a healthy man between the ages of 18 and 50. The first step in a sperm donation is examining how well the donor’s sperm survives the freezing and thawing processes. This is done because sperm is frozen in liquid nitrogen until it is used. Poor sperm survival prevents about 50% of men from becoming donors. The sperm donating process is done through masturbation, and clinics require the donor to abstain from sex or masturbation for three days before the donation. As a result, the sperm count reaches a maximum build. Tests are done on the sperm, as well as the donor, in order to evaluate any Sexually Transmitted Diseases (STD’s), family history, mental illnesses and medical conditions. The pay of a sperm donor is about $50 to $400. The more “decorative” the male and his profile, the more his sperm will be sold for.

For a woman to become an egg donor, she must be 21 or older as required by the guidelines set by the American Society for Reproductive Medicine (ASRM), and no older than 35. Before eggs are donated, several medical visits are required to prove that the donor is considered a compensation for the pain and discomfort one must endure. The ASRM gives donors $5,000 or more as compensation, which they consider to be a “required justification.” Prices escalate, however, when couples are looking for a donor with specific attributes.
IMAX® IMAX Corporation

Visit www.imax.com/palisades to purchase tickets and to access our Facebook page for additional event information

IMAX® Theatre Palisades Center—West Nyack, NY
4270 Palisades Center Drive; 4th Floor “thEATery” Level
Information: (845) 358-IMAX
Groups: (845) 353-5555 x200
Showtimes & Advance Tickets: www.imax.com/palisades

Opens Mar. 5

IMAX® Theatre Palisades Center—West Nyack, NY
4270 Palisades Center Drive; 4th Floor “thEATery” Level
Information: (845) 358-IMAX
Groups: (845) 353-5555 x200
Showtimes & Advance Tickets: www.imax.com/palisades

Visit www.imax.com/palisades to purchase tickets and to access our Facebook page for additional event information

See it on the area’s LARGEST SCREEN

Opens Mar. 5
Every spin had a specific tactic, every serve had a calculated curve, and every player developed skill great sport. The winter is often underestimated by a game of Table Tennis. Bergen Community College Ping-Pong Club faced off against 30 universities including Rutgers, New York University, and NJIT on February 28th, 2010 in the Big Apple. The national Ping-Pong tournament was organized by The National Collegiate Table Tennis Association (NCTTA) which hosted the annual Ping-Pong tournament at the Fashion Institute of Technology (FIT) for colleges in the New York City Division.

“Our 4th time playing as a club representing Bergen as a national competition and we’re feeling pretty good,” began Giancarlo Tello, founder and President of the Ping-Pong Club. Our level of play has been increasing every semester and I’m proud to say we are ready to make an impact as one of the top 3 communities in the nation that compete.” Four members attended, including Tello, Adrian Marasigan, Longfei Tu, and Aleksei Takeda. Tello began his club only about a year ago, rallying many others to join. Although the club does not have a coach, that does not stop Tello from taking new members under his wing and entering tournaments.

“I began playing in high school, and then started training at the Boys and Girls Club of Newark,” Tello said. He competed in the official USA League for a year before focusing solely on College Table Tennis.

Co-editor

Co-editor

New Jersey City University

Empowered NJCU has everything you need to succeed, personally and professionally, in the global economy.

INSTANT DECISION DAYS

Attend and empower yourself with an answer before you leave campus and we’ll waive your $35 application fee!

TRANSFER TUESDAY

March 9 & 23 • April 6

3:00 - 6:00 p.m.

Transfer Students must bring to the Office of Undergraduate Admissions (Healthmall, Room 207) Official transcripts from all colleges attended, completed application and $35 application fee. All transfer students must have earned a minimum of 12 college credits with a minimum grade point average of 2.0.

Bergen’s Ping-pong Team

CARINA TESONE

The 2009-2010 Basketball Season proved to be a challenging one, yet rewarding season for the Bergen Community College Lady Bulldogs. Two good scrum-mages and two early league wins had them feeling good about themselves. Unfortunately, things started to go downhill. A mid-season break, the Lady Bulldogs had stumbled and bumbled their way to a four-game losing streak.

