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IGNITING STUDENTS TO MAKE A DIFFERENCE

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Dr. Jose Adames Named Acting President

Kathryn Rodriguez
Staff Writer

The Board of Trustees has appointed Dr. Jose Adames as the acting president of Bergen Community College. The new acting president has been with us since July of last year, serving as academic vice president. It was on the eve of his anniversary that this appointment was decided. The appointment comes just in time for fall semester preparations.

"Dr. Adames is a 26-year veteran of higher education and a dedicated administrator who has dedicated his career to developmental studies, collaboration, faculty relations and to meeting the needs of diverse learners at two-year and four-year colleges," stated his predecessor, Dr. G. Jeremiah Ryan, during Adames' appointment as academic vice president last year.

Adames is no stranger to education and holds an impressive resume for an administrator and an educator. He earned both his M.A. and B.A. from Seton Hall University, followed by an Ed.D. and M.Ed in applied linguistics from Columbia University. Since then, Dr. Adames has held a string of administrative positions, serving as faculty member, director and dean at Kean University, and as an associate vice president of academic affairs at Union County College. He also has experience as an evaluation team chair for the Middle States Commission on Higher Education and as a panel member on fostering student educational persistence and degree attainment.

The acting president has begun his presidency with multiple changes that he himself calls, "radical, but necessary." His changes include the altering of developmental studies, and removing of certain administrative positions and a plan to refocus administration, staff and faculty across the board. He admits he is playing catch-up in many areas that were formerly outside the realm of his position. These areas include some of the environmental efforts of the college. He has placed them at a standstill until further notice. However, Adames said he is in full support of such endeavors with diligent commitment to remaining within the budget and an agreement to transparency with County Executive Kathleen Donovan that went into effect last semester.

Adames says he is also targeting a lack of communication between departments, and he hopes the result will be that students can walk into any office and immediately find the help they need.

"It is our moral obligation to equip students with the proper tools and resources to succeed," said Dr. Adames on what he brings to the presidency.

Dr. Ryan Departs Amid Spending Controversy

Alyson Ann Cina
News Editor

Dr. G. Jeremiah Ryan was fired as president unanimously by the Board of Trustees at a meeting held on July 13, ending his four-year reign at New Jersey’s third largest college. Dr. Ryan had been the subject of public controversy after the Record reported he spent $100,000 in three years from his expense account.

Ryan was granted an annual $50,000 expense account as part of his compensation package, but he raised eyebrows over how the money was spent. Some of his expenses included an $85 breakfast with former County Executive Dennis McNesby and a steakhouse dinner costing $464 with a trustee member and a college vice president that included expensive liquor, the Record reported.

A very public struggle between newly elected County Executive Kathleen Donovan and Dr. Ryan dominated news about the college in the press. Both Donovan and Ryan contributed opposing op-ed pieces to the Record.

Donovan sought to exert more control over the Board of Trustees’ meeting agendas in order to curb college spending; both Ryan and the board opposed this move. As a compromise, Donovan gained the ability to delay agenda items from being voted on, but not the ability to dictate meeting agendas.

Although Dr. Ryan’s service at the college was cut short abruptly and amid great controversy, he was known for guiding the college at a time of record enrollment. Enrollment from fall 2006 to 2010 increased 17.7% under his leadership. The college graduated its largest class in history—2,139—this past spring. The Bergen Community College Foundation raised a record $3.8 million last year, according to the Record.

One of the great college milestones Ryan will be remembered for is the opening of the Meadowlands Campus in Lyndhurst, which has seen tremendous growth since classes were first offered there. The school also began the renovation of the student center and added the Emil Buehler Center for Science and Exploration. The center provided new science labs and classrooms, which will house the school's new aviation degree program.

See Ryan pg 5
The Child Development Center: Increased Value, Lower Rates

David Gomez
Contributing Writer

In hopes to increase enrollment, the Child Development Center (CDC) has dramatically lowered their rates. The center will now charge only $140 for part-time students, down from $153. Full-time students will pay only $180 a week, down from $245.

For faculty and staff, full-time rates were lowered to $200 per week and part-time rates are $160 per week. The decrease has made the student rate comparable to the CDC’s best registration year, which was back in 2006.

The hourly drop-in rate has also decreased, and for the first time, the drop-in service will be offered to both staff and students. Students will only need to pay $8.50 per hour for childcare. The drop-in service is available only up to 15 hours a week. Rates for faculty and staff are $12 per hour. This creates convenience for anyone who may be in need of childcare.

The CDC, located in Ender Hall, is an educational facility for young children—two and a half to six-year-olds—that instructs them early on to understand the basics of math, science, language arts, social studies and much more.

Since 1982, the state-of-the-art facility has trained their young students early on in critical thinking and reasoning through a hands-on learning basis. Small classrooms also allow individual attention for all students.

The center’s philosophy to “follow the tenets of ‘developmentally appropriate practice’ which fosters discovery, creativity, and experimentation with an emphasis on critical thinking” is one which they do not simply boast, but can be observed in their curriculum.

To illustrate the learning environment, Sally Dionisio, M. Ed., director of the CDC, described the learning environment on one occasion where the class learned about birds. They learned characteristics of different types of birds and migration patterns on a map. They were taught how to differentiate and categorize all sorts. Eventually, they were able to interact with one, observing the birds’ color and feathers. This is only one example of how first-hand learning takes place at the CDC.

A strength of the center is that it does not only follow the routine and formula necessary to run a day care; in fact, the CDC aims for much more. The center is unique, because the facility is home to an outdoor classroom where the Green Team, part of the student Environmental Club, introduces children to gardening. The outdoor classroom is as much of a learning environment at the CDC as the actual classrooms, Dionisio explained.

Given the resources of Bergen Community College, students enrolled in the Early Childhood program are given opportunities to interact with the children. Also, fundamentals of life are given by other students in varying courses: Hotel and Restaurant Management students give cooking demonstrations, those in Theatre perform different acts for the children, and Dental Hygiene and Nursing students give tips on overall health care.

Children enrolled at the CDC have also been given opportunities to participate in a number of different projects involving different cultures such as toy drives, Model UN’s International Day of Peace, global games, future activities, and Earth week.

The Child Development Center brings innovative and creative new methods to educate children. To enroll, application forms can be found at the center or call 201-447-7165 for further information.

Classes Offered in Fort Lee and Mahwah

Selene Sorto
Contributing Writer

Bergen Community College has partnered up with both Fort Lee High School and the Bergen County Law and Public Safety Institute (LPS) in Mahwah to offer courses in business and criminal justice, as well as continuing education courses.

For those with day jobs, taking classes at Fort Lee High School or the LPS Institute in Mahwah can be very beneficial. Both locations offer evening/night classes, with most beginning around 6 p.m.

As of the Fall of 2011 semester, Fort Lee will be offering a limited number of credit courses in business and continuing education for fashion design to six-year-olds, web design and real estate.

At the LPS Institute in Mahwah, the classes offered will deal with criminal justice. Classes at both locations start Sept 8.

Interested students should make sure to register as soon as possible, because classes at Bergen fill up quickly. Registering for courses offered at these two new locations is not any different from the usual registration process. Students can still register through Web Advisor at http://gos.bergen.edu or in-person at the Registration Center, in room A-129, in the Felkin Center on the main campus in Paramus.

The Book Exchange is Back

Alphonsus Delgra
Staff Writer

Student Government will be holding its biannual Book Exchange the first two full weeks of school this semester. It will be held in the brand new Student Center if opened. If not, it will be held outside the cafeteria. The event is scheduled to run between 10 a.m. and 3 p.m.

The Book Exchange is an event where students can buy, sell or trade textbooks directly with other students. The event is traditionally located in the area outside the cafeteria at the beginning of the fall and spring semesters. It has been running each semester since spring 2010 and is sponsored by the Student Government Association (SGA). There are a number of reasons why students should be aware of this event.

First, the Book Exchange has grown in popularity for a reason. Because more students are participating each semester, buying and selling textbooks, more books are becoming available! Second, many students are finding their required textbooks at the Book Exchange for less money than anywhere else.

The more popular courses such as English Composition, Psychology, the Natural Sciences and Mathematics are commonly seen at the event at greatly discounted prices.

In the past, student vendors took turns at the tables set up, so the available textbooks were always changing. This year, students should stop by the Book Exchange throughout each day, as the books for sale may be different each time. Checking in multiple times will guarantee students the greatest chance at finding what they need at the best price.

Lastly, students should consider stopping by the Book Exchange because of its convenient hours. The Book Exchange occurs throughout the busiest time of the school day. This means students can casually stop by the Book Exchange to sell or buy between classes.

With the Book Exchange coming up in the Fall of 2011 semester, students should not miss out on this event, as the books that they need will likely be fairly priced. The Book Exchange is another source where savvy students can find the textbooks that they need, in addition to shopping at the college bookstore and online.6
Hurricane Irene Devastates East Coast

The tropical storm known as Hurricane Irene attacked the east coast with wind gusts up to 120 miles. Irene began in the Caribbean Islands on August 20 and made her way up the east end of the United States, dissipating in northern Atlantic Canada on August 29. Particularly for the United States, New Jersey hasn’t experienced this much flood damage since Hurricane Floyd in 1999. Irene began as a category 3 hurricane and later reduced to category 1. However, this did not stop her from destroying what was in her path as she was a very slow moving storm.

