The Torch entered in SPJ's Region One, which consists of entries from New Jersey, New York, eastern Pennsylvania and all of New England. The Torch received four first place awards, including best all-around non-daily student newspaper.

Winners included former Editor-in-Chief Perpetua Romain, was selected for first place in breaking news reporting as well as editorial writing; former News Editor Alyson Ann Cina won first in both editorial writing and general column writing and writer Ben DeBrasi was selected for first place in editorial writing.

All awards were in the two-year community college category. Since the awards were first place, all four winners will now be entered in the national contest.

On a statewide level, The Torch won eleven NJPF awards, including first place in General Excellence, continuing a streak that began in 2006.

Categories in which The Torch won NJPF awards were: news writing, column/opinion writing, sports writing, enterprise/investigative reporting, general photography, sports photography, layout and design, and general excellence.

All awards were also for two year colleges, three of which were first place awards.

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Summer School, Why Not?

Karim Daf
Contributing Writer

Taking summer classes has been up for debate ever since it became a regular part of the education curriculum. Students have the tough job of deciding what is more of the education curriculum. Students have debate ever since it became a regular part of classes, but cannot due to financial obligations. So why are so many students

deciding not to go to summer school? Is it because of the financial issue or is the problem bigger than that?

Speaking to Rutgers Business School student Ibrahim Ayyad, the answer was clear. Taking summer classes is a must in order for a student to graduate school on time. To graduate in two or four years is almost impossible even if the student is semi-independent.

“T’be there a lot longer if I didn’t go to summer school. It’s hard because the classes are condensed into shortened summer sessions but if you pass and get the grades you set out to get, it’s all worth it,” said Ayyad. He is going on his fourth and what he hopes to be, his final semester in Newark. He emphasized and re-iterated that it was crucial to stick to a personal schedule.

Stacking to a personal schedule will usually work best for both a part-time or full-time student. Nobody comes to school and purposely overwhelms themselves. The fact is, growing older coincides with the need of being more responsible.

With that said, schedules for graduates who have just finished college are more uncertain than ever. Young adults are not being asked, but rather forced to be flexible and accommodating to their new jobs. In the long run, students will benefit more from taking classes in the summer, rather than trying to overload themselves in a single semester or stay in a school longer than necessary.

Known for being demanding, time consuming, and financially expensive, summer classes have an aura of negativity at first thought. But on second thought, one should come to realize that the few cons are outweighed by the many pros. Time is of the essence, do not waste it.

County Office Flags BCC Spending

Michael Bull
Contributing Writer

Last month, the Bergen County Executive’s Office flagged an approximately $200,000 of spending at Bergen Community College as questionable. The spending in question was approved on the Feb. 7 meeting of BCC’s Board of Trustees.

Among the items were a total of up to $91,766 in fees for search agency Isaacson, Miller Inc. to find a new college president, $20,000 in speaker fees for Isabel Wilkerson and Jennifer Egan during Black History Month, $45,000 in rent for the Izod Center for this year’s commencement exercises, and $45,000 in legal fees for firm Scheptis & McLaughlin.

Patricia Alex (2012) of The Record newspaper stated that Jeanne Baratta, chief of staff for County Executive Kathleen Donovan, took particular issue with the Board’s decision to informally agree to hire Isaacson, Miller before the official approval at the meeting. She also questioned why speakers Wilkerson and Egan were chosen for $20,000, saying others could have spoken for less or for free, and that the legal fees paid to Scheptis & McLaughlin should be better itemized.

BCC Interim President Dr. Jose A. Adames defended having Isabel Wilkerson speak at BCC, saying that students should be able to hear such well known and high caliber speakers that would be difficult to find locally. He also stated that the Izod Center was an appropriate venue for such a rare and memorable event as college graduation.

Bergen County Executive Kathleen Donovan has attempted to exert more control over how county money is spent at BCC. Public funding from the county for the 2012 budget was $34.1 million, or 3.7 percent of the total college budget.

The confrontation comes on the heels of a debate last year in which Donovan sought to have control over pulling items on the Board of Trustees’ agenda in the face of significant opposition from the Board.

A compromise was eventually reached in which minutes and a Board package would be posted online and sent to the County Executive Office 10 days in advance. Items the county office finds contentious could effectively be pulled from the agenda for further discussion. Jeanne Baratta had asked the disputed items at the Feb. 7 meeting to be pulled from the agenda, but although the items were discussed, they were approved by the Board anyway. Attempts to contact the Bergen County Executive’s Office were unsuccessful.

Board Continued from page 1

“If I were to conduct a vote this evening, I don’t know whether you or anybody else would have proper representation. In the past, I purposely delayed the reelection of the officers of this board until I had a full complement of trustees,” said Corriston. Upon opening to the public, Student Government Association Vice President Kathryn Rodriguez re-read the previous month’s resolution. The SGA’s resolution listed four causes for the change, citing, “increased tuition, increased assurance of attendance by student representation, increased student enrollment, and New Jersey college prececence.”

Corriston rebutted by stating his decision to go against the recommendations at the tuition meeting held earlier in the afternoon. Rodriguez responded by stating that the time was not beneficial to the students. “In their (student) defense, I would like to say having a budget meeting at 3 p.m. is not conducive to a full time student schedule.”

Upon the conclusion of her speech, the students in attendance began chanting, “We the students of Bergen Community College are tired of being ignored” as well as “No tuition with representation.”

This chant continued for a little over two minutes, having little impact on the board, who in fact appeared bemused by the actions of the students to get the board’s full attention.

As the public session continued, more speakers came forward, including Bergen County Freeholder John Driscoll, a 1995 BCC graduate. Driscoll, who spoke strongly in favor of proposal, was a boost to the students hoping to see a change.

“I have faith in you all, to do what’s right, and I think this man (John 2012 budget was) $34.1 million, or 3.7 percent of the total college budget.

While most speakers were diplomatic, some, like student Chris Sierra, were brasher when addressing the board. Sierra, currently in his first semester at BCC, was critical of the board for both their demeanor as well as their calling out students for not attending meetings.

“I think everyone here is more disappointed in the lack of your attendance to this meeting than the students attendance at 3 o’clock. Your colleagues haven’t shown up, and that is very unprofessional when such an important topic is supposed to be discussed,” commented Sierra.

The next Board of Trustees meeting will be held at 5 p.m. on May 2 in tec-128.
School of Continuing Education
Designer’s Wedding Showcase

Jessica Czarnogursky
Editor-In-Chief

Through many students are accustomed to seeing Tec-128 professional and geared for the Board of Trustees meeting, the School of Continuing Education and instructor for Wedding/Event Planning Toni DeLisi transformed the room proud. The BCC School of Continuing Education hosted The Designer’s Wedding Showcase on Wednesday, April 18 from 6 to 9 p.m. in Tec-128.

The event, filled with prospective wives-to-be had twenty-eight different vendors, each eager to be a part of the wedding. Batter Up Boutique, a cupcake caterer, had free samples to offer, in addition to their ornately decorated table and treats. Synergy, “A sophisticated band with a cool sound”, entertained the attendees as they perused the vendors. The event also had florists, including Schweinfurths, who offered a prize of a bridal bouquet valued at $100. Bakers, invitation designers, event planners, videographers, and caterers also were represented.

In addition, Toni herself had a booth from the company that she not only founded, but now serves as the principal of, “Memorable Events LLC” that offered a free consultation and a chance to win $500 off a “Day of Wedding” coordination package.

DeLisi is a master bridal consultant and the national manager of the Association of Bridal Consultants “Community College Initiative” programs. In addition, DeLisi owns Memorable Events LLC, a wedding and social event planning company. She currently teaches “Weddings and Special Events as a Business” through the School of Continuing Education, where students learn the basics about wedding planning as a career and earn a BCC certificate after twelve sessions.

Meghan Giambona, a student in the Wedding/Event Planning Certification program commented how great it was to have an instructor that was herself involved in the industry. “Toni teaches you things a book could not explain”.

The event was received well by the population of Bergen and beyond, giving hope that even a small venue can hold promise for perhaps your biggest day.

For more information about the course, visit www.bergen.edu/continuinged.
PTK Visits Yale

Brandon Reis
Contributing Writer

Alpha Epsilon Phi, the Phi Theta Kappa International Honor Society chapter at Bergen Community College, visited Yale University for a day of fellowship and service on March 31.

Phi Theta Kappa advisor Professor Win Win Kyi led nearly 50 students on a day of service on March 31. After lunch, students were transported to nearby Hamden, CT to perform the day’s service. Working directly with Community Building Specialist Stephen Cremin-Endes and his associates from Neighborhood Housing Services of New Haven, students were split into two groups and assigned specific tasks around the neighborhood, which included painting an unfinished basement, creating landscaping and yard work duties, and interacting with members of the community. Cremin-Endes was both delighted and impressed with the students' dedication to service and hard work and he encouraged everyone to maintain this attitude both in their work habits and in life.

Students were then transported back to the Yale campus for dinner, fellowship, and a group photo before heading back home to New Jersey. Members were awarded six service points for their participation in the day's activities, the overall aim of all Phi Theta Kappa members being eight service points to reach enhanced membership status.

