Kennedy introduces plan for renewable energy and economic recovery

In order to begin the process of absolving the U.S. from reliance on what he described as the “incumbent” fuel sources (coal, oil, and nuclear), Kennedy laid out a plan that would make use of wind, water and solar energy. He suggested that in areas like the plains where the number one crop is corn, farmers would be able to make dual use of their land by installing windmills to create energy and even rent out some of their property for this purpose. This would enable the farmers to increase the value of their land and produce energy. Kennedy also discussed solar panels which can create energy that can be stored in batteries. To make the crowd understand the true dangers of America’s reliance on fossil fuels he explained that “every freshwater fish in America now has dangerous levels of mercury in its flesh.” Kennedy holds that this is due to pollutants dumped in rivers and lakes by coal companies and acid rain. When people eat these fish, health problems often occur, especially in pregnant women. Although most experts now believe global warming to be a chilling reality, Kennedy claims that the health problems from eating these fish are also a reality.

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During the beginning of the fall 2010 semester, Bergen hosted an event on Dominican Relations with Haiti to raise awareness on the last terrible earthquake that hit on January 12, 2010. Miguel Vargas, the next Dominican presidential candidate, spoke on behalf of Dominican Politics and communicated that the current policies and procedures needed to be changed. He wanted to spark a difference within the Dominican country.

Latin American Student Association (LASA) subcommittee head, Augusto Suarez, pointed out during the presentation, “a Dominican president is not just the presidents of Dominicans on the Island, but Dominicans around the world.” Meaning as president, you would be able to change the conditions of Haiti; but being president entails more than just dealing with the tragedy Haiti is currently suffering. Being Dominican entails more than just living within the country of Dominican Republic.

Many Dominican students attended the meeting, only to find themselves in a predicament. They wanted to do something, something substantial, but did not have an avenue to do so. An opportunity to present, but one could only fathom what would happen once ideas came together. It was here that a Dominican president is not just the presidents of Dominicans on the Island, but Dominicans around the world.”

The summit consisted of conferences and panel discussions about things that plagued the Dominican community today. Amaris Guzman, Youth Division Director for DANR, helped to organize a panel discussion to show how young people can become politically active. It also addressed an issue which is important to not just Dominicans, but all Hispanics: Pan-Americanism. It was also a fun experience.

One of the speakers was a student named Falio Leyba Martinez, who said, “Student’s need to have juice, that energy that allows you to pull and push anyway you want [the world around you to move]. That is what I call influence.” The steroid metaphor is around you to move. That is what I call influence.”

One of the speakers was a student named Falio Leyba Martinez, who said, “Student’s need to have juice, that energy that allows you to pull and push anyway you want [the world around you to move]. That is what I call influence.”

The students came back energized and ready to do something. Students began meeting and talking about different ways to get politically active and involved. The result, students began mobilizing and coming up with different plans to increase their numbers.

Bienvenido J. Mena, Vice President of LASA, appointed Suarez in charge of organizing a politically active committee. Suarez is responsible for creating groups of students who can influence their community through politics as well as educate this group on how to make educated choices within their political arena. The “Dominican Political Committee” was then created to bring power back to the students and educate them on how to use that power wisely.

The idea of getting politically active has caught on like wildfire, causing the need to create other committees of different ethnicities like the Puerto Rican Political Committee and so on—possibly a sign that students want to make a difference. Some of the ideas and plans will be acted upon within this semester such as a forum on the African Roots within the Dominican Republic entitled, “Dominicans are Black Too.” Events like these unite us as they are created to show commonality. The key to the success is not measured by how many events are done. What is essential is the mobilization of the students and the active participation within our nation and the Dominican Nation.
Black History Month Event

**Race in America: A Necessary Conversation**

*Perpetua Romain*

**Editor-in-Chief**

Frank Gonzalez (fourth from the left), grandfather of BCC student and Torch staff writer, David Gonzalez, was employed as a union waiter and shop steward at the Saint Regis Hotel in New York City in 1956. In conjunction with others including Dr. Martin Luther King Jr., his grandfather helped organize a sit down (strike) which, in turn, allowed the first American of African descent to hold the right to wait tables at this prestigious hotel.

SATURDAY, FEBRUARY 19th
The Schomburg Center for Research in Black Culture of NY Public Library
Lecture and Tour
Lunch at Local Restaurant
Bus Leaves Lot B @ 9:00 a.m.

**Monday, February 21st**
Black in Newburgh:
The Connection of Race, Class and the Middle Landscape (panel discussion)
Morse Family Meeting & Training Center
T.E.C. 128
11:00 a.m.-12:15 p.m.

**Wednesday, February 23rd**
Black Student Union Presents:
Trayvon Prince, R&B
Pitkin Education Center
Student Cafeteria
12:30 p.m.-1:30 p.m.

**Wednesday, February 24th**
Black Student Union Presents:
Tangy Major
Star of BET Wrap It Up Special:
Tangy’s Song
Room: L-131
12:30-1:30
Friday, February 25th
Closing Banquet
“Honoring our Scholars and Athletes”
Moses Family Meeting & Training Center
T.E.C. 128-6:00 p.m.

ATTENTION FOOD CONNOISSEURS!!

BCC students and staff, the Bergen Room is now open! Delicious restaurant food was served at discount prices on February 9th in room C-210. Come and enjoy a wide array of appetizing cuisines. Please call 201-447-7222 to make reservations to the Bergen Room, as it is highly recommended. Also, mouth watering food in the Ender Hall Cafe, room E-188, was served on February 8th from 11:30-1:30. These are all inclusive meals with only the finest foods available, food critics welcomed!

INSTANT decision day
NEW JERSEY CITY UNIVERSITY
Attend and empower yourself with an answer before you leave campus and we’ll waive your $50 application fee!

TRANSFER TUESDAY
Feb. 8 & 22, Mar. 22, Apr. 5 & 22 – 2:00 – 6:00 p.m.
Transfer students must bring to the Office of Undergraduate Admissions (Hepburn Hall, Room 207) Official transcripts from all colleges attended, completed application and an essay. All transfer students must have earned a minimum of 12 college credits with a minimum grade point average of 2.0.

TO LEARN MORE CALL (861) 586-7822 OR E-MAIL ADMISSIONS@NJCU.EDU

**The Presidential Letter**

Jannyl Perez
President of SGA

Have you ever second guessed yourself when a situation arose during your time at Bergen? Have you ever wanted to make a change here, at BCC? Have you ever felt that your opinion or voice doesn’t matter; that you are just one person? Well, I’m here to tell you that you do have a voice. Yes, you are one, but you are one of many who can make a difference. Let me first introduce myself: my name is Jannyl Perez and I am the Student Government President. What is the Student Government Association? SGA President May 2010-Present

Being a two-year institution makes it quite challenging for a unified student voice to be heard. The reality that students come in and out of their classrooms without a care about what happens is a tremendous obstacle to our progress. Also, students are focused on graduating in two years, thus feeling no need to be engaged in campus activities. However, the hard work and dedication of the Senators has allowed us to accomplish many of the goals set for this semester. In the past, the SGA hosted a table on the second floor by the cafeteria. Here, students were surveyed about the college and their opinions on what needs to be changed. This successful initiative has gathered very crucial feedback. Dr. G. Jeremiah Ryan, BCC President, has attended our meetings along with many other administrators to listen to the voices of the student body.

This does not begin to scratch the surface of what SGA is about. SGA has the potential to make changes that speaks volumes. With your help, as a unified student body, we can make a difference.

Curious? Intrigued? Pay us a visit in room B-101, located next to Torch. Our door is always open and you are always welcome. You can also stop me in the hallways, I am always happy to hear from fellow students. Continue to follow my monthly letter for more information on SGA and the student voice. We are for the students, by the students. Thank you.

PHOTO CREDIT: Alicia Marte
United States – Jobless Recovery

The United States is coming out of the recession, yet the job growth numbers point to a different direction. In January, the New York Times reported that payrolls expanded by 36,000 jobs, a sharp decline from the 200,000 of recent months and well below the level economists had forecast. “The Economist” reported that the unemployment rate for high school graduates is much higher than for college graduates who have doubtless been more affected by the recession from 4.7% and 2.1% respectively. In addition to that, both high school graduates and college graduates are experiencing a decline. It’s important to note that June 2010, was in the same direction. Over the past 12 months, the unemployment rate for high school graduates has fallen 0.7 percentage points while for college graduates the decline is 0.6 percentage points. The decline in unemployment for employed workers due to the exit of unemployed workers from the labor force, while the decline for more educated workers is due to an employment rise sufficient to absorb new entrants into the labor force.

