Students Occupy the Board of Trustees

Adriana Szaboova
Co-Editor

John Sapida
Features Editor

A huge contingent of students petitioned the Board of Trustees to allow for two voting parties to represent the student body on March 6. The turnout was to ensure that the student’s voice was being heard in the many important decisions that the Board makes. Unbeknownst to many students, there is a governing body here at Bergen Community College that makes the decisions that affect all every day. This party is the Board of Trustees; this Board is made up of ten members, though only nine have voting power.

Among these members is a student alumni representative who is elected for the term of one academic year. This representative is elected by the majority vote of the general student body. However, the student alumni representative does not have the right to vote in the Board’s business.

The Student Government Association brought to the attention of the Board of Trustees during their February meeting a proposal that would remedy the lack of voting rights and student representation in the Board.

During the meeting, the vote on the proposal, which called for two current student representatives, was voted to four yes, four no and one abstention. As a result of that vote, the Student Government modified their proposal for the March Board of Trustees meeting. On March 6 the Board meeting commenced as usual at 5 p.m. in Tech-128. When the open public forum commenced, the Student Government presented their newly revised proposal.

The proposal was written by Kathryn Rodriguez, Vice President of Student Government. The proposal was sponsored by the active BCC Student Government Senate and executive board, former Student Government President, Jannyl Perez, and Former Executive Secretary of Student Government, Alyson Ann Cina. According to the opening comments during the open public session, made by Vice President Rodriguez, it was noted that in 1968 there was only one Student Alumni Representative with only 1,454 students enrolled. Currently, there are 17,271 students enrolled and still the same amount of student representation on the Board.

Rodriguez continued on to read the proposal in its entirety. The resolution of the proposal is that there be further student representation within the Board of Trustees. The purpose, as stated by the proposal, is to recommend and adjust the number of representatives on the Board of Trustees by saying that it would be beneficial to the students to have additional student representation actively participating in the Board’s decisions.

Their findings show that this proposal should be approved because of the increase of tuition, increased assurance of the attendance of the student representatives, increased student enrollment, and New Jersey College Precedence.

In conclusion, the Student Government asks that the following actions be taken: one current Student Trustee Representative be established by a majority vote of the general student body in the same manner as the Student Alumni Representative is elected. Also, voting privileges should be granted to the Student and Alumni Representatives within the Board of Trustees.

During the meeting, there was an overwhelming turnout of students to support this proposal. Their findings show that this proposal should be approved because of the increase of tuition, increased assurance of the attendance of the student representatives, increased student enrollment, and New Jersey College Precedence.

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Search for BCC’s New President Begins

Anthony Sganga
Copy Editor

Where’s the new BCC President? Bergen Community College has begun the search for a permanent replacement for President. Since the dismissal of Dr. G. Jeremiah Ryan last summer, the college has enlisted Interim President Jose A. Adamses for the 2011-2012 academic year.

As the position was interim, BCC must now hold a committee search for a candidate going forward. The college has hired Issacson, Miller, an executive search firm, to assist with the search. Aside from this, BCC has enlisted the input of students, faculty, and administrators in order to make the new president a choice of all those on campus.

Along with the executive firm, the Board of Trustees are currently looking for members for a 17-person County-Wide Search Committee. The list of people helping this search include, Chairman of the Faculty Senate Alan Kaufman, President of the BCC Administrators Association William Corcoran, President of the Student Government Association Kesi Lorenzo as well as others including a member of the public and a county executive.

Over a two day span, on Feb. 14 and 15, BCC conducted several interviews with candidates for the next President. Some questions raised were: What do you want the new president to accomplish? What are the the desired outcomes for the role and the college? and how will you know in three to five years that the right person was hired?

Aside from the objectives, other factors to be taken into account are qualifications, experience, and personal qualities.

Currently, the only known candidate is Interim President Adamses, however, any person can be nominated and will have to go through evaluation before the Board of Trustees.
The proposal may go into a vote during the April Board of Trustees meeting on April 5 in Tech-128-B at 5 p.m.

Chair of the Faculty Senate, Alan Kaufman speaks in his support of the proposal. After, Vice President Rodriguez introduced the proposal, Student Government President Jessi Lozano gave a short speech as to why the Board should approve the proposal.

“The community of Bergen is mainly made up of students. This is why we are here again to reintroduce our proposal and we urge the Board to reconsider this important issue,” said Lozano. “We, as the Student Government, will not give up, because we represent the students no matter what anyone else may say, we do know what we are doing here.”

In closing his speech, Lozano touched on an important fact.

