The Torch Dominates State Newspaper Contest

Perpetua Romain
Editor-In-Chief

The staff of The Torch can garnish its office with multiple plaques as it conquered the annual New Jersey Press Foundation 2010-2011 Contest, which they enter every year. Last year, the Torch was awarded with three firsts, one second and two third place awards. This year, the Torch blazed through the competition winning nine first place awards out of 14 categories, five second place and four third place awards, for a total of 18 awards, tripling their prior year’s accomplishments. The Torch traveled to Trenton, New Jersey on April 16 to accept their awards at the NJPF Awards Luncheon held in the Trenton Marriott Downtown, in the Capitol District. There were more than 250 entries for the NJPF from 15 of the state’s 19 community colleges, including Atlantic Cape Community College, County College of Morris and Middlesex County College to name a few. This year, The Torch acquired its third consecutive first place recognition for Layout and Design. In the first year a row, swept the Editorial Cartoon/Artistic Story Illustration category. Winning categories include: First place in Reporting, Feature Writing, Column/Opinion Writing, Sports Writing, Editorial Cartoon/Artistic Story Illustration, General Excellence, News Writing, Feature Writing, Biography/Personality Profile and General Photography. After all colleges, both two year and four year, had been given their plaques, the last bit of honor, the Sweepstakes Award, was ready to be granted to the college, both two and four year, that had accumulated to most points of recognition, naming them as the most awarded college newspaper in the state of New Jersey. Yes, The Torch, Bergen Community College’s student run newspaper has now garnered 19 awards, more than half of the 32 entries Bergen’s newspaper submitted.

Foundation Director John J. O’Brien called the nine firsts “a very strong showing,” and noted that each category is judged by a different person. “The College is very proud of The Torch Staff,” said O’Brien. “They are a terrific bunch of students that sometimes drives issues on campus, says Bergen President Dr. G. Jeremiah Ryan. Eleven editorial staff members produce this monthly newspaper with a body of Bergen student staff writers and contributing writers. Stories vary per issue and are centered around events on campus as well as college-pertaining student interest, all under the aid of Torch Advisor, Professor Lew Wheaton.

“Torch is a very diverse team, said Wheaton. “They’re interactive, eye-catching and very informative of everyday campus events.” “The awards we’ve attained are only a mere fraction of what the Torch is capable of,” says Wheaton.

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Welcome The New Student Government

Our 2011-2012 Student Government officers have been elected. The new SGA President Elect is Jessi Lozano who will be replacing our current President of SGA, Jannyl Perez. Jessi Lozano served as Cheerleading President, SGA Corresponding Secretary, Chair of Public Relations Committee and Chair of the Athletic Committee. His goals as President include working in accordance with the Financial Aid Office as well as the Career and Transfer Center. SGA Vice President Elect is Kathryn Rodriguez who will be replacing our current Vice President, Jake Oh. Kathryn Rodriguez has served as Deputy Secretary General, Vice President of Model United Nations, Student Government Senator, Torch Staff Writer and Environmental Activist for the Environmental Club. Her main goal as Vice President is to defend and uphold the students’ success and fight to keep the school environmentally friendly.

SGA Treasurer Elect is Gloria Cho who will be replacing our current Treasurer, Alicia Marie Gloria Cho has served as SGA Senator and Chairwoman of Auxiliary Services Committee. In high school, she served as Class Officer for four consecutive years and Senator for three consecutive years.

John Zeuner, new student Alumni Representative Elect will be replacing our current Alumni Rep, Aydelot Shimron for the fall semester. John Zeuner has served as a member of Business and Finance Club, Environmental Club, SGA Secretary of Personnel and current Recording Secretary.

SGA inauguration will take place on May 13, 2011. See Awards pg 11
Valedictorian Chases Her Dreams

Bonilla's ambition has been her success, as she puts in two hundred percent. Her key to success has been not taking anything for granted. She has worked sixty hours a week, trying to forget her passion for education. It wasn't until a couple years ago that she heard about Bergen Community College and she was able to go back to school without issues. Jessica may have missed some years but she said, “I am back, stronger than ever, willing to take any challenge in front of me.”

While attending Bergen, she had acquired her citizenship, which opened up a huge opportunity for her future. Jessica truly is the exception that is one of the big reasons why the Dream Act is very important in passing. Dreamers like her, who come to this country and become top students, seem to have been denied any financial help or access to higher education.

Bonilla's past struggles have guided her to be more giving and kind to others who are looking to be as successful. Bonilla has been advocating for Dreamers just like her, who are looking for a chance to prove that they have what it takes. She has helped out in numerous projects like Autism Awareness and Campus Connection. As part of Campus Connection, she serves to help those with autism and help them integrate socially. She has also been involved with organizing the donations of cell phones to the military.

Bonilla represents the hope of the future of this country. Hard working immigrants like her are part of the many that built this country. No matter how difficult situations may become for her, she will not stop. Every student should take her as an example and push hard for their dreams because it can happen. Everything happens for a reason and Jessica sees the opportunities at Bergen has prepared her for the next step. Will you be next to push for your dreams?
Celebrating a Day of Honor

The students and members of the National Honors Society were celebrated during the first week of April for their hard work, dedication and academic achievements thus far. Among those in attendance were County Executive Kathleen Donovan, President Jeremiah Ryan, and several Board of Trustees members including Vice Chairman, Cid Wilson. The Honors Program was also named after former College President Dr. Judith K. Winn.

“What sets BCC apart from all other institutions is this: we not only celebrate diversity, but we live it every day.”

-Dorothy Altman

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Photos by Seth Lush
A Match Made In Dance Heaven

John Sapida
Staff Writer

One of the few rising clubs in Bergen Community College as of late is the BCC Dance Club. The BCC Dance Club put on an amazing show in the Ender Hall Lab Theater on April 8 entitled "Broken Dreams Put Back Together... A Match Made In Dance Heaven." They prepared months in advance for this event to be a success and all their hard work has paid off as they filled the Ender Hall Lab Theater with their fans, friends and families.

The Dance Club’s Spring Dance Concert featured many styles of dance such as contemporary, hip-hop, ballet, praise dance, step, modern and improvisation to some of today’s hottest music and artists such as "Grenade" by Bruno Mars, "Dream" by Jason Derulo, and "No One" by Cece Winans. Most of the dances featured in this production were also choreographed by dance students and Dance Club members themselves.

BCC Dance Club president, Precious Frazier, commented, “I realized that Dance Club was in need of a drastic change. Dance Club members pulled together an E-Board and organized the club. We decided that we would host a Spring Dance Concert that would include Dance Club members as well as other various dance classes to participate in this production.”

The Dance Club's Spring Dance Concert was free, but they asked for donations of non-perishable food items as their admission fee. The admission fee was donated to Interconnect (AAKEWO). Since 2000, she has led delegations of women of African descent to Kenya, where she lived for over a decade.

Dr. Marcia Tate Arunga, the principal consultant for Arunga and Associates and Antioch University Professor spoke to students about her knowledge in African culture. In room C-313, from 11 a.m. to 12:30 p.m on April 14, 2011, she proved that her list of accomplishments is impressive to state.

She is a scholar and an author; she’s written a children’s book entitled "The Stolen Ones," which informs readers about African excursions on a Cultural Reconnection, and while there, making a discovery that not only surprises them, but pleases them as well. It also tells the story of Nia, who is taken far away from her home.