Irene caused massive power outages, deadly floods and seven states were called to a state of emergency by President Barack Obama. For the first time in history, the entire New York subway rails were shut down in fear of flooding from Irene and once low-lying areas were flooded, millions of homes were left without power along the Eastern Seaboard. Firefighters paddled in boats and rescued more than 60 people from five-foot flood waters on Staten Island, reports the New York Times.

Major airports were closed, all flights were grounded and as early as Friday August 26, many were evacuated from their homes; about 300,000 New Yorkers. During the weekend of August 27 and August 28, families in states such as New Jersey, New York, Pennsylvania, Vermont and Connecticut were urged to stay indoors as Irene’s violent winds were expected to cause major damage to homes, trees and power lines.

Irene had depressed from a hurricane to a tropical storm, yet tornado warnings were in effect for Atlantic, Camden, Cape May, Cumberland and Gloucester counties in New Jersey. In Morris County, according to State Police, a portion of the northbound Interstate 287 travelling over the Rockaway River near Boonton had collapsed. Roads and bridges in Vermont were completely destroyed and detours proved ineffective for travelers.

A little closer to home, Bergen County surely endured Irene’s wrath. Towns such as Tenafly, Hackensack, Saddle Brook and Lodi were flooded immensely, just to name a few. In some areas, water reached as high as eight feet, covering the stair ways and doors to peoples’ homes, even engulfing people’s cars.

Ashgan Mohammed lives on Saddle River Road as Saddle Brook. The Saddle River overflowed its banks and surrounded her home, submerging her basement and everything in it. “We were looking at the water only two stairs away from reaching us. We were so scared...I’ve never seen anything like this in all my life,” she said. The family lost everything in their basement, including a washer and dryer they purchased only six months ago. “I don’t know how I will replace all of this,” she said. For now, she is just glad her family was unharmed.

Sad to say, many did not heed the warning of neither President Obama nor the angry winds of Irene as she was underestimated. Irene did more than just water damage. As she skirted up the U.S., her raging travels took the lives of 40 people by August 29, as the death toll was expected to rise during recovery commencement, according to NBC News.

Bergen Community College has created a safe haven over the weekend of the hurricane for those who have lost their homes and had to be evacuated. The American Red Cross came to BCC and set up a shelter in our gym to help those victimized. A member of the Red Cross came to BCC and set up a shelter in our gym to help those victimized. The family lost everything in their home and had to be evacuated. The family lost everything in their home and had to be evacuated. The Red Cross stated that they traveled from Altoona as they are from the Western Wisconsin Chapter.

The American Red Cross has provided a list of needed items:
- Food
- Baby Items (formula, diapers, clothes and bottles)
- Toys (coloring books, crayons, puzzles, board games, stuffed animals)
- Clothes
- Shoes
- Toiletries (brushes, razors, toothpaste, soap)
- Feminine hygiene products
- Laundry detergent
- Gift card (Shop Rite, Sears, Target)

Donations may be dropped off in Room A-120D. Please contact Sherry Wilson at swilson@bergen.edu to start helping.

More flooding occurs in Lodi by the corner of Hamilton Avenue and Vreeland Avenue. The Portuguese club building on the right was inundated by the Saddle River for the third time in 12 years.

Ashgan Mohammed in her backyard now full of her possessions that are damaged by flood waters

American Red Cross in BCC parking lot

An ironic billboard is completely surround-ed by a cresting Saddle River

Ruined belongings lined Saddle River Road

A man and his son in Lodi try to prevent the flood waters from continuing to seep into their home.
The documentary “The Wrecking Crew” will be shown at the Anna Maria Ciccone Theater on Sept 28 at 1:45 p.m. and 7:30 p.m. Director Denny Tedesco will be personally presenting the film and answering questions after.

The 1:45 p.m. screening is for students only and has free admission. Following the 1:45 p.m. screening, there will be a panel and discussion held on the music business industry. The panel will be hosted by professors Andy Krikun and Stephen Amico. Admission to the 7:30 p.m. event is for the general public and is $15.

Similar to the Funk Brothers and Tommy Castelluccio’s 1-2-3 Connect program, this documentary pays tribute to a band of amazing musicians that played on some of the biggest hits recorded in the 60s and 70s. The Beach Boys, Simon & Garfunkel and Nat King Cole are just a few headliners.

“The Wrecking Crew” is a documentary that pays tribute to a group of incredible talented and creative musicians. Famous and successful musicians today know who (he and they were), but the rest of us haven’t a clue.

This documentary brings it all to life. It has won many awards and deservedly so. “I have seen it on three separate occasions. It is really amazing. Having played with Wilson Pickett and Joey D., I can fully appreciate how the music industry actually works,” said Skip Houskings, a professor in the music department.

“This small handful of musicians played on more top of the chart hits than the Beatles, Elvis and the Stones combined. Yet, no one knows their names or the contribution they have made to the development of rock ‘n’ roll as we all know it today. The Wrecking Crew documentary clearly tells this story in such a clear and creative way. You actually see and hear how they created the classic riffs we all know, but have no clue who created them,” he added.

After the viewing of the film and a question and answer session, all those interested are invited to submit an 800 to 1000 word essay about their view on the contemporary music business. The essay must include an opinion on topics such as: how are musicians compensated, what is the role of trade unions in the compensation of musicians and how have the recent developments in digital technology affected the compensation of musicians, just to name a few.

The winner of the scholarship will be announced around December 1 and will be awarded $2,500.

For more info on the documentary, visit http://www.wreckingcrewfilm.com.

To purchase tickets for the 7:30 p.m. performance, please call (201) 447-7428 or visit http://tickets.bergen.edu/ .

The program hopes that the students who complete the course will be able to assist the general public with the music business and be interested in learning more about this industry.

There are a number of ways 1-2-3 Connect will ease the transition to college. First, the students attend the Summer Connections orientation, which includes a scavenger hunt prepared by 1-2-3 Connect’s program assistant and former Bergen student, Ms. Tiffany Martin. The orientation concluded with an awards ceremony where the students were presented with certificates that confirmed their completion of the first part of 1-2-3 Connect, the Summer Connections orientation.

The 1-2-3 Connect staff believes that Bergen Community College is an institution that already sets a precedent among any other. All of the professionals hope for 1-2-3 Connect to be another complement to the college’s success as an institution. “It will set high expectations for all students, establish attainable goals, provide a workable definition of success and offer collaborative learning communities amongst faculty/staff and continuing peers/mentor,” said Gill.

The 1-2-3 Connect program will enable students to successfully complete their first year with numerous amounts of skills gained to assist them with the rest of their future endeavors. The program hopes that the students would also use the skills that they will learn to assist the next set of incoming first year students as well.
Golden Dragon Acrobats to Perform at Ciccone Theatre

Sammi Halabi
Contributing Writer

In a world where the laws of physics are constantly pushed to their limits, the Golden Dragon Acrobats of China will put their bodies on the line in a one-of-a-kind performance at Bergen Community College’s Ciccone Theatre on Sept 23. There will be two showings, at 1 p.m. and 7 p.m.

The acrobats hail all the way from Hebei, China and have traveled around the world to all 50 states and over 65 countries on five different continents. Performers in the troupe have many years of training and have won praise internationally for their skills. Their performances combine dazzling acrobatics, traditional choreography and ornate costumes. The show also features contortionists, tumblers and jugglers. Some of their impressive feats include plate-spinning, hoop diving and balancing human pyramids while riding moving bicycles. The audience will be amazed by the death-defying acrobatics and balancing acts performed by these daredevils.

The Golden Dragon Acrobats have won major awards throughout their company’s history, including the National Association of Campus Activities (NACA), Entertainer of the Year Award and the Campus Activities Today’s Performer of the Year Award. In 2005, they received two New York Drama Desk nominations for their sold-out performance run.

The acrobats are a well-known and respected organization. They are the only Chinese acrobatic company touring year-round in the United States and the group is recognized across America and beyond as the premier touring Chinese acrobatic group working today.

Tickets for this event can be purchased in advance at http://tickets.bergen.edu or in-person. Admission for BCC students is only $10. General admission is $25 and senior admission is $15. To learn more about the Golden Dragon Acrobats, visit http://www.goldendragonacrobats.com.

Ryan

Dr. Ryan was known by students for greeting them at the Ciccone Theatre entrance the first day of classes each semester. He was also known for his avid support of club activities and promotion of civic engagement.

But some students were upset in the summer of 2010 when yearly federal work study allowances were cut by $500 and student aides’ pay rates were reduced to minimum wage under Ryan’s leadership. This policy was recently reversed under the new acting president, Jose Adames.

More full-time faculty—over 100—were hired by Ryan than any other previous president, although his relationship with faculty was not always cordial. The faculty union voted “no confidence” in the president at a meeting in May this year after his expenditures became public knowledge.

The union had come close to censuring the president in November of 2010 over what it called “untoward and uncivil behavior” and “a lack of academic integrity.” The censure motion also cited some of his controversial policies, stating, “President Ryan undermined services offered by the Child Development Center.” He received criticism for not conducting searches through a committee when hiring for top positions, as well.

Instead of censuring, however, the faculty and Ryan signed a memorandum of agreement to resolve their differences. The agreement called for better communication and mutual civility and respect.