“As the Student Government, we are making our presence known around Bergen and in front of the board. We are asking the college to start seeing the student voice as legitimate and coherent,” said Lozano. “We will repeat this message as many times as it is necessary. The students are here to stay and we are not going anywhere anytime soon.”

Former Executive Secretary of the Student Government and current College Council Member, Alyson Ann Cina, spoke as well. She brought to the Board’s attention that this proposal was brought before the College Council and voted unanimously in favor of it.

Associate Professor Alan Kaufman, also Chair of the Faculty Senate, spoke up noting that he was also in support of the proposal and hoped that the Senate would vote in favor as well.

Due to the fact that this proposal was not on the agenda and three members of the Board were absent, the proposal could not be voted on.

“Our presentation and support of the student body was outstanding tonight. I hope the Board really listened and understood our message. Hopefully, it will persuade the Board in making the right choice for the student body,” President Lozano stated when asked about his feelings on the meeting and its outcome.

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Chair of the Faculty Senate, Alan Kaufman speaks in his support of the proposal.
In the continuing celebration of Black History Month at Bergen Community College, “A Tribute to Black Music,” an event to celebrate the African-Americans that contributed to music, was held in the Ciccone Theater on Feb 13. The event began with a moment of silence for Whitney Houston along with a short talk describing how she inspired people around the world.

Three of the music icons that were spotlighted during the event were Dwight “Heavy D” Meyers, James Brown, and Sylvia Robinson. Sylvia Robinson is known for the large impact she has had on the music industry, specifically in regards to the music that artists are currently making. Robinson was part of the Sugarhill label and owns her own studio where artists such as Tyrese Gibson, have recorded. Robinson has also helped create hip-hop as we know it today. Because she and her husband, Joe Robinson, contributed to helping artists start their careers, hip-hop is now known around the whole world. Sylvia Robinson’s son and grandchildren attended the tribute.

Dwight Myers, also known as “Heavy D,” was the next artist to be highlighted. Myers was a producer and songwriter that did not care about what was said about him and gave off an energy that affected people everywhere. The music he created sent a positive message out to people all over the world. Throughout his time, Myers not only produced music for himself, but produced for other artists such as Jay-Z. In tribute to Myers, his last performance at the Black Entertainment Television Awards Show before he died was played.

The final music icon to be discussed was James Brown, also known as the “Godfather of Soul.” Brown is known for his song “I’m Black and I’m Proud,” as well as his appearances on “The Tammy Show.” Brown’s dance moves have inspired artists such as Michael Jackson throughout the years. Along with slide shows, music and videos, the students of BCC also helped to contribute to the event by performing songs and dancing. A new group on campus, known as Spontaneous, performed a song by Heavy D, mixed with their own lyrics along and a song by John Mayer.

If it were not for these three music icons and others, hip-hop would not be where it is today. Even though the three perform different types of music, each contributed to types of music that everyone around the world recognizes today.

“A Tribute to Black Music” Comes to BCC

Victoria Smith
Contributing Writer
Attitude is what allows you to develop a sense of purpose in your life.”

This powerful truth was spoken by Principal Baruti K. Kafele, who emphasized the importance of attitude in education and in the daily lives of all students through the delivery of his public discussion as part of the African American Student: Best Practices for Overcoming Obstacles to Learning and Academic Success.

“If you’re not discussing the significance of the day, February 21, which is the anniversary of the birth of Malcolm X, which segued into his experience at age 25 with one of the most critical and important events in his life,” said Kafele.

The Mis-Education of the Negro

Kafele, founder of the Negro History Week, is the book that inspired this seminar. In the book, Woodson expressed the dilemma of controlled thinking on the African American man. As long as the student is living in his thinking, cannot think for critically or analytically, he doesn’t pose a threat nor challenge. In the same way, if one is thinking or worrying about himself, however, if a student cannot think for critically and analytically, that so many of these young people gravitate to the things that are most destructive such as gang membership through a 75 cent bandanna.

“Are they willing to put their lives on the line for the bandanna; not more value in the bandanna than their own mother,” said Kafele. “But if you and I can teach them how to think, if we can teach them how to look beyond the surface and really understand what’s presented before them, we can turn this thing around overnight.”

Kafele pointed out that it is not an achievement gap because he will not conclude that children are born inferior and are unable to achieve excellence. It begins with underlying layers of issues in the student that educators are failing to address. It is rather an attitude gap, because there are those who have the will to learn and there are those who do not. It is the educator’s responsibility to not misconstrue that students are inferior, yet it is really something that needs to be changed in the method of teaching. Kafele focuses on fusing up students and getting them excited about learning, especially within the black community.