Thai & Cambodia - Fight Over Temple

Legally, the temple in dispute has belonged to Cambodia since 1962, after a ruling by the International Court of Justice in The Hague. According to the New York Times, the French had led Indochina seven years before and the temple had been occupied in the interim by Thai soldiers. In the dispute, each side offers a different interpretation of a French colonial map drawn up at the beginning of last century. In 1962, the International Court of Justice ruled that the temple belonged to Cambodia. Even though the temple is mostly easily accessible on the Thai side, a ruling by the International Court of Justice and a decision in 2008 by UNESCO, the cultural arm of the United Nations, listed the temple, Preah Vihear, as a Cambodian World Heritage Site.

Egypt & Tunisia – Rise of the Arab World

Egypt and Tunisia recently saw revolts and what could be the beginning of a revolution that would change the face of the Middle East. Egyptians are seeking a new leader. The three week uprising in Egypt threatens to upend America’s strategies in the Middle East. The New York Times reported that the Obama Administration is struggling to determine if a democratic revolution can succeed while President Hooni Mubarak remains in office.

In Tunisia, President Ben Ali ruled the country with an iron hand for 23 years until he fled the country on January 14, after unsuccessfully trying to calm down the demonstrations with promises of elections. A new interim government has been formed including all official members of the opposition. Protesters seemed to direct much of their anger at the great wealth and lavish lifestyle of President Ben Ali’s second wife, Leila Trabelsi, a former hairdresser. Her extended family, most notably, her son-in-law is the billionaire businessman Mohamed Saker El Materi. A luxurious dinner at Mr. Materi’s beachfront home was detailed in a cable from the American ambassador to Tunisia that was released by the anti-secrecy organization, Wikileaks. The movement originated on December 2010, after a college-educated street vendor burned himself to death in protest of his dismal prospects amid Tunisia’s poverty, reported the New York Times. A wave of violent demonstrations spread. According to government figures issued later, 78 protesters died and 944 people were injured in the demonstrations. The common denominator of high unemployment rates would be a trigger for such revolts. As many other nations in the Arab world are also suffering from the same symptoms, a revolution could be on its way.

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Textbooks: Helping You With Your Education or Draining Your Pocket?

Alicia Marte
Staff Writer

One thing students have trouble with financially at school, other than paying for classes, is paying for books. Especially when most of the shopping is done here, in the bookstore at the Paramus campus, one would think there would be some sort of option to pay off books in three small payments, as there is an option to do so with paying for classes. Fact: textbooks are considered literature, sharing the same prices compete with textbook prices. Fact: The websites that have the textbooks you need may not be the same one where you would pay for at the bookstore.

During the first and second week of the spring semester, the bookstore can have a line which may last an hour at times. Of course, this line usually forms during breaks periods or when there aren’t any classes the day you are in class. The best time to go to the bookstore, if you are in need of a textbook the week of, would be during class. Of course, there are professors who give students some extended time to purchase their textbooks. While waiting, students can check out the library’s copy or make a friend in class and ask to look along in their book.

Another site that is similar to Half.com but is not affiliated with eBay is amazon.com.

There are many resources in obtaining textbooks. Of course there is the option to photocopy the entire 543 pages worth of a particular science or math textbook for 10 cents a page; however that process is long and for that price, $54.30, purchasing a book from a source listed above is more ideal.

If the book is still too expensive, whether looking through the bookstore at Bergen or going to an online resource either listed in this article or through other sources, another option is to rent the textbook online. The Book Exchange has this program, Rent-A-Text, however not all textbooks are available for rent. Students need to be 18 years of age in order to rent textbooks, up coming students who are younger need a parent or some other close relative of the same age to be a renter for a textbook.

An event that took place in the Paramus Campus on January 24th through February 4th, the first two weeks of the spring semester, is the Book Exchange, held by The Student Government Association. The Book Exchange Event is where students can buy, trade or sell used textbooks.

With the use of a computer, internet and google, you can find other ways of buying your textbooks for less. Other websites to try are: textbooks.com, ecampus.com, bookrentalsource.com, and chegg.com. These sites give students the option to buy a book through an advertisement that is from the site, or ebook from the site, rent from the site, or buy the textbook from sellers across the nation. Chegg.com only allows students to rent textbooks and/or sell books.

Do your research before buying or renting your textbooks for the spring semester and double check with your professor if the textbook(s) required for the course.

Bergen Clearing Up Asbestos

Perpetua Romain
Editor-In-Chief

Students of Bergen Community College were concerned for their health over the winter break, when on campus after the holidays. They were greeted with signs at the door which read:

DANGER ASBESTOS CANCER AND LUNG DISEASE HAZARD KEEP OUT AUTHORIZED PERSONNEL ONLY RESPIRATORS AND PROTECTIVE CLOTHING ARE REQUIRED IN THIS AREA

In the fall semester, the college held a forum, open to the campus to address details of the asbestos abatement project. Asbestos was found present in the Science Wing within tiles and adhesive during renovation operations. After the project had been monitored and details of sealed areas undergoing abatement were discussed, action was taken.

On December 27, 2010, screenings began in the area and the campus was protected with negative air pressure and continuous air monitoring as determined by state and federal law. The abatement project was scheduled to start on December 27th to January 15th while students are not present. At this time, phase one of the project is complete and samples for the S-Wing came back clear.

“‘The samples taken are monitored under a microscope with very strict regulation,” says Bob Coane, director of Campus Planning. “Our number one [goal] is to get the asbestos out... Six prep rooms and the dental lab areas are clean and newly renovated.”

Phase two of the abatement should be completed sometime in May with four more labs and two more prep rooms completed. In all, the abatement project as well as the projected labs should be renovated completely by October. These new labs will provide a better learning experience and environment for the students.

Nonetheless, a major concern for the students was their health. Inquisitive as to the reason students and faculty were not wearing masks despite the signs on the door? Although the asbestos was sealed and not aggravated, making it safe for students and faculty to attend campus, Coane stated, “The signs are required by the New Jersey DEP... if you don’t put that sign up exactly the way the DEP wants, it’s a $500 fine, per door.” Just following regulations, students.

Campus planning has alot of control over regulations on campus, including the student center, which is expected to be an unrecognizably, wonderful space for students. Since the school is improving in many ways, it may become an environment where the students can go and not be agitated, making it a more environmentally friendly, there are countless features to the center students can go to. The construction of the center has met many hurdles in the process, however, Coane ensures, “The result will be well worth the wait.”

Rotary Club Commencing Successfully

Peter Carrazzone
News Editor

Recently the Rotary club hosted a fruitful coat drive here at BCC. The projected 1,000 $ goal was doubled with a whopping $2,000 raised this year! The Rotary club would like to thank all the staff, faculty and students who attended and helped out.

For all those who don’t know what the rotary club is, it’s an organization that seeks to better childhood development center as well as the main building.

Attention Women

Earn up to $3,020 in your spare time.

Celerion, a leader in health science, is looking for people to assist medical research.

• Healthy females
• Ages 18 to 45
• Overnight stays required

Building a healthier future.

Cancer and Lung Disease Hazard Keep Out

Authorized Personnel Only
Respirators and Protective Clothing Are Required in This Area

Rotary Club
Commemorating Successfully

Kennedy

power plant in the Mojave Desert with a company named Brightsource. The power plant will take 2.5 years to build, but when it is finished, the investment will have paid off because the sun’s rays cost it’s been. February 9th and tenth there will be a bake sale hosted by the rotary club at BCC. Students who are younger need a parent or someone else to buy the books, which has already been active here in BCC. Recently the gift of life foundation has been hosting events as a way to have a happy Christmas as we can see in the picture! The bake sale will include items like chocolate covered strawberries and other chocolate covered fruits. This upcoming events will be in the childhood development center as well as in the main building.

Continued from page 1

nothing, making this plant an unlimited source of energy. Only time will tell if the U.S. will continue to pursue renewable energy in other areas.

CANCER AND LUNG DISEASE HAZARD KEEP OUT AUTHORIZED PERSONNEL ONLY RESPIRATORS AND PROTECTIVE CLOTHING ARE REQUIRED IN THIS AREA

CALL TODAY 1.877.615.8481 www.hntresearch.com

Building a healthier future.

NEPTUNE, NJ | 720 BICK Avenue, BLDG 2
LOCATED IN MONMOUTH COUNTY
Hello members and would-be members of the Phi Theta Kappa Honors Society! First we want to inform that if you are not already a member, please check your mailbox regularly beginning approximately the third week of February to see if you received a letter from President Ryan inviting you to join. The GPA required for membership varies with the number of completed credits and you must be in a degree-granting program. If you think you are eligible, but haven’t received a letter by February 28, write advisor Professor Davis at bdavis@bergen.edu, but wait until then.

If you have been following this column last semester, you’ve seen all the great things we’ve been doing with the Autism project. This issue we are addressing is another initiative we have taken up: composting is, in its simplest form, human’s assistance of decomposition process. This process is of vital importance to the planet and a hallmark of how well humanity has been able to integrate themselves with Earth’s ecosystems.