Dr. G. Jeremiah Ryan was a controversial figure at Bergen, but will still be given his due credit for all he achieved while serving as its fifth president.

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!

Add us on Facebook: facebook.com/bergentorch
Follow us on Twitter: facebook.com/bergentorch
It has been ten years since the attacks on the World Trade Center in the Financial District of downtown Manhattan. On that sunny Tuesday morning, 19 al-Qaeda terrorists hijacked four passenger jets. Two of the jets were crashed into the twin towers, killing over two thousand people when both buildings collapsed. The third plane crashed into the Pentagon in Arlington, Virginia. The fourth was intended to crash into either the Capitol Building or the White House, but the passengers managed to divert the hijacker’s plans, causing it to crash into a field in Shanksville, PA.

There were nearly 3,000 victims as a result of these attacks, 2,753 of which died at the World Trade Center. Many first responders were killed at the World Trade Center, including 343 firefighters, 60 police officers and 8 private emergency medical technicians and paramedics. At the Pentagon, there were 184 victims. There were no survivors from any of the flights.

The 10th anniversary has just passed. The official memorial at Ground Zero has opened this past September 11 for families who lost loved ones. The memorial opened to the general public on September 11, 2012. In order to visit the memorial, advance passes must be reserved through the online memorial reservation system. To reserve visitors passes, visit www.911memorial.org.

In 2003, a design contest was held to select the design of the memorial to honor those who lost their lives. Design submissions totaled 5,201 and were received from 63 nations. The winning design was submitted by Michael Arad, a partner at Handel Architects and Peter Walker, of Peter Walker and Partners.

The memorial is located on the site of the former World Trade Center complex. It occupies approximately half of the 16-acre site. The 9/11 Memorial features two enormous waterfalls and reflecting pools, each about an acre in size.

The plaza of the memorial is also very eco-friendly. More than 400 trees are planned to be in the plaza. The approximate 3,000 names of the victims have been inscribed in bronze parapets surrounding the two reflecting pools.

Several TV stations aired specials. Fox 5 News, My 9, The History Channel, CBS and MSNBC to name a few.

There were many events held around New Jersey, including one here at the college. A remembrance and reflection ceremony to commemorate the 10th anniversary of the tragedy was held at 11 a.m. on September 9.

The ceremony was held at the peace pole, located behind the gazebo at the Pitkin Education Center entrance closest to the Technology Education Center on the main campus.

The Star Ledger is hosting a Remembrance Project which is compiled of a ton of videos telling stories of remembrance. Visit NJ.com for a complete list of these videos.○

Commemorating Ten Years Since 9/11

Pow Wow
September 23-24, 2011

Fri. 9/23
12P.M.~5P.M.

Sat. 9/24
10A.M.~5P.M.

Behind TEC
(Behind Tennis Courts)
BERGEN COMMUNITY COLLEGE

October 1-28, 2011

BERGEN COMMUNITY COLLEGE

Latino HERITAGE CELEBRATION

Saturday, October 1
Feria Latina Open House
10am – 2pm in Hackensack Campus

Thursday, October 6
Latin Night Out
Mamma Mexico Restaurant.
$20 students $30 Staff/Faculty/Admin.

Monday, October 10
Bernie Williams
Latino Keynote Speaker.
11:30am in Ciccone Theatre

Tuesday, October 11
Cine y Café
Voces de Mariel Documentary.
6pm in A-104

Thursday, October 13
Lo Nuestro
Sabor Restaurant, North Bergen, NJ.
7pm. $30 Staff/Faculty/Admin.
Fundraiser

Monday, October 17
Bombazo con Quimbombo Band
Cuban Salsa Band.
12 – 2pm in Cafeteria

Wednesday, October 19
Latino Recognition Dinner
5pm in TEC-128.
Recognizing Latino NJ Stars.

Thursday, October 20
Risas al Mediodía
Ríase con 3 comediantes Latinos
12 noon in the Cafeteria

Friday, October 21
Saulo García Comedy Show
7pm in Ciccone Theatre.
$10 students $15-25 General
Must purchase tickets at
http://tickets.bergen.edu/

Thursday, October 27
LASA Roundtable Discussion

Friday, October 28
LASA Halloween Party
D.J. Alex Poderoso
7pm – Midnite in TEC-128

LATINO HERITAGE COMMITTEE 2011

Dr. José A. Adams
Wilson Aguilar
Gene Calderon
Gloria Cevallos

Nestor Melendez, Chair
Dean Ampero Coddin
Eunice Dominguez
Cristina Cevallos
Johanna Heule
LASA

Monica Martinez
Magali Muniz
Jovel Pagan
Nilda Pardo

Tickets can be purchased in Student Life office A-115 except where noted.
The ICAL (Institute for the Cultural Arts of Latin America) art exhibit
at the Ciarco Learning Center in Hackensack will run throughout the month.
Please check the display cases on the first floor A Wing and in the Library during the month of October.
A display of Latin American literature will be available in the Bergen Bookstore to be sold at a discounted price.
These events have been sponsored by: Latino Heritage Week Committee, Office of Student Life,
Office of Community and Cultural Affairs, & Latin American Student Association.
Safeguard Yourselves!  
End Domestic Violence

Perpetua Romain  
Editor-In-Chief

In this ever changing, more deteriorating world we live in, it is often impossible not to run into some kind of hate towards mankind. Moreover, violence against women is a record high including intimate partner bashing, rapes and murders. According to the National Organization for Women, the National Crime Victimization Survey states 232,960 women in the United States were raped or sexually assaulted in 2006. This includes incidents not reported to the police. This equates to over 600 women per day.

In domestic violence, the National Coalition Against Domestic Violence reported that less than 20 percent of battered women sought medical treatment following an injury. This number is tremendously low in comparison to how many women actually suffer and endure domestic violence from their partners, friends or even family members.

Have you been through a violent situation? Women who go through these scenarios go through stages to cope, which in turn is a cycle that leads them back to square one. It is easy to over look the feelings manifested throughout the situation. It is up to the relationship, whether it be a lover or a familial relationship.

Abuse can be emotional, physical, sexual, psychological and social. Often, the abuser has taken action to damage an individual, the non-abuser often the one who experiences the guilt. Many women take the blame for the prosecution they endure, feeling that they deserved it or it’s something they brought upon themselves. The abuser may exploit numerous empty apologies for actions, continue to reassure they will not repeat the attacks, just so they aren’t held accountable for their actions.

Next, of course, the abuser has to feel in control of emotions by helping the victim take on the guilt by rationalization. The abuser promises for their actions in such a way that causes the victim to question themselves and everything they do. This causes a higher level of insecurity and the victim is now uncomfortable in their own environment, walking on egg shells.

Then, of course, the abuser has to make everything seem normal. He will act as though nothing happened and transform into the man that was able to catch attention in the first place. This is what most women falter. They honestly feel he will change, so in the mean time, visible bruises are explained as “accidents” or “slip and falls.” Don’t be fooled.

Abusive situations are often planned and the abuser thinks of new ways to gain control and hurt more and more. Unfortunately, this is where the cycle commences once again.

Students, both men and women, must safeguard themselves against domestic violence. It is very easy to look over someone who is enduring an abusive relationship or a situation in school, possibly even on campus. Women, always keep your laptops and valuables around, or be pulled into secluded areas into the school; on any campus you attend.

Do not allow anyone to mistreat you, on or off campus. If any violence is occurring on campus, do not hesitate to notify Public Safety. Contact them at 201-447-9200. Bergen Community College is affiliated with many organizations dedicated to student safety. It is a new semester with many faces. Many friendships can flourish. Violence is not the time thinking that a situation like this will not happen to you.

For those who may have endured a violent episode with family or significant others, keep that there is always light at the end of the tunnel. Utilize the services offered at Bergen or your local county. It is the greater good of your future.

Do not become discouraged and remember you are not alone.

As the semester begins, the very thing first every student must consider is their health. Lock your cars, don’t leave laptop and iphones around, but most importantly, don’t let yourself leave susceptible to violence.

Letter from the President: Welcome New Students

Jessi Lozano  
SGA President

I would like to take this opportunity to welcome you to Bergen Community College. My name is Jessi Lozano and I am the current Student Government Association (SGA) president. To be your student body president is both an honor and a privilege, and it is a duty that I take very seriously.

Bergen is not like most community colleges in the state of New Jersey. We are able to provide our students with opportunities and experiences that enhance their college experience. Bergen is known for its great teaching faculty and their hard work and dedication to their profession.

Bergen is also a place where students can interact with peers from other countries, such as Passaic, Sussex and Hudson, to name a few. The college is known for being home to a large number of international students, especially from South Korea, Japan, Columbia and Pakistan, as well as other countries around the world.

Beyond all of the class and socializing time, Bergen also creates a home-like environment. Due to the large number of clubs and activities, there is something for everyone and anyone.

I don’t write this just because... you as personal experiences at Bergen have been both educational and rewarding. Thanks to the faculty and administration, I have been able to grow and develop inside and outside of the classroom.

Not in my wildest dreams would I have imagined myself writing a letter to welcome new students or give a speech. SGA, along with Student Activities Board and the Torch, will be at every single event to support our fellow club mates and friends.

Bergen is the place to be if you want to grow outside your everyday life and learn something new about another culture. We promote diversity at Bergen big time, with weeks like African American Week, GLBT Week and many more.