Honor Students Recognized at Dinner

Brandon Reis
Contributing Writer

On Monday, April 2 the Judith K. Winn School of Honors held their annual ceremony on the New Haven campus and areas surrounding it. After lunch, students were split into two groups and assigned specific tasks to continue their journeys and ultimately achieve their goals. Those with a GPA of 3.4 or higher for excellence will have the opportunity to continue their journeys and ultimately achieve their goals.

For her inspiring delivery was dessert and the awarding of certificates. Co-Directors Dr. Jessica Datema, Dr. Kathleen Williams, and Dr. Alan Kaufman introduced the ceremony’s keynote speaker, Dr. Anne Maganzini, a member of the Honors faculty and former Honors Director at BCC. Dr. Maganzini's speech focused on the importance of community college education as well as that of pursuing what one loves. She went on to say, because of the incredible potential that she has seen from students at BCC, she has made it her lifelong goal to ensure that those striving for excellence will have the opportunity to continue their journeys and ultimately achieve their goals.

Encouraging students to ultimately stand for what is right, and brought to light just how much our world is changing and how the need for dedicated, ambitious minds is greater than ever. He reminded students that we are the future and that it is up to us to ensure a healthy, sustainable world for both our generation and those to come.

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Bloodsworth’s Blood Reveals Truth

John Sapida
Features Editor

The rise of DNA technology has been both a blessing and a curse to the criminal justice system. While most falsely convicted prisoners would build an angst against the system, and a group photo before heading back home to New Jersey. Members were awarded six service points for their participation in the day’s activities, the overall aim of all Phi Theta Kappa members being eight service points to reach enhanced membership status.

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Kirk Bloodsworth continues to help save others who are falsely accused of crimes they never committed. Bloodsworth’s heartbreaking yet inspiring story has also highlighted some of the value of our growing technology, especially the use of DNA in the criminal justice system. While some might argue on the true motive of this new technology, it is imperative to understand that the criminal justice system is complex and adapts as we do.

Today, Bloodsworth wears a tie, adorned with a DNA strand. “This has become my signature,” he says.

“Bloodsworth’s appearance was courtesy of Bergen Community College’s Department of Criminal Justice and Homeland Security. Criminal Justice professor, David Hayes said, “We felt that our students, faculty, and members of the surrounding community would benefit by Kirk Bloodsworth exposing some of the failures of our criminal justice system and hearing what he had to endure as a result of those failures.”

Bloodsworth was convicted, not once, but twice under false eyewitness identification, which is considered the least reliable sources of information together with the unstable nature of eyewitness statements.

“We know that the purpose of any investigation is to discover the truth, no matter where it leads us. It is imperative that we keep an open mind and not focus on one individual, while ignoring evidence that suggests someone else. We owe it to the victim, the victim’s family, the community, and society,” continued Hayes.

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“The rise of DNA technology has been both a blessing and a curse to the criminal justice system. While most falsely convicted prisoners would build an angst against the police, the prosecution, or the criminal justice system, Bloodsworth is different. Bloodsworth continues to help save others who are falsely accused of crimes they never committed. Bloodsworth’s heartbreaking yet inspiring story has also highlighted some of the value of our growing technology, especially the use of DNA in the criminal justice system. While some might argue on the true motive of this new technology, it is imperative to understand that the criminal justice system is complex and adapts as we do.

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Students that take classes at the Meadowlands campus but find it hard to get the resources they need can now rest easy. The Meadowlands campus is now home to a fully functional library and the staff are more than ready and willing to accept the demand for students who need books, research, or just a quiet place to study.

The library is located on the second floor of the Lyndhurst campus and is currently open Monday - Thursday from 9 a.m. to 6:45 p.m and Fridays from 9 a.m. to 4:45 p.m.

Similar to the Sidney Silverman library on the Paramus campus, the Meadowlands branch is home to these offerings:
- smart classrooms for library instruction taught by current library faculty
- a reference librarian to assist in all faculty and student questions related to courses and research
- a service desk to reserve textbooks for in-library use
- circulating book collection
- selection of newspapers, magazines, and journals
- 25 computer workstations with printing availability
- one silent study room and three group study/media viewing rooms
- copy machine
- The Meadowlands branch also allows for students to request items from the Paramus branch, and have them sent down to Lyndhurst. The service generally takes about one to two days and is free of charge to the students.

The Meadowlands Library can be reached at 201-301-1248. For more information about the library, or the resources available to staff and students, please contact Rong Wang, Interim Dean of Library Services, by email rwang@bergen.edu or telephone, 201-447-7130.

Jessica Czarnogursky
Editor-in-Chief

On March 12th Bergen Community College had the non-profit organization Invisible Children volunteer group on campus. They came to spread awareness to students and faculty members about Joseph Kony and how they can make a difference to stop this man. If you don’t know already Joseph Kony is a Ugandan man, who has been committing criminal acts on millions of children and families in Africa. Since 1987, Joseph Kony has abducted more than 30,000 children in Central Africa and forced them to be child soldiers in his LRA group (Lord’s Resistance Army). With these child soldiers he makes them go to different villages and kill out innocent families. So, on March 2nd Invisible children activist Jason Russell, made a short documentary video about the devastation that is occurring in Uganda as result from the leader Joseph Kony. He made this to educate the world on what this one man is doing and how he can be stopped. Since the video was released, there has been an explosion of interest in the organization from celebrities to average people like me and you.

At the event at school, the Invisible Children organization brought all the way from Uganda Bonie, who is now 21 years old and was a child soldier. He told his story and what he endured while under the ruling of Joseph Kony. No one knows exactly what these children had to endure except for them.

On Friday April 20th, Kony 2012 is having an event called “Cover The Night”, where Kony 2012 volunteers are going to put Joseph Kony posters in different cities across the nation. If you are interested in being a part of this event the Invisible Children members are hosting this event in New York City. In order to join log on to http://www.kony2012.com/ and enter register your area to be apart of this. They believe that this is going to move the conversation from digital to the physical world, where this conflict is happening and where the real change can be enforced.

Christine McDonald
Layout Editor

Invisible Children-Kony 2012
"I Don't Give A Damn About My Reputation"

My Money, My Voice, Your Problem

Kathryn Rodriguez

Contrary to popular belief, while Bergen County is a wealthy County by far in comparison to most, our county citizens are not always so wealthy. Many of us work one or two or even three jobs to make ends meet. The few of us who attain the increasingly rare opportunity to receive a higher education, struggle to hold on to that ability.

In 1965, when BCC was founded, it was mandated that the budget would be derived equally from three parties. One-third was to be obtained from students via tuition, one-third from the state and one-third from the county. This was in accordance with the ideas Lyndon B. Johnson set forth when he decided, as 36th president of the United States, that education was not a privilege but a right and should be accessible to everyone.

It is written in the mission statement of Bergen Community College that affordability is a primary goal of the institution. However, I assure you all that the Board of Trustees, the board of the beholder, and that eye is certainly not mine.

The Board of Bergen Community College now pay 71 percent in non-tuition income from the state through tuition. In addition, four percent is derived from “other” sources. The rest is budgeted for the fiscal year 2013. Upon further research, I realized that “other” actually means the money the college derives from students purchasing books, food in the cafeteria and items from vending machines around campus. In total, we are responsible for roughly 76 percent of our college’s funding.

I am aware of the stress or drop out, because we can no longer afford to better ourselves in this way. In recognition of this fact, last year the “Student Services Board” staff cut our annual four percent raise to two percent in addition to the 71 percent raise from a projected eleven percent to six percent. In spite of this, the process continues to rise. I fear education is slowly becoming a prize for those who can afford to think of the cost of thinking of President Johnson.

Personally, I am a Political Science Major at Bergen and with a background in business, I understand the constraints that are on the college, state and county budgets. However, I believe that a portion of funding from each party has not changed, it is only been ignored.

As an elected representative of my student body, I have to be honest and tell you the people at Bergen Community College are crushed by the thought of facing yet another tuition raise and knowing we have so little input into our education.

Last year I began doing research into how these colleges deal with the tuition dilemma. I discovered something called the "Board of Trustees." The Board is composed of eleven political appointees, the college president and the student alumni representative. I’m told the concept behind the political appointments is that for the contributions that the state and county make, they have the right to appoint Board members to govern the college and protect their investment. As students, for our 76 percent contribution, we get one alumni representative. Shouldn’t the alumni representative be an honest position with no voting rights?

This past spring I started a campaign based on this line of thinking, to gain voting rights for the alumni. The Board is increasing student representation on our college’s governing Board, but only to sustain tuition unless they are absolutely necessary. Only someone recently has been a student here can understand the obstacles we must overcome to be educated here. And so, only a student could vote effectively with me in mind.

My name is Kathryn Rodrigues and I am a second-year Business major. I stand on behalf of the student body of Bergen County Community College. I wish to better our education system and work toward a fairer education system for all.

Reputation, For our picture perfect, aesthetically consumed society, the question is, “can we punch whether we realize it or not. As college students, our reputation is what we’re always portraying from the rest of the society. We are among the elite of those who decided to cast aside childhood frolicking and seek a more educated and mature future.