Together with the Environmental Club, Phi Theta Kappa has been teaching people how to compost through a multi-step program. The first step was to create a general composting workshop. In it they discussed how to compost, how long it takes to compost, composting history and more. After having a little information, they decided to take it to a new level and had our composting workshop attendees advertise and teach composting history and theory to the Bergen Community College campus. The program was completed by the attendees, now teacher and advertiser, thus giving them the opportunity to attend an upcoming workshop and go through the process themselves.

For more information about the project please contact the e-board of either Environmental Club or Phi Theta Kappa. Photos courtesy of MCTcampus.com

**Eat your greens, but not the ones in your wallet**

**The Bergen Cafeteria: Bumps on the Road to Improvement**

At Bergen, hundreds of students stop by the cafeteria everyday. Whether it is to grab a quick bite to eat or just lounge out with friends, many have noticed changes. However, most believe there are still more improvements to be made.

A notorious complaint is that many items lack a cleanly displayed price or price at all. Furthermore, students are frustrated by the fact that numerous cashiers charge different prices for the same item. One student reported that they were charged $1 for a large milk one day and $1.30 a day later. With that said, it is not just the cashier’s fault for this confusion in pricing. Rather, there are contradictory prices posted. At the salad bar for instance, salad is priced at $3.49 an ounce, while above the panini station the sign reads $5.00 an ounce. This also causes customers to contemplate why a salad is $8 a pound.

This is more than almost any other item in the area. There are also many other products in the cafeteria that are more expensive than at similar locations.

In some cases, prices at BCC are even higher than other cafeterias run by the same company, Gourmet Dining. At Seton Hall’s cafeteria, which is run by Gourmet Dining, a slice of plain pizza is $1.40 while at Bergen a slice is $2. “It doesn’t make sense that other locations run by Gourmet Dining offer different prices for similar items offered at BCC. I’ve seen many students complaining about the rising prices of food served here,” said Gloria Cho, Chairwoman of Auxiliary Services Committee of the Student Government Association. Despite these bumps however, the cafeteria at Bergen has made improvements.

The cafeteria satisfies more than just hunger pang’s for some students. It satisfies their need for a meal with a lower environmental impact. This was made possible in part by the Environmental Club’s insistence on biodegradable cutlery, cups and plates. They also began to compost leftovers and spoiled food. In addition to being good for the environment this saves the college money on trash removal. Gourmet Dining has even gone a step further by procuring up to 50% of their produce from local farms.

While these changes have improved the dining experience, much more is needed to fully satisfy all of the cafeteria’s patrons. Fortunately for all involved, most of these changes can be made easily.

**Winter Courses Offered Only at the Meadowlands Campus**

**Jaehee Lee**

Contributing Writer

Have you noticed that winter interim courses are no longer offered on theParamus campus, but only at the Meadowlands campus in Lyndhurst? The Bergen Community College Meadowlands offered its second winter interim course from January 3, 2011 to January 21, 2011. The winter interim course takes place only at Meadowlands for a few strategic reasons. First, the school is trying to expand course takers from the southern part of Bergen County and surrounding borders. Second, the school tries to give the Paramus campus a chance to rejuvenate facilities. Third, it tries to nurture workforce for surrounding business developments.

“Lyndhurst is a great location contrast from our other two locations. We are very convenient to the city and also we are conveniently located in terms of all the things that are in development right now. This will come into effect a lot for our future courses and our future enrollments because we’ll certainly focus on educating, training and developing the workforce for that whole complex there. My vision and the school’s vision of Meadowlands in five years are to enable students to finish a whole degree program and provide supporting services at our campus without having to travel. I see us being more integral part of community,” says Paul Ragusa, the Meadowlands Interim Director.

The Meadowlands offers compressed sessions; fall classes are from the beginning of October to mid December and spring classes start at the end of February or the beginning of March. Without winter interim course takers at the Meadowlands, it would have left the campus vacant for over two months. The short classes give visiting students the opportunity to take courses. In fact, a majority of winter interim course takers this winter were visiting students from surrounding colleges trying to fulfill their major and minor requirements or to catch up with their degree plans.

Twelve miles North of Lyndhurst, the Paramus fall semester ends, at the latest, on the 23rd of December, allowing them one month to catch their breath. The Paramus campus gets a spa session during the three weeks break: time to paint, to reflect and regroup.

In addition to internal adjustments, the Meadowlands focuses on economic development. The school is at twenty minute bus ride from the Manhattan 42nd Street Port Authority and has in close proximity a football stadium, construction developments and wholesale trade Employment Pathways Initiative, MOSAIC Center, as well as Workforce Training and Development at all one-stop shopping at the Meadowlands.

**The PTK Forum: Composting**

**Ben De Brasi**

Staff Writer

Hello members and would-be members of the Phi Theta Kappa Honors Society! First we want to inform that if you are not already a member, please check your mailbox regularly beginning approximately the third week of February to see if you received a letter from President Ryan inviting you to join. The GPA required for membership varies with the number of completed credits and you must be in a degree-granting program. If you think you are eligible, but haven’t received a letter by February 28, write advisor Professor Davis at bdavis@bergen.edu, but wait until then.

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For more information about the project please contact the e-board of either Environmental Club or Phi Theta Kappa.

**Bumps on the Road to Improvement**

At Bergen, hundreds of students stop by the cafeteria everyday. Whether it is to grab a quick bite to eat or just lounge out with friends, many have noticed changes. However, most believe there are still more improvements to be made.

A notorious complaint is that many items lack a cleanly displayed price or price at all. Furthermore, students are frustrated by the fact that numerous cashiers charge different prices for the same item. One student reported that they were charged $1 for a large milk one day and $1.30 a day later. With that said, it is not just the cashier’s fault for this confusion in pricing. Rather, there are contradictory prices posted. At the salad bar for instance, salad is priced at $3.49 an ounce, while above the panini station the sign reads $5.00 an ounce. This also causes customers to contemplate why a salad is $8 a pound.

This is more than almost any other item in the area. There are also many other products in the cafeteria that are more expensive than at similar locations.

In some cases, prices at BCC are even higher than other cafeterias run by the same company, Gourmet Dining. At Seton Hall’s cafeteria, which is run by Gourmet Dining, a slice of plain pizza is $1.40 while at Bergen a slice is $2. “It doesn’t make sense that other locations run by Gourmet Dining offer different prices for similar items offered at BCC. I’ve seen many students complaining about the rising prices of food served here,” said Gloria Cho, Chairwoman of Auxiliary Services Committee of the Student Government Association. Despite these bumps however, the cafeteria at Bergen has made improvements.

The cafeteria satisfies more than just hunger pang’s for some students. It satisfies their need for a meal with a lower environmental impact. This was made possible in part by the Environmental Club’s insistence on biodegradable cutlery, cups and plates. They also began to compost leftovers and spoiled food. In addition to being good for the environment this saves the college money on trash removal. Gourmet Dining has even gone a step further by procuring up to 50% of their produce from local farms.

While these changes have improved the dining experience, much more is needed to fully satisfy all of the cafeteria’s patrons. Fortunately for all involved, most of these changes can be made easily.
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A Dream Realized
Perpetua Romain
Editor-In-Chief

“We don't have an eternity to realize our dreams - only the time we are given.” This quote by Susan L. Taylor, Editor-in-Chief of Essence Magazine here. “This quote by Susan L. Taylor, Editor-in-Chief of Essence Magazine, is to report on the events throughout the town. Many wanted to grab a story, conjuring up ideas to expand and improve the paper. It was then when I realized that the Torch is more than a college newspaper. It is press powered by innovation, guided by integrity and fueled by dreams. Our newspaper is both an honor and a privilege. As a Haitian woman, being able to oversee and release a monthly issue, the first issue in Black History Month, is a tremendous blessing. I knew I wanted to be a leader and I trusted that Bergen would inculcate wisdom and leadership skills through the many activities and excellent classes offered.

I began my journey into the Torch in my first semester at Bergen and remained an active writer ever since. Each semester presented new challenges which, in turn, became my life lessons. I commenced as an interested college writer, focusing on the constructive criticism given by myself and other active editor and writer. The first semester of Torch was quite difficult, since the meetings conflicted with my class schedule. Nevertheless, my passion for writing controlled my actions and I sacrificed at least 20 minutes of my lab time to attend the meetings. I wouldn't always be fortunate enough to grab a story, but being found: a year later.

Natural disasters can strike at anytime, leaving its helpless victims powerless to stop the brutal distress. The country of Haiti has stricken by tremendous turmoil and continues to face fatal challenges. On January 12, 2010, a massive earthquake blindsided the people of Haiti, terrorizing the capital city Port-Au-Prince as well as its surrounding cities such as Petionville, Leogane and Carrefour. A 7.0 on the Richter scale with continuous 5.9 aftershocks claimed the lives of many, up to 50,000 lives within the first two days and 100,000 confirmed by day four.