With the addition of the new student center, all the clubs will have office space to work from, making the student center the headquarters for all clubs at Bergen.

Bergen is known for its great sports teams, such as men’s and women’s soccer, cross-country, women’s volleyball, men’s and women’s basketball, men’s wrestling, softball, track and field, tennis, golf and baseball.

If you think you have what it takes to be a Bergen Bulldog, then try out for a team.

If you want to be different and stand out, or not aware of the issues going on at Bergen and how they will affect their future in the Student Government Association. We act as the voice of the students and the bridge between the student and administration.

Many people may ask how do we represent everyone. I want to take this opportunity to thank the House of Representatives, which is responsible for club interactions and club teamwork.

This year we are trying to create the President’s Council, which will be made up of about 25 students who have never been involved in a club and meet a GPA requirement. This will help us greatly in representing the student body, because we will have the input of students who are already involved and those who have never been involved.

I am proud to say I am a part of the Student Government Association. Bergen is a great educational institution and a great place to be. Be proud, be you, and be Bergen Community College.
Tahrir in America?

Alyson Ann Cina
News Editor

Anyone who has been paying attention in recent months knows that there are major rumblings throughout the globe. Over one million people gathered in Tahrir Square in Cairo, Egypt in January to demand an end to the Mubarak regime. The largest was attended by almost half a million Americans, who have received government aid to buy food this summer, over 25,000 demonstrators in Tel Aviv, according to the Wall Street Journal.

The calls for former President Hosni Mubarak’s ouster came after a popular uprising in fellow North African country Tunisia to remove Zine El Abidine Ben Ali from power. The Egyptian struggle is ongoing as the people are not satisfied with the rule of the Supreme Council of Armed Forces who took over after Mubarak was removed.

Everyone knows this type of event has been repeating throughout the Arab world, across North Africa and into the Arabian peninsula states such as Bahrain and Yemen.

Not everyone knows Spain has also seen tent cities, inspired by the Tahrir movement inspired by the Arab Spring, attracting over 25,000 demonstrators according to the Wall Street Journal.

Even fewer know that there have been massive tent protests across major cities in Israel over a slumping economy, rising housing costs and a lack of social welfare. The largest was attended by almost half a million people in Tel Aviv, according to Reuters. Demonstrators were photographed by the Associated Press holding a sign saying, “ArHul,” which means “leave” in Arabic. The United States may be faring slightly better than countries who are experiencing proletarian discontent, but it does not appear to be far behind. So, why does the whole world seem to be in upheaval? Many of the countries where protests are taking place share certain things in common. Food prices are up, wages are not rising while unemployment is, especially among youth. A variety of news analysts agreed that youth unemployment played a major factor in unrest. Throughout the Arab world, youth unemployment rates were higher than the general population, sometimes reaching above 25 percent in places like Egypt and Tunisia.

A similar phenomenon is present in Europe and even in the United States, but one might assume it is not as dramatic as our revolutionary counterparts in the Arab world. In Spain, however, youth unemployment reached above 40 percent, according to the Economist. Youth unemployment in Spain is up to 52 percent in places like Egypt and Tunisia.

The United States may be faring slightly better than countries who are experiencing proletarian discontent, but it does not appear to be far behind. So, can a call for a U.S. Day of Rage focus on Wall Street be heeded here or will it fall on deaf ears? Americans may have long been apathetic about grassroots political change, but that era is coming to an end. The American political right has mobilized against big government under the Tea Party. Will the American left mobilize against big business, and how will they do it?

Herb Keiser’s website declares, “Corporations, even those owned by foreign shareholders, use money to act as the voices of millions, while individual citizens, the legitimate voters, are silenced and demoralized by the facts.”

Rightfully so, as there is no evidence of popular support for such an event. Then again, perhaps popular support is lacking due to a dearth of news coverage.

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Same State, Same Rate For Undocumented Students

Juan Pablo Orjuela
Contributing Writer

The right to access higher education is being taken away from those who seek a future beyond the New Jersey state line. As undocumented students, they are required to pay out-of-state rates at the public institutions they attend, whether or not they are New Jersey residents. This is the New Jersey Dream Act (NJDAC), a bill that would extend the same-state, same-rate tuition benefits for undocumented students that are available for New Jersey residents. It would cost approximately $15,492 of out-of-pocket funds for students attending New York, which is a non-citizen Latino policy, allowing children of New Jersey residents to attend New Jersey institutions at in-state tuition rates. The bill is currently at Governor Chris Christie’s desk, where he may or may not sign it, due to the fact that he is seeking the backing of many Assembly members, who are often-tolerant of those that are repeatedly asking for their own in-state tuition bills. In New Jersey, this bill can only lead to positive outcomes for those who support the bill and those who benefit from it. The bill would help those who are currently fighting for their own in-state tuition bills at the same time it helps those who are currently attending school at the in-state tuition rate in their respective state. This type of legislation benefits certain undocumented students.

A Model Relationship

Adriana Szabova
Features Editor

Most of us remember watching Sesame Street growing up. We all remember Bert & Ernie. Even for those who have never watched Sesame Street, it is known that Bert & Ernie have been best friends. Sesame Street is well known for its family-friendly shows and the love in romance. The marriage will create a thin line between the love in friendship and the love in romance. The show should continue to do what it was meant for—to keep the innocence in babies through these shows and sexual education. The show should continue to do what it was meant for—to keep the innocence in babies through these shows and sexual education. The show should continue to do what it was meant for—to keep the innocence in babies through these shows and sexual education. The show should continue to do what it was meant for—to keep the innocence in babies through these shows and sexual education.
**Roving Reporter:** What Are You Looking Forward To Most This Semester?

**Hailey Personette**

Not getting lost to classes.

**Stephany Valerio**

To learn how to handle my freedom of classes wisely.

**Marsha Tulloch**

I'm looking for a good college experience. Good teachers that are willing to communicate and has student's best interests at heart. Teachers that will give their best to get the best and just pretty much love what they do... teach.

**Kuangwon Kim**

Passing.

**Doris Revoloaio**

Getting the credits I need.

**Nick John Marotti**

I was in my 6th grade religion class in the city. I remember the Principal over the PA telling the teacher to lock the doors and have the students sit under their desks and wait for further instructions. I saw smoke outside of our building windows. My Aunt picked me up shortly after that.

**Stephany Valerio**

I was in Colombia coming back into school after a P.E. class in the park. We watched the news for hours on a little tv and I was very scared; it felt like WWIII was coming. I was 13 but knew this was a big deal. It felt like the world stood still. It actually did!

**Marsha Tulloch**

I was in my sophomore physics class in FL after just moving from NJ 15 days ago. An announcement was made to stop all classes and watch the news because the World Trade Center had been destroyed.

**Kuangwon Kim**

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**Doris Revoloaio**

I was in high school. After the reports of the attack, our school went into lockdown.

**Perpetua Romain**

I was in art class. The principal made an announcement over the PA system stating that terrorists had crashed planes into the World Trade Center. Then she made another announcement when the second plane crashed.

**Jannyl Perez**

I was my in 5th grade class. The only kid left in class because everyone's parents picked them up. My teacher and I sat there forced until the school day finished.

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**Grades:**

**Alyson Cina**

Getting the credits I need.

**Kuangwon Kim**

Passing.

**Doris Revoloaio**

Getting the credits I need.
DONT GET LOST!

355 Main Street, Hackensack

CIARCO LEARNING CENTER | 1st. FLOOR PLAN

MEADOWLANDS | 1st. FLOOR PLAN

Meadowlands Campus
1280 Wall Street West
Lyndhurst

CIARCO LEARNING CENTER | 2nd. FLOOR PLAN

MEADOWLANDS | 3rd. FLOOR PLAN

MEADOWLANDS | 4th. FLOOR PLAN

LEGEND
- Administration
- Classroom
- Faculty / Conference
- Reception / Security
- Student Center / Lounge
- Restrooms / Jarden
- Vertical Circulation
- Horizontal Circulation
- Exit
- Wheelchair Access
- Elevator / Exit
- Information
- Name
- Authorized External Deliveries
- Food / Beverage
- Telephone

Designed by Dawn Foster
SAB: Your Ticket to Fun!

The summer break is sadly over, but the fall kicks off, we hope to see you all at our amazing events are going to be! As we started the 2011 fall semester with the fall kicks off, we hope to see you all at our amazing events are going to be! As we started the 2011 fall semester with our annual Welcome Week, Sept. 8 and 13 were club days, so hopefully you made your way outside to public safety, grabbed the golden dragon acrobats of China Sept. 28th @ 1:00 p.m. & 7:00 p.m. $25 General, $15 Seniors, $10 BCC Students.

SAB September Events:
9/19 – First S.A.B Meeting!
9/27 – Bingo Bonanza

Economics Club Has the Supply for Your Demand

Sammi Halabi
Contributing Writer

Economics, as defined by Webster's, is the science that deals with the production, distribution and consumption of goods and services. Led by president James G. Ferrentino and advised by Professors Richard Comerford and Melissa Miao, the Economics Club allows its members to discuss and understand the economics that are happening with us today in our economy.

Ferrentino describes the club as “being different than just a regular business club.” In a time where an understanding of how the economy works and how to excel in it is important, the Economics Club is a tremendous one to join.