According to their website, sites.google.com/site/africanreconnection, this organization is dedicated to joint ventures to help build a better future for African children, especially those needs of orphans and vulnerable children living with trauma. Arunga is co-founder of the cultural reconnection mission.

Her main focus of her speech was towards culture reconnection. She stated at the beginning how it is assumed that there are no citizens in the United States that do not originate here outside of the Native Americans. So in turn, those born in the United States would return to their homeland to get reacquainted with their own respective culture. Examples included Ireland and Japan. For African immigrants like other cultures, they have managed to keep in touch with their culture through the Internet, but returning to one's homeland is also a certain way to return back to one's roots.

After her speech, the floor was open to questions to the room. Professor Win Win Kyi, who was in attendance also contributed to reconnection mission's cause with an anecdote about the youth making a return to their home country to help build it up.

The discussion then went forward to talk about the culture clash that one can expect when returning to his/her homeland and after that, re-entrancing the United States. Knowing more about your own culture helps develop the person you will be.

Are you interested in joining the Dance Club or participating in their upcoming productions?

1. Dance Club Meets on Tuesdays at 12:30 p.m.-1:30 p.m. During Tuesday meetings, various workshops are offered such as: Merging, Yoga, Dance, Celebration dance and more.

2. Dance Club also offers skill and technique workshops that provide training that will help performers improve their skills.

3. If interested students are unable to attend dance club meetings they are still able to participate. Auditions are held early in the semesters and evening rehearsals are conducted.

4. Dance club members have the option of performing. No one is obligated to perform. Members who are not interested in performing may participate in other ways such as: stage crew, promotions, event coordinators, filming etc.

5. The Dance Club also accepts all levels of dancers for their Dance Club productions. All that is needed to participate is dedication and hard work.

African Scholar Shares Experiences

Alphon sus Delgra
Contributing Writer

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Visiting your homeland is one way to do so.
On April 19, all delegates were welcomed to the conference with an opening ceremony that was held in the Marriott Marquis’s Broadway Ballroom. The remainder of the conference was held in the same location. Creating General Assembly and smaller rooms for specialized committees, most of the delegates went to the committee meetings and to the meeting halls.

From April 19 through the 23, the delegation spent countless hours in session discussing topics pertinent to their committees. Once sessions were let out, they teamed up with delegates from other countries to come up with resolutions that worked on the issues to be covered on their agendas for their committees. Once a resolution was created, the team that put the paper together had to gather support in order for the resolution to pass during the committee sessions. Delegates from Costa Rica, which was represented by our very own Bergen Community College, were led by the two head delegates Matthew Friedberg and Kathryn Rodriguez, did an outstanding job and was recognized many times throughout the week.

The focus can be placed on three people who personally worked on working papers that then became resolutions and passed with a lot of support. The first person to be noted is Kathryn Rodriguez and her partner Jannyl Perez, who not only demonstrated outstanding commitment, but also started a resolution and gained an immense amount of support. The second person to be noted is Matthew Friedberg, who with his partner Khin Myat Thu Tun, Delegation from Germany and delegation from Iran worked on a tremendous working paper that passed with over 90% support and 23 countries helping in the process.

Aside from all the work, delegates had to mingle amongst each other and also had a feel of cultures from around the world. It further taught the delegates how to work with people from different countries and helped with breaking language barriers.

As the conference came to a close, the last day was filled with excitement and sadness. Committee sessions were held in the actual United Nations building for certain delegations such as specialty councils or committees, which include the General Assembly Plenary, Council A and Security Council B. Student delegates had the chance to sit in the actual halls that real delegates use during United Nations conferences. All participants gathered in the United Nations General Assembly Hall for the Closing Ceremony.

Lastly, Matthew Friedberg, who with his partner Khin Myat Thu Tun, Delegation from Germany and delegation from Iran worked on a tremendous working paper that passed with over 90% support and 23 countries helping in the process.

The Conference, which is a National/International student conference, is a chance for students to step into the shoes of delegates from around the world. Each institution is assigned a country to represent in a mock UN conference. Delegates are expected to do research on their country and be able to represent them in their committee meetings.

Bergen Community College’s Model UN sent their best to represent the country of Costa Rica. The delegation consisted of Matthew C. Friedberg, President of Model UN; Kathryn Rodriguez, Vice President of Model; Ben DeBrasi, Vice President of Phi Theta Kappa’s Scholarship Program; Khin Myat Thu Tun, President of Student Activities Board; Jannyl Perez, President of Student Government; Chris Koschier, Member of Model UN; Sean Torres, Student Government Senator; Juan Pablo Orjuela, Treasurer of Model UN and Esmeralda Bako, Student Government Senator.
Earth Day Celebration

Krystyn Croney  
Staff Writer

With about 100 people attending, TEC-128 was full of greens and browns, as the Latin American Student Association (LASA) collaborated with the Environmental Club to Honor Environmental Week. These clubs hosted an earth part, Jungle Fever, to celebrate Earth Day with every one dressed in Amazon style and Earth colors.

The evening of April 21 was not just for partying; it was a chance for students to give back, as well, since proceeds from the tickets went to help Japan.

LASA’s own dance group, Grupo Caliente, performed twice throughout the night. The first performance complemented wonderfully with the Environmental Week and Amazon theme, as it was an Amazon tribal dance from Peru called ‘Anaconda.’

The second performance, which had more of a Latin flair, was a dance across all cultures. According to Grupo Caliente dancer, performance co-developer and Secretary of LASA, Stacy Kelly, the second performance included “Cumbia from Colombia, Saya Caporal from Peru/Bolivia, Modern Samba from Brazil, and Quebradita from Mexico.”

Jungle Fever was fun night with a great cause in honor of Environmental Week. Honoring Earth Day is a celebration very close to the Environmental Club; a service club whose main contribution is creating positive change on campus, in the community and on the planet. On campus, the Environmental Club has a community garden, compost, campus clean-ups, educational events such as Earth Week, conferences and workshops. They also work with the cafeteria to get sustainable food choices and collaborate with other clubs.

Off-campus, the club participates in beach and river cleanup, promotes the healthy well-being of all living forms, assist at soup kitchens, assist at local community gardens and mentor at local high schools. The Environmental Club focuses on promoting the importance that all students should have a sustainability education.

Join the Environmental Club which meets on Thursdays at 12:30 p.m. in room C-312. Love all the elements of Earth, address the issues of our planet and go green!

*Anthropogenic climate change - that is, produced by human agency - is the dire crisis we will face for the rest of our lives." - Dr. Suzaan Boettger

*We are all connected to the natural ecosystems and we should take care of those ecosystems which sustain our life and the lives of all living organisms." - Prof. Robert Dill

*The ocean is facing destructive fishing practices and plastic pollution. Marine conservation is severely lacking." - Pete Hauenstein

Photos by Chris Rowell

Grupo Caliente- Melissa Castenada, Jesse Kurtz, Jamie Kurtz, Nicole Poveda, Stacy Ramos, Stefany Castellanos, Dalia Campheramoso, Madeleine Marchena
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**Perpetua Romain**

**Editor-In-Chief**

As the spring semester finally reaches its conclusion, one must take the time to reflect on the lessons learned, whether it be what was taught in classes or the life experiences gained over the past four months. Re-evaluation of oneself is pertinent to making decisions towards future endeavors. Specifically for me, I am reflecting on myself as a role for student leader for my organization, the Torch.