Undaunted, the Lady Bulldogs continued their quest to the post season by winning the next 13 of 15 hard-fought games and making their way to the post season by winning their last 13 games. “It was hard work, but together, we have grown into a team,” said Amanda Amjay Jimenez, one of the Lady Bulldogs’ defensive specialists. The Lady Bulldogs were 11-3 at home, and from the start of the pivotal game, the Lady Bulldogs jumped on the Lady Vikings like wild, hungry dogs. The game was close to the end of the Bergen Community College Lady Vikings, that the dog pound is no easy place to play in and an even harder place to win in. Lady Bulldog Fanatics banged drums, yelled, screamed and stomped their feet while the Lady bulldogs and Lady Vikings went to war. When it was over, the bulldogs had chased, trapped and run the Vikings down. They would be the first team to fall, but not without a gritty, determined fight! A clutch defensive play by Amjay sealed the victory.

Final score: 64-62, Lady Bulldogs.

Amjay Jimenez led all BCC scorers with 21 points, Tanika Mills, added 16, and Hannah Jensen finished with 9. Michaela Hayes ruled the boards with 18 rebounds. Gloucester County Community College Lady Roadrunners, the last team standing between a trip to Lackawanna College and the end of the Lady Bulldog’s season, had managed to out hustle the Lady Bulldogs at their house a week ago and were feeling confident about the upset. It was the battle of the 3rd (us) and 6th (them) seeds.

“We’ve gotten better and smarter” Assistant Coach Lynn Gladstone said, “We won’t make the same mistakes we made at their house.”

Head Coach Tracy Green’s pregame talk, was short and simple to the Lady Bulldogs, “I’m not ready for our season to be over and I want to go to Lackawanna,” she declared. “I don’t think the league respects us. Let’s make them respect us. Let’s beat this team decisively and go to Lackawanna!”

All in, hands held high together, “BULLDOGS!!! RUFF!!!” Leading the chase, Tanika “T” Mills lead all scorers with 27 points. Ashley Devaney played a stellar game, scoring 16 points, handing out 6 assists and 5 steals. Michaela “Micky” Hayes was a beast on the boards, with 11 rebounds and 6 points. Chelsea Sahler had 11 points and Hannah Jensen contributed 5 points. Nicole “Nickey” Gotelli came off the bench and added 4 points and handed out 3 assists.

The Lady Bulldogs started the game in their traditional 3-2 match-up zone. But the excellent perimeter shooting of the Lady Roadrunners, quickly forced them out of it, with both teams playing tough, in your face, run you into a hard pick, woman on woman defense. Three-pointers by the Lady Roadrunners kept the game close in the first half, but it was only a matter of time before the chase-and-trap, push-and- defense wore the Roadrunners down.


PHOTOS BY KAREN HU

Lady Bulldogs in the Regional Championships

March 2010 Page 19

INSTANT DECISION DAYS

Attend and empower yourself with an answer before you leave campus and we’ll waive your $35 application fee!

TRANSFER TUESDAY

March 9 & 23 • April 6

3:00 - 6:00 p.m.

Transfer Students must bring to the Office of Undergraduate Admissions (Healthmall, Room 207) Official transcripts from all colleges attended, completed application and $35 application fee. All transfer students must have earned a minimum of 12 college credits with a minimum grade point average of 2.0.

NEW JERSEY CITY UNIVERSITY

EMPOWEREDU

NJCU has everything you need to succeed, personally and professionally, in the global economy.

Co-editor

Co-editor

NEW JERSEY CITY UNIVERSITY

Empowered NJCU has everything you need to succeed, personally and professionally, in the global economy.

INSTANT DECISION DAYS

Attend and empower yourself with an answer before you leave campus and we’ll waive your $35 application fee!

TRANSFER TUESDAY

March 9 & 23 • April 6

3:00 - 6:00 p.m.

Transfer Students must bring to the Office of Undergraduate Admissions (Healthmall, Room 207) Official transcripts from all colleges attended, completed application and $35 application fee. All transfer students must have earned a minimum of 12 college credits with a minimum grade point average of 2.0.

NEW JERSEY CITY UNIVERSITY

Empowered

EMPOWERED

NJCU has everything you need to succeed, personally and professionally, in the global economy.

INSTANT DECISION DAYS

Attend and empower yourself with an answer before you leave campus and we’ll waive your $35 application fee!

TRANSFER TUESDAY

March 9 & 23 • April 6

3:00 - 6:00 p.m.