Within the year of 2010, more bodies were found under the rubble, people began to loot, riot and collapsed prisons and jails let go about 4,000 inmates to run rampant throughout the town. Many wanted to adopt homeless children, the structure of the Haitian government was questioned, and people run up to run for President of Haiti and relief efforts were promised to rebuild the country. On October 21, 2010, an outbreak of cholera was confirmed. Cholera is a disease; an infection of the small intestine that is caused by the bacterium Vibrio cholerae. The main symptoms are profuse watery diarrhea and vomiting. Transmission is primarily through consuming contaminated drinking water or food. The severity of the diarrhea and vomiting can lead to rapid dehydration and electrolyte imbalance, causing rapid death. There are 3,600 people are confirmed to have died from this disease, another 170,000 in agony from it.

The people of Haiti have remained resilient yet the living conditions are still extremely poor and is steadily declining. Haiti has seen one year since the tragedy and very little has changed. According to CNN national correspondent Gary Tuchman, “The only thing that’s changing is that when we arrived 12 hours after the earthquake, there were thousands of bodies all over the streets, it was an absolute nightmare. The fact is just five days ago, they found three more bodies.” Yes, bodies are still buried, many are still missing and un-recovered. Every day, more bodies are being found: a year later.

Haitian are still living in “Tent City,” a made camp site. There are one million homeless people, keeping in mind that there are only about 10 million people living in Haiti.

Therefore, one out of every ten people in Haiti are homeless, unable to house themselves. What of all the aid, the relief efforts, pledged money and promises to help bring the past disaster. How much of aid did it made to Haiti? According to CNN.com, more than 2 billion dollars has been pledged from the United States alone but only 42% of that aid has gone to Haiti. This poses a problem in that money is being diverted to non-charitable places.

Some of the aid and relief, however, has been transferred to other countries of the world who would have needed the support. Haiti has been overlooked because the United Nations has announced that the country is recovering.

Haiti: A Year Later
Perpetua Romain
Editor-in-Chief

OPINIONS AND EDITORIALS

FEBRUARY 2011

The Torch

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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 BCC and the local community, and to offer the BCC community a forum for expression. The opinions expressed in this newspaper are necessarily those of THE TORCH. All the materials submitted to THE TORCH become property of THE TORCH.

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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@small.com or delivered to The Torch office, B-101. Such submissions must include the writer’s name, contact information and affiliation with the college. Students should include their major; faculty and staff should include campus title or position.

Letters and 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.

NITA LIM

RUWAN MAHYAGE

ALFRED MARTINEZ

JUSTIN MARTIN
What exactly is “4 Loko”? Well, the name suits it perfectly, since it is absolutely crazy. 4 Loko is an alcoholic energy drink that is malt-liquor based and has been around since 2005, but has gained tremendous popularity in 2010, especially within young adults and unfortunately teenagers. The name “four” is derived from its four main ingredients: alcohol, caffeine, taurine and guarana. With its bargain price (no more than $3 a can) and high alcohol content (12% alcohol in one single can) it is every broke college kids dream. 4 Loko has also been called “Liquid Cocaine” since it also contains 156 milligrams of caffeine.

A 4 Loko is the equivalent to about 4-5 beers and about two 7-oz cups of coffee. Drink one and you ossified, drink two and may God have mercy on your soul. It comes in eight fruit flavors and is sold in large, colorfully decorated 23.5 ounce cans- which has also attributed to its sales amongst teenagers.

The drink has also been the center of a lot of controversy because many people have become seriously ill and some have even kicked the bucket after drinking the beverage in excess. According to MSNBC, the Washington State Liquor Control Board approved an emergency ban of caffeinated alcohol drinks on November 10, 2010 after nine Central Washington University students consumed 4 Loko and became gravely ill. All of the students were under 21 and had high blood-alcohol readings. According to the reports, one of the students nearly died. The state of Michigan has also already banned 4 Loko along with Ramapo College of New Jersey. New York State and Connecticut also had shipments of 4 Loko stopped and according to the New York Daily News, the New York State Liquor Authority made beer distributors seize shipment of the beverage after November 19, 2010, which made early December the last shipment of the beloved drink.

Believe the hype, this drink, when abused, is absolutely deadly. If you must drink this beverage it is advised it be drank slowly and with extreme caution. 4 Loko is no joke-o.
Cheers to a Lighter You in 2011

How To: Lose the Winter Weight

Emily Prendergast
Staff Writer

The holidays are over, our break has come and gone and the only thing that remained is the winter weight. It’s easy to come up with reasons why we gained it, starting with the Thanksgiving turkey all the way down to the Christmas gatherings where food is eaten. Let’s not forget all that time we have off to stay in, relax and eat! After that, there comes the excuses and the various diet plans that people go on, but they eventually turn out to be ineffective.

Getting started is what people find to be challenging. Sometimes it could be toxic relationships, unfulfilling jobs or money worries. Regardless, now is your time to prepare for your ideal weight or the beach body and summertime! According to thebestlife.com, Oprah’s trainer, Bob Greene, says it’s a three-phase plan that can help anyone reach his or her goal without burning a hole in your pocket. So stop taking those diet pills, or getting scammed into the infomercials. Take initiative by considering some of the suggestions broken down into phases.

Results from a brief survey done by Bob Greene shows 3% of the people say they’re not motivated to lose weight, 19% say they’re moderately motivated but not convinced to do it and 79% say they’re super motivated. “People overestimate their motivation,” says Greene. You want something, but are you willing to do what it takes to get there?

Losing weight starts with life management, if you understand the psychological aspect then everything else is a walk in the park. You have to have a realistic vision for yourself. Phase one is taking the baby steps: improve your activity level; join a local gym or do a simple workout for yourself. Phase one is taking the baby steps: improve your activity level; join a local gym or do a simple workout for yourself.

Phase two is to set goals and buy into the changes that you want. 75% say they’re super motivated. “People overestimate their motivation,” says Greene. You want something, but are you willing to do what it takes to get there?

Phase three is sticking to the changes. It’s about the long run. 19% say they’re moderately motivated but not convinced to do it and 79% say they’re super motivated. “People overestimate their motivation,” says Greene. You want something, but are you willing to do what it takes to get there?

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Losing weight starts with life management, if you understand the psychological aspect then everything else is a walk in the park. You have to have a realistic vision for yourself. Phase one is taking the baby steps: improve the activity level; join a local gym or do a simple workout on a daily basis, or at least twice a week. Even working out at home is also a step closer. Get rid of three trouble foods

Chocolate Cherry Milkshake

Ingredients:

1 cup of pitted Bing cherries (frozen or non-frozen) You can also experiment with strawberries!
1/4 cup of Coconut Milk (don’t use CoCo Lopez, it’s not the same)

Emily Prendergast
Staff Writer

There are so many holidays and celebrations with sweet and tempting foods. Getting back on track in the new year is hard to do, especially with more upcoming events like Valentine’s Day. Who can’t resist something sweet for a lovely occasion? The sweet-truth is I know I can’t! However, not just anything will satisfy my sweet tooth and my guilt-free iremors. Instead of eating chocolate truffles or even chocolate anything, consider something refreshing, healthy and somewhat romantic. An average piece of chocolate candy is 4 grams of fat and around 70 calories. That would be okay if you could only eat one piece (highly doubt it). Here is an alternative, easy recipe made from natural ingredients. This healthy and delicious chocolatey drink will keep you away from the sugary coated candies and save you a couple of bucks on a very special day.

Calendar of Events

Feb 10th
Women’s Basketball Home Game vs. Camden CC
Gym @ 5:00 p.m.

Feb 12th
Men’s Basketball Home Game vs. Gloucester CC
Gym @ 3:00 p.m.

February 14th
BSU & SAB Valentines Day Photo Booth & Carnation Sale
12:30-2:00 in Cafeteria

February 17th
Flamenco Vivo’s: “Fiesta Flamenca”
The Anna Maria Ciccone Theatre
7:30 p.m.

Feb 19th
Museum Trip to The Museum of Modern Art
10:00 a.m.
Student Ticket: $12

Feb 24th
Tangy’s Song
Bus leaves B Lot @ 4:30 p.m.

FEBRUARY 2011
Cheers to a Lighter You in 2011

How To: Lose the Winter Weight

There is no such thing as too little time. You feel miserable. Also, being too busy is a bad thing, it will only bring you down and make you feel more tired. For one thing, your life, how busy you are and how you spend your time is important. Disease will land, your drive was good (despite the traffic) and you’re home safe.

Disable them. Appreciate that your plane landed, your drive was good (despite the traffic) and you’re home safe. You have because it only takes one moment to make another person’s day happier. This is the most important thing you can do for yourself. Appreciate that your plane.