To the educators, Kafele expressed thought provoking ideals when he said, “If you intend on teaching at least one black child...it is imperative, it is non-negotiable that you know his story...his history. Because, when he arrives to school, chances are excellent that he is not going to know his story as he walks through the door. If we don’t teach him his story, he will probably never learn it. So when he looks into the mirror he’s not going to recognize who that is looking back, beyond the name on his birth certificate.”

Kafele articulated the value of developing a “vision for your mission” when defining the purpose of educating students.

“The agenda of the first day included a Parliamentary Procedures workshop by Vice President Kathryn Rodriguez, President of the Student Senate. In addition to the procedures, the students learned the method to tackle issues that affect the students. In addition, the students were given more open communication and bonding between the student senators. The retreat took place at the Woodcliff Lake Hilton Hotel.

The weekend was organized by the Student Government with the help of SGA in order to train former and new senators the proper protocol and method to tackle issues that affect the students. In addition, the students were given more open communication and bonding between the student senators.

The agenda of the first day included a Parliamentary Procedures workshop by Vice President Kathryn Rodriguez, Details of Organizing Events by President Joshi Lotano and Student Etiquette by Ann Lola.

From Friday, Feb. 24 to Sunday, Feb. 26. The weekend started out with a team building exercise to help students and advisors feel at ease with each other.

The second day included committee workshops, a speech by Interim President Adames, a Resume and Interview Workshop by Jim Miller and a Q&A Session with County Executive Kathleen Donovan.

Jim Miller spoke about the importance of social media in job settings and how to respond to tricky questions during job interviews. During Kathleen Donovan’s session, everyone learned about her experience as a woman in politics, as well as some of her personal goals during her term as county executive.

The third and last day was mostly presentations of the things the senators created during a team building exercise. One of the advisors, Michelle Furtah, assigned them a task to create an aircraft with an assortment of random junk from the dollar store.

“Our group was so confused in the beginning,” a BCC student said, “she basically told us to create something out of nothing. At first we all thought it was impossible, but I felt so accomplished when we actually finished it. I feel empowered not only as a student senator, but as a person, as well.”

The senators who attended this retreat seemed ready to take on any issue. The SGA office is located in A-101 in the Student Center. If you have any issue at the school that need to be addressed, please visit our office or email us at studentgovernment@bergen.edu.

The SGA Retreat took place in the beginning of the new school year, which went from Feb. 24 to Feb. 26.

The weekend focused on learning for the Student Government. Twenty-four students and three staff members attended the weekend at the Woodcliff Lake Hilton Hotel between the student senators.

The weekend fostered more open and critical thinking and the mindset of teaching. Donovan, Interim Dean of Community College, delivered a powerful and inspirational message to all who attended; both students and educators alike. Kafele is a Milken National Educator, an internationally renowned speaker, best-selling author, educational consultant and motivational speaker. He has worked in New Jersey public schools for more than twenty years. He led the transformation of four different middle and high schools, including “The Mighty” Newark Tech, when we actually from a low-performing school in need of improvement to recognition by U.S. News and World Report Magazine as one of America’s best high schools.

He is the author of the Association for Supervision and Curriculum Development (ASCD) blockbuster book, “Motivating Black Males to Achieve in School and in Life.”

As this event took place in the Moses Family Meeting & Training Center, every seat was filled and other attendees stood in order to hear his powerful message, making this event one of the many successful Black History Month events at Bergen Community College.

Contributing Writer
Gloria Cho

SGA Retreat

The weekend was organized by the Student Government Association’s Reboot Weekend. This weekend was designed to teach students about the responsibilities of being the voice of the student body.

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To learn more about transfer opportunities at USciences, visit www.usciences.edu/TransferNow.
The Rise and Fall of the Public Library System

Where libraries are being cut

Many states have had to cut library funding just when the jobless or those seeking government services need them most. Cuts in 2011 funds:

- Cuts greater than 10%
- Cuts less than 10%
- No change
- Libraries closed due to cuts
- Funding increase
- No state library funding

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Jessica Czarnogursky
Editor-in-Chief

The library system goes back further than we can purport. Finding groups of texts that date back over 5,000 years or looking at great civilizations collecting works of literature has been a quintessential part of humanity since the written word. Though Alexandria and other ancient libraries may have only been accessible to scholars and elite members of society, it did not take long for the concept to reach world-wide and evolve into something accessible to all.

Such accessibility now finds itself in ruin, as the once greatly acknowledged American library system is now facing the same budget cuts that all of society has felt. Serving as a pinnacle point of stability and growth for years, it is a system we as a nation cannot afford to cut at any more.