Transfer Students must bring to the Office of Undergraduate Admissions (Healthmall, Room 207) Official transcripts from all colleges attended, completed application and $35 application fee. All transfer students must have earned a minimum of 12 college credits with a minimum grade point average of 2.0.

NEW JERSEY CITY UNIVERSITY

Empowered

EMPOWERED

NJCU has everything you need to succeed, personally and professionally, in the global economy.

INSTANT DECISION DAYS

Attend and empower yourself with an answer before you leave campus and we’ll waive your $35 application fee!

TRANSFER TUESDAY

March 9 & 23 • April 6

3:00 - 6:00 p.m.

Transfer Students must bring to the Office of Undergraduate Admissions (Healthmall, Room 207) Official transcripts from all colleges attended, completed application and $35 application fee. All transfer students must have earned a minimum of 12 college credits with a minimum grade point average of 2.0.

NEW JERSEY CITY UNIVERSITY

Empowered

EMPOWERED

NJCU has everything you need to succeed, personally and professionally, in the global economy.

INSTANT DECISION DAYS

Attend and empower yourself with an answer before you leave campus and we’ll waive your $35 application fee!

TRANSFER TUESDAY

March 9 & 23 • April 6

3:00 - 6:00 p.m.

Transfer Students must bring to the Office of Undergraduate Admissions (Healthmall, Room 207) Official transcripts from all colleges attended, completed application and $35 application fee. All transfer students must have earned a minimum of 12 college credits with a minimum grade point average of 2.0.

NEW JERSEY CITY UNIVERSITY

Empowered

EMPOWERED

NJCU has everything you need to succeed, personally and professionally, in the global economy.

INSTANT DECISION DAYS

Attend and empower yourself with an answer before you leave campus and we’ll waive your $35 application fee!

TRANSFER TUESDAY

March 9 & 23 • April 6

3:00 - 6:00 p.m.

Transfer Students must bring to the Office of Undergraduate Admissions (Healthmall, Room 207) Official transcripts from all colleges attended, completed application and $35 application fee. All transfer students must have earned a minimum of 12 college credits with a minimum grade point average of 2.0.

NEW JERSEY CITY UNIVERSITY

Empowered

EMPOWERED

NJCU has everything you need to succeed, personally and professionally, in the global economy.

INSTANT DECISION DAYS

Attend and empower yourself with an answer before you leave campus and we’ll waive your $35 application fee!

TRANSFER TUESDAY

March 9 & 23 • April 6

3:00 - 6:00 p.m.

Transfer Students must bring to the Office of Undergraduate Admissions (Healthmall, Room 207) Official transcripts from all colleges attended, completed application and $35 application fee. All transfer students must have earned a minimum of 12 college credits with a minimum grade point average of 2.0.
With a clear claim as the supreme team of the land, Bergen Community College’s Men’s Basketball team completed an unblemished 30-0 season on Thursday, February 18th with a 92-75 victory over the Cumberland County Dukes.

The Bulldogs now head into the Region XIX playoffs as the top ranked team in the National Junior Collegiate Athletic Association (NJCAA) Division III poll. Their road to a national crown commences Monday, February 22 at Lackawanna College in Scranton, P.A, and assuming the men in purple continue their winning ways, they will be competing March 11-13 in Delhi, N.Y. for a NJCAA Division III National Title.

Despite their undefeated season, Bulldog’s Coach Sean Kelly, along with his roster, seemed hungry for more, as they headed into the playoffs.

“We may be undefeated, but we are still unaccomplished,” the fourth year coach said. “We have a lot of work to do to get where we want to be.”

In their season ending bout, the Bulldogs used a second half surge to break away in front of a rowdy and vocal home crowd. Sophomore David West led the home team with a 20 point effort, as four Bergen players scored in the double-digits.

West is the team leader in points per game with 17.5 this season, yet, the team is quite balanced, and receives an even contribution from all its players.

“We don’t run a star system here,” Kelly pointed out. Indeed Bergen’s top scorer, West, has plenty of support from the team’s top rebounder, Elgin Brown, the top assistor, Jimmy Schmitt with an average of 7.1 assists per game, as well as the team’s lead blocker, Jayvon Beaty who completed the regular season with 1.9 blocks a game.