When you begin to appreciate your plane or giving rude gestures, accept the drivers and be patient while driving. Instead of honking your horn, just do it! The more you give yourself time to think about it, the more excuses you’ll just make up. Instead of doing this, you will have decided already that it will be too crowded and dark by the time you get home. Deal with those issues when you walk out of the gym later.

Most importantly, stop living under someone else’s impression via Facebook, MySpace, Tumblr or Twitter. Don’t waste your time creating this cyber-image of who you want to be perceived as. Eventually, after hours, in front of the computer, you’re going to walk away and not know who you really are enough to entertain yourself.

So for the new year, I’m giving a toast to the new and improved you. I believe in you, but most importantly, you need to believe in yourself by not breaking your own promises. In the end, you are the only person who lives with you forever. So treat yourself well for year 2011 and the many years to come.

As you progress, keep the momentum going by identifying the barriers holding you back. Phase three.

It’s time to map out an eating style that you will carry throughout your life. Reduce your intake of sodium, saturated fat and excessive sugar. Eliminate trans fat and add wholesome foods. Maximize your activity level and keep it going! Eventually it will just come natural to work out and you’ll feel incomplete if you miss a fitness session. This is the last phase and also a life long journey that requires dedication. This is when you have to break through the barriers.

Your commitment is what will help you accomplish your goals. A profound change comes with tough choices. Specifically, weight loss success requires making tough decisions. You need to put yourself first, it’s always healthy and recommended to get moral support from family, friends and embrace the positive energy around you. Slowly the toxic, negative influence will start to fade and you will reach your full potential by achieving your goal and feeling that satisfaction!

You do! Here are a few tips. Realize that control and power to Focus on improving your most positive behavior is crucial and easy.

Instead of honking your horn, accept the drivers, old or even lost, on the road! Also, printed. Be thankful, arms and eyes you take one moment to appreciate that your plane landed, your drive was good (despite the traffic) and you’re home safe.

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Statistical Nightmares, Avoiding the Pitfalls

David Gonzalez
Contributing Writer

I never considered myself much of a mathematician, so when I decided to enroll in elementary Stats 150, I pulled out all the stops. Since the semester would be a lightly scheduled one, I assumed the extra time would easily afford me a solid grade. I was wrong.

After attending every class, studying on my own for hours, booking 24 one-on-one tutoring sessions, in combination with the “math walk-in” and costly private sessions, I found myself failing miserably halfway through the semester. What a nightmare! I grasped the subject matter, but simply was not proficient enough for exams. The combination of word problems and mathematical computations proved to be a bit much, I supposed. Fortunately, I was wrong again.

So how did I fix this mess? McGraw Hill. McGraw Hill supplies online support for our stats textbook through a self-study tool via www.mathzone.com. This extremely helpful study tool gave me instructions tailored to my specific learning experience. MathZone cut my study time in half. Their multiple, short, to-the-point, 2, 4 and 6 minute chapter section video clips really helped these practice lessons sink in. As they go along, the MathZone lecturers read and highlight key words found in problems right in our text books. The real time lecture video, which can be easily stopped, rewound and fast-forwarded, has proven to be extremely useful. In addition to the exercise and Lecture video series, MathZone supplies chapter quizzes with a full array of built-in support, including a page-for-page online textbook. With the touch of a button, it pops up on-screen to the exact page where you need help on your quiz. These chapter quizzes are designed to challenge you and, if you choose, you can change the way problems are presented to you, giving you almost limitless practice exercises.

MathZone allowed me to find my study groove. Once I had the core of what the text was teaching, it made studying a good challenge, rather than a disappointment. Now, since the frustration factor has been removed, attending classes Tuesdays and Thursdays are somewhat enjoyable. I recommend MathZone for anybody taking Elementary Statistics. Access to the website is free with the purchase of your textbook. If you have a used textbook, you can purchase the code for that specific text at www.mathzone.com. If you have a new textbook and lost the code, you will be provided a new code with a proof of purchase. Live and learn.

How Do You Spend Your Free Time in College?

Bienvenido Mena
Contributing Writer

Most colleges have a vast majority of students, opening up a lot of free time, unlike high school. In high school, there is a mandatory seven-hour schedule every day. However, in college you can give yourself ample time between classes to take care of work that needs to get done. College life opens up much more opportunities for a person to make time for their busy life.

Many students utilize their free time to obtain different jobs. Especially with tuition being really high, they’ll need all the time possible in order to afford school. Some students even choose to work within the school as part of the work-study program. If more problems seem to occur where a person needs another job to pay bills, they can drop classes. Colleges are very flexible to make sure a person can get a degree and still keep up with work.

At times, having too much time on your hands between classes can seem very boring. However, some students who have plenty of free time on their hands join clubs to keep themselves occupied. Clubs present many opportunities for students to experience extracurricular leadership positions for resumes as well as networking with other organizations. BCC also has a gym that students have access to for working out.

There is time available between classes to do school work. Some of my classes are scheduled two times a week. During that time, I have finished assignments to hand in by the next class. The extra days and time between classes allows ample study time for exams as well.

Letting free time go unused is unnecessary and wasteful. It is always good to keep occupied. If a person is able to accomplish several things in his or her free time then he can succeed. I don’t want time to pass me by when I could have done something beneficial. I see the free time I have in college as a chance for me to get my life started. College life seems manageable for those who can take advantage of what is offered to them.
Let me first introduce myself and this column, as this feature is a first for our great student paper. I’m a second-year student at Bergen, a member of Model UN and Phi Theta Kappa, a staff writer and photographer for the Torch and former member of Student Government Association and College Council. In the past, I’ve traveled to do volunteer work in Egypt, Thailand, Macedonia and I’ve lived in Canada and Australia. This semester, I am studying abroad at Al Akhawayn University in Ifrane, Morocco. While here, I will be writing a column for the paper on my experiences. I hope that you’ll be able to find my adventures entertaining and ultimately, I hope that you will want to study abroad, too. There are few educational experiences in life more educational than international travel.

Upon arriving in Morocco, I wasn’t sure what to expect. Would it be like my experience in Egypt? Would I encounter language difficulties? Will the classes be harder than Bergen? Easier? I did end up having some trouble the first two days getting used to life here, but it was not because things were too different. It was actually because things were too much the same. I came here ready for another Arab World experience similar to what I encountered in Egypt and I figured I may have to dress and act more conservatively.

What I actually entered into was a very common college environment: friendly young people who like to have a lot of fun using the same ways American college students do. They listen to similar music, enjoy similar comfort foods, and there will be something you never expected. Australia is magnificent and a vacation so far away. Do not make this mistake! Thinking of places to visit because it’s “no worries mate.”

The best views of Melbourne are here on the 88th floor. You can see every cityscape of Melbourne and outer space. You may have recently been hearing about outer space. You may have recently been hearing about the famous Great Barrier Reef. It is the world’s largest reef system and can literally be seen from outer space. You may have recently seen pristina blue waters on Oprah’s televised trip down under.

There have been a few moments where I have definitively felt I was in another culture. As a member of International Student Orientation, the international staff have intentionally advised students on how to react to wild dogs and monkeys: throw rocks at wild dogs and wait till the monkeys’ food is gone (they’re just thirsty). On a trip day to Azrou, I went shopping in the souk (market) and bargained for items I needed. On another trip to the former imperial city of Fes, I walked around the old medina with its narrow streets and aggressive vendors. I ate authentic Moroccan tagine which consisted of chicken, spices and vegetables cooked in a clay pot. Though we didn’t have the chance to fix the damage, but neighboring Aussies, and countries like New Zealand and The United States are committed to helping.

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While Sydney may feel a little more touristy than Melbourne, there is no need a relaxing break from walking the city. If you care to test your luck at roulette or poker, you can do that at the Crown Towers Hotel Outside its doors is the Yarra River and there are a number of touristy things to do in each state. Queensland, New South Wales, Victoria, South Australia and, the island state of Tasmania, with much to do in each state.

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There are a few excursions, too. Melbourne is the cultural capital of Australia and has the Eureka Tower. From this area you can easily walk to the Southern Hemisphere’s highest viewing platform at the Eureka Tower. The best views of Melbourne are here on the 88th floor. You can see every cityscape of Melbourne and outer space.

For more information on Study Abroad programs e-mail Dean Amparo Codding at americas@bergen.edu. This column is made possible by the Benjamin Gilman International Scholarship, sponsored by the U.S. Department of State.
Valentine’s Day Celebration vs Not Celebrating Valentine’s Day

Zainab Khan
Staff Writer

We know the drill. February 14th comes around and every candy store, Build-A-Bear Workshop and florist has inflated their prices, eagerly welcoming the love struck population of America. We spend more money than we would ever admit on a dozen red roses and a box of heart shaped chocolates because society has deemed it “romantic.” But, after countless years of the same routine, is it not a little cliché and sickening? Valentine’s Day might have been something wonderful back when the holiday first came about, but what it has manifested into today is definitely grounds for boycott.