It truly is an honor to be re-elected as Editor In Chief for the fall semester of Torch; the first Editor In Chief to run for two consecutive semesters since its resurrection in Spring 2009. I was honored to be in this position during Black History Month while being the first Haitian American to be governing this organization. I have always enjoyed representing myself as a strong woman among Women’s History Month. I have taken part in many of the club activities that have occurred on campus, especially the Spring Break trip to New Orleans. I am very grateful to have been a part of the Black Student Union. Of course, the greatest feeling bestowed upon me was to accept the many awards Torch has received, expressing pure joy, excitement and accomplishment with my Torch mates, or as we call it, “Torchies,” also accepting my personal award at the Club Leadership Awards Ceremony.

Holding the position of Editor in Chief is a great honor and a heavy duty profession that requires a great deal of energy, time, passion and the ability to delegate effectively. It can be a real burden at times, especially if elements within the organization isn’t meshing properly. However, just like any newswoman on the face of the planet, or any organization for that matter, there will be challenges. If every responsible member of an organization pull their weight and are responsible, positive result are tremendeous.

This semester, Torch has also been fortunate to have many new and returning students participating, including freshers on the Editor’s Board. For some, the tasks were carried out well and for others, the work load was unexpected. One thing I can say is that truly needed in order for any club on campus to run is passion. Yet with Torch, your passion needs to be burning. Expect a lot of work. Expect some paperwork produced every month with accurate stories, clean copy and crisp pictures is a must. Torch members need to want to be a part of the fire that ignites students to do more than your norm, to be extraordinary.

Having been on Torch since I began at Bergen, I’ve seen many faces come and go, while I also see a few faces consistently present. Yet the majority of the “veteran” Torch members, have been around a great amount of time. I say goodbye to my Chief Layout Editor, Dawn Foster, who has been around almost as long as me. I also see a few faces that are still with us too. Among the faces that I have seen, has been a part of Torch for four semesters. I’ve seen her skill as a Graphics Design major grow remarkably and her creative ideas are always fresh and new.

First I would like to start with the members of the Board of Review: Councillors, President Ryan, Executive Council; VP Smith, VP Milan, VP Bucks, VP ions, VP Harrington, Chief J. Miller and Chief D. Miller, Dean of Student Services Denise Perez. The President of Budget Deborah Sousa; Interim Director of the Meadowland Center Paul Ragusa; Director Linda Enm, Interim Director of the Black Student Union, the Staff Union and the many members of the Board of Directors; Darleen McGrath Florance, Susan Rubin and her Cafeteria Team, Darleen McGrath Florance and the C.A.P.P.S. Department. Thank you all for your efforts.

I’d like to thank in appreciation, my staff: President Jessi Lozano, Vice President Katey Halan, VP Technology Obi-Dawn-Kenobi, VP Testing Officer Ryan Rodriquez and Treasurer Gloria Chio. I wish you all the best of luck.

I have worked with the most exceptional people in my life but I can say that I have seen the best have been my Executive Board and Senators. But the person who has made this whole experience as President was certainly my right hand man, Jake Oh. Jake, we made it. All of our hard work and dedication has paid off when we successfully have fully embarked the SGA into what it is today and we did it together. I couldn’t have done this without you. If you can accomplish if you just go am amazing person and I hope that wherever you go will get to see that too, because to me, you are a true leader.

Lose your paper, isn’t a student and will not the paper, isn’t a student and will not be able to understand. -Marie Ebner von Eschenbach

“Obi-Dawn-Kenobi.”

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THIS SUMMER...

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- Summer U: May 23 – August 11
- Summer II: July 5 – August 11

Meadowlands
- Summer I: May 31 – June 24
- Summer II: July 5 – July 28

Hackensack
- Summer III: August 8 – August 25

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Call (201) 447-7200 for more information.

Find us on Facebook at facebook.com/BergenCommunityCollege.

Registration for all students begins April 4.

Serafina Riccobono
Hometown: Lodi
Bergen Community College
NJ STARS Student

THI S  S UMMER ...
Graduates of May 2011
How Was Your Experience at Bergen Community College?

Nicole Poveda

“It was good. I heard a lot of negative things about Bergen before coming, but I made the best of the situation. I got involved and joined LASA which helped a lot because I got to make friends and I got to know about Bergen and everything it had to offer.”

Phillip Dias

“After my first year, I became more involved. Ever since then the school has been a second home. People should get involved in clubs because it helps you become more social, for future life.”

Danielle Bruno

“I love Bergen. It was a great transition from high school into a college environment. Bergen has taught me how to better manage my time and integrate socially throughout the student body. I strongly advocate for the NJSTARS program and community colleges in general.”

Justin Chong

“Very affordable, close to home and education was best bang for the buck. I learned a lot more from outside than inside the class, like time management and teacher-student relationships.”

What are You Looking Forward to This Summer?

Kamil Karbowski

“Adventuring everywhere, maybe Europe.”

Jamie Betances

“I’m going on a missions trip to Haiti, a city called Petit-Goave. We’re going at the end of August with my church.”

Shakeen Cummings

“Hopefully have a good time, have fun, relax from school, get a break. I’m supposed to be going to Miami in July.”

Daniel Lee

“This summer I’m looking for a job and to graduate.”

Janna Hammad

“I’m going on vacation overseas this summer. My brother’s gonna get married so we’re looking for a dress and stuff like that.”

Stephanie Schneider

“I’m looking forward to spending time with my friends and family. I am taking summer classes so that I can finish up in the fall and working.”

Photos by Bienvenido Mena

Photos by Carolina No
said Romain. “I would love to see more students join in and become a part of this prestigious periodical. Everyone in this organization is a very important person. We’re not aspiring photographers and journalists; we’re the real deal.”

Elections have taken place and the new elected members for the fall semester 2011 are as follows: Editor In Chief, Perpetua Romain; Co-Editor, Jessica Czarnogursky; Copy Editor, Andoni Demetriades; News Editor, Jaehee Lee; Features Editor, Adriana Szabova; Sports Editor, David Gonzalez; Layout Editors, Ruwan Mahayage, Nita Lim and Michael Newey; Online Editor, Justin Martin; Photo Editor, Arturo Hernandez Sangregorio; Ad Manager, Jannyl Perez.

To check out all the winning contest entries, go to njcollegepress.org and click the awards presentation slides. Torch is always looking for new writers, photographers and graphic designers. If you are interested in joining Torch, attend the meetings on Tuesdays from 12:30 p.m. to 1:30 p.m. in room B-101.
First ever Mr. BCC Daniel Banks

Mr. BCC Contestants

Torch e-board #winning

Daniel Banks performs with BCC Dance
Gaga Revolution

Back in 2008, we had our summer set around “Jai Ho!” Then, according to the Community College Enrollment Surge: “Analysis of Estimated Fall 2009 Headcount Enrollment at Community Colleges” done in December of 2009. This survey included data from hundreds of colleges from all over the country. It centers around Jeff Winger, played by Joel McHale, a lawyer who got disbarred after his bachelor’s degree was a fraud. He is a good-looking egotistical member of the group who always tries to seem nonchalant. Then there is Britta Perry (Gillian Jacobs). She is the hippie love child of friends, also looking for popularity, but is difficult due to his lack of tact. Abed Nadir (Danny Pudi) wants to direct movies. He can be described as emotionless, very blunt and hyper observant of human behavior due to all the television he watches and is often comparing life to television. Yvette Nicole Brown plays Shirley Bennett a newly divorced mother and Christian woman that gossips compulsively of being a community college.