Once upon a time, this was a dream that only men were allowed to have. After two arguably three waves of feminism, though, we women have a shot at a future and a reputation as well. Despite the cliché, it is true that no potential employer is going to look upon your proof of qualification is covered in the mound of a girl that doesn’t know how to be through Facebook or several terminations for inappropriate behavior.

Our reputation started way back when our high school baseball team brought a puppy and several gaps in our teeth. And despite the fact that there is not much we can do to fix writing on the bathroom stall in the eighth grade on a dare, we can surely fix ourselves now, and be of inspiration to those we love. As women of 18 and older, take charge of your own life, and the way you present yourself and your reputation into your own hands. Become a student, and you will be a leader in a general, and find inspiration in your mother, grandmother, or old eighteen movies. “Working Girl” gave inspiration to the women clad in power suits that took conference rooms by storm in the eighties. Joan Jett and the Blackhearts, gave us a rock and roll and an edge that was perfectly acceptable for a girl. Despite this, it is true that we can get back on track to be the fearless woman with ambition, confidence, and strength, and the accessibility to become so much more than the gaggle of girls people think of over a boy band, or the women who relive our past. Speaking as a female, I believe that we can get back on track to be the fearless woman with ambition, confidence, and the accessibility to become so much more than the gaggle of girls people think of over a boy band, or the women who relive our past. Speaking as a female, I believe that we can get back on track to be the fearless woman with ambition, confidence, and strength.

While we may have long ago erased the idea of women being the weaker sex, we still deal with the limitations of our society in a daily basis, and our reputation as a generation has done nothing to remedy this. When the mass majority of women are nothing more than a picture, a statistic, and a figure, why should we expect society to take us seriously? We have to fight tooth and nail for our reputation, for our opinion, and for our confidence shines brighter than any other’s. For our picture perfect, aesthetically consumed society, the question is, “can we punch whether we realize it or not. As college students, our reputation is what we’re always portraying from the rest of the society. We are among the elite of those who decided to cast aside childhood frolicking and seek a more educated and mature future.

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OPINIONS AND EDITORIALS

7

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THE TORCH
The Liberty of Legalization

Antonella Sielicki
News Editor

Weed. Pot. Grass. Pot. Weed. These are all the slang terms of the “drug”, cannabis, also more popularly known as marijuana. But should it be considered a drug? For millions of Americans, many think not. The legalization of marijuana is one issue that has been hotly debated for decades. Although it is coined a drug, marijuana is an issue that has been proven to be very popular and beneficial worldwide, with many do not realize the benefits. Although it is known as a drug, marijuana is far less dangerous. In fact, although millions of Americans die yearly from tobacco and alcohol use, it is impossible to die from marijuana. To do so would mean smoking 2,000 cigarettes, drinking 100,000 cans of beer, eating a whole pineapple swimming pool in one sitting, which is physically impossible for some to do.

Marijuana, in its natural form, is one of the safest active substances known to man, as compared to tobacco which causes approximately 400,000 deaths yearly in the United States. The fact of the matter is something that is overlooked and foreign to many. Smoking marijuana does no more than pass on to sleep while drinking copious amounts of alcohol can be lethal. There is not a single recorded death resulting from marijuana use nor is it physically addictive like alcohol or tobacco.

For some, marijuana use is part of their religion, with a story for just those shocking details aimed at riling you toward your picket signs (though you may not think so). Yet, it becomes easy to ignore, even beneficial at times. But I ended up agreeing with Carr and decided to read up on this topic.

Conveniently, I found Carr’s article on this controversy, and it was all that I had been thinking. He gave a detailed response on the topic. And yet, with a straight face, he would answer with some shocking details aimed at riling you toward your picket signs (though you may not think so).

Unfortunately, the news media seems to love to cherry picking and pettigoting things about this case—Martin’s self defense claim. Zimmerman might as well have killed in cold blood considering the majority’s view of him after the incident. Carr points out the Twitter account that says he should be killed and director, Spike Lee’s brash decision to tweet an address that he thought belonged to Zimmerman. As a result, an elderly couple living at the given address received hate mail, and were forced out of their home. There has been a lot of talk surrounding this story pertaining to “taking the law into your own hands.” Is this not the case with the ones who call for Zimmerman’s death? This is juvenile and an embarrassing example of sadism. If you take sides in an affair based on information you’ve been given, then you have committed the utter fornication of sadism.

The public has obsessed over in this case, and it’s certainly worth the one of the most useful and beneficial plants in the world. It could boost our economy, help the environment (by the prevention of trees being cut down), reduce the pains of the ill, and so on. The fact that marijuana has no validity behind it, and as a result the potential for its abuse. It is used by patients who have multiple sclerosis and AIDS. Marijuana has been badly been proven to be effective in the treatment of glaucoma because it use lowers pressure on the eye. These are the many reasons marijuana should be legalized. It has the potential to become one of the most useful and beneficial plants in the world. It could boost our economy, help the environment (by the prevention of trees being cut down), reduce the pains of the ill, and so on. The fact that marijuana has no validity behind it, and as a result the potential for its abuse. It is used by patients who have multiple sclerosis and AIDS. Marijuana has been badly
Debunking Kony 2012

David Gomez
Online Editor

If something becomes famous, naturally people are going to come out against it—you know, just to be the spoiler of fun for everyone else. However, in the case of Kony 2012 and Invisible Children (IC), the non-government organization, the video is one-sided, ignorant, and unbearably sentimental.

Almost no information was given about Joseph Kony and the Lord’s Resistance Army (LRA) in the video, with exception to the main idea of the video: kill Joseph Kony. It is fair to speculate about the motives that led IC to release the video in the first place. IC did not even mention the LRA as a group in the video.

During a random day walking down the halls of BCC, I noticed people walking around with headphones on. It was only peculiar to me that the brand of the headphones most people were wearing was the same, and not only that but the people who were wearing them seemed to dress, look and speak alike. This led me to wonder if the choice of headphones was based upon some subconscious influence (propaganda). Let’s just hope people make effort to find out the facts about IC’s video.

The Hard Work of Originality

Daniel Lopez
Contributing Writer

During a random day walking down the halls of BCC, I noticed a pattern. Many people were walking around with headphones on. It was only peculiar to me that the brand of the headphones most people were wearing was the same, and not only that but the people who were wearing them seemed to dress, look and speak alike. This led me to think about the choices that people make and approach them through reason. It is the things that make sense to you that will turn out to be the most valuable, and can potentially make you happy.

I drive a bicycle as much as I can, because motorized vehicles cause traffic and their engines pollute our air. I take guitar lessons, for music fascinates me and I find it self-filling to explore one’s passions. If you got the BMW to attract the girls, quite questionable is the character of the girl you are attracting. Then again if self-fulfillment to you is the equivalent of partying Thursday to Sunday, drinking excessively and trying to bring home a different girl every weekend, you need to either reevaluate your moral values or try to join the next cast of the Jersey Shore.

I encourage you all to rise above the current and figure out your north. In Hawaii they say, “There are two ways to be rich, make more, or desire less.” This is one of my all-time favorite quotes, but I think it should read, “There are two ways to be rich, make more or discover the things that are of real value to you.”

Check out more of David Gomez’s work at http://contrarianletters.wordpress.com/
My name is Margarita Valdez and my major is business administration here at Bergen Community College. I was born in Panama City, Panama. I came to the United States at the age of 17 without having the privilege of knowing the English language. In order to expand my knowledge, one of my first steps was entering the American Language Program at BCC in 2009. As I advanced in the program, I was offered a job in the Center for Student Success in which I cultivated a passion for each of the student’s needs and desires. As the semesters passed, I wanted to make big changes; therefore, I became Senator in the Student Government Senate. As a dedicated student and a member of the Honors Association, I became socially active in community service. I was promoted to chair of the volunteer committee in the Student Government. I combined the remaining community service club members with the volunteer committee in order to recruit help. With help from other senators and fellow students, I ran two fundraisers for the Bergen Food Pantry. We raised over $2,000 in donations that went to feeding underprivileged students. As a result of my hard work, I was awarded the first Newman Civic Fellow in New Jersey. My experiences at Bergen have taught me lessons that will last a lifetime. I will never forget the people who have helped me get to this point. Below I graduate, I want to give back to Bergen students. As President of Student Government, I would always keep in mind the Bergen students and the struggles I have faced to get to this point.

**Margarita Valdez,**
**SGA Presidential Candidate**

My name is Michelle Soto and this is my second year at Bergen Community College. During my first year I was not involved and therefore blind to the many amazing people and opportunities Bergen has to offer. Throughout my time here, I have had the pleasure of being taught by truly outstanding professors, many of whom encouraged me to challenge myself both by my curriculum and my involvement in school activities.

Taking their advice I am now glad to say, after much hard work and countless all nighters, I have met people I would have never met had I not branched out and made connections with not only administrators, professors, and other professionals but more importantly with other students.

Many say Bergen is just two more years of high school but you too can revolutionize your time here and make it a bona fide college experience. If elected Vice President of my goals is to increase involvement in school, whether it be the ramping up club participation, or granting more students the ability to work in school, or even by just having more lively events.