There are only so many flowers, so much chocolate and so many times a girl can take before she realizes that her boyfriend is just doing it because he has to. Whether or not you want to prove just how much your partner loves you, can you really want to prove just how much you care in return? Valentine’s Day might have just become an excuse to waste money, force I-Love-You’s on people and feast on chocolate and fancy food. If you really want to prove just how much the person you are with means to you, do something extraordinary on an, otherwise, ordinary day.

Zainab Khan
Staff Writer

It’s that time of the year to make a lasting impression on your significant other with chocolates, teddy bears and roses. But what happens after the chocolate is consumed, the teddy bear is put on the shelf and the roses fade? These things are great for the moment but a long lasting memory is timeless. In order to make this the best Valentine’s Day experience, I have gathered a list of five places to take your sweetheart this year.

Our first stop is The Fountain Spa in The Riverside Mall located in Hackensack, NJ. This is a great way to spend the entire day relaxing and getting pampered with your partner. Couples massage packages are offered with great prices and it’s worth every dollar to spend a romantic day, stress free, just you and your sweetheart.

Our next stop is 230 9th Avenue Penthouse Lounge located in New York City. It includes a rooftop garden, penthouse lounge and a restaurant for all of the night’s entertainment.

If you choose to remain in the city after the lounge, our third stop is a horse and carriage ride through Central Park, New York City. You and your sweetheart can cuddle in a blanket as you are taken through one of the most beautiful places in the city for a nice, quiet evening.

The fourth place is Rockefeller Center, New York City. This place includes an ice-rink for you and your valentine to go skating and then have dinner at the Pulse Restaurant and Bar, which overlooks the skating rink.

Our final stop is The Pocono Mountains located in Stroudsburg, Pennsylvania. Only an hour and a half from the George Washington Bridge, you and your sweetheart can getaway for the weekend and stay in a log cabin or resort. Some activities include: dining, skiing and snowboarding at some of the best mountains and slopes in the east, or simply cozying by the fire to enjoy the winter wonderland from indoors.

Nita Lim
Staff Writer

Nowadays, getting things nipped and tucked is common, from surgical procedures such as labiaplasty or labia minor reduction. This surgery was medically done because it swarms all over reality TV shows. There are shows like Extreme Makeover, The Swan, I Want a Famous Face and Bridalplasty that are common that it is
growing in popularity.

Many of the procedures done on the shows are Botox, rhinoplasty, collagen injections and various different places, or tucks in places. These shows have yet shown one thing that is increasing area of nipping and tucking; the vulva.

This procedure is known as labiaplasty or labia minora reduction. Labiaplasty is done to either the labia majora, minora or labia minora lips; the inner lips and sometimes both. The surgeries mostly involve trimming or cutting off parts of the labia.

This surgery was medically done for damage during childbirth to deal with issues from infections or sexual pain. Originally, it was dominated by women in the porn industry, sex workers and women in nude shows. But, it is increasingly done for personal and aesthetic reasons and for a typical woman whose private parts are only seen by their partner and themselves.

Dr. V. Leroy Young from the American Society of Plastic Surgeons has seen the increase of labiaplasty surgeries over the past decade and believes that it is the fastest growing trend in cosmetic plastic surgery. The American Society of Plastic Surgeons (ASPS), has seen a 30% growth in vaginal rejuvenation procedures between 2005 and 2006, from 793 procedures in 2005 to 1,030 procedures in 2006.

Doctors predict that society pressures women to be young and perfect, so the surgery fits. It is a merger of the cosmetic surgery and labia minora reduction. Labiaplasty is done to either the labia majora, minora or labia minora lips; the inner lips and sometimes both. The surgeries mostly involve trimming or cutting off parts of the labia.

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Sweet Escape!

Jessica Czarnogursky
Copy Editor

Sweet Escape!

Sweet Escape!

Sweet Escape!

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Sweet Escape!

Sweet Escape!

Zainab Khan
Staff Writer

In order to make this the best Valentines Day experience, I have gathered a list of five places to take your sweetheart this year.

Our first stop is The Fountain Spa in The Riverside Mall located in Hackensack, NJ. This is a great way to spend the entire day relaxing and getting pampered with your partner. Couples massage packages are offered with great prices and it’s worth every dollar to spend a romantic day, stress free, just you and your sweetheart.

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Seek and You Shall Find

Alicia Marte
Staff Writer

You can find me in the books as I mentally compute and analyze equations, where my brain, soul and body thirsts for knowledge, truth and equality.

Find me in the pages as I discover the road not taken, the journeys which will unfold.

Find me in the texts while I observe molecules smaller than oxygen smaller than life itself, but everything consists of life.

Zainab Khan
Staff Writer

It’s time of the year to make a lasting impression on your significant other with chocolates, teddy bears and roses. But what happens after the chocolate is consumed, the teddy bear is put on the shelf and the roses fade? These things are great for the moment but a long lasting memory is timeless. In order to make this the best Valentines Day experience, I have gathered a list of five places to take your sweetheart this year.

Our first stop is The Fountain Spa in The Riverside Mall located in Hackensack, NJ. This is a great way to spend the entire day relaxing and getting pampered with your partner. Couples massage packages are offered with great prices and it’s worth every dollar to spend a romantic day, stress free, just you and your sweetheart.

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Relationships and love are, by far, two of the most complicated problems we as college students face in addition to our usual issues. But, relationships, unlike our classes, do not come with an instructional guide; a how-to aid, or even a helping hand to say that we are doing things right. By now, most of us have gotten through those awkward middle school romances and the high school ones that either made us, or broke us down. Yet, here we are, college students still scrambling for answers and advice. While no one person carries the secret to figuring out whether or not we are truly ready for a relationship, there is some general advice that can help the decision along.

Before even thinking about giving the guy in your psychology class a second look, or really calling the girl from student government, it’s time to step back and be a little selfish. Focus on you. Do you know who you really are? It often happens that we become so set on finding someone to “complete us” and to “fill a void or emptiness”. Well if we do not know who that “us” is, then filling all of those problems would prove near impossible. Figure out what you want out of life, your goals, your dreams and your aspirations. Set standards for yourself, because we all deserve only the best. It is important to establish yourself before being with someone else, because if you cannot be you on your own, then you cannot be you with someone else.

Once you have figured out who you are, make sure that your maturity level is up to par too. If the guy from your Wellness class took you out to see a movie on Saturday night and you are panicking that he did not call you by Sunday night, you are probably in way over your head. Back up a little and think of the possibilities. If he calls you, great, but if he does not, it’s not the end of the world. If you find yourself worrying about silly issues like that, maybe a relationship isn’t the best step right now.

Also, if you are a new college student, struggling to balance fifteen credits, a part-time job and family and friends, chances are adding a new relationship into that mix is probably going to make things more complex. Figure things out one step at a time and make sure to keep your interests at heart. It is okay to be single every once in a while, especially when you are trying to battle the world single-handedly.

Finally, if you have decided that your life is on track and you are willing to sacrifice and share a life with someone else, make sure that it is really what you want. Author Deb Caletti had written in her book, The Secret Life of Prince Charming, this helpful advice: “This is what I know. Don’t settle for 40, 50, or even 80%. A relationship – it shouldn’t be too small or too tight or even a little scratchy. It shouldn’t be embarrassing or uncomfortable or downright ugly. It shouldn’t take up space in your closet out of guilty conscience or convenience or a moment of desire… It should be perfect for you. It should be lasting. Wait. Wait for 100 percent.”

Life is full of opportunities. Sometimes they involve waiting or a leap of faith. But, in the end, if we do what makes us happy, things have a way of working themselves out. And relationships, though they are challenging, have a way of falling seamlessly into place.
Anime Club hosting their Maid Cafe Bake Sale

Adriana Szaboova
Features Editor

Have you ever wondered why there are always two tables completely full at the front of the Cafeteria? This is the inspired property of the Anime and Video Game clubs of Bergen Community College. Formerly housed in the Student Center (now under construction) the Anime and Video Game clubs have found their new home in the Cafeteria. On a daily basis you can see them battling away on their game consoles,cgirros, thus keeping their hearts, their battles, or dressing up in costumes. There is hardly a dull moment in these clubs. Sadly, last semester we didn’t hear much from these clubs. Losing the Student Center put a damper on the events they could hold in the cafeteria. This semester, I hope they intend to change that. After obtaining some information on these clubs, it seems they are indeed trying to get back into the swing of things.