Though libraries have been stereotyped with old and crochety employees, minimal lighting and the smell of old and moldy books, that is not the case. In fact, looking at our own Sidney Silverman library, or even the local branches that open up the Lyndhurst campus, it is easy to deduce the false nature of that stigma for yourself.

Working for the Bergen County Cooperative Library System (BCCLS) I see first-hand how the library system affects the population of Bergen County and beyond. Not a day goes by that dozens upon dozens of members from all walks of life come through those double doors for one reason or another.

They include grandparents borrowing DVDs to entertain their grandchildren for the weekend; college students borrowing all of Shakespeare’s plays instead of draming their bank accounts; a mother of two taking an audiobook for the long drive to see her own ailing mother. The list of obvious functions of the library can go on. But what about those that not everyone knows about?

On a daily basis, I also see members asking about our free services: ESL classes, story time for children, the book club or computer classes that can teach you everything from Microsoft Office to Twitter. I see tired middle-aged mothers asking for help sending their resumes electronically because they were laid off; grade school children asking for help with homework; college students, much like us, who cannot afford a laptop taking their exams for their online classes; tutors ensuring that a student battling leukemia can come for a couple hours to catch up on work missed by not being in school. It’s truly an eye-opening experience working in a public library, as it serves as the hub and cornerstone for all of society.

With so much to offer and with our economy so obviously in need, it is counterproductive that the library system faces the same sort of heartaches and cuts that the rest of society is facing. Yet, it is the reality. Nationwide, our public libraries have seen budget cuts that have forced directors to cut back on hours or even days they are open, employee salaries and the number of employees hired. Some libraries have been forced to close their doors for good.

Look at our college library. Even at 8 a.m. on a Monday morning, when almost all of this campus is still sleep-deprived and comatose, that library is still full of students. Look at around noon, when there is rarely a space or free computer to be found, and the amount of activity can only be comparable to the cafeteria during lunch. Without that library, not only would we be without a computer or printer, but a quiet place to study, or even our textbooks, for those who borrow instead of buy them. That same horror goes for those members who use the public libraries, some who coexist around us.

While some amongst us take the library for granted as a worst-case scenario to be used when their hard drive explodes or when their printer is out of ink, think of those who use it as their first choice. Those members who are not privileged to be able to sit in Starbucks with a Venti latte and their MacBook because of the economy. Where would the middle and lower classes of our population be if it were not for the free and crucial services that our public libraries provide?

We knew it took more than just a day to build Rome and it takes more than just a small Band-Aid to cover a gash on your knee. It also takes more than just a college library or Barnes and Noble to help keep our country going. Without the public library system, all avenues of American society would find itself in decline. Those members who are not privileged to be able to access a library are those who coexist around us.

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Stereotyping may be based in truth, and many people justify stereotyping by pointing to statistics. However, what people fail to realize is that in most cases, the statistics do not conclude anything about a person.

Jack Riviere, writer at helium.com, makes a very good point. Throughout our young adult lives, sometimes even earlier, we are labeled according to how we look, what we do and even based upon our ethnicity. Some can be painful and harmful while others can be enlightening and drive you to break them.

Unfortunately, not all young adults, even those with more maturity, can seem to shake off the labels that are given to them. Being blonde; I cannot tell you how many times a week I get judging looks or snobby comments on my appearance.

Just to set the record straight, just because I am blonde, that does not mean I am incapable of anything. I, myself, hold a 3.6 grade point average, part a time job, a strenuous music career and am on the executive board of two organizations here at Bergen Community College.

Another perfect example is our current Executive Board. The Editor-in-Chief, Jessica Czarnogorski, is blonde and runs our paper flawlessly, as well as holding an almost perfect 3.9 grade point average, volunteer service in two part time jobs.

The two top positions on this award winning paper are subjects of major stereotypes. The Editor in Chief of two semesters, is aīman and runs our paper flawlessly, as well as holding an almost perfect 3.9 grade point average, volunteer service in two part time jobs.

The simple fact that society has placed them in a category is enough to drive an individual to prove society wrong. When you hear a stereotype about yourself, use it as the perfect excuse to show someone else up!

Unfortunately, the future does not look bright for our common stereotypes, as the publicist for a music label and is a member of the board of directors of a nonprofit AIDS campaign based in California.

According to surveum.com, 60 percent of those surveyed say that racial stereotypes exist but only 16 percent say that they do not matter. When asked what group of people they would be most comfortable in, 33 percent said a mixed group but 29 percent said a white dominant group. Forty-five percent said that Caucasian have the most positive stereotypes while 44 percent say that African Americans have the most negative.