The club not only discusses matters that are going on within the U.S., they also drive members to put forth their own input of what they think should be done. This club in turn, lets its members’ voices be heard.

The Economics Club is also developing a blog, which will be for members and others to view and read about topics discussed in meetings. Information about the blog and how to access it will be updated as soon as the club has a finished product that they are ready to release.

Unfortunately, at the moment, the Economics Club does not have a reserved room to hold meetings. So be on the lookout for signs around school stating when and where the meetings will be held! If you are a student who is a dedicated learner and is interested in finding out more about economics or are interested in voicing your own opinion, join the Economics Club. To contact club president, James G. Ferrentino, you can email him at james_ferrentino@yahoo.com.

Share An Experience with Hillel!

Sammi Halabi
Contributing Writer

With so many different clubs on campus, it is completely understandable how some clubs can get overlooked. This is why the Hillel Club, the official Jewish club of BCC, has run such great events as the Cup Cake Wars, which raised more than $300 for Israel terror victims. Needless to say, that is a big deal! Also, President Josh Rubin paid tribute to Anne Frank on her 67th death-day (the supposed date of her death). This brought a crowd of about 30 non-Hillel members.

The club held a presentation of the movie “Defiance” and held a discussion about Jewish people in hiding. This brought a discussion about Jewish people in hiding.

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The Hillel Club is run by President Josh Rubin, Vice President Dana Zaer and Treasurer Josh Pinsker. The club is advised by Professors Lynn Gold and Susan Klarreich, as well as Rabbi Eliy Allen.

If you are interested in joining the Hillel Club, feel free to contact the president at rubes510@optonline.net. Their meetings are Thursdays at 12:30 p.m. to 1:30 p.m. beginning on Sept 15 in room C-319.

The Hillel Club, the official Jewish club of Bergen Community College Campuses. They seek to strengthen the Jewish life and religion on the Bergen Community College Campuses. They also desire to educate non-Jewish people about the Jewish culture and way of life.

The Hillel Club is run by President Josh Rubin, Vice President Dana Zaer and Treasurer Josh Pinsker. The club is advised by Professors Lynn Gold and Susan Klarreich, as well as Rabbi Eliy Allen.
Students can have the experience of a lifetime when they choose to travel for more than just leisure. Studying abroad combines the thrill of discovering a new place and culture with the value and academic benefits of studying at a foreign university.

While studying abroad, students can avoid themselves of language courses and other humanities courses not offered by their college and use these courses to meet their degree requirements. This is an excellent opportunity to have a wider and deeper academic experience which will come in handy later. It will also help distinguish a student applying to transfer to a four-year school.

The most important value in studying abroad is the life-changing lessons a student will learn. There is no substitute experience that can teach what living in another culture can. Living within a different cultural context is a stretching endeavor that helps to prepare one for the challenges of daily life as an adult. It makes one more flexible, more versatile and more responsible.

Through Bergen's membership in the College Consortium of International Studies (CCIS), Bergen students can take part in 80 programs in 31 countries spanning the six inhabited continents. Some CCIS destinations include Australia, Argentina, Canada, China, England, France, India, Israel, Jordan, Korea, Mexico, and Spain. Students can visit http://www.ccisabroad.org to see a full list of the programs.

Students granted financial aid may be able to use their award toward the cost of studying abroad. There are also scholarships, such as the Benjamin A. Gilman Scholarship offered by the U.S. Department to new places and dealing with students who would ordinarily not be able to study abroad, such as traditional students. The amount awarded can be as much as $5,000.

Students interested in studying abroad should contact Dean Amparo Codding at acodding@bergen.edu to learn more and apply. It is best to start planning to study abroad a year in advance in order to complete the applications in a timely manner and apply for scholarships.

It didn’t take long after arriving home before I had already seen most of the people who make up my life here. It’s been great reconnecting. There’s something ‘nothing’ about returning to familiar routines. It is also disconcerting, however.

Since my first taste of being on my own far away, I have not felt comfortable in one place for too long. Traveling makes me come alive, and each new person I meet along the way changes me. The road has been my favorite professor, and the road is where I grew up and came of age.

It’s preferential to live in the present, but reminiscing has been a guilty pleasure. Occasionally, while busy at work or at home relaxing, I’ll recall scenes from Morocco. Snapshots and brief video clips play in my head. I can almost imagine it that it is possible to return to my latest home in the mountains to keep the experience going.

Visions of my new friends and our adventures together flash through my mind. We marched through the 2,000-year old Roman Arch of Triumph in Volubilis. We bargained for goods at the shops in Fes al Bali. Many weekends, we rode in grand taxis to escape our mountain top sanctuary in search of thrills and Pizza Hut—the best pizza in Morocco.

My mind engages in fond remembrances of crepes and cafe au lait for breakfast before Arabic class. A cool morning mountain breeze would blow through the unfamiliar program as I was living in the moment that I would eventually look back and miss it. It is not possible for anyone to remain the same and desire the same things after spending time far away from home and the familiar. Suddenly, what one is accustomed to will not be enough. There will be cravings for excitement, a thirst for something new.

This dispatch is especially true for me after experiencing the Arab Spring from within the region. This was an amazing privilege for a student looking to transfer into an International Studies program concentrated on the Middle East. Initially, I was scared to make the commitment to travel all the way to Morocco for four months. Now, I am so glad I did it. The educational value went far beyond what was in any class syllabus. Studying abroad improved many characteristics, my level of personal responsibility, and my time and money-management skills. It also reinforced my desire to tackle hard issues like conflict resolution in the Middle East, to be a life-long learner, and to continue to find ways to serve others.

These kinds of experiences are important, but it is crucial to find practical ways to apply what is learned abroad back at home. The experience is not just about self-fulfillment and fun, but contributing to others and helping to better one’s community.

The challenge for me now is to integrate the lessons I learned abroad into my daily life in order to be a successful student at my next college and have a successful career in the future. I must also use my experiences to better my college community now.

It is my hope that this study abroad column has opened a curiosity in other students, so that they will take the chance on applying to study abroad. Anyone can do this, as financial aid and scholarships are available. Studying abroad is not a vacation, but an investment in life and learning that will reap benefits long after the experience is over.
Take A Break

Bergen Comic Corner

“Hurricane Heartbreak”  By Brendon Miel

HEY, BRO!
HOW WAS YOUR DATE WITH IRENE?

I'M SCARED OF HER, MAN.

Oh no! We might not make it! He leaves at five o'clock on the dot!

Peace out Homies!

The Swing of Things: “Spider’s Nest”  By Perpetua Romain & Brendon Miel

I need to speak with the Assistant Dean of Student Life! It’s a matter of life and death!

Oh no! We might not make it! He leaves at five o'clock on the dot!

Peace out Homies!

Find Assistant Dean of Student Life, Nestor Melendez, in room A-115. Be sure to catch him before it closes at 5!
Adapting Seamlessly to College Life

Adriana Szaboova
Features Editor

Exactly one year ago, on the first day of classes, I picked up a copy of the September 2010 Torch. I remember leafing through the pages looking for absolutely anything to help me get through my first semester at Bergen Community College. My hopes were answered in the centerfold of the paper. The then Features Editor, Perpetua Romain, now Editor-In-Chief, created a heaven for new students. The pages consisted of a large map of the school as well as information on important topics new students need to know.

One year later, the present, I am the Features Editor helping out the new students. Joining a club was one of the best decisions I could have made in college. This brings me to my first helpful hint to adapting to college life.

Walking the halls of a college campus can be very intimidating. With so many new faces, events, groups and activities, it can really freak a person out. You can either go to class and then go home or you could get involved in things like sports, clubs, organizations and attending various events. In doing so you will meet new people and make new friends.

Business Casual for Casual Business

Jessica Czarnogursky
Co-Editor

When faced with the word “business casual,” you’d be surprised how many people, particularly females, stand in front of their closets puzzled. What would normally be a dressy everyday shirt, doesn’t always translate well to the “business” end of a casual luncheon. Females may think that we have it all figured out, with an endless supply of clothes and styles at our disposal, but one wrong piece can take your luncheon with your boss, to breakfast with your little brother. With a few helpful tips and even a nod to men’s fashion, you’ll never have to worry again.

Khakis – a staple for the average man, we women can take some advice from their look. Isn’t it almost baffling that with simple polo and pair of khakis that a man looks presentable yet comfortable? Adding khakis, in whatever style or color variation you prefer, to your everyday shirt, doesn’t always mean a frumpy look. Putting a plain slim or button down blouse is always a safe bet for looking professional, there are more casual ways to dress up your look. Putting a plain slim cut t-shirt with the right necklace and jacket can take that plain shirt and make it professional. Most casual pieces can be dressed up with the right accessories.

What NOT to do:
DO NOT wear denim.
DO NOT have anything hanging out (i.e. shirt tails, tank tops, etc.)
DO NOT pair a white shirt with a colored bra – it’s not inventive, it’s trashy.
DO NOT have things too short or tight that sitting and standing repeatedly can turn into a wardrobe malfunction.

Alternative Tanning Options

Jamie Kurtz
Contributing Writer

During the summer break, people went to the beach, lake, or even spent time in their own back yards to get that natural summer glow. Getting a tan is essential to establish for some people; so now that the summer is coming to an end, what other ways are there to tan, besides sitting out and baking under the hot sun?