I want to make students aware of what is there for them, something I did not see until now, a chance to change their time at Bergen and maybe even change their lives.

**Michelle Soto,**
**SGA VP Candidate**

My name is James Boroznoff, and my major at Bergen Community College is Criminal Justice. I first came to Bergen in Fall 2008 and have become very active since then. I’ve been a member of the GLBT Alliance since I first enrolled, and have served on the Research Ass’t, Treasurer, and Secretary (twice) on GLBT’s Executive Board.

In my time at Bergen, I have become involved with many other organizations including the Community Services Club, the Violence Intervention Program, and the Student Government Association. As a Student Government Senator, I have served on 3 committees, and currently serve as the Chair of the Campus Safety Committee. I also serve as the Bergen Judicial Board, and have many goals running for Chief of Staff, my biggest being making Bergen more of a community and not just a school, by bringing back diversity and leadership programs as they existed once before, and by bringing the student government committees to the Hackensack and Lyndhurst Campuses.

As an officer of the GLBT Alliance I stood up for diversity at Bergen Community College. As Chair of Campus Safety, I helped make Bergen Community College safer for you and for my, and as Chief of Staff, I will continue to defend the right of the students to use their powerful voice in changing and improving their school.

**James Boroznoff,**
**SGA Chief of Staff Candidate**
My name is Stefani Gjorgievska and I am running for a Treasurer of the Student Government Association. Being part of Bergen Community College for two years has helped me develop better skills, attitudes and values that enable me to work together with people to bring about change and take control of my own life.

Living alone in this foreign country has motivated me to dedicate most of my time to studying and being involved in student life activities. Therefore, during my first semester I became involved with student life at BCC. I had the honor to serve as secretary of the International Student Association in the Fall 2011. In January, I became a member of the I-Team, a group of international students who in the beginning of each semester help with conducting orientations for the new international students. Furthermore, later in January I was elected as president of the International Student Association.

In the area of leadership, I strongly support the diversity dean and alumni proposals of Student Government and as a treasurer I will work on improving the clubs collaboration as a whole.

My name is Joseph Cupoli and I currently serve as a Senator on the Student Government Association. I am currently pursuing a major in Information Technology here at Bergen and plan to transfer to the University of Rowan to continue my studies. I have been accepted to the College Consortium for International Studies (CCIS) program and will be studying in Italy. I am currently a member of the Auxiliary and Technology Committees. I am also the chair of the Ad-Hoc Statewide Coalition Committee.

I am a true leader of the school and have the patience to listen to anyone and everyone. My main goal as Chief of Staff would be to use Student Government to let the students’ voice be heard throughout the school.

My name is Eunice Ahn and I am currently an active member of the Phi Theta Kappa, Honors Association, Student Government Association, Pasalubong, and Psychology Club at Bergen Community College, where I prove my academic integrity by maintaining a 4.0 grade point average.

Over the accumulation of the past few years, I have also volunteered at Englewood Hospital, Elim Presbyterian Church, the Annual New Jersey Korean Thanksgiving Festival, and Palisades Park Public Library.

Prior to attending Bergen Community College, I was in the top ten percent of my high school graduating class and served as a tutor through the National Honor Society for two years.

With aspirations of pursuing a career in the political field after majoring in Philosophy, I strive to prove my potential as a presidential candidate for the SGA. By executing my responsibilities with impeccable promptness and genuine concern for issues, I epitomizes the role of an effective leader.

Learn how to vote:
Check your student e-mails between April 25 - 29 to learn how to vote for your desired candidate! The e-mail will include a username and password for each student. A link will be provided to the ballots: https://eballot4.votenet.com/bergen/. Ballots will be open from April 25 at 12 p.m. to April 29 at 4 p.m.
**Nita Lim**
Sex Columnist
nilim@me.bergen.edu

An internet meme has many different faces, values and influences. The term meme is defined as an idea, behavior, style or usage that spreads from person to person within a culture. Take this same term and apply it to the interwebz (internet).

For the definition of an internet meme please use either of two sites that you trust

UrbanDictionary.com defines an internet meme as “a word, phrase, expression, iconic imagery or recognizable reference popularized amongst online communities through the internet.

They are annoying and usually carry a vibe of geeky-ness, which rides well with annoying people who are all about nerd culture.” Wikipedia’s definition is “a concept that spreads and is propagated through the internet.”

If the definitions are creating empty clouds in your head maybe some descriptions and examples are better suited. The shape of a meme can take many forms in video, website, hashtag, hyperlink or a word. Such as the purposeful misspelling of a world such as “more” to “moar.”

A meme can spread in various different ways such as word of mouth, blogs, social networks, news programs and any internet way of communication. One of the key parts of a meme are its rapid abilities to evolve and spread. Often times they feature topics such as social interactions, various pop culture references and situations that people find themselves in.

To attempt to figure out who started a meme is like trying to figure out who was the first person to start a catch phrase or use a slang term. Many memes and various influences of internet culture can call sites like 4chan and Reddit their birthplace. If you are a visual person then I suggest going to knowyourmeme.com. If you are a visual person then I suggest going to knowyourmeme.com.

The Condescending Wonka Meme, David after the Dentist a YouTube™ viral video gone meme with over 109 million views, college student meme, and from the Lord of the Rings Trilogy Boronir

For the definition of an internet meme please use either of two sites that you trust

**Know Your Memes**

**John Sapida**
Features Editor

Browsing various social networking sites such as Facebook, Twitter and Tumblr, one will inevitably cross paths with memes. They are all over the internet. Memes can be funny, sweet, and filled with memories and messages both negative and positive. Recently, Bergen Community College memes have surfaced on Facebook.

College memes are not rare as one would think, as memes from other New Jersey colleges such as Rutgers University, Ramapo College, The College of New Jersey, and Monclair State University have also surfaced on Facebook.

Memes may contain both positive and negative comments. They may contain positive reactions about the college, but also contain negative comments highlighting the complaints of students about their respective college. BCC student, Danieddy Morillo says “While most of the messages within these memes are true, it really depends on how the person sees it.” Another BCC student, Ariel Leconte, says, “I think they are pretty creepy, lovely funny!”

While most memes may seem like negative complaints against the school, they share the everyday lives of the students and the problems they face. To some, it is a way they can poke fun at their problems and find others who can relate. “You have to live a little and laugh at your problems sometimes,” continued Morillo.

From the success of trekking from Ender Hall to West Hall, to the pride of being a community college student and the current debate for voting representation in the Bergen Community College Board of Trustees, memes display a wide variety of ideas that will bring chuckles to students who can relate. “From what I’ve seen, they’re all over the place, some positive, some neutral, and a few a negative. However, most, whether positive or negative, appear to be just harmless fun,” says Alyson Ann Cina, BCC student.

Memes are some of the most “liked” items on Facebook these days. As we begin to connect with other students who have faced some of the same problems and complaints, it is inevitable that we will find a meme that we can relate with which will bring us laughs and memories. Viewign memes on social networking sites is a possible new way to network with other students. You may have had a problem or complaint and asked yourself, “I wonder if anyone else feels the same way?” The answer, is “Yes!”

**Eco-Sex** Continued from page 1

5. **Lube it up.** If you are using petroleum jelly during sex, stop. Not only is it bad for you, it is hurting the environment around you and there are much better alternatives. One of the main reasons to avoid petroleum jelly is cholinesterase inhibitor and it is known to pollute groundwater. Many of the same chemicals used in lube are the same chemicals found in oven cleaner antifreeze. Now there are great new lubes for you and your partner that are healthy for the environment; Yes lube is free of glycerin, silicones and petroleum. Hahir is a mother-daughter company that created a line of various botanical skincare products.

6. Remember that cute girl you have been chatting up from the Environmental Club? You went with her to clean up a park, and then started a compost in your dorm room for her.

But what would turn her on even more is you rocking C-IN2 biodegradable, bamboo sustainable and pesticide free underwear? Though she may like them so much she just might not want you to know the truth. Foxy Momma, Follies from the brainbeau such as Chantelle, Green Knockers, Pact, Enamore and SheFinds all provide various forms of eco-friendly underwear. From organic Turkish cotton to hemp, bamboo, fair trade and organic and from thong to boy shorts, these sites have a great variety of eco-consciousness.

7. **Candles** are always romantic, but now they can also save energy by not using lights. There are also various kinds of eco-friendly candles that can be used instead of traditional kinds of wax candles. Try looking for soy or palm oil candles to set the mood.
The Brain Drain: Earthly Word Search

DIFFICULTY: Medium

Earth Day is a worldwide holiday celebrated to remind and increase awareness of the importance and the much needed appreciation of our Earth's natural environment. This month the Brain Drain goes green by teaching you the most important terms associated with this worldwide effort to save our natural environment.

See if you can find 13 of these terms in the word search below. What can you do to be as sustainable as you can this month? Reduce, Reuse, and Recycle as they say, but that is not the only thing we can do to be green. Take some time to go outside and enjoy what nature has to bring. Enjoy a beautiful sight, hear the birds chirp and the leaves sway, and smell some flowers, but be aware of your own allergies.