There are some positive stereotypes out there as well. According to the survey, 42 percent say that the most intelligent race is Asian. Also, 53 percent say that African Americans are better at sports. These stereotypes may be deemed as positive, but they too are harmful by adding unnecessary pressure to young people everywhere to live up to them.

For some, stereotypes may be beneficial. The simple fact that society has placed them in a category is enough to drive an individual to prove society wrong. When you hear a stereotype about yourself, use it as the perfect excuse to show someone else up!

Unfortunately, the future does not look bright for our common stereotypes, according to surveum.com, 35 percent of people said that in the next 50 years, no race will have any racial stereotypes. Only we can stop stereotyping people and ethnic groups. Next time you prejudge someone, call yourself out in your head and remember that it does not matter what someone may look like, act like or where they come from. What matters is who they are as a person.
ACTA: The Newest Bill Against Piracy

Canbek Alakay
Contributing Writer

Unlike new bills such as the Stop Online Piracy Act (SOPA) or Protect IP Act (PIPA), the Anti-Counterfeiting Trade Agreement (ACTA) has been in negotiations since 2007. Although it was not made public until 2011, it has been formally presented and signed by major worldwide players including Australia, the European Union, Japan and the United States. The bill aims at stopping copyright infringement worldwide and, unlike SOPA and PIPA, which have since been shelved, ACTA is gaining more signatures every day.

The bill is supported by corporations such as Pfizer, Universal Music Group and the Motion Picture Association of America (MPAA). MPAA chairman Dan Glickman wrote a letter to Vermont Senator Patrick Leahy outlining the benefits that the bill would create. Although ACTA has been lobbied by corporations, the bill has been met with opposition from the public and some government leaders.

In Oct. 2010, over 75 law professors from around the United States wrote and signed a letter to president Barack Obama expressing their displeasure at the signing of ACTA. The letter pointed out false claims made by supporters of the ACTA and a list of measures the President could take in order to help fix the bill. One of those who signed the letter was Michael A. Carrier, a Professor of Law at Rutgers Law School-Camden. Professor Carrier has been vocal in his opposition of ACTA, firstly of the secrecy of the negotiations and also with the problematic Article 21.4, which he analyzed in a post to the Oxford University Press’s blog. The clause states, “with respect to the offences specified in this Article for which a Party provides criminal procedures and penalties, Party shall ensure that criminal liability for aiding and abetting is available under its law.”

Carrier argues that the language of the clause is broad enough that it could place innocent parties, such as manufacturers, under the umbrella of copyright infringement. Any party that plays a role in assisting infringement could be liable for criminal liability. The identity of such parties is worrisome. These include personal computer manufacturers, electronic device manufacturers, and search engine operators. Each of these entities could play a role, however indirect, in contributing to copyright infringement,” said Carrier.

Although the current provisions are not as bad as SOPA or PIPA, California Rep. Darrell Issa claims ACTA is “more dangerous than SOPA.” Rep. Issa explained his view at the World Economic Forum in Davos in January. “Once implemented, it creates a whole new enforcement system and will virtually tie the hands of Congress to undo it,” Issa said.

The language of ACTA has been watered down, but that has not lessened the fury against the bill. Much of the opposition stems from the secrecy of the bill. Several Internet outlets reported that “freedom of information” requests were denied. Under the Freedom of Information Act, the public is allowed access to documents that were private up until that point.
How are You Making Ends Meet this Semester?

Laura Madera
Ad Manager

“I am working on campus at the Center for Student Success and I also ask my dad for money.”

Janna Hammad
Early Childhood Education

“I receive unemployment since last semester from my previous job as a medical assistant.”

Khiry Gilchrist
Musical Performance

“Basically borrowing money from my parents... I kinda pulled out all my savings already!”

Augusto Suarez
Mathematics

“I was working full time at a cookie factory and I stopped so that I could have time to study. I’m looking for a part time job as a nanny, stock clerk or anything else, mostly domestic. I already paid all my bills. My scholarship covered 80% of my tuition and what remained I paid using my savings.”

Miriam Sanjines
American Language Program

“Well, I’m budgeting up to the last dollar and I’m tracking down how much I spend using www.mint.com. You link your debit or credit card and it tells you how much you spend on food, clothes, etc... I’m also working at the Tutoring Center.”

Gloria Cho
Liberal Arts, Economics Option

“I’m a waiter at Johnny Rockets in Hoboken. I also sing to my clients to make a little extra... it makes them happy.”

Billy Truppner
Musical Theatre

“Basically borrowing money from my parents... I kinda pulled out all my savings already!”