The clubs are home to roughly 130 active members. Their Executive Board positions are held by: Rob Torres (President), Kevin Figueredo (Vice President), Jessica Randall (Treasurer), Erin MacCarron (Secretary) and Caitlin Graham (Chairwoman). Their plan for this semester is to further establish themselves within the college as well as bring back the Anime Convention. They also have a website, currently under layout construction, www.bccanimeclub.webs.com.

The clubs have been busy, steadily planning events for the coming semester. Dates are tentative, however here are the some featured events for Spring 2011.

Anime Week. This week will host multiple events. The week’s goal is to bring the Anime Convention experience to Bergen Community College. The week’s tentative date is sometime in March.

Anime / Video Game Club Presents: Trip to the Federal Reserve and Trip to the American Museum of Finance. Time and Date: TBA

Features

Aspiring Fashion Designer

Adriana Szaboova
Features Editor

We all hear that famous question at least a hundred times before we get out of elementary school: “What do you want to be when you grow up?” We all start from the staples such as a doctor or a fireman. We never really hear things like banker or librarian. For Tara, what she thought she wanted to be forever, ended up being just a stepping stone to becoming who she is now.

Tara, 23, studied Interior Design at Berkeley College in Paramus and graduated with an Associates Degree. From there, her plan was to continue on to a second college, to earn a Bachelors and eventually open her own design firm. Her plans changed once she met a local business owner, who offered Tara her dream job designing homes. She gladly accepted the job, but a year later, would be laid off due to the struggling economy.

Aspiring Fashion Designer Tara Puntasecca-Owner/Founder

Maintenance

Are You In With The Fashion?

Alicia Marte
Staff Writer

We’ve been experiencing some freaky weather over the past few weeks. With all this fluctuating weather, won’t it be nice to have a wardrobe that fluctuates with it?

It’s understandable that the Winter Seasons usually call for a gloomy wardrobe, however we can start kicking in with the warmer tones of colors such as red, orange, brown and incorporate black and grey into our clothing.

What better thing to wear then the classic knit woolen sweater? Now lady’s these aren’t grandma knitted sweaters with cats or ‘I Love Grandma’ sewn onto the front, but rather that big and cozy sweater, worn with leggings and if not furry boots, some moccasins (as long as the day permits it).

Don’t like sandles? Think their material is way too thin? (I do). Well, no problem, there are jeans that are tight enough to feel like leggings, but they’re called leggings. So if it’s chillier outside you can always either double up on your leggings or leggings. These can be worn with that old oversized sweater in your mom’s closet, or even with a t-shirt along with a long cardigan.

Now the cardigan doesn’t have to be made with knitted material, but it could be made of polyester or cotton. The cardigan gives ladies a nice fitting form and goes great with dresses for going out or with a simple t-shirt to a long-sleeved blouse.

For the men, it seems as though skinny jeans are calling for them. When I say skinny, I don’t mean skin tight, but straight jeans. Simply jeans that aren’t that extra large size and doesn’t sit below the waist. Remember, what’s in is that clean and crisp look.

Blazers are in, which can be worn with straight jeans along with either a classic button down shirt or even a t-shirt, as long as the t-shirt is snug and not overly large.

Lateley the men here at Bergen have been coming into class with the casual suit look, either because they’re going into work after class or have an interview, but all in all, the look is definitely a good look to flaunt.

Here’s the bottom line about fashion. If it suits you and you love what you wear, then that’s all that matters. Fashion is never constant nor still. It fluctuates as much as the weather does.

Museum of Finance.

Aspiring Fashion Designer Tara Puntasecca-Owner/Founder

MaintenanceClothing

With her target audience being 16 to 24 year olds, she plans on having tons of fun and exciting clothes. Every shirt will have its own story or concept. Just to name a few; “Maintain Your Wildside”, “Maintain Your Composure” and “Maintain Your Music”. Her clothes will help you represent elements in your life that are most important to you.

After tons of work and millions of decisions, the line is set to launch this spring 2011. Stay in the loop by checking Twitter, Facebook and the official maintenance website, Maintain what you love.

www.maintenancelighting.com
www.facebook.com/Maintenancelighting
www.twitter.com/Maintenancelighting
variants of the game, everyone played the word BINGO! With different room as winners were excited to scream nothing but energy surged through the walk-ins in the middle of the event, 45 students at the beginning and some leading the games, all sorts of fun and Judicial Affairs, Nestor Melendez, (SAB) and the Director of Student Life when you have Student Activities Board bunch of young college students? Well, Bingo. What about bingo is fun to a it was an event beyond expectation. It was an event beyond expectation. Bingo. What about bingo is fun to a bunch of young college students? Well, when you have Student Activities Board (SAB) and the Director of Student Life and Judicial Affairs, Nestor Melendez, leading the games, all sorts of fun arise. With an attendance of roughly 45 students at the beginning and some walk-ins in the middle of the event, nothing but energy surged through the room as winners were excited to scream the word BINGO! With different variants of the game, everyone played each round enthusiastically. Forms of the game varied from “N” for Nestor Bingo, “X” Marks the Spot Bingo, Around the Board Bingo, Smiley Face Bingo and 4 Corners Bingo. The prizes that kept players motivated were five bags full of back to school supplies. Four of the bags were regular Bergen Community College String Book Bags and the grand prize was a Jansport over the shoulder messenger bag. The supplies in the bags included BCC apparel, note books and flash drives. While all the bags had the same prizes, the grand prize bag contained a bonus of a $25 gift certificate to the book store on campus, a Bergen teddy bear and an IHOMEx. It truly was a great event! A four-year degree from Rider is more affordable than you think. Check out Rider University’s New Transfer Scholarships Rider University offers a range of financial aid for incoming transfer students, including need- and merit-based scholarships of as much as $16,000 and Phi Theta Kappa scholarships of $1,500. And counselors in our Financial Aid Office will help you identify and secure financial assistance from sources outside of Rider, too. For undergraduate students with additional financial need, Rider, state and federal funds are available.

Want to get started? Get in touch with the Office of Transfer Admission:

Phone: 609.896.5036
E-mail: admissions@rider.edu
Web: rider.edu/admissions

Rates
NEW for Spring 2011
Entry GPA

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FS. – Learn how to finish your Bachelor of Science in Business Administration online at www.rider.edu/ccs, or e-mail admissions@rider.edu for more information.
Snowing / 1994!

Tyler Burns
Staff Writer

In this cold weather, it’s hard to leave the house for any reason, even if that reason happens to be seeing your favorite band for the first time in months. I myself am glad, though, that I was able to see the bands “Snowing” and “1994!” after mustering the energy to make the trip through the snowy weather. In the current state of music, it’s very inspiring to see people keeping the spirit of “Do-It-Yourself” - a nation-wide community of musicians that believe in making their own music scene instead of relying on labels - very much alive and well, especially by these two bands.

The show took place at the wonderful Emerald City, a venue run by young adults living in the basement of an apartment building. Emerald City is decorated with hand made lamps and self-built floors. Upon walking in, you could tell that it wasn’t just a show, but a well organized gathering. A few local bands such as Beach Parade, Longitude and adults living in the basement of an Emerald City, a venue run by young The Marine Electric opened up for the first two bands. All of the opening bands played sets full of energy and amazing musical talent.

Snowing played all of the fan favorites and was welcomed with a truly critical response. Every person in Emerald City was screaming each word to the songs from their new record, which was only released two weeks beforehand. When asking the lead singer and bassist how they cover the $1,500 they used to record, he responded with “we’ve already covered it,” despite only releasing it online. The last band and headline band 1994! played a very energetic and intense set of math rock fused with hardcore punk. Blasting beats and an overwhelming loud guitar filled every inch of the room. An audience could only respond in one possible way: dancing their hearts out, crowd surfing and diving off every possible thing in the room including fellow audience members. When looking back on the experience the next day, it was truly something that couldn’t be matched in any possible way.

Go see Snowing and 1994! on their national tour with Algernon Cadwallader this spring. I promise that you will not be let down by not only amazing musical talent, but a scene that will feel like a family and more.

Rift: Planes of Telara

Kristian Szabo
Staff Writer

For those of us who play World of Warcraft, I'm glad to say that we now have a choice. Long gone are the days of Vanilla WoW, when players weren’t handed everything in the game on a silver platter, not to mention the difficulty that was not aimed towards new players. Nowadays, Epic Gear is just raw nuts, mounts are no longer a goal to achieve but rather a MUST to get around at 20 and teamwork is as rare as getting queued for an instance if you’re not a tank.