First thought that comes to mind has been one of the most obvious options since the 70’s. A tanning bed. But, there has been much debate over the health risk in using tanning beds. According to the Vanderbuilt Psychology Department, tanning beds are directly linked to skin cancer, more specifically malignant melanoma. This is caused predominantly by the UVA rays absorbed by the skin. It is meant to produce a tan without burning; but, since it penetrates the skin so deep, it destroys skin fibers and damages elasticity. What are some other ways to tan without taking in so many UVA rays? Well, here are 5 alternative options to consider:

1. Use a Self Tanner. Most self tanning products are sold as creams, gels and lotions. According to about.com, their top 5 list for favorite self tanners are:

   Neutrogena Instant Bronze Deep, Environmental Shield Self Tanner SPF 15, Clinique Self-Tanning Body Mist, Clarins Self Tan and Bain de Soleil Self Tanning Creme. The only downfall to these are the chance of it washing away or causing streaks. Apply it properly and keep maintenance up and you should be fine.

2. Tan Enhancers! Osnugar Network says that tanning pills contain melanocytes-stimulating hormones (MSH), the same hormone found in the tanning pills. Research from heli.com says that this injection runs through the bloodstream to stimulate and produce a lot of melanin, which causes the tan.

3. Spray-tans and Airbrush. The difference between the two is that a spray-tan is given by a machine and airbrush is done by hand from a licensed professional. Osnugar Network recommends this tactic for people who are already darker skin because if not, you risk looking like an Oompa Loompa.

4. Tanning Pills. According to heli.com, there are oral pills containing melanocytes-stimulating hormones (MSH) and canthaxan, which is a color additive for certain foods. These are recommended to be taken at night before sleep. These pills can be found at certain health stores or they can be bought online.

5. A Tanning Injection: That’s right, you can achieve your tan by being injected with melanocytes-stimulating hormones (MSH), the same hormone found in the tanning pills. Research from heli.com says that this injection runs through the bloodstream to stimulate and produce a lot of melanin, which causes the tan.
**Beware of Your Partner’s Clan**

**Jordan Brandon**  
**Contributing Writer**

People should not be friends with the opposite sex while in a relationship, because it is often confusing for the relationship. It’s as if you’re testing your mate to see how far you can go in some cases, but it is not necessarily true in all cases. Some reasons for it could be that some people are sort of jealous with their girlfriend or boyfriends, or it comes to friends. Possibly because they were never properly introduced to them, never invited to hang out, participate in recreational activities, or other situations that may take place during the relationship. There’s nothing wrong with having friends. When you have more male friends than female, or more female friends than males, that just raises a red flag in most relationships.

For some people, that raised flag tells them when it’s time to cut the strings, ties or whatever is holding you to this person. If you claim you love someone, then the choice should be easy, because if not, it seems like something is going on when there may be absolutely nothing going on.

Many people would be against it, especially when they don’t even know the person. Your friends and you may not even bother to introduce the person to them either. Certain people may have had bad experiences with those they have dated to claim they are just friends with everyone when in reality, it’s someone they have been talking to on the side. It’s not easy to tell.

It also seems like something that could be considered extremely rude. If your boyfriend or girlfriend doesn’t know about the person you’ve been friends with for a while, they may feel threatened and it will cause a strain on the relationship.

It’s also something that comes off as shady or fishy when someone is calling your phone and phone could be absolutely any one. How is one able to tell if their significant other is being completely honest, especially with dishonesty being a trend in today’s relationships?

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**Summer Lovin’ Happened So Fast**

**Jessica Czarnogursky**  
**Relationship Columnist**

Well fellow students, here we are again, another September, another semester, both a beginning and an end to some fast and fabulous times. While there were those of us who continued hitting the books all summer long, there were others who spent their time in Seaside, soaking in more than a few rays. But with the golden tan and new natural highlights, so too follows the summer breakups. So how does one go from being intimate lovers, enjoying long hot days and exciting nights, to cutting things off?

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**Care to Kama Sutra?**

**Nita Lim**  
**Sex Columnist**

In a time when the missionary position is called the VHS of sex positions, it could be daunting to test out or learn about new sexual positions to try with your partner. But, by way of India, you can find help with for a while.

Kama Sutra literally means “a treatise between the sheets or in life.” While in a relationship, your inner changes are easily unnoticeable, but powerfully influence your mate to see how far you can go in some cases, but it is not necessarily true in all cases. Some great friendships are made through the mutual relationships of a lovely couple.

The same goes for guys. Rather than feeling threatened by the line of men behind this strong woman, see it as an advantage that when you aren’t around, she is being protected. Being over jealous is a turn off. Besides, they may one day become your boys too.

This can also be used as an evaluating technique, in case he or she isn’t the right one for you. How often can you really see some one’s true colors in the beginning of a relationship, especially with trust? How can you tell how the person is with the time?

Many men and women express they like to hang out with the opposite sex because it’s less drama. Well, if both agree for the same reason, there should be absolutely no problem at all.

**Photos courtesy of lovelyneeds.com**

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**Perpetua Romain**  
**Editor-in-Chief**

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**Photos courtesy of sxc.hu**
Contributing Writer

Get Lost in a Book
Seleno Sorto

John Connolly takes you into a whole new world in his book, “The Book of Lost Things.” This adult fairy tale follows twelve-year old David on his journey from a jealous resentful boy, to a brave and courageous young man.

The story begins with David’s mother’s death. David’s father then begins a new family with Rose and their new baby boy Georgie. Forced to move to a new home, David gets the attic room which is filled with stories and tales, a love he shared with his mother.

In trying to cope with his mother’s death and his new family, David begins to hear whispers from his books and calls for help from his mother. Having had enough of his step mom and half brother, David follows the voices into a new world.

Here you’ll follow him through a very original fairy-tale. It’ll resemble those we’ve all known from childhood, but with a kind of disturbing twist. You’ll find fantasy creatures such as, loup, harpies and trolls.

Then you have the mysterious Crooked Man who lured David to this unknown world, using David’s mother as bait. He’s also the one who continuously saves David’s life, but ironically enough wants to doom him with something unexpected.

John Connolly brings suspense, mystery and disturbances to this classic fairy-tales that keeps your attention until the end. He also uses World War II as a setting, creating a much darker mood to the story. Like any classic fairy tale though, it has an obvious moral lesson to be learned by the end. In this fairy-tale, you’ll see that good doesn’t always conquer evil. It’ll keep you guessing and reading until you know David has made it back home safely; if he ever makes it back home that is....

Torch Head
Rates:

Lite Sizzle Fire!

Get Lost in a Book

Lite Sizzle Fire!

Reviews

Lite Sizzle Fire!

Reviews

Torch Head

Lite Sizzle Fire!

Green Zoo with Some Great Views
Adriana Szaboova

Being from Bergen County, you realize just how close New York is, particularly places like the Bronx. However, I never, for reasons unknown, made it across the bridge to experience the Bronx Zoo. One hot summer day, I finally made it and saw exactly what I had been missing.

The Bronx Zoo is located on 2300 Southern Blvd, Bronx, NY, a short 25 minute drive from New Jersey. From the moment we stepped into the park, I felt like a little child again. There was wild life, Lego animals and tons of exhibits surrounding you. It was like you were transported to a whole other place, a place definitely not in the middle of New York City.

As we walked through the zoo, we visited most of the attractions. My favorite was definitely the Asian Monorail. The Monorail takes you alongside the habitats of all the animals you would find on the continent of Asia.

The tour guide shares facts about each species as well as the zoo itself.

attractions include the Butterfly Garden, Congo Gorilla Forest, Camel Rides and Jungle World.

Another awesome part of the zoo is their dedication to the environment. Every bathroom uses foam instead of water. Instructions are listed inside of every stall; you push a button and foam comes out from where water usually would and coats the whole bowl. After you have finished your business, you push the button again and more foam comes out. This saves millions of gallons of water a year. Plus, it’s so cool to see the foam come out!

Tickets to the park come at different prices based upon what you would like to experience. A general admission ticket is $16 for adults, $12 for children and $14 for seniors. The total experience tickets, which includes almost all of the extra attractions, are $29.95 for adults, $19.95 for children and $24.95 for seniors. If you want to see just a few special attractions, you can always just purchase admission to them.

Definitely take a day trip to the Bronx Zoo, you will not regret it.

Lite Sizzle Fire!

A Wicked Good Show
Adriana Szaboova

As the lights rose, the anticipation in the air grew. After hearing raving reviews about Wicked, we were excited for this Broadway musical to begin. The opening number exploded to life and blew up the stage as the ensemble celebrates the death of the Wicked Witch of the West. Glinda, the good witch, speaks up to explain the truth of what really happened to Elphaba, the Wicked Witch of the West.

The progression of the storyline was flawless. If there were any mistakes, the audience never would have known. The special effects enhanced the already enchanting voices and production of the musical. The leads, Katey Rose Clarke as Glinda, and Teal Wicks as Elphaba, played off of one another perfectly. They had amazing on-stage chemistry and really portrayed two girls who find best friends in each other.

The music was perfectly staged and produced. I found myself sitting on the edge of my seat throughout the musical’s entirety. Just as you think the play couldn’t get any better, we come to the final scene of the first act. Glinda and Elphaba fill the stage as they belt out the lyrics to Defying Gravity, you’ll never hear them more.