Augusto Suarez
Mathematics

“I was working full time at a cookie factory and I stopped so that I could have time to study. I’m looking for a part time job as a nanny, stock clerk or anything else, mostly domestic. I already paid all my bills. My scholarship covered 80% of my tuition and what remained I paid using my savings.”

Miriam Sanjines
American Language Program

“Well, I’m budgeting up to the last dollar and I’m tracking down how much I spend using www.mint.com. You link your debit or credit card and it tells you how much you spend on food, clothes, etc... I’m also working at the Tutoring Center.”

Gloria Cho
Liberal Arts, Economics Option

“I’m a waiter at Johnny Rockets in Hoboken. I also sing to my clients to make a little extra... it makes them happy.”

Billy Truppner
Musical Theatre

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Where Is the Opportunity?

Karim G Daif
Contributing Writer

In high school, teachers preached to students about going to college and furthering their education. The teachers who had preached these words most likely went the traditional route of going to a four-year college as soon as they finished high school. Students were told they would be nothing without both a high school and college degree. A few years and a recession later, there are countless people wishing they went a different route.

On Jan. 18, internet users may have noticed a protest on websites against bills such as Stop Online Piracy Act (SOPA) and Protect IP Act (PIPA). Websites such as Wikipedia and Reddit went “black.” They were unable to be used for the entire day and posted information and links about the bills in hopes to discourage them from going into effect.

With that being said, the benefits of a trade school become more noticeable. Many high school graduates took this route rather than college. Some went back to college after trade school and others already have careers from the skills they learned in half the time.

So at the end of the day we are left to ask a simple question: Where is the opportunity left in America? It is extremely important, especially as a young adult looking for a steady paying career, to weigh all options as much as possible.

Is the Fight Against Piracy Anything New?

David Gomez
Staff Writer

On Jan. 18, internet users may have noticed a protest on websites against bills such as Stop Online Piracy Act (SOPA) and Protect IP Act (PIPA). Websites such as Wikipedia and Reddit went “black.” They were unable to be used for the entire day and posted information and links about the bills in hopes to discourage them from going into effect. Websites such as Google, Imgur, Craigslist, and WordPress voiced their opposition toward the bills on this day as well.

The websites, as well as the Internet community, were successful in achieving their goal, the White House, and even co-sponsors of the bills, withdrew support and both bills were then shelved.

The websites, as well as the Internet community, were successful in achieving their goal, the White House, and even co-sponsors of the bills, withdrew support and both bills were then shelved.

With that being said, the benefits of a trade school become more noticeable. Many high school graduates took this route rather than college. Some went back to college after trade school and others already have careers from the skills they learned in half the time.

Steven Schmidt, a trade school graduate, said, “Why would I go and spend thousands of dollars on college when at the end of my time there, I won’t even know if I’ll land a job? That’s the benefit of going to a trade school. I can graduate and hop right in instead of waiting around for someone to offer me a job.”

Schmidt grew up with a father working in the construction business. Independently, his father had a successful business with some tools and his bare hands. Schmidt is currently working with his father in the same business.

A person is always going to see different pros and cons when weighing such decisions. There are many variables to make a clear cut decision that works for everyone. Some people love to study and be involved with school work, while others may take the more hands on approach. There are opportunities beyond your wildest dreams in places you would hardly think to look or give a chance to try. That is why it is important to be as open as possible to different ideas, especially in this economy.

The fact is, proper schooling in whatever field one chooses is the best way to a higher pay scale and a better quality of life. For me, I would rather individual to seek what is best for them and ultimately ask themselves: Where is the opportunity?
At the end of 2011, in an attempt to avoid a government shutdown, Democratic congressional lawmakers compromised with a Republican-controlled House on a budget bill that jeopardizes the future of thousands of students by introducing new Pell Grant eligibility requirements. Although the spending bill that was signed into law preserves the maximum $5,500 Pell Grant financial aid students are eligible to receive, it comes at a price financial aid students cannot afford to pay. Under these new regulations, the amount of times Pell Grant funding can be received will be reduced from 18 semesters to 12. An even more drastic change implemented were the new family-income requirements. As it stands, anyone making $23,000 and under is eligible to receive the maximum $5,500 Pell Grant. When these requirements go into effect, that number will be increased to $30,000.

These regulations will impact the neediest financial aid recipients. Many students work multiple jobs while in school and are unable to attend class full time. In many cases, these students also have children to provide for. Those students are forced to prolong their stay in college by attending halftime while they slowly accrue the credits required to complete their desired degree. If funding is cut for these people prematurely, we deny these students the chance at a better life for both themselves and their families.