But now there is Rift: Planes of Telara. Currently in Beta, Rift is an MMORPG that can be compared to World of Warcraft and Dungeons and Dragons having an illegitimate child. The core game mechanics from WoW are there, to the point where 90% of the hot keys are identical. You still pick from your basic classes: Warrior, Mage, Rogue and Cleric. But where it differs completely is the game-play itself. Each class has many sub-classes, or "callings", that a player can customize to his/her specific playing style, something WoW has taken away. However, the selling point in the dynamic content. Rift opens up across the map, releasing hordes of enemies that must be quickly defeated before their numbers overrun even a small army of players. That's where teamwork comes into play, a word rarely recognized in the WoW community. Alone, you stand little chance of surviving even the first wave of enemies and left alone long enough, a Rift can create armies that will wipe out entire villages. They can open up anywhere, at anytime. You can log out anywhere, at any time. You can log out anywhere, at any time. You can log out anywhere, at any time. You can log out anywhere, at any time. You can log out anywhere, at any time. You can log out anywhere, at any time.

The only complaint I truly have is “Test Patterns” is the song that overall sticks out more than any other on this album. With straight forward lyrics such as “I tried so hard to be the one you’d think about on the train ride home,” Tiger’s Jaw proves they’re just as down to earth as the rest of us. Overall, the album has a beautiful sound to it.

The only complaint I truly have is that with this new found popularity, I feel the band and its songs as a whole have something to prove. Due to this, some of the songs feel a bit stuffed with riffs and other extravagant things and seems to progress without reaching an end. Despite this, “Two Worlds” is a great LP and worth your time to listen.


Tiger Jaw

Tyler Burns
Staff Writer

A music scene and a business scene; two worlds. Which one do you live in?

Tiger’s Jaw is an amazing pop-punk band from California. By pop-punk, by no means do I imply any conventional form of it. This is pure emotion, almost emo if you must say that. They’re usually remembered for their heartfelt lyrics that generally become a room of sing-alongs. Over the last year, Tiger’s Jaw has been an extensive amount of exposure with their self-titled album being a cult-regarded classic of the last few years. Now, it’s time for them to release their second album and, along with that, see if they can live up to the hype that surrounds these kids whose ages barely past nineteen.

“Two Worlds Opens with Return”, a song that straight from the first chords is a poppy hit. Until then, it carries on whispering in your ears with clever words to keep you hooked. “Smile” is the second song to hit you like a brick wall, with a beautiful sound to it.

The only complaint I truly have is that with this new found popularity, I feel the band and its songs as a whole have something to prove. Due to this, some of the songs feel a bit stuffed with riffs and other extravagant things and seems to progress without reaching an end. Despite this, “Two Worlds” is a great LP and worth your time to listen.

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**The Instead Softcup**

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**Saw 3D**

With its DVD recently released, we decided to take a look back on the last installment of the thriller series. Ever since 2004, the SAW franchise has scared up movie goers every Halloween. It has gained legions of fans around the world and it is sure to continue growing. This past year marks the seventh and final entry into the series. With the competition getting tougher every year, this movie has upped the ante in every department. So how does it hold up? Is it a worthy addition to the franchise?

If you're a fan of the other films, then by all means give this a try. Director Kevin Greutert and writers Marcus Dunstan and Patrick Melton did an outstanding job in pulling all the stops and filling in the gaps from previous movies. Costas Mandylor and Betsy Russel deserve a mention for keeping the movie at a good pace with the cat and mouse game, as well as Sean Patrick Flannery, who plays Bobby Dagen, will learn the hard way that lies will take him straight to Hell.

The film has its shortcomings though, as many of the scenes felt a bit forced with the 3D element that did not work out as expected. Yes there are some great effects, but the audience is left wanting more. Overall SAW 3D is more of the same from years past. If you don’t mind the 3D gimmick, you will find yourself submerged again in another story with a great ending. The plot will make you giggle, but at the same time make you sad when you know it’s about to end. Be sure to listen to those two little words that made such an iconic impact back in 2004, “GAME OVER”. SAW 3D is a fitting farewell to this iconic franchise.

**Likely Story**

By David Van Etten

Imagine being the only daughter of the most famous soap-opera star. That is what our sixteen year old protagonist, Mallory, has to deal with. Not only was she born on the set of her mother’s show, Good As Gold, but her birth triggered media mayhem. Was Mallory going to be a soap opera princess with her own kingdom? If you guess yes, you’re partially correct.

This one book is composed up of three novels: “Likely Story”, “All That Glitters”, and “Red Carpet Riot”. The book is also written by three different authors: David Levithan, David Ozanich and Chris Van Etten. Mallory Hayden’s world is turned upside down when her blog entry, meant as a spiteful bite at her mother’s show, is scoped up by her own mother’s agent. Before she knows it, her single blog entry becomes its own day-time show; complete with cast, crew, producers and agents. Every girls dream—with a catch.

Mallory (obviously) is given the position as Head Writer. She has control over what the actors say and what they do. But in the show business, no one has complete control. Mallory finds herself struggling with director Richard, to keep what little power she really has in the production. She soon finds that she cannot keep everyone happy and that enemies linger behind every turn.

Will she live her mother’s dream of winning a day-time Emmy? Will she find love? Find out by reading this hilarious melodrama about Mallory’s soap-opera life!
LADY BULLDOGS "SENSATIONAL SEVEN" CONTINUE TO ROLL

Alicia Marte
Staff Writer

The Lady Bulldogs Basketball team are off to a good start with a record of 14-3 thus far. What has made them so exceptional so far is how each player has something different to offer to the team. Point guard Ashley Devaney (#3) of Bayonne is averaging nineteen points per game, while shooting guard Kayla Dzwiza (#21) of Garfield brings forth her speed and defense on the court; six-foot center Hannah Jensen (#11), with her killer three pointer shots, is averaging eighteen points per game. Each of these ladies has a talent of their own and works well together in strategizing and making wins for the team. Three Lady Bulldogs were lost throughout the season in the fall, including power forward Yojaira Orozco (#13), who was injured during a game. It is said that she will return for the upcoming spring semester.

"It is quite difficult to prepare properly for the games ahead having only seven players at this point. We are always looking for quality players," says Tracey Green, head coach of the Lady's Basketball team. Being more than half way through the season, there are only a few home games remaining. What better way to show our Bergen pride than by going down to a game and supporting the Bulldogs? "We would love to see a big crowd to cheer us on," Green says. The few ladies remaining are committed and very dedicated. "I have confidence that the Lady Bulldogs can come together and make a run in the region," Green stated. They know the potential power within the team which will exuberate during the games to come.

Currently the team consists of seven players and is always on the lookout for more players. If there are any ladies who are interested in joining the Lady Bulldogs, e-mail wbasketball@bergen.edu for more information and for the opportunity to represent Bergen.

Bulldogs Hold Their Own

Adriana Szaboova
Features Editor

With a record of 5-3, Bergen Community’s Wrestling Bulldogs have shown that their bites are just as fearsome as their barks. The team closed out January with a bang, winning their match against Yeshiva University of New York 27-10. Prior to their meet with Yeshiva, Adriana Szaboova reminisced Tim Foote, liaison to the men’s basketball team had a lot to live up to. "The defense was incredible," remarked Tim Foote, liaison to the men’s team. The glorious smell of school pride was evident in the hallways of Bergen.

Yet, after winning 12 out of their first 15 contests, the Bulldogs have gone just 2-4 during the month of January. The bleeding continued at January 20th’s home game against the Passaic County Community College Panthers, where the Bulldogs lost 86-78. "[PCCC] saw a chance to take the ball and score and so they took it," said Jessi Lozano, a Bergen cheerleader and President of the Cheer Club.

"Let’s go Bulldogs!"

National Junior College Athletics Association (NICAA) Nationals.

Coming off last year’s ‘undefeatable’ season, where the Bulldogs went 34-1, the men's basketball team had a lot to live up to. "The defense was incredible," reminisced Tim Foote, liaison to the men's team. The glorious smell of school pride was evident in the hallways of Bergen.

Yet, after winning 12 out of their first 15 contests, the Bulldogs have gone just 2-4 during the month of January. The bleeding continued at January 20th’s home game against the Passaic County Community College Panthers, where the Bulldogs lost 86-78. "[PCCC] saw a chance to take the ball and score and so they took it," said Jessi Lozano, a Bergen cheerleader and President of the Cheer Club.

It seems as though most of their games have been close calls but there have been miscommunication between the teammates in playing as a team. "They’re a young team, this is their first time playing together," Foote points out. Foote concedes that the team is not working “in cohesion” but “physically they have a lot of potential.”

Guard Kevin Baez (#32) of Union City concurs. "It feels pretty bad losing because we lost four times in a row. When it comes to playing, we’re not all on the same page.” When it comes to playing, we’re not all on the same page.

If the basketball players were to focus on working together and combine heads rather than clash heads, this team can go a long way. “Let’s see what next semester brings.” Foote says, optimistic that a new semester brings a new attitude and sense of urgency.

With only eight games left in the season, will the men’s basketball team pick up their slack and show Bergen what they are made up of?

Men’s Basketball Team Struggles to Find "Cohesion”