Did you find all the words? Hope you learned something new this month! If you found it all, your wit is amazing and you kept your brain from draining!

John Sapida
Features Editor

Atmosphere
Earth
Enviroment
Reduce
Trees
Biodegradeable
Ecosystem
Green
Reuse
Composting
Energy
Recycle
Sustainabilty

7 Totally Random Questions With:
DANIDELLY MORILLO

Danidelly Morillo
Second Semester Student
Major: Political Science
Age: 19

Q: What is your dream car?
A: Either an Infiniti G37 or a BMW M6
Q: Facebook or Twitter? Why?
A: Twitter most definitely. Twitter is much more stress free and drama free in my opinion. Facebook is way too overrated.
Follow me @ayonellyxo
Q: Who is that celebrity crush that you are secretly "married" to?
A: Ahh! The celebrity that I am secretly "married" to is Sean Berdy. Don't know who he is? Look him up. He is in Switched at Birth.
Q: What was the last song you played on your iPod?
A: Young, Wild, and Free by Wiz Khalifa
Q: Pepsi or Coke? Why?
A: Coke. Because Pepsi won't get you into Six Flags, duh!
Q: If you were a superhero, what would be your super cool superpower?
A: Able to create an army of my own minions. Who can't get over me, I am awesome.
Q: If you were to go study in a different country, which one would it be?
A: I would love to go to England. England is a beautiful country, matter of fact can I just be shipped and stay there?

Follow me @ayonellyxo

Events
WORTH ATTENDING

Here’s your opportunity to visit our beautiful NJCU campus, just minutes from the Jersey City waterfront and Manhattan. Learn about our acclaimed faculty, flexible scheduling, 41 undergraduate and 27 graduate degree programs.

Open House
njcu.edu/openhouse
Saturday, April 21
9 a.m. – 1 p.m.

Transfer Instant Decision Days
njcu.edu/transfer
Apply to NJCU in person and receive an answer before you leave campus. Prospective transfer students must bring official transcripts from all colleges attended.

Transfer, April 26
Thursday, May 24
3 – 6 p.m.

admissions@njcu.edu
201-200-3234

njcu.edu/transfer

NEW JERSEY CITY UNIVERSITY
Worth It.
Healthy Food Choices

What can we do to change these poor eating habits? First off, do not skip meals. Youngwomenshealth.org has these helpful tips for maintaining an easy and healthy diet including:

- eating grilled or baked foods instead of fried foods
- whole grains such as whole wheat bread and brown rice instead of refined grains
- drink low-fat milk or soy milk instead of whole milk
- baked potatoes or sweet potatoes instead of French fries
- drink water or seltzer instead of sweetened drinks
- eat fruit instead of sweetened desserts such as cookies, cake, or ice cream

Online Dating: How It Works

Online dating is a way to meet people that you normally would not get a chance to meet face to face. The variety of dating sites is constantly expanding, each focusing on very specific groups and interests.

These sites help those who may not have enough time to go out and meet new people as well as those who are not as outgoing as others. There are also some beneficial things that come along with online dating. People get to keep their dating life confidential and to those who have a fear of rejection this may be an easier way of handling dating.

Some people may not have time to go out and meet new people due to work, school, a part-time job or other commitments to take care of. To those that choose to use online dating services also need to see other interests and hobbies based on what they have listed on their profile before talking to them.

When you first arrive at an online dating site, you can browse through profiles without entering any information about yourself. The amount of information you can see about each user depends on the site. Some sites allow users to restrict access to their profiles to paying members. Photos must be displayed unless you have a paid membership.

When it is time to make your own profile, you will start with some basic information. This covers your age and gender, area, and questions such as are you seeking a male or female and what are your interests in? This is the basic information that will appear on your profile when someone begins to browse the site.

Indicating your physical attributes is usually the next step after you enter your basic information. This covers how tall you are, your weight, eye and hair color, and if you have any piercings or tattoos.

More personal questions will be asked such as your religion and beliefs and political views. This will also ask if you have any children, whether or not you would like to have children, your income and your living situation.

After completing these questions about yourself the site will then ask generally the same questions but describing your ideal date. The site will then use this information and the information that you provided about yourself to find suitable matches that you might want to contact.

Posting a photo of yourself is another important step. Make sure the picture is up to date. It is probably not a good idea if you are 25 and posting a picture from your senior year in high school because you like how your hair looks in the picture. Select a photo that best reflects your current appearance.

There is one last rule to online dating and that is do NOT post any personal identification information in your profile. This includes your address, phone number, social security number, full name or place of employment. You might meet people that you feel comfortable sharing some of this information with but it should not be known to the public.
Are you looking to be one with nature this spring? Well, if you are, the New York Botanical Gardens are for you! Here, you will find 250 acres of land flourished with 50 different gardens filled with almost every flower imaginable, including lilacs, orchids, flowering cherries and magnolias.

The New York Botanical Gardens are open Tuesday through Sunday from 10 a.m. to 6 p.m. There are two admission prices depending upon what you are interested in. You can either roam the gardens or roam the grounds. A grounds pass costs only $5 with your student ID, while a gardens pass costs $18. There is free admission all day on Wednesday and 10 a.m. to 11 a.m. on Saturdays.

There are numerous amounts of tours to take while you are visiting so you can get the full experience. There are expert tours and talks offered on the weekends where you can learn absolutely everything and anything about the gardens and flowers.

The Gardens offer daily walking tours, Tuesday through Friday. Every third Saturday of the month there are ASL interpreted tours. These are for students who are learning ASL, as well as those who are just interested.

Lastly, there is a bird walking tour, where you bring your binoculars and watch all the birds as the flutter above you. For more information, you can visit their website at nybg.org.

So this spring, why not get out and smell the roses, literally, at the New York Botanical Gardens!

Alyssa Jahren
Contributing Writer

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Lastly, there is a bird walking tour, where you bring your binoculars and watch all the birds as the flutter above you. For more information, you can visit their website at nybg.org.

So this spring, why not get out and smell the roses, literally, at the New York Botanical Gardens!
Finding the Best Scholarships

Ariel Leconte  
Staff Writer

The applications are in the mail and you have filled out the last transcript request form, so finally the hard part is over; or so you think. Applying to schools is the easy part, it is finding the money to pay for them is difficult. This is where scholarships come to the rescue but finding the right one or even one you have a shot at is no walk in the park. So here are a few tips to make the process a little less daunting:

When Making Your Decisions  
Keep in mind you are not the only one out searching for free money. The best thing you can do is to look for scholarships that you can actually afford and not the bigger check or any decent shot at qualifying for. Do not be afraid to look for out of the box scholarships, you would be surprised what organizations are offering. Start thinking about your race, cultural background, sexual orientation, religion, and hobbies are just a few things to keep in mind as you search for niche scholarships.

Don’t Be Picky About the Amount  
Everyone wants to hit the right note, organized format that covers the cost of everything but the reality is because everyone is out searching for the perfect scholarship your chances at getting it become slimmer. Go out and search for reasonable amounts of money that can add up to a good paycheck. Do not stick to scholarships that only offer 4 figures; money is and its good anywhere.

Recycle, Recycle, Recycle.  
Scholarships tend to ask you similar questions to help define yourself, so be prepared by already having an essay or cheat sheet you can use. Do not plagiarize or send the exact same essay to each organization, but use the base of your essay and cater it to the specifics that the scholarship asks of you. It’s also helpful to make your resume so that when they ask you to list and describe accomplishments or activities you have a quick and easy reference.

Search Far & Wide.  
Do not rule out your scholarship search because it is limited by the amount of websites and search engines designed specifically for the purpose of narrowing down the scholarship search. You should never fail to have for one of these websites, if they ask for money it is a scam. Some safe and proven sites are: Fastweb.com, Scholarships.com, and Zinch.com. An interesting alternative website to use is Upromise.com, which gives student back 5% of what they have spent online shopping at certain vendors. The list of possibilities is endless, so go out there and start your hunt for treasure.

“How Can I Increase Club Membership In My Club/Organization?”

Perpetua Romain  
Advice Columnist

With the semester rapidly coming to a close, elections are coming up which increases club and organizations. However, filling up an Executive Board is the least of the worries. The worries is to keep in the tip of the iceberg. A club or organization is nothing without its members and without members clubs at Bergen suffer from low membership and lack of enthusiasm from disinterested members.

There are many ways to alleviate the problem of having a team of people, so long as the idea and belief of achieving its strong. The fines is to keep in mind is that the school provides opportunities to recruit members; the famous Club Days: These days are a great way to gain new members and section. This means to do is that you prepare a very neat and organized way of your presentation on your tables and how animated your current members are to the new members. Some tables have cupcakes, pens, pencils, candy and even music at their tables. The most important thing is to sell your club like it is you ready to get involved.

Do not be shy when speaking to others because this will hinder your organization. Club Day is only the first step.