These new regulations will cripple the average middle class student. The middle class will be left with limited to potentially zero funding, and simply because their parents make too much money. But how can $30,000 be considered too much money at a time when most families are struggling just to hold on to the one job they have? We live during a time when millions of Americans are out of work, while the rest of us are just getting by. For many students, financial aid is the only option they have.

When this new criteria goes into effect on June 1, many students will find themselves unable to receive financial aid and will be left with only two choices: cast their dreams of a higher education aside, or take out loans to compensate for the lack of government aid. This is a time when the average student loan debt is well over $25,000 and when a high school diploma does little to ensure a potential career. This is a time when we should be encouraging Americans to attend school, not shutting the only door they have when they are so close to seeing their dreams actualized. Taking away aid from students denies them of their dreams. Education once meant the world to our nation. It seems we have forgotten this message. 

Chris O’Hanlon
Contributing Writer
In celebration of both Black History Month and the reopening of Gallery Bergen this semester in West Hall, the exhibit, “Between Worlds: The Influence of African Art” opened with a receptive audience. The gallery was filled with art enthusiasts, faculty and students who received the African sculptures with wonder and awe as they toured the room.

While each piece of art has its own distinct meaning, art is universal in all cultures. With over 50 nations in the African continent, Africa is the home to hundreds of different cultures and contributes an immense amount of culture to our world’s diversity.

The exhibit was brought to Gallery Bergen by the efforts of Bergen Community College’s Center for Intercultural Understanding. In the past, The Center for Intercultural Understanding has provided other exhibits such as the “Faces of Diversity” exhibits whose pieces are still viewable in the Sidney Silverman Library.

The Center for Intercultural Understanding has also presented smaller exhibits in the library and the cafeteria. However, with the opening of Gallery Bergen on the third floor of West Hall, they are proud to present their first major showcase in a long time.

“I’ve had a dream for many many years on wanting to do a major show at Bergen. Now that we have this gallery space, I thought now we can do a major show,” said Professor Charles Bordogna, the Director of the Center for Intercultural Understanding.

Prof. Bordogna, an English professor at BCC, became interested in African art and cultures when he was 30 years old. Since then, it has lead him to travelling to Africa, starting his own collection, and providing showcases for the college such as this.

To make the showcase a success, Prof. Bordogna reached out to Dr. Brian Healy, a collector in New York.
who has been collecting for 25 years. After that, they collaborated with both the art department and Julie Kirkpatrick, the director of Gallery Bergen, to make their idea come alive. Their hopes for the showcase were to help students understand some of the art and cultures of Africa.

“We hope that those who view these pieces of art will start to appreciate African art as an art form,” said Prof. Bordogna.

The gallery also showcases the influence that traditional African art has on European modern artists such as Picasso and Braque.

“We also want to show the link and the influence of African art to modern art such as cubism,” continued Bordogna.

The exhibit contains pieces of art mainly from Sub-Saharan Africa with countries and cultures from Nigeria, The Democratic Republic of Congo, The Ivory Coast, Mali, Angola, Sierra Leone, Tanzania, Cameroon and Guinea Bassau.

In traditional cultures in Sub-Saharan Africa, masks and statues are vital in everyday life. They have numerous purposes in everyday life. For example, certain figures are seen as the link between the living and the dead or the natural world and the spiritual world. Furthermore, masks, other than being used for entertainment and performance, are also used as a link between the spiritual world. Some believe that spirits may temporarily reside in these masks to communicate with humans through them.

The Between Worlds: The Influence of African Art exhibit will be available for viewing at the Gallery Bergen until March 22. The gallery’s hours include: Tuesdays 10:00 a.m. to 3:30 p.m., Wednesdays, 12:00 p.m. to 6:30 p.m., Thursdays, 10:00 a.m. to 2:00 p.m. and Fridays 10:00 a.m. to 2:00 p.m. Admission to the Gallery Bergen is free. Students, staff and faculty are all encouraged to visit this exhibit and become enriched with the mystery, history and wonder that art may bring.
The History of St. Patrick’s Day

Alyssa Jahren
Staff Writer

As we approach the holiday filled with green, shamrocks and the Irish, otherwise known as Saint Patrick’s Day, some may wonder what this holiday really is about. We may also find ourselves wondering if there is such a thing as “luck”. Can we really find the leprechaun underneath the rainbow who hides that pot of gold?

Saint Patrick’s Day was started during the fifth century, when Saint Patrick traveled back to Ireland and brought Christianity to the then pagan inhabitants. Saint Patrick’s Day started out as a very small holiday, being celebrated as a Roman Catholic feast day in Ireland since about the ninth or tenth century. However, the idea behind this holiday caught on and is now celebrated all around the world. Some places include: London, Argentina, Japan and of course the United States. In fact, it was the United States that held the first Saint Patrick’s Day parade. In 1762, Irish soldiers serving in the English military marched through the streets of New York, and thus started the tradition.