Without giving up the storyline for those who have not seen the musical, all I shall say is the story never has a dull moment. The second act begins with a bang and keeps the energy throughout the rest of the musical. Upon its end, the musical answers a bunch of unanswered questions anyone following the storyline of Wicked, or the Wizard of Oz, might have had.

Wicked performs nightly at the Gershwin Theatre in Manhattan, NY. Tickets range from $80 to approximately $250. At this moment the musical does not have an ending date and will continue its productions.

With great music, amazing actors, perfect costumes and flawless production, this musical is definitely worth seeing.

Lite Sizzle Fire!

U, Mad Bro?
Sammi Halabi

When it comes to reaching new boundaries, “Our Idiot Brother,” featuring Paul Rudd, is the movie to see. Rudd shines, as usual, as Ned, the only boy in a family full of sisters. Elizabeth Banks is Miranda, an upright journalist willing to sell her soul for a big break. Zooey Deschanel plays Natalie a stand-up comedian with questionable talent and Emily Mortimer stars as Liz, a mother of two whose husband is less than honest.

Ned is a scruffy vegetable farmer who has been recently released from prison for selling drugs to a police officer. Although seeming very brainless, Ned seems to have the ability in trying to see the best in people no matter how much the odds seem to be stacked against them.

“Our Idiot Brother,” is an uplifting comedy, which means that those family ties end up strengthening rather than straining. In this movie, each sister really needs her foundation exploded by a holy fool like Ned. In the process of catastrophes caused by Ned, each sister soon realizes that they are not turning into the people that they wished to be, and it took their idiotic brother to help them realize that.

In a summer of many hit movies, “Our Idiot Brother” is the perfect film to cap off the summer season.
Perpetua Romain
Editor-In-Chief

He has the voice of an angel. Quentin De Angelo Warren, the 23-year-old R&B singer known as Q of Beautiful Noize Entertainment (BNE) has released his Extended Play (EP) entitled, “I’m Ready” this summer. Seven track mix is just a mere introduction to what Q has in store for music this fall when he drops his first solo album, “The Pursuit.”

Perpetua Romain
Editor-In-Chief

Two of the greatest emcees of Hip Hop are back and have collaborated to create a powerful album entitled, “Watch The Throne.”

Kanye West and Shawn Cory Carter known as Jay-Z released “Watch The Throne” on August 8, produced by Roc-A-Fella Records, Roc Nation and Def Jam Recordings. The production quality is amazing as it features producers 88 Keys, RZA, Swizz Beatz, Jeff Bhasker, Mike Dean, Anthony Kilhoffer, The Neptunes, Q-Tip, Sham Sak Pase Joseph and more.

This 16 track album contains such expressions and melodies with weighty, interesting lyrics. Featuring released singles such as “Oohs” and “H.A.M.” the album debuted at number one on the US Billboard 200 chart, selling 436,000 copies in its first week. Featured artists include Frank Ocean, Beyoncé, Mr. Hudson and Curtis Mayfield.

Although the content of the album features themes of fame, materialism, power, opulence and sexuality, Kanye West and Jay-Z have managed to make an amazing album, if not the best of the year.

Q’s celestial voice stirs up quite a bit of emotion in his music and this EP proves he is a triple threat as he can sing, rap as well as act. General music lovers will all find something to love about “I’m Ready” and this is definitely an EP that will go on repeat.

“I’m Ready” is available for free download on www.beautifulnoizeent.com. Check out www.beautifulnoizeent.blogspot.com for more information on Q’s upcoming album “The Pursuit” and for other mix tapes and projects from BNE.

Amy Winehouse Flies in Paradise

Arturo Sangregorio
Photo Editor

“Shes just stopped singing.”

On July 23, 2011 the lyrics of Amy Winehouse’s “October Song” became a reality. Gone at the age of 27, the news of the sad event spread like the black plague across all social networking sites, fast and unstoppable. An incident like such had not rocked society have grown cold with overly extensive press coverage. It was our way to give him a larger than life funeral with overly extensive coverage. It was our way of saying “fearless” and “we are sorry” all at the same time, but that was not enough. How about treating artists with respect and love instead of like we do circus freaks?

Amy Winehouse’s beehive hairstyle was smaller than her heart and her “Daddy’s Girl” tattoo on her left arm was there to remind us that she was simply that, a girl. A girl who was known as the “dangerous new Queen of Soul” and is directly compared to genre geniuses such as Billie Holiday and Etta James. Amy Winehouse took the world by storm, like Irene, even though she seemed to have been over hyped when she was not. Hurricane Irene devastated Vermont yet New York City just got mild street floods. Ask someone in Vermont if they think Hurricane Irene was worse and ask many others respect it and admire it greatly. I love you Miss Winehouse, may you rest in peace now.
Alumni Deliver Modern Balkan, Classical and American Jazz

Jaehee Lee
Staff Writer

Dr. Linda Marcel, performing arts department chair, organized the Aug. 3 music event in West Hall under the title “MUSI4.” She invited former Bergen students Michael Gilsinan, Shirag Minassian and their partners Sungeun Park and Jordan Piper.

Dr. Marcel’s supplementary explanation in between each piece brought out hidden textures of music and instrument. Music appreciation classes attended the event and jotted down notes as the performers delivered music.

Unlike regular recitals, the mini concert had a panel discussion format. The musicians introduced the architecture of the guitar, their 100 year old violin, the history of music and techniques used in each piece.

For the first half, a guitar and violin duo performed complex rhythmic Balkan music in modernized format. At its close, the mix of two string instruments delivered the delicate notes to passionate tone. The couple played “Makedonska Pesen,” a Macedonian song from Four Legends and Three East Tales—the “Fox Dance,” “Red Elf Lullaby” and “Dracula’s Cape”—written by the contemporary Bulgarian Composer Atanas Oukozourown. Then, they went on to Astor Piazzolla’s Argentinean “Bordel Café” and an energetic tango with jazz influenced L Bertango.

Gilsinan explained that the second half, during Red Elf Lullaby, sounds like the guitar and violin is having a conversation. Tango was more of underground dance music when it was first coming about in 1900s, he added. Then by 1930, tango became mellower and mainstream as people wanted music just to listen to instead of having to dance.

Minassian entered the second half with concert had a Preludio in G major. Moving onto romantic era from classical era, he played Beethoven’s Sonata No. 9 in E major. He played Rachmaninoff’s Prelude in G minor and Debussy’s “Reflets Dans L’Eau” last.

Jordan dedicated the rest of night to modern American jazz music. As the night progressed the audience started to bob their heads to familiar notes as Jordan gracefully moved his finger across the strings of the guitar. He played Doke Elington’s “Take the A-Train,” George Gershwin’s “Summertime” in G minor, and Herbie Hancock’s “Chameleon.” In between he did not lose his sense of humor playing the all time favorite jazz music we know as “Ice Cream Truck” music.

The audience moved with Piper’s whimsical body movement as he improvised. The improvisation does not come overnight, but comes from years of practice and mastering of technicaps,” he said.

Gilsinan was a student at Bergen four years ago as a music major, now attending Mannes College, the New School for Music. He formed a group called NYC Duo with another flute player that performs folk tradition from different regions of the world. Flute and violin are interchangeable to a certain degree. Tonight, the violinist filled the flute’s place.

Likewise, Minassian began at Bergen in an arts program. He went onto William Paterson University pursuing a masters in music. He came to the event to assist the current students.

Gilsinan and Minassian gave sage advices to future musicians. “People say ‘practice, practice, practice’ is the key to the Carnegie Hall. However, I think it should be ‘practice, practice, perform.’ That’s the only way to be good at it and be comfortable with it,” said Gilsinan.

Minassian advised, “You just need to keep going even though not every day is a good day. You need to learn from bad days as well. Your work is not done.”

Information on Gilsinan’s NYC Duo can be found at www.nycdoao.com. Jordan Piper’s website can be found at www.jordanpiper.com.

Four Bands, One Long Summer Night

Jessica Czarnogursky
Co-Editor

In true summer fashion, my friends and I piled into a car with a load of snacks and a freshly charged iPod and headed down the Parkway for a show we had hoped would be the start of our end of summer charades. Arriving on the campus of Monmouth University, we joined the hundreds of others already on line to see newcomers “We Are the in Crowd,” and old favorites “Mayday Parade,” “The Starting Line” and the headline “All Time Low.”

The gym was large and spacious and relatively cool for a day that hit well over 90 degrees, and the crowd came to a roar when the lights went out and the first band took the stage. While there were those amidst the crowd that belted the lyrics to We Are the in Crowd’s music like there was no tomorrow, there was also a good portion who stood there and took in the unfamiliar sounds. While they weren’t terrible for a band trying to make a name for themselves, the audience started to move as the first set came to an end.

Taking the stage next was Mayday Parade, a breath of fresh air for overly eager fans. Playing such classic hits as “Black Cat” and “When I Come Home You’re So Dead,” the crowd sang until there was nothing left to give and then some. In addition, they played for the third time since its release, their new song “Oh Well, Oh Well” which was recently released in October. Bouncing around the stage and constantly connecting with the audience, there was never a dull moment during their set. Closing their performance with the all too appropriate “Jersey,” we truly felt that Mayday had given us a set “that we can dance to.”