The next thing to consider is branching out to students inside and outside your classrooms. Focus on targeting groups that relate to your clubs. For example, if you are in the photography club looking for new photographers, speak to the professors in the photography courses if you are not enrolled in one. It is actually more effective to speak to the entire class so that the message can be relayed by the club member who wholeheartedly wants the attention of the students. If you are a cultural based club, speak to those in the language classes.

A great and fun way to increase membership is to brand your club. Clubs and organizations that have active dedicated members constantly talking about their club and chance they have sparks interest in others. Being a unified group of students wearing t-shirts and walking together are more inclined to gain members than others. Does your club have a motto? Can anyone point out your club in a crowd full of students? Can anyone recognize your icon? Do you have an icon to begin with? Just as everyone is looking to brand themselves by just adding a charm: the last design will mentally prompt them to take some sort of action. Whether it is to inquire more about the club, or to join. As well as the student pays a visit, the rest is up to you.

Professionalism is always a plus in recruitment. If your club seems rinky dink on the outside, the mindset is that it is going to be even worse on the inside. Make yourselves presentable at all times. You are a student leader, which means you can not turn off being a leader, you can only strengthen your leadership. Consider having business cards and actually use them. Talk to students at any chance you have, whether it is in lunch time or coffee at Dunkin Donuts. Use your cards as a tool to make sure people keep in contact with you and leave a lasting impression with the student, so that the seed you plant can grow into a strong member that can one day take over your position on the executive board.

Hope this helps.

Do you have Bergen related questions and need advice?  
Send a message to Torch’s Facebook page, www.facebook.com/bergentorch, or email your inquiries to answered in the Torch Student Newspaper’s newest feature, the advice column: Perpetua’s Prescription.

Even Trash Can Be Well Organized!

Norman Shafto  
Contributing Writer

 Bergen Community College students and faculty have long been trying to solve one of the school’s biggest problems: what do we do with all that trash?

Of course, everything could just be dumped into a single trash can and be taken to the landfill, left in hope that it will one day disappear. However, there are far better solutions than that. Many people at the school are making the effort to make sure that as much refuse as possible is recycled and composted.

One thing that many people fail to notice during their lunch that on the cafeteria utensils and transparent cups biodegradable or compostable is written. But what that mean?

The cafeteria utensils are made of thermoplastic starch, derived from vegetable fats and starches using monoglyceride as the plasticizer. The transparent cups are made of polyactic acid, derived mainly from sugar cane.

Glass and plastic bottles, as well as aluminum cans follow a pretty common process, being collected and picked up by a recycling company.

The paper goes in a similar way, through Small Steps, which transforms all the paper into paper towels, toilet paper, and napkins. This means that the next time you blow your nose, you might be using the paper you threw away a month ago in the library.

Surprised? There’s more. The school cafeteria has enormous amounts of food refuse, and while the Cafeteria Manager and Co-Adviser of the Environmental Club, the leftovers are taken to the landfill.

“Two years ago, all our food waste went to the trash,” said Prof. Wieland, “For 18,000 students, that is a lot of garbage.”

One solution to this problem is diverting filling up landfills and incinerators.

Part of the food is composted on campus using The Rocket Composter, located outside the gym. The students are required to complete the composting process. The rest is taken by a company, Organic Diversions, to a facility where the food is composted in a similar way. The compost is used on campus in the garden, for landscaping or sold for similar purposes.

The rest of the trash, unfortunately, ends up going to a landfill where it sits and pollutes the soil it rests on.

With the recycling and composting, it is possible to diminish the amount of trash by more than 50 percent. Most of the things used are recyclable or compostable, except for such things as cellophane wraps and plastic and certain plastic bags and wraps.

So how can we students help with this process of organizing the trash and making sure everything gets to the right place? A great thing to do is to simply place everything in the correct trash can, avoiding that materials get mixed up and end up going to the wrong place.

Trash goes in the big brown bins, recycles go in the rectangular green bins and compostables go in the round green bins in the cafeteria. It is as simple as that, so let’s do our part!
The sun is shining, the birds are chirping and the days take longer to grow into night. It all means one thing, spring is here and it is finally time to trade in the flannel and space heaters for the funky spring pieces that have not seen daylight in a year.

Do not fret if you are not yet ready to part with some of your favorite winter pieces, spring is the perfect time to mix and match winter and summer, and we are not talking Ugg boots and daisy dukes here.

One of the most important elements of a spring wardrobe is color. Do not shy away from the bright hues in your closet; pair them up with your warm colored winter essentials. No one said that it is too early to break out those shorts you have been dying to show off, just throw them on over a pair of bright or patterned tights and you are ready to head out the door.

For the men out there, the socks and sandal rule does not apply to you, it is NEVER okay to think that this pairing is fashion forward. Spring for the guys means it is time to lighten up the materials, fiber slow casing tees and lighter jackets are the way to go. Shorts at your own discretion, just remember spring is not summer.

### Chicken Curry
**Guyana, South America**

**Ingredients**
- 3 lbs. chicken cleaned and cut into small pieces
- 4 medium potatoes peeled and cut into four pieces each
- 8 whole garlic cloves
- ½ tea spoon black pepper
- 1 large onion
- 3 tbsp. oil
- 4 tbsp. ground curry powder
- 2 tbsp. garam masala
- 3 scallions chopped
- ½ tbsp. salt (add salt to taste)
- 1 tbsp. tomato paste or 1 fresh tomato
- 1 Maggie chicken cube

**Instructions for the Chicken Curry:**
1. After cleaning the chicken, add salt, cube and black pepper and put aside for 5 minutes.
2. Put garlic, onion, scallions and 4 tbsp. of water into a blender and blend until smooth. Pour mixture into a small bowl.
3. Add curry powder and garam masala into the mixture and stir until mixture becomes like a paste.
4. Heat oil in a round bottom shaped pot for a deep pot.
5. Add mixture into pot and sauté for 3 to 4 minutes.
6. Add chicken, tomato paste and stir until the meat has been covered in the mixture.
7. Cook on slow heat for 20-25 minutes.
8. Add potatoes and 2 cups of water, bring to a slow boil for 30 minutes until potatoes are fully cooked.
9. Salt can be added to your taste. Remove from heat.
10. Chicken curry should be served with gravy.
11. When done, serve with white or brown rice.

Tony is a financial whiz who likes to examine the market from the inside out. But he’s also a people person who’s intensely interested in the human factor. The Cotsakos College of Business at William Paterson University showed him how to blend both into an incredible career.
Horoscopes

Week of April 25-May 1, 2011
By Jennifer Shepherd, The Lipstick Mystic

Aries: March 21-April 19
Someone who isn’t your usual type could express an interest in you. Don’t ignore this person. Even if he or she isn’t the “right” religion, ethnicity, or race for you, you could be wrong. The moon says be open-minded.

Taurus: April 20-May 20
A friendly sun is turning you into a babe magnet or a guy attractor. People are asking you wherever you go. Strangers are hitting on you more than usual and casual friends are acting like they want to date you. Talk about sexual mojo.

Geminis: May 21-June 21
Your honey might be in a bossy mood. Usually, you’re a pacificist, and temper tantrums don’t bother you. But with Mars stirring up some stress at your end, you might find yourself tempted to talk back and act cranky. Remember to count to 10 first.

Cancer: June 22-July 22
Pay attention to your dreams and listen to your intuition. Neptune is increasing your natural ability to pick up on signs and signals. You could foresee something in your romantic life that will help you and your honey experience healing.

Leo: July 23-Aug. 22
You’re ready to show off as the moon turns you into a total exhibitionist. You’ll wear a low cut top or tight jeans and flash your body on the dance floor. Or you’ll engage in flirtty public displays of affection with a hot friend.

Virgo: Aug. 23-Sept. 22
The moon has you playing the skeptic, wondering if your current relationship has staying power. But don’t let a bad day or a stressful week put you in a negative mood. You and your partner can still make things work.

Libra: Sept. 23-Oct. 23
You’re great with words, and you could be inspired to write a love note or compose a song in honor of a special someone. The moon is increasing your creativity and giving you some great ideas about how to please your honey.

Scorpio: Oct. 24-Nov. 21
Don’t let yourself get caught up in old fears and inhibitions. Neptune is stirring up memories of the past, when things weren’t so great in your love life. But you’ve moved on and made a better situation for yourself. Keep pushing forward.

Sagittarius: Nov. 22-Dec. 21
Flirty Mars has you getting into trouble. You’ll call up a coworker and ask him or her out, even though dating at work is always complicated. Or you’ll try to seduce a married friend, even though you know it’s a bad idea.

Capricorn: Dec. 22-Jan.19
You and your partner are working together as a team, getting things done. A businesslike sun is helping you create schedules, divide up chores, and create a better household budget. Just remember to leave a little space on your calendar for some fun.

Aquarius: Jan. 20-Feb. 18
You could hear from a former flame out of the blue. Just when you thought you were over this person, those old feelings are starting to come over you again. The moon says don’t make any sudden moves. Just notice what you feel and analyze your reactions.

Pisces: Feb. 19-Mar. 20
An emotional moon is encouraging you to ask for lots of hugs, kisses, and massages. You’ll release stress better if you can receive lots of nurturing touch from your honey. Allow tension to move through you and out of you and remember to breathe deeply.