“As You Like It”

“All the world’s a stage and all the men and women are merely players.” Though there are most of us who would automatically associate such a phrase with the lyrics to Rush’s “Limelight,” these words go much further back, to a time when Shakespeare’s plays were the most popular form of entertainment. On April 14-16 and 21-23, Bergen’s Ciccone Theater was it’s own Globe Theater and presented “As You Like It.”

Costume Designer Marie Natali should also be commended for her use of truly authentic pieces. From the rings and accessories, the simple garb and shoes of such characters as Audrey (Anna Kisel), the costuming of every performer made the performance all the more enjoyable to behold.

Even if you weren’t a fan of Shakespeare and his long dialogues, the entire cast of “As You Like It” was able to perform with ease and perfection. You did not need to have an extensive background in Shakespearean verse, or even prior knowledge of the play to follow along and enjoy this comedy. Jessica Cznagursk-copy editor

Photo courtesy of Bergen.edu

Music & Media

Community College on TV

THE TORCH

VOLUME 18 ISSUE 8

MAY 2011

Nita Lim
Staff Writer

The American Association of Community Colleges began noticing a rush of enrollment according to the Community College on TV. This Way,” set to be released on May 23rd.

Gaga-fashion, has left her fans satisfied. Despite controversy and the ever so popular criticism in the music industry, Lady Gaga only takes the hatred and turns it into inspiration for not only herself, but her fans at large. Also in preparation for the CD release, “Lady Gaga Presents: The Monster Ball Tour at Madison Square Garden” aired May 7, 2011 on HBO and surely was the highlight of any true fan’s admiration for the twenty-five year old singer/songwriter.

Though there are those who doubt that she will be able to produce the power-packed CD she has promised, especially after her first two, there are still many who wait with great anticipation for May 23rd to roll around. As for me, I’m looking forward to seeing what Gaga will come out with next. Jessica Cznagursk-copy editor

Jessica Cznagursk
Copy Editor

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Photo courtesy of Bergen.edu
Nita Lim
Staff Writer

Technology changes much of our daily life and habits as well as new words. An example, viral videos; a word that doesn’t have an official definition, yet urbandomain.com — a web-based dictionary of slang words and phrases, defines it as a video that is shared and gains mass popularity through various forms of internet sharing.

Many famous viral videos have made their way onto the news and have branded themselves, some of these people even getting various deals. The man who starred in the viral video dubbed, “Double Rainbow” was picked up by Microsoft, after his video went viral, to do a commercial for “Windows Live Photo Gallery.”

Let’s stop to point what becomes viral and what doesn’t, but general classifications are the new, the weird or mockery that becomes a hit. Videos fade out just as rapidly as they became viral; let’s take a look at the viral videos of 2011.

Let’s start with the “Man with the Golden Voice.” Ted Williams was a recovering drug addict and homeless when he was filmed and put on YouTube. He became an instant hit and was given a deal with the Cleveland Cavaliers for a two year contract. It was soon found out that shortly after his fame he began drinking again and was on several talk shows. He was sent to rehab and checked himself out after 12 days. He said that it felt scripted. He found out about a sober living house in LA, and that is the last news of him since.

Next is Charlie Sheen, his interviews have become hits and have been made over and over. He has been quoted and watched for shock value. He is currently touring and so far it seems that people just like him through the computer and not IRL (in real life). Many have booted him and walked out. It is always good to see the little guy win and the underdog come out on top. This is also true over the internet. An Australian school boy, Casey Heynes was being bullied for several years and decided that he didn’t want to put up with it anymore. He does an amazing move: lifted his attacker into the air and slammed him onto the ground. That grants him international fame and he is hailed as the kid that stood up to his bully.

Lastly is Rebecca Black’s “Friday.” This video has been famous for many different reasons, one of them being it’s catchy to tweens. The other is the fact that it has been called one of the “worst songs ever.” The lyrics are overdone explaining the days of the week, her voice is auto-tuned, the kids in the video look bored and the list goes on. This YouTube comment summed it up perfectly, “we don’t hate you because you’re famous, you’re famous because we hate you.” There is rumor of her record deal going on top. This is also true over the area! This is also true over the

Hello, my amazing readers, I’m back to tell you more about what you should be listening to. In these times of an artistic drought, I am glad that we have bands such as “Lost Blue” to listen to. Lost Blue is what most people listen to just to hang out and chill with a couple people over.

Lost Blue is a blend of passion, chill jams, hardcore riffs and some progressive sensibilities. Now, they are not reinventing the wheel, but they’re not bad at all. I found out about the band while working at a movie theatre with their bassist Greg. We would spend most of our time talking music, trash and then finally talking about our own music endeavors. Since then, I’ve been hooked. Their latest EP “The Beginning” is a ripper. On top of that, they’ve just finished recording with Jesse Korman from “The Number Twelve Looks Like You.”

Mesh together “Post Hardcore” without the screaming with “Coheed and Cambria” before “No World For Tomorrow,” and you’ve got Lost Blue. They are always playing shows, so there is no reason to miss this band. If you live in Bergen County, I’m sure you’ll be kicking after their new EP comes out. Seriously this should be on your hype radar.

On May 6, they played Jimstock in Saddle Brook, along with Fischer, Stand Still and Prawn. Keep an eye out for their next shows in the area!
Bergen Comic Corner: Congraduations!

By Perpetua Romain & Brendon Miel

THROUGH THE TREMENDOUS STRUGGLES AND VARIOUS ACHIEVEMENTS THIS SEMESTER, WE’VE FINALLY REACHED OUR DESTINATION. I WILL APPLY MY EXPERIENCES IN ALL MY ENDEAVORS. THEREFORE, I AM VERY HONORED TO ACCEPT THIS AWARD AS VALEDICTORIAN.

AND, I TRULY FEEL THAT NONE OF THIS WOULD BE POSSIBLE WITHOUT YOU.

MY FRIENDS …

ACROSS
1. President of Bergen Community College
2. BCC Paramus library
3. Academic VP
4. Club that promotes “acts of random kindness”
5. BCC Paramus main building a.k.a.
6. Governing body representing students
7. Director of student life and judicial affairs

DOWN
1. Club that is “igniting students to make a difference”
2. Governing body that approves college policies
3. Winner of the first Mister BCC pageant
4. East Hall a.k.a.
5. Opposite fail

FIND YOUR PATH TO ENLIGHTENMENT

START

FIN

Be Bergen! COLOR US!

Torch Head says: BE a part of my Team!

We have Openings for:
News Reporters
Creative Writers
Poets
Photographers
Cartoonists
Graphic Designers

You do receive compensation. But we need your PASSION!
BeCause it’s Called SEX

Igniting the Flame Within
Under the Influence? Or On Top?

By Nita Lim

Sources:

1. In a college setting, what often precedes sex is usually alcohol or drug use. This affects sex in all ways, it plays a big factor about if sex will even occur, with whom, as well as the performance and the enjoyment of it. Everyone probably knows that person—who says that sex is better depending on the amount of alcohol consumed.