The Starting Line was a band that was an old favorite. Though the masses of younger teens quieted down, those of us who have been faithful followers since 2002 could not have been more excited to see lead singer Kenny Vasoli take the stage in a panda t-shirt and his bass. Playing several songs, including their most famous “The Best of Me,” even those who barely knew the rest of the set, sang along to “We got older, but we’re still young! We never grew out of this feeling that we won’t go up.”

All Time Low took the stage in a manner customary to their performances: tons of lights and hundreds of screaming girls throwing their bras (and thongs also) at the stage. Playing many songs from their new CD “Dirty Work” including their opening song, “Do You Want Me (Dead?)” you would never know that just a short while ago, these same people stood tired and hot in a line outside. “Time Bomb” and “Guts” soon filled the speakers, along with the bouncy Winter tour lead singer Alex Gaskarth and guitarist Jack Barakat.

Though the pre-teens mainly knew their newest songs, songs from their EP including “Dear Maria” were nonetheless welcomed by older fans like my friends and me. Playing also hits off their very successful Nothing Personal such as “Weightless,” the crowd surfing, mosh pits and unanimous jumping and screaming never lessened as each and every fan sang “maybe it’s not my weekend, but it’s gonna be my year.”

The band performed two sets, with a small break in between that Gaskarth filled acoustically with “Remembering Sunday” and “Therapy.” With their wit, humor and intense amount of energy and crowd-pleasing set list, it was well worth the aching feet and buzzing ears that followed the end of the show.

Driving back up the Parkway, still riding on a high that brought us back to early high school, when we first discovered these bands, hands down I can say it was well worth the war wounds, the $40 and the NJ toll plazas for a perfect night of summer memories.
Ochocinco and offensive line thrasher winning out the division. With the power of stretching out a defense in Chad Ochocinco and offensive line thrasher Albert Haynesworth, Tom Brady and the Pats have championship aspirations.

For the AFC North, in a repeat of last year, Torch Head predicts the Pittsburgh Steelers winning this division. The Baltimore Ravens have given the Steelers a run for their money in past seasons. However, the loss of some offensive game changers will prove difficult for the Baltimore offense to overcome and compete with the Steel Curtain that is the Steelers defense, led by Troy Polamalu.

Next we jump into the oh-so predictable AFC South. Surgery or no surgery, Peyton Manning led Indianapolis Colts will win this division. With young new quarterbacks such as Jake Locker and Blaine Gabbert in the division, Torch Head predicts the Colts to reign supreme once again in the South.

Last years AFC West division winners, the Kansas City Chiefs, got their rear-end handed to them by the Baltimore Ravens in the first round. Torch Head predicts this post-season heartbreak to carry into the 2011 season. With the departure of Offensive Coordinator Charles Weis, the Chiefs have had made no major off-season acquisitions, nor did they have a great draft. With all that being said, Torch Head predicts Philip Rivers and the San Diego chargers to win this division.

For the Wild Card teams, Torch Head predicts the New York Jets and Baltimore Ravens to get into the playoffs.

Now as we switch conferences, Torch Head has strong feelings that the Philadelphia Eagles will win the NFC East easily. With the star-studded roster that has the likes of Nnamdi Asomugha, Michael Vick, and DeSean Jackson, the Eagles have been considered by many as soon to be Super Bowl Champions. Although Torch Head cannot see that far, he does see the Eagles winning this division.

For the NFC North, Torch Head predicts Aaron Rodgers and the rest of the Green Bay Packers coming in with a repeat Super Bowl in mind and winning the division. With starters returning fresh and ready from injuries, the Packers will win this division behind a fantastic season from Aaron Rodgers and hard hitting linebacker Clay Matthews.

For the highly unpredictable NFC South, Torch Head predicts the New Orleans Saints winning this division slightly over Matt Ryan and the Atlanta Falcons. With leadership at the QB position and new life at Running Back, the Saints will edge out the Falcons for a division title.

Although considered the worst division in Football, the NFC West has had some major free agents roll on in. Most notably Quarterback Kenny Kolb, the Arizona Cardinals. That being said, Torch Head predicts the Cardinals winning this division with Kolb pumping new life into this Cardinals’ offense.

As for the Wild Card teams, Torch Head predicts the Tampa Bay Buccaneers and the Dallas Cowboys winning these spots.
Hernandez’s Bulldogs

David Gonzalez
Sports Editor

Jorge Hernandez, Bergen Community College’s Head Baseball Coach of the past six years, has been named BCC’s Acting Athletic Director in February. In this role, Hernandez is responsible for overseeing all of the College’s sports teams.

He has been working closely with his staff to plan for a successful and exciting school year. Now, Hernandez gives us a look at what’s happening in the athletics program at BCC for this fall.

The new men’s soccer coach is Rich Esposito. Esposito comes to Bergen from Kean University where he was the assistant men’s soccer coach from 2008 to 2010. Prior to Kean, he was at Bloomfield College as an associate men’s soccer coach from 2005 to 2007.

Bergen is looking to come back from last year’s one game playoff miss, just short of 500, furthermore Hernandez says he is confident that Rich and the new coaching staff will make it happen this year. There was a good turn out for men’s soccer; tryouts were already conducted and the team seems promise to be strong.

In women’s soccer, Ralf Embro is returning and is starting his fourth year with Bergen as the Head Soccer Coach. Following a successful season where the team made the playoffs, Hernandez is sure women’s soccer will have another successful year.

Cross Country has a new head coach, Laura Durso. Laura assisted the women’s soccer team at Park Ridge High School from 2010 to 2011 and was the assistant girls’ cross country coach (indoor track) for Northern Valley from 2008 to 2010. According to Hernandez, she will turn around BCC’s cross country team.

Athletes will be accepted up to September 16 as there are currently seven members on the roster. All cross country meets are held off campus, as Bergen does not host cross country events as this is a travel team. For all running enthusiasts here at BCC, a new track is installed and it will be ready in the beginning of the fall semester.

Helene Liaci is returning to BCC for her second year as head coach for the women’s volleyball team. Helene was named NJCAA’s Region 19 “Coach of the Year” last year. NJCAA Region 19 is comprised of community colleges in New Jersey, Delaware and Eastern Pennsylvania. BCC’s volleyball team had an extremely successful season, having made it to the District Tournament in North Carolina. Under Coach Liaci, the team has a very good chance to repeat or surpass last year’s successful season with their veteran players.

According to Hernandez, BCC is looking forward to a great season by all athletic teams. Our coaching staff is dedicated to bringing out the best within our athletes. If a student athlete does well academically at BCC, he or she has a very good chance to receive scholarships (both for athletics and academics) at a four-year college or university.

Last year, BCC had two NJCAA academic All-Americans from the women’s basketball team for superior academic achievement. Jorge Hernandez is a very capable athletic director. He and his staff are very knowledgeable and approachable. If students have questions, need information about any of the athletics programs at BCC, or are just looking to stay physically fit, they can be of assistance.

Visit room 201 above the basketball gym for more information.

Aiming High in Volleyball

David Gonzalez
Sports Editor

When asked, “Who’s your returning star player from last season?” Helene Liaci, NJCAA’s coach of the year, replies without hesitation, “Dukes,” noting the 6-foot, 170 lbs. Haley Dukes of Westwood.

Dukes is seen practicing hard with the rest of her teammates. It’s the second to last week before college tryouts, and a year after she coupled by intensity, permeates the gymnasium volleyball court. What drives players and teammates to push themselves so hard in preseason? Haley says that losing makes her push herself harder to win.

Even though they were regional champions last year, in some ways the district loss in the North Carolina competition is a tough pill to swallow. The soon-to-be twenty year old sophomore Haley smiles wide when recalling their trip as an “unimaginably great experience.” It’s obvious the districts loss to Sandhills Community College in Pinchurst, N.C. was a huge disappointment. Living with the fact that Sandhills went on to Minnesota en-route for the Nationals while BCC came home to似乎 has left its mark, or perhaps may have poured salt into the proverbial wound.

But is that how we are to think of our own beloved Lady Bulldogs this season, like some kind of wounded animals out for payback on a blood hunt? Think again. Haley knows how to keep it real. “Grades, volleyball, work,” said Dukes, as she goes through her short list of priorities.

Now in her third year at BCC she starts her second year playing Volleyball. Haley describes herself as “very athletic, fun and approachable.”

In women’s volleyball, Ralf Embro is returning to the district to look at what’s happening in the volleyball program. Haley describes herself as “very athletic, fun and approachable.”

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For those students who have participated in the past, intramurals are a fun way to stay physically fit and socialize with other BCC students. Additionally, they provide a break from studying and coursework and are a great way to relieve stress.

The Athletics Department forms co-ed teams for a number of intramural sports including volleyball, basketball, soccer, ping pong, swimming and also walking, running and softball. Once formed, the teams conduct tournaments when classes are not in session and there are awards for participating.

Intramurals are open to all BCC students and will be offered on Tuesdays and Thursdays, between the hours of 12:00 p.m. to 1:30 p.m. To participate, students must be registered for at least 12 credits in the current semester and must have medical/physicals on file with the Health Services office.

The date for sign-ups has not yet been determined. Information about the dates and times will be posted throughout the college in the next several weeks. After sign-ups are complete, the athletics department will set up the various teams and captains.

In addition to intramurals and other organized sports, the athletic program is also looking at candidates for wrestling and women’s and men’s basketball. Tryouts will be in October. Visit room 201 above the basketball gym for more information.