Perspectives: Written In The Stars?

Jesse Kurtz
Staff Writer

Astrology means the science of the stars. “Astrology’s purpose is to use the positions of the planets and stars in the sky to gather information on the individual and on humanity,” said Joseph Crane, “astrology is a system that enables us to understand the past, present and the future within a universe full of meaning.”

There is a math behind astrology, and the people who work this all out are called astrologers. They create a stylized map of the universe called a natal chart, with the individual or subject to be studied at the center; it is calculated for the exact time and location of their birth to gain insight into their personality and potential. Another word for this is called a horoscope.

According to astrocompatibilityreport.com, there are theories to the accuracy of astrology. One holds the solar wind. It is scientifically proven that our DNA is affected by the earth’s electromagnetics, which in turn is affected by the solar wind. As the earth orbits the sun through different regions of space, our DNA becomes affected and shaped by the Earth’s position in relation to the sun, creating different personalities according to its zodiacal position.

Rob Tillett writes, “Our bodies react to the world in ways which are still barely understood... we constantly interact with our environment on many levels, from the sub-atomic to the metaphysical. These physical, mental, emotional, even spiritual, levels of interaction vary in depth and intensity according to our character and training, but they are truly real. Our world is really much more like a marvelous mind than a mere machine.”

Astronomy Corner

By Jamie Kurtz, Staff Writer

Do you hate it when you watch the news and it explains some astronomical phenomenon and you are just sitting there thinking, “Why didn’t I know about this?” or “I wish I could have seen that!”

Well here is a calendar of astronomical events for the month of April. Other planets visible during this month are Mars and Jupiter. The best view of Mars was in the middle to late March, but you can still see it during the early days of April. Jupiter, however, is opposite; you can see Jupiter towards the end of April.

Next up is the Lyrids Meteor Shower. According to earthsky.org, this will take place during the night of April 21 into the dawn of April 22. Though that is the peak, some meteors may also be seen April 16 through 25. The Lyrids is one of the most reliable or strongest showers, however, there will be a new moon, so the moon’s light will not wash out the sky. The meteor shower produces about 10-20 meteors per hour, but at peak, the Lyrids are known for random spurges producing about 100 meteors an hour.

The radiant during this shower will be near the constellation Lyra and be facing North East, because of this, it is expected that North East America will get the best presentation.

John Sapida
Features Editor

Sometimes, we may find ourselves looking at the sky to try and find constellations that correspond to our own sign. However, can we really use the positions of the planets and the stars in the sky to tell us the future and its meaning? It is just not that convincing in my opinion.

Upon downloading two horoscope apps on my iPad, I found that these two apps tell two very distinctly different tales. One might say, that a project that I have been working on will have a breakthrough while the other would say that I should be rechecking my work several times. I am the kind of person that like to get the story straight and I just cannot seem to get a straight answer when I read horoscopes. It is even harder to comprehend when I read daily, weekly, and monthly horoscope. None of these ever really summarizes my life completely.

Astrologers have the ability to read the natal chart and tell us about our personalities and our potential, but some people still argue that their sign does not describe them correctly. According to the horoscope from huffingtonpost.com, an Aries such as I should apparently be able to take on life “head first” and are “noted for their courage and leadership.” However, this does not fully describe me for I am very unlikely to be courageous and take risks and I believe that leadership is a lifelong educational track open for development.

In mean, it is always interesting to read what my horoscope says, but I do not expect to make it the outline of my week. In terms of my life being written in the stars, I do not think that is the case. I am one of those people who like to think that I am the one writing my own story, making my own decisions, and facing my own consequences. Personally, while horoscopes and astrology may seem to be an ideal way to add some optimism, or pessimism, to my day, I would rather stick to fortune cookies because they are delicious.

Photos courtesy of astrologyzone.com

APRIL 2012
VOLUME 19 ISSUE 7
THE TORCH
18 FEATURES
North East, Late Evening in April

Photos courtesy of astro.org
FEATURES

THE TORCH

Volume 19 Issue 7
April 2012

The Torch Celebrates National Poetry Month

From Planet Earth

By: Norman Shafto

From Planet Earth

Here I hang in agony
Who will help me to be free?
Trees are falling, rivers foaming
When will people stop my moaning?

My skies were blue, but now are gray
The stars just watch as I decay.
How long does man think it will take me
To no longer have a single tree?

Recycle, reuse, share the rides
Save your world before it fries!
Care for me through every day
Or all the life will fade away.

Sweetest Downfall

By: Laura Madera

The day that you left
Awaiting your return, I sat on a wooden old bench.
I could not think,
I could not breathe,
I simply could not fathom life without you.

Tear after tear,
My soul screamed out loud for the universe to hear
That you were the one and that without you
Happiness was but a far-fetched dream.

Then, with much determination,
I remained seated on the bench
Waiting…
And waiting…
But my time waiting would never suffice.

I was abandoned by the sun to be consoled by the moon
And around me the sky grew black
Thunder and rain conspired against me
As a sign that maybe it was time to leave.

Slowly, unwillingly, I stood up and motioned home,
Leaving behind on that wooden old bench
My dreams, my dignity and my soul.
Here was the beginning of my worst nightmare.

I knew it was the end of any peace of mind,
But like something one too many times rehearsed,
I drew a smile upon my face.
Physically I am not seated on that bench anymore,
But around that spot the ghosts of my soul and my heart still roam,
Hoping you will come back,
That you will return in search of what you left behind
Because your departure was not intentional,
Although deep down…
Very, very deep down
I know that those are the fables we tell at night
When we are alone and sleep deprived.
Tossing and turning…
Tossing and turning…

www.stjohns.edu/Transfer2STJ
My Personal Playlist

Charles Woodkotch
Contributing Writer

If there is one thing most of us can agree on, it is music. Not necessarily the types, seeing as there is a plethora of genres to choose from, but rather our affinity and love of our particular taste in music. They say smell is the strongest link to memory and while I must admit I do not possess the scientific credentials to affirm or contest that, I must say from my personal experience that music is a close second. How many times have you heard a song come on the radio or shuffle on your iPod and suddenly been overcome with nostalgia? I would bet that most, if not all, of us can relate to succumbing to this phenomenon once.

I wish to share with you a personal, five-track playlist that features songs that all have a strong tie to a particular part of my life. If I were to list every song that brings me back, we would be here all day, so the songs I selected are generally more recent and relevant to me.

Delta Spirit-“Bushwick Blues”: This song comes off this Americana rock band’s sophomore album, “History From Below.” Simply put, this song tells the story of a boy and his unrequited love, and the role it played in his life growing up. Spoiler alert: Us guys can be used by women and have our hearts broken. Heartbreak knows no gender.

Modest Mouse-“Satellite Skin”: This track was featured on the band’s 2009 EP, “No One’s First and You’re Next.” This EP was a collection of b-sides and unreleased tracks spanning from 2003 to 2008. Isaac Brock, the unoficial king of metaphors and Modest Mouse frontman, sings a song about self-identity and the tendency of us younger folk to become overly jaded with our world.

MGMT-“Time to Pretend”: A pop song in just about every sense of the word. Very upbeat, makes ample use of more “digital” sounding recording, and all about having fun. While profound meaning can be found in the well-written lyrics, I personally appreciate the mood it puts me in when I hear the synthesizer play the opening riff.

Blur-“Tender”: Damon Albarn (lead singer and principal songwriter for Blur) is probably better known these days for his work with the virtual band, “Gorillaz.” Many people do not realize that he was well-established in the music world long before Gorillaz, and this song is a testament to that. With a soft and peaceful bluekey guitar riff to kick things off, “Tender” is undeniably a love song, and a great one at that. From their 1999 record, 13, “Tender” is sure to strike a chord with even the pickiest music fan.

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Emanuele Gallanno
Contributing Writer

If you are looking to sign up for an exciting class this coming semester, you are inspired to take a look at our school’s Applied Music Program.

Counting about 30 faculty members and over 100 students, this program has been part of Bergen Community College throughout its history and is constantly growing in numbers and quality. “As of today we have a highly experienced staff of professional musicians and dedicated professors, all of which are ready to accommodate and nurture the abilities and goals of each student. One can rely on a great amount of diversity, being able to choose any musical route they desire from classical instruments, to guitars and basses, to MIDI keyboards and electronic instruments, without forgetting percussion and voice, of course.

There are many reasons to want to sign up for an Applied Music class. “The benefits to be reaped from a music class are many” says Shane R., a BCC student since 2010, “I’m majoring in music tech, and the professors are great, they’re really helping me. I can feel their positive influence on me even in other subjects. Each one is very knowledgeable, and brings out their unique experience, it’s a great learning environment.”

First year student Stephanie W. was equally pleased. “The classes are effective and valuable, but they’re also loose and pleasant. All my professors allow us to learn what we want, if we want to sing pop, or play a specific song on the piano, they let us do it, they teach us by letting us learn something we’re passionate about.”

There was some criticism though. 19-year old Mark K. told us “There’s not enough courses, the program is well, but there needs to be more support and more projects in the future. The more support and students in the classes , the more focused and efficient the program will be.”