The right amount of alcohol can lower a person’s nervousness and lower their inhibitions—a feeling that makes one self-conscious and unable to act in a natural way. Alcohol can make that shy girl the life of the party and the insecure guy talking to the hottest girl in the room. In a scientific journal, Nature, research showed that alcohol raised the testosterone level of women, then in turn raised libido.

But too much, and you’ve got a guy that can’t keep an erection and who might also have poor sexual performance or just pass out. In females, too much alcohol can cause little to no lubrication during sex and difficulty reaching an orgasm. The general rule of thumb is to consume half a gram of pure alcohol per 2.2 pounds of your body weight.

Along with that bottle of alcohol comes “beer goggles.” You know how it goes: your friend walks into a party, surveys the room and sternly says that they won’t get with anyone there. Few drinks later, they are sucking face with that guy/girl they said they would never do.

At the other end, alcohol can lead to aggressiveness such as forced sex or forcing a partner into an uncomfortable situation, a subject that is imperative to mention because it is pure reality.

2. Where other drugs are well documented in sexual response, marijuana doesn’t hold the same ground. In various studies the results vary. During the 1980’s a study, “Marijuana Use and Sexual Behavior” done by the Journal of Sexual Research, revealed that over two-thirds of the people reported an increase of sexual pleasure with marijuana intake. About half of the females and males revealed an increase of sexual desire and an enrichment of physical touch. Touching such as cuddling, kissing and grabbing of each other’s skin was all hyper sensitive.

Then in 2003, a Canadian research team known as Research and Theory did a study, “Cannabis Effects and Dependency Concerns in Long-term Frequent Users.” Only half of the 104 Toronto adults said that marijuana enhanced their sexual experience. One-quarter said that marijuana “always/often” increased their libido, while the remaining said “seldom/never.” Marijuana is categorized as a depressant, yet it gets some in the mood for sex. Like alcohol, marijuana lowers your inhibitions and can heighten senses and create a false sense of reality. So that gorgeous guy who is tenderly kissing you is likely to be an average guy gnawing on your face on the other side of that cloud of marijuana smoke.

3. Everything feels like velvet to the touch, your heart is beating like a Benny Benassi song and you feel the ultimate rush of adrenaline. You’re on Ectasy a.k.a. “the love drug.” So what do you do when everything feels great and you have energy?

On Ectasy, all sexual experiences are supposed to be triple the pleasure. Many users of ecstasy find that having sex without ecstasy is unsatisfying or boring. Cocaine is known to increase sexual desire while impairing or delaying an orgasm. But in heavy users there is decline in both sexual drive and orgasm.

There are many other drugs floating on a college campus and precede sex but they haven’t been researched, but all overall affect sexual experience the same.

The best drug that can be used for sex is yourself and your partner. Sex is an amazing experience that creates its own natural high.

4. Almost 50% of unplanned sexual encounters are under the influence of alcohol!

80% of first sexual experiences occur under the influence of alcohol!

By senior year of high school, 81% of students have had sex because they were drunk.

College students who mix alcohol and sex report having more partners whom they know only “slightly” or “moderately.”

In 66% of unplanned pregnancies, the woman was intoxicated during sex.

60% of STDs are transmitted when the partners are drunk.

40% of men in one study thought it was acceptable behavior to force sex on a woman who was drunk.

90% of all sexual assaults occur under the influence of alcohol!

Chronic or continuous drinking, even in college students, destroys testosterone in males, causes withering of the testicles, enlargement of male breasts, loss of hair and impotence.

Marijuana

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Sources:
- Alcohol and AIDS. "U.S. Dept. of Health and Human Services. Alcohol Alert."
With every experience abroad, I find another piece of myself. I conquer things I never thought possible. I see things my heart has longed to see, even if I didn’t know it prior. In Canada, I went caving and learned about social justice. In Macedonia, I lived thirty minutes away from the start of a civil war and saw military helicopters fly overhead every ten minutes. In Thailand, I ate a fried bamboo worm and rode an elephant through the jungle. In Egypt, I walked through slum streets lined with tin and wooden shacks that had no electricity. I befriended people with dreams bigger than the means to achieve them. I saw the pyramids that bewildered and astonished me as a child and touched their ancient surface.

Morocco has been a unique experience, as every other international journey has been. It is the first time I’ve studied abroad, which has its own challenges. I’ve had to adapt to a new system of academic requirements and it has been difficult. It was overwhelming having multiple assignments due three times a week for just Arabic class, having to read 50-100 pages a week for other classes and still managing to find the time to do two presentations and six research papers, while traveling and documenting protests on the weekend. (Not to mention, writing a Torch column monthly.) Yet, I have stuck with it and it seems I am passing. As difficult as it was keeping up with everything, the academic experience was enjoyable, and I am glad I pushed through it.

What I have enjoyed most were the chances to flee the university campus on weekends and holidays in order to submerge myself in as much unfamiliar territory as possible. From the windows of a grand taxi, I’ve seen the unique rocky and green mountain terrain of the Middle Atlas Mountains of Morocco whiz by on the way to amazing cities of historical significance like Fez and Meknes. Surrounding the ornate, skillfully crafted walls of madrasas (Islamic schools) over 600 years old or listening to the call to prayer drifting beautifully along the breeze, I’ve contemplated the strength and accomplishments of a truly great society and how my great society simply does not know enough about them. Unwittingly, I’ve been witness to the beginning birth pangs of political change pushing this old and established kingdom towards a new and modern version of itself. I’ve seen thousands peacefully demand a new system. I’ve seen dozens beat by government authorities for daring to ask for a piece of the elite’s pie. I don’t know what will become of Morocco in the next 10 years, but I’d bet anyone 500 dirhams—which goes a long way here—that the country’s government will not look the same.

Now at the end of all of this, Morocco has become another home. I understand it more. I feel for it more. Its ways are not completely foreign. Undoubtedly, it joins the other places I’ve been and people I’ve met as crucial parts of my life’s existence. As revolutionary change sweeps through North Africa and the Middle East, so the revolution and evolution of my mind and heart continue with each new place and experience.

For more information on Study Abroad programs, e-mail Dean Amparo Codding at acodding@bergen.edu. This column is made possible by the Benjamin A. Gilman International Scholarship, sponsored by the U.S. Department of State.
The Great Outdoors

Garret Mountain Reservation, Woodland Park, N.J. - A hiking trail that will leave you breathless, but in a good way. Get to the very top of the trail, you'll reach the best view of Passaic County and it'll have you feeling like a superhero! Just be sure to pack a lot of water and some healthy snacks for the journey to the top.

Harriman State Park, Orange/Rockland counties, N.Y. - A great place for camping, this park “is the second-largest park in the parks system,” according to nysparks.com. Rates for campsites start from $15 to $22 with a minimum of a two night stay. Build a fire, make some s'mores and take on this experience with a group of friends.

Now that the warm weather is finally underway, there is no excuse for you not to enjoy the great outdoors! Especially considering that none of what is listed will leave you completely broke. So get yourself in gear with these fun activities and don't forget to bring your sun block and bug spray!

Attention All Closet Poets and Slamming Enthusiasts!

The Bards & Scribes Club will be putting together a CD to help raise money for the National Poetry Competition. This CD will feature approximately 15-20 poems and we need your help to do it! Auditions will be held every Wednesday afternoon at 12:30 p.m. in room C-321.

Whether you have been an active member of Bards and Scribes from the very beginning, or you are just hearing about us now, we want your voice and your poems to be heard! It is our hope that we will be able to release this CD in the fall, so that proper funding for our trip to Michigan can be established. For more information, stop by one of our club meetings or contact Gabriel Karlick at 201-290-4597.

Professional Recording Available

- Over Dubs
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- For more info, contact: Gabriel Karlick
- Cell: 201-290-4597
- bcomlhop.2004@gmail.com

Labyrinth "Evening of Readings" and Award of Labyrinth Prizes

Labyrinth 2011 was unveiled at "The Labyrinth Evening of Readings," Thursday, April 28th. After a light supper, students published in BCC's literary journal read their works and judge Barbara K. Fischer, poet, critic and teacher, awarded the Labyrinth prizes.

Fischer's The Anatomy Archives was a finalist for the 2009 National Poetry Series, and she was nominated for Best New Poets 2009. Her poems have been published in many journals. Aliya Zlotkin's "Hitchin" was awarded the Labyrinth Memoir Prize; R. Hiraya Pangilinan won the Labyrinth Poetry Prize for "The Aubade is for Lovers, the Silence is for Us"; Kyle Chu received the Labyrinth Fiction Prize for "Butterfly Over Vienna." Michele Ricci was awarded a prize for Labyrinth Cover and Visual Art Works and Guo Lei received the Labyrinth Labyrinth Photography Prize "Young Conductor on White Mountain." Professor Fariba Hajamadi was the art judge. Copies of Labyrinth are available in L-329. Contact Labyrinth Advisors jzorn@bergen.edu or daltman@bergen.edu.
Mix Tape Reviews

Enter the Thoughts of an Abstract Mind

Perpetua Romain
Editor-In-Chief

If you don’t know him, get to know him now. Randy Hale, better known as BrandNewJersey, is a rising independent Hip Hop artist from Hackensack, New Jersey. Born in San Diego, California, this 20 year old lyricist and poet is creating a name for himself with two mix taping under his belt, "Jersey California Arizona" (2009) and "Critical Thoughts" (2010). BrandNewJersey’s style is a mixture of old school Hip Hop and new school attitude. “Critical Thoughts” released in late December 2010. This mix tape really showcases BrandNew as a talented and intelligent rapper. BrandNew expressed his development within the year between mix tapes; that he’s grown more as a person within his goals, message and accomplishments. Listening to “Critical Thoughts” following “Jersey California Arizona,” it is truly apparent that BrandNew has grown as a rapper lyrically by the content. “My education from college helps me put my music in a new perspective,” says BrandNew.

“Critical Thoughts” is a compilation of poetic lyrics over originally produced beats as well as familiar instrumental parts from Jay-Z to Kanye West to Nas. Popular tracks include, “Come Winter,” “Soundtrack to My Dreams,” “Be” and “Abstract Creativity.”

“I call this project ‘Critical Thoughts’ because I look deep into things; I’d like my listeners to take a glimpse in my mind and see that my thoughts are critical,” said BrandNew. “I want you to get the feel of it, I take a serious approach... I spit deep and it’s real!” BrandNew expects to release a third mix tape on June 21, 2011 in preparation for his first, self titled album, “BrandNewJersey;” coming this September.

Not only is BrandNew a musician working his way to the top of the totem pole, he is a diligent student at Bergen Community College. In January of 2011, “Critical Thoughts” was distributed around campus and immediately won the ears of the students. BCC student Randy Hale, treasurer and active member of the Bards & Scribes creative writing club, has become a phenomenon in just one semester at the Paramus campus. Known for his moccasins and cardigans, his trend setting has started to spread around the school.

He has performed his music at various events including the “Black Student Union Presents: Beautiful Noize Entertainment” Spring Hip Hop Concert on April 7 as an opening act with students David Lomax, Amanda “Amjay” Jimenez and Bergen band Isaac’s Horizon. He also performed at the Black Student Union’s Jazz and Poetry Night on April 20, where he performed multiple pieces from both “Critical Thoughts” and “Jersey California Arizona.”

At the Student Activities Board Talent Show on April 25, he performed his favored track, “Abstract Creativity” and “Jersey’s Revenge,” which he won first place for his crowd pleasing enthusiasm and talent. He was asked by members of SAB and LASA to return and perform at the first ever Mr. BCC showcase, where he was welcomed enthusiastically. “I really like his style and music,” said student Phillip Dias.

His last performance of the semester was at the Music Interactive Concert for Japan on May 3 where he performed favored tracks as well. His music displays no profanity. “I have a vocabulary,” said Hale. “I encourage everybody to use it.”

To end the semester in a stellar finish, Hale, with the aid of Bards & Scribes, Student Life and his entourage, “Clean Culture,” hosted a music video shoot on campus for his track “Brand New For Mayor” featured on “Critical Thoughts.” This video showcased the campus and the diversity of Bergen students. All students were welcomed to participate. The shooting took place on Wednesday, May 11 at 12:30 p.m. to 2:30 p.m. outside of the Tech Building.

Both “Jersey California Arizona” and “Critical Thoughts” are available for free download at brandnewjersey.com. Follow Hale on Twitter, @BrandNewJersey for more updates on his music.

Perpetua Romain
Editor-In-Chief

Bergen student and R&B sensation David Lomax, known as Lomax Vi, L’Avenir has released his first album entitled “Words Not Spoken” which released May 3, 2011.

This 22 year old Hackensack resident has performed at Bergen many times, including at the Music Interactive Concert for Japan on May 3, the Black Business Summit Panel with HOT 97 at Bergen back in February. He also performed at the Black Student Union’s Jazz and Poetry night as well as the “Black Student Union Presents: Beautiful Noize Entertainment” Spring Hip Hop Concert, whose he was an opening act along with student rapper Randy Hale, better known as BrandNewJersey, Bergen rock band Isaac’s Horizon and student Amjay Jimenez.

Lomax is a proud member of his tracks on his label. “Weeks On End,” and it is clear he has worked tremendously hard on this project. "Words Not Spoken" contains 11 tracks including two bonus tracks and features BrandNewJersey and Isaac’s Horizon. He is best known through his tracks, “Words Not Spoken,” student Johnnez Pantanilla shows off his talent in “The Best ft. Isaac’s Horizon” and “R.E.A.C.H ft. BrandNewJersey,” which were all performed at the BSU concert. Lomax sings and raps on this album, displaying his many talents. On track 9, “Shut It Down,” Lomax raps alongside BrandNewJersey and Alexander Black. The tunes are eclectic and diverse, depicting Lomax as versatile and talented. He is a very skilled pianist and many of his tracks provide you with his unmeasured display of musical abilities. Keep a look out for Lomax in the West hall creating music constantly.