Another student, who is not in the classes, the more focused and efficient the program will be told us “He’s the only one that is going to happen, and that if the school sees that there is more interest in the Applied Music program, and hence a larger effort to support it and expand it. To those interested in delving to the arts and music at Bergen Community College, register for an Applied Music Course, marked as “MUA” on Webadvisor.

Applied Music Courses at BCC

Torch Head Asks: What’s in your playlist?
Have you ever bought a product to only have a new and improved model be released weeks later? Chances are, you just thought to yourself, “I have!” and are wondering why this occurs. Here is why the cycle repeats itself and how to avoid buyer’s remorse.

The main culprit behind this trend is you, the consumer. Consumer demand drives companies like Apple, Sony, and HP to constantly revamp their lineups. Companies know that the newest product, however small the updates are, will instantaneously sell. With this knowledge, they strategically schedule the updates in certain intervals, usually being 6 to 12 months.

However, the consumer is not the only reason for the updates. Cost and efficiency are almost equally to blame. It is much easier to profit off a new item with a small update rather than continuing to market something that is a year old. Updates that seem innovative to the consumer can often be cheap for the manufacturer.

For example, the new iPad, which differs from last year’s model with a new improved camera and display costs $364.35 to make. According to the Washington Post, this is just a small increase from the $335 it cost a year ago. Both models were the 32 gigabyte version and sold for $599.

Now armed with knowledge on why product updates happen, here are three ways to avoid buying an item only to regret it weeks later.

- Check tech sites such as cnet.com to read about potential upgrades. Oftentimes these kinds of sites will know of a new product weeks in advance.
- Make note of how much of an item is left in stock when at a store such as Best Buy or Target, if the quantity is low, this means a refresh could be on the way.
- Lastly, check the refund policy on your item. Many retailers have a 14 day period in which you can return what you bought for a small restocking fee. By doing this you can return your old item and buy the new one.

Anthony Sganga
Copy Editor

The Ever Updated Electronics Cycle

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I hope everyone has enjoyed their Spring break and recuperated from their midterms. The month of April is an integral time of the year for SAB; it is the month that holds Spring Fest!

Spring Fest is an entire week of fun events taking place April 23 through 27. Some of the events to look forward to are extreme day, karaoke, and the boat party. Extreme day will take place on April 23 from 11:00 a.m. to 2:00 p.m. outside Public Safety. This event is not to be missed, with such things as the dunk tank, mechanical bull, and an adult moon bounce! Karaoke will be on April 25 from 12:30 to 1:30 p.m. in the Student Center.

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I hope everyone has enjoyed their Spring break and recuperated from their midterms. The month of April is an integral time of the year for SAB; it is the month that holds Spring Fest!

Spring Fest is an entire week of fun events taking place April 23 through 27. Some of the events to look forward to are extreme day, karaoke, and the boat party. Extreme day will take place on April 23 from 11:00 a.m. to 2:00 p.m. outside Public Safety. This event is not to be missed, with such things as the dunk tank, mechanical bull, and an adult moon bounce! Karaoke will be on April 25 from 12:30 to 1:30 p.m. in the Student Center.

However, the consumer is not the only reason for the updates. Cost and efficiency are almost equally to blame. It is much easier to profit off a new item with a small update rather than continuing to market something that is a year old. Updates that seem innovative to the consumer can often be cheap for the manufacturer.

For example, the new iPad, which differs from last year’s model with a new improved camera and display costs $364.35 to make. According to the Washington Post, this is just a small increase from the $335 it cost a year ago. Both models were the 32 gigabyte version and sold for $599.

Now armed with knowledge on why product updates happen, here are three ways to avoid buying an item only to regret it weeks later.

- Check tech sites such as cnet.com to read about potential upgrades. Oftentimes these kinds of sites will know of a new product weeks in advance.
- Make note of how much of an item is left in stock when at a store such as Best Buy or Target, if the quantity is low, this means a refresh could be on the way.
- Lastly, check the refund policy on your item. Many retailers have a 14 day period in which you can return what you bought for a small restocking fee. By doing this you can return your old item and buy the new one.

Anthony Sganga
Copy Editor

The Ever Updated Electronics Cycle

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Broadway Gets Blessed with *Sister Act: The Musical!*

John Sapida

One of the biggest hits on Broadway today is the Tony Nominated for Best Musical, *Sister Act: The Musical!*

Based on the 1992 hit movie starring Whoopi Goldberg, *Sister Act: The Musical* is about a lounge singer, Deloris Van Cartier, who witnesses a mob hit and is sent to a witness protection program in order to gain the full eclectic experience of all music genres. The producers and distributors of this musical have created a movement, designed to uplift communities as well as encourage change in our society through conscious, passionate and poetic music.

AM.O.W serves as BNE's fourth released project, ensuring Q's extended play, "I'm Ready." Ming appeared in his first music video, "Arize All In Vain" and featured on both BNE mix tapes, "Raising The Bar" and "Mic Theory." As BNE's first label mate now residing on both BNE mix tapes, "Raising The Bar" and "Mic Theory," AM.O.W is now considered as a "Real Emcee and continue to uplift communities as well as encourage change in our society through conscious, passionate and poetic music.

AM.O.W features all BNE artists, as Anthony Dwayne Soul, R&B singer, introduced as "A.D.," keeping the roots of his name in his music as he continues to promote positive conscious messages and deep contemplation. His wordplay, vivid poetic imagery and his unique style of flow and delivery add depth to the mixtape in possessing classic replay value. Indeed, one listen is simply not enough.

AM.O.W's intro starts off with condescending and negative whispers towards Ming, with phrases such as "dictionary rapper," "parody rapper" and "punchlines." This prompts him to set the record straight right from the start. "I want people to understand that I'm not a dictionary rapper. I do tremendous wordplay, I create a movement, designed to uplift communities as well as promote change in our society through conscious, passionate and poetic music."

AM.O.W. features all BNE artists, including: Anthony Dwayne Soul, R&B singer, introduced as "A.D.," keeping the roots of his name in his music as he continues to promote positive conscious messages and deep contemplation. His wordplay, vivid poetic imagery and his unique style of flow and delivery add depth to the mixtape in possessing classic replay value. Indeed, one listen is simply not enough.

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Bulldogs Demolish Union CC

Alphonus Delgra
Staff Writer

The Bergen Community College baseball team rallied against rival Union Community College to obliterate them 19-9. It was an intense back-and-forth game between the teams with double plays and triple runs turning the momentum constantly. Cheers were constantly coming from both pits, going on to push them forward to play harder.

The game had an intense start with a double play from the Bulldogs to lead them into the bottom of the inning where they were up at bat. The first run was scored by No. 9 Mike Brito. During the next inning, both teams were unable to score with constant strikeouts and decisive fly balls from both pitchers. Union CC finally scored their first run during the top of the third but the Bulldogs roared back with another run from Brito. His run was answered by two more from Union CC.

By the time the fifth inning began, Union CC was up 5-3. The Bulldogs had kept control of the momentum however for the rest of the game, scoring triple runs on two instances. This not only helped them beat Union, but to embarrass them by extending the score to 19-9 which on the 19th run ended the game. This should serve as a good jumping point for the Bulldogs to keep playing hard for the rest of the season.

MLB Preview: 2012 Looks Similar to 2011

Alphonus Delgra
Staff Writer

Coach Mimms Brings Hope to Bulldogs

Alphonus Delgra
Staff Writer

The Bergen Community College’s men’s baseball team, Steven Mimms, has been part of the program for years, serving as an assistant coach under then Head Coach Hernandez. Mimms served as assistant coach for three years at Bergen, in addition to working at Bloomfield College for a year before returning to BCC.

Former Head Coach Derek Rosenfeld stepped down this year and Mimms stepped up to the plate to become the next head coach. This is his fourth season of coaching baseball although this is his first season as the head coach. Mimms brings plenty of coaching experience to the table and coaches his team with heart. He practices with his team almost every day out in the field on the main campus in Paramus. During pep talks, Mimms would preach dedication, “Give them one hundred percent, one hundred percent of the time.”

Mimms has high hopes for his team and will utilize his knowledge and experience to propel the baseball team to new heights.

The AL Central is a mirror image of last season with the Detroit Tigers, having won the division last season with a 95-67 record. Helping their case is last season’s AL MVP pitcher Justin Verlander. This season they started off with a record of five wins to one loss.

In the American League, the two strong wild-card contenders look to be the New York Yankees (AL East) and the Los Angeles Angels (AL West).

In the National League (NL), the divisions appear to be more wide open. In the East Division, the Marlins and Phillies should contend for the division title. Each team is off to a fast start as each possesses a winning record. In the NL West, the Diamondbacks should be able to come away with the division title. In what would have been a more wide-open contest, the Giants recently lost star pitcher Brian Wilson to an elbow injury. However, the Giants still have enough talent to contend for a wild card.

Over in the NL Central, the Cincinnati Reds look to build upon last years 79-83 record where they just missed the playoffs. This year, that will not be the case, as they should win the division.

For the National League, wild card contenders should be the Phillies (NL East) and the Giants (NL West).