“Words Not Spoken” is available to listen to on Reverbnation.com/ lomaxvilavenir, where you can also purchase his album for $9.99, bonus tracks are available for free download. For more information on Lomax Vi, L’Avenir or to find out performance dates, check out Reverbnation and follow him on Twitter, @LomaxViLavenir.
Perpetua Romain
Editor-In-Chief

Get your stereo locked and loaded because your summer is about to be fire! Beautiful Noize Entertainment (BNE) label mate, Ming, is ready to drop his highly anticipated first mix tape, (pronounced ammo) “A.M.O.W.— A Man of Words.” This serves as BNE’s third mix tape release, ensuring Anthony Soili’s “Big Tone— Mic Theory,” which released September 2010. Ming Chun Louie, resident of Sickerville, New Jersey, is a 23 year old multifaceted lyricist with mind boggling concepts and brilliant punch lines. He has several videos out on YouTube under his channel “Chirihakato” and has become an absolute sensation. He appeared in his first music video, “Artis- All In Van 0,” Ming, which has claimed ample success on YouTube. He has been featured on both BNE mix tapes, “Artis- Raised The Bar” and “Big Tone- Mic Theory” which include BNE’s anthem, “Movement” on Big Tone’s “Mic Theory.”

A.M.O.W. features in house production of about 15 tracks by CEO and Producer Jaquan Barnett, known as Artis, as well as DJ and Producer AlShan Barnett, known as NahSla. Artis shows a strong presence on seven tracks, Big Tone features on two tracks and R&B singer, Quentin De’Angelo Warren, known as Q, brands his voice on six tracks. LazaJuan, featured on “Artis- Raised The Bar” surfaces onto A.M.O.W. and BNE’s newest featured artist, singer/songwriter and female emcee Lady Maverick appears on “I Want You For Me ft. Q.” A.M.O.W. gives the true definition of who Ming is; real and truly a man of many words. It tells about his personal life, friends, family, relationships and the music industry. This mix tape shows the kind of mindset Ming possesses, his lyrical progression, how success driven he is as an emcee and is completely different than the videos he has put out on YouTube. This diverse project shows a side of Ming you have never seen. Ming performed his unreleased tracks, “Wet ft. Q” and “Over My Head ft. Q” at the “Black Student Union Presents: Beautiful Noize Entertainment” Spring Hip Hop Concert, here at Bergen Community College on April 7, 2011. Bergen students took a liking to these tracks and can definitely enjoy “Keep Ya Head Up ft. Artis,” “Blank Pages ft. Q,” and “Be Like That ft. Q,” a track that everyone can relate to. Everyone has experienced a betrayal in friendship and Ming connects with his listeners when he recites, “I thought from the start we were in this together/ But it’s your fault we’re apart since you didn’t endeavor/ Man our friendship was severed ‘cause you committed to cheddar/ Thinkin’ you’re livin’ it better but u ain’t livin’ forever.”

A.M.O.W. features a message for everyone to either relate to, or learn from. As an artist, Ming has improved his art form, his concepts, flow and delivery. “You can hear his progression as a rap artist,” said Ming. “After listening to A.M.O.W., you will see that he is a force to be reckoned with. This is just the beginning.”

For those who have enjoyed Ming’s features on BNE’s projects, videos and tracks, “The Pursuit” will have you “overdose on music.” The Pursuit is more fitting,” said Q. “Some have compared me to Lupe Fiasco or Cassidy,” said Ming. “I am a real artist. I do this for the passion, this is my art... it’s fresh, it’s real and it’s me! I sound like Ming.” It is easy to expect a certain image from Ming’s material since the majority is his YouTube videos of his lyrics over instrumental sounds. However, A.M.O.W. speaks differently.

“If there was any doubt, this project is going to force people to step up their game, watch what they say and eat their words,” Artis said. Download A.M.O.W. for free at www.beautifulnoizeent.blogspot.com for information on the mix tape release date as well as their “BSU Presents: BNE” concert footnotes.

Are You Ready To Pursue Yours?

Perpetua Romain
Editor-In-Chief

Beautiful Noize Entertainment’s (BNE) newest label mate, R&B singer, Quentin D’Angelo Warren (Q) is releasing his first Extended Play (EP) mix tape entitled, “Ready” this summer featuring five tracks of very familiar songs, including an originally produced track.

Q, a 23 year old California resident from Muskogon, Michigan, has performed his version of Eric Benet’s “Sometimes I Cry” at the “Black Student Union Presents: Beautiful Noize Entertainment” Spring Hip Hop Concert on April 7, 2011 here at Bergen Community College. His skilful and emotion performance completely captured the crowd and he won the hearts of the audience.

Including “Sometimes I Cry,” this Ep will also feature his original track “Cowboy,” “Do That Beyonce,” which is currently up on YouTube and the “Good Morning Remix” ft. Artis and Big Tone. With some tracks produced by A’lan and one by Artis, this mix tape will prepare Q’s listeners for what he has in store for the future. Q is planning on taking all his listeners back to the days when music lovers got more bang for their buck when purchasing albums. He plans to release his first solo album entitled, “The Pursuit,” which features about 20 tracks and his goal is to have you “overdose on music.” The concept of the Pursuit is all from his personal experience, which was originally called “catharsis,” set to depict him purging his emotions. “The Pursuit is more fitting,” said Q. “I want people to feel me and be there with me in the songs I sing.” The title was inspired from the film, “The Pursuit of Happyness.” In the movie, it was explained that happiness is something you pursue but can never attain. Everyone is always in pursuit of something... if you pursue love and lose it, you are now in the pursuit of moving on,” Q said.

All music lovers have something to gain from listening to both “Ready” and “The Pursuit.” “I want everyone to realize that you have to be ready to take on any responsibility that comes with the pursuit of your dreams,” said Q. “That’s something I have to learn and still am.”

Tracks from the Pursuit will feature members from BNE including Artis, Ming and Big Tone. Download “Ready” the EP on www.beautifulnoizeent.blogspot.com and check out www.beautifulnoizeent.blogspot.com for information on the EP release date as well as the “BSU Presents: BNE” concert footnotes.  

photo of BNE’s premiere label mate, Ming Chun Louie
In recent BCC sports related news, this year turned out to be a tough year for Bergen Tennis. The tennis team finished the season with an overall record of 3-6, with a third place finish in the Region XIX tournament held back April 29-30. Coach Sal Guillen said, “I am very proud of the team, they did their best this year, never quit and I wish them the best.” Looking ahead, first year players like Christopher Chan and Randy Esmeralda, who played well this year, are hopeful to return next season and continue building up the team from their experiences this spring semester.

The Track and Field team made a couple changes this season with previous Assistant Coach Erika Czujiko becoming the new head coach and Angel Solis coming on board as the new assistant coach. This year’s team had a total of 15 players with returning players Ryan Arnold and Wayne Smith as captains, while Tomasz Dlugozima, Christopher Kailath and Stephanie Orguiera led the way this season in their respective events. Several players did well this season earning bids for the National Track & Field Championships hosted by Alfred State College in Alfred, NY, May 5-7. With the results of the Championships past the deadline, expect to hear news about BCC’s Track & Field success upon their return.

This year men’s baseball team has done well, headed by Coach Jorge Hernandez and assistants Derek Rosenfeld and Gerard Baratta. After Coach Hernandez stated earlier in the year that their goal was to get past the first round of the Regional XIX Tournament, the bulldogs met that challenge. BCC’s baseball team, ranked 7th in the tournament, recently played Brookdale Community College, ranked 2nd in the tournament, and dismissed them from tournament play with a two game sweep against their rival. Next in their path was a game against Middlesex County College, ranked 3rd in the tournament and who they’ve played tough all season, but fell short by a final score of 5-4 in the second round. But do not count them out just yet because in this part of the tournament each team has to have two losses to be eliminated and the bulldogs are still alive. The results of these games will also be past deadline come next week but keep in mind that the team has excelled and, regardless of results, can be extremely proud of their accomplishments this year.

If you are a student interested in continuing your athletic career here at Bergen, please stop by the Athletic’s Office in room G201 for more information. In the fall, cross country, men’s and women’s soccer and women’s volleyball will be available for try outs. Please contact the respective coaches in the offices above the gymnasium soon or contact them by email at msoccer@bergen.edu for men’s soccer, wsoccer@bergen.edu for women’s soccer, xc@bergen.edu for cross country, and volleyball@bergen.edu for women’s volleyball.

Each of these teams had excellent seasons this past year, so help be part of continuing that tradition if you have the interest and experience. Also, in the winter there are men’s and women’s basketball and wrestling sports, if you are interested, their tryouts begin in October or sooner. These coaches can be reached by email at mbasketball@bergen.edu for men’s basketball, wbasketball@bergen.edu for women’s basketball, and wrestling@bergen.edu for wrestling or also call 201-447-7182 for more information.
Bergen Provides Stress Relief

Al Martinez
Staff Writer

There are many amenities and activities that Bergen students can make use of. With the new Student Center on the horizon, more amenities and activities will be at the disposal of students which will help them battle life’s stresses. With that said, there are many clubs, events and workshops that people may become involved in to endure daily stress. What some people especially newer students, may not know is there are facilities such as: the gymnasium, fitness/weight center and pool which are also available to combat stress or just have some fun.

These amenities are available to all students who have a medical form on file with the college nurse’s office. With this record on file, the only thing any student has to do is seek out the nurse’s office, who will verify that your medical form is on file. The nurse will then stamp your student ID, allowing one access so that he or she may become more physically involved in the wellness and exercise department. The next step is just to look up the schedules of the gymnasium, fitness center or pool to get your workout going, which can be found in rooms G032, G033, the gymnasium, the natatorium (indoor swimming pool) or check the WEX office in room G207 for more information or call 201-447-7899.

The fitness center in rooms G032 and G128 have free weights, weight lifting and cardio machines. The gymnasium has organized intramurals, which students also need to sign up for and they provide indoor soccer and basketball activities. The pool, which has 6 lanes, allows adamant swimmers to get their swimming skills tuned up or at least enjoy their daily dose of swimming activity. The swimming pool also provides certified trained lifeguards who make sure to keep the environment safe. With the weather being pleasant, you can now go outdoors and enjoy the outside track, tennis and basketball courts. Therefore, if you are a student looking to destress, get in shape or just have fun, then the wellness and exercise department may have what you need, so bring a friend.

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Photos by Ali Martinez

Stoke off your stress
Golf Team Looks Toward National Championships

Brandon Torres
Contributing Writer

Perhaps one of the most blunt forces is the initial strike of a golf club meeting a golf ball and Bergen’s golf team is sure to strike a challenge in their upcoming matches. With the National Championships tournament in Chautauqua, NY weeks away, Coach McGovern and his team hope to stay consistent and earn a spot in the tournament. With two returning players from last year, Collin Punesti and Michael Huk, and seven new players this year, Evan Bussanich, Matthew Gerbasio, Young Han, Jin Jeon, Gary Samborgna, Yong Wang, and Christopher Zito, one thing is sure, the team’s winning efforts have been consistent with their scores, which highly reflect their achievements so far this season.

BCC has played many tournaments which began back on March 28 at Valley Brook, in River Vale. In the tournament which was hosted by BCC, the golf team placed second behind Division II Lackawanna, but first within their respective Region XIX North Division. Early on in the season, Bergen’s golf team showed signs of real potential and looked forward to having an exciting season. The following week, which kicked off the month of April, Coach McGovern and his team competed in a match that included 11 other teams from both the North and South divisions of the Region, finishing in a respectable third place displaying their competitiveness. In their third tournament of the year, hosted by Union County College, Bergen’s golf team outperformed the competition and earned a first place finish.

Each player scored in the 80’s, with the lowest score by Yong Wang being a 81, to the highest score of an 87 by Christopher Zito. The team then competed in a tournament hosted by Brookdale Community College in Monmouth County on April 18, 2011 and according to Coach McGovern, “Brookdale has been the strength our region and our division for many years.” In that tournament Bergen played nail biting matches, with Yong Wang shooting a 77 in an exciting match. Bergen almost upset Brookdale on their home course, finishing second with a total team score of 328 to Brookdale’s 327. The following week which ended the month of April, BCC’s golf team won the Raritan Valley tournament at High Bridge Hills golf club with a team score of 310. At Raritan Valley, Brookdale finished second with a team score of 320 followed by County College of Morris with 322.

The overall goal of the team is to reach the National Championships and May is perhaps the most challenging month for the team. The team’s plan to reach the National Championships is to stay consistent with their upcoming games. In May so far, BCC placed second in the GSAC Dell/Penn conference tournament behind Burlington Community College which was held at High Bridge Hills golf club. The success in the conference tournament qualified BCC to enter the regional tournament which will be held at Cape May National Golf Club on May 8-10, 2011.

Individually Young Han earned second team GSAC honors who shot a 78 at the tournament. Jin Jeon shot a 75 and Yong Wang shot a 76 at the tournament who both earned honors on the GSAC first team. Coach McGovern expressed, “The team has had a very successful year and we are looking for a little luck and some good breaks before the regional tournament next week.”

To reach the National Championships, Bergen needs to succeed at the regional tournament. On April 28, Bergen won a tournament from both the North and South division can enter the National Championships. Coach McGovern has played golf the majority of his life and hopes his knowledge is reflected on to the players of his team. I have little doubt that their determination will lead them to their goal.

Golf Team poses proudly

The spring semester is almost over and the dog days of summer are very near. Before turning the page on what was an eventful season, the Lady Bulldogs’ softball team can now reflect and put a check mark next to one of their objectives. When the season began, one of their goals was to improve on previous years’ performances. They accomplished that by finishing with an overall record of 13-18 and two games under .500 in region play.

Needling to have at least a .500 record in their overall or region records to participate in tournament action, Bergen’s softball team was unable to get the final two victories needed, which would’ve catapulted them into post-season action. Yet, despite the outcomes of the final two games against Northampton College, when BCC lost a grueling 2-1 extra inning game and the other 9-1, the women who played this season can hold their heads up high knowing they did their best.

After starting the season with 13 players, Bergen’s softball team had a couple of setbacks with season ending injuries to the starting centerfielder and shortstop. By the end of the season there were only 10 players and despite their struggles, Head Coach Karen Strittmatter emphasized, “the players should be proud of their accomplishments this year, they hung in there and never gave up.”

Going into the off season, Bergen’s softball can be proud to know that their hard work and efforts are recognized which should help them going forward in their endeavors. For next season, the Bulldogs’ softball team expects to improve and make an appearance in the post-season tournament. In preparation for next season, the plan is build up the roster by recruiting experienced players out of high school. There also will be some returning players who will provide the team with experience and a core for new players.

If you are a student interested in joining one of the many athletic teams at Bergen, you can contact the Athletic Department in room GS00 or call 201-447-7182. For any women interested in softball you can reach Head Coach Karen Strittmatter by e-mail at softball@bergen.edu.