Green is the color most of us associate this holiday with, but the original color was actually blue. This changed when shamrocks came into the picture and most individuals associated the green four-leaf clover with luck and the forty plus shades of green that Ireland is known for.

Most people are probably thinking, there is no such thing as finding a leprechaun at the end of a rainbow, but do you believe in lucky things happening? Some luck can include not having a test the day you were supposed to, winning the lottery or even something as simple as obtaining a good grade on an assignment that you thought you failed. I cannot promise you that you will find that four-leaf clover and all your dreams will come true, but I can say that you will definitely face some lucky encounters.

On March 17, make sure you keep an eye out for that lucky four-leaf clover, or even that rainbow, enjoy some corned beef and cabbage, and do not forget to celebrate Saint Patrick’s Day!

Brain Drain: The Deadline Rush!

John Sapida
Features Editor

DIFFICULTY: EASY

Television dramas, especially medical and courtroom dramas, vividly interpret how crazy some professional settings may be. When deadlines have to be met, the same is true in my office and personal space!

Welcome to the Newsroom! “The Torch” is published monthly and when deadlines are approaching, time is of the essence. In order to achieve the highest journalistic standards, editors work various hours to produce this award winning newspaper. You may ask, “What is the the secret to a productive editing process?” Personally, water and various caffeinated drinks are what get me through this process.

As deadlines approach, the atmosphere might get a little hectic, especially around my area. Below are two pictures of my office space as deadlines approach and try to blind side me! Can you spot TWELVE differences between the pictures below?

Did you find all twelve differences between these two settings? If so, amazing job! You kept your brain from draining.

Twins: Love Them or Leave Them?

Jesse Kurtz
Staff Writer

The first question people always ask me when they find out that I am a twin is “do you like it?” My response is always, I like having a sister, but I sometimes wish she wasn’t my twin.

The first reason against being a twin is that we share everything. I never have things for myself and I am usually never able to stop my sister from using things for herself and I am usually never able to stop my sister from using things for myself. I have shared a bedroom my entire life, along with the same school, the same setting, it is very hard for me to get away from her. I have always been as a pair and not an individual with different thoughts away from my sister. I changed my style just so I can look different from my sister.

Lastly, I hardly have alone time for me. I have shared a bedroom my entire life, along with the same school, the same grade, the same friends and sometimes even the same classes. With the same settings, it is very hard for me to get away from her. She is my other half. To death and I love my sister, but maybe someone there is more so, I have someone to be there for me.

Finally, the last two and most important reasons why I love being a twin are as follows: One, I am and never will be alone. I have never spent more than three days away from my sister and even then, we talked on the phone every night. My twin and I have a deeper connection compared to other siblings because we were in the womb together. I have known her my entire life and she is the only person to truly understand me.

Number two, I will always have someone to understand me and be there for me. Anybody that questions twin telepathy, it is true. Though it may not be in the sense some people think, I can usually say that most of the time I know what my sister is thinking. We have a bond there just a quick glance can say an entire paragraph.

So yes, having a twin is amazing! Relationships between twins are much more profound than just playing tricks on people and sharing. She is my other half, and without her, I am not me.

Jamie Kurtz
Staff Writer

My sister and I are fraternal twins, born an hour and forty minutes apart. As much as we are the same, we are also very different and I have to say, I LOVE being a twin!

A perk of having a sister the same size and age as you is being able to share clothes. Think of the wardrobe for one person and then multiply it by two. I will never not have anything to wear! Not only do we share clothes, but we share everything, from food to makeup and sometimes even homework — but no one needs to know that.

I guess I can also add that we share friends. Therefore, another bonus of having a twin is having double the amount of friends. Two people mean twice as many people we know, four times closer. In every situation, my twin knows, I know. Personally, networking is a very important skill used in the career choice I am making, so making twice as many connections is incredibly beneficial. Even more so, I have made sure to check out the April Edition of “The Torch” for the answers! If you want to suggest challenging puzzles or other “brain-worthy” challenges, please email featureseditor@torch@gmail.com.

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A Day Without Shoes

Alyssa Jahren
Staff Writer

Have you ever wondered what it is like to have to walk around barefoot because you could not afford a pair of shoes? On April 10, a company called TOMS is sponsoring an event called “A Day Without Shoes.” This company’s mission is to donate a pair of shoes to a child who is less fortunate for every pair of shoes an individual buys.

A Day Without Shoes takes place across the country, with millions of participants. This event allows you to fully understand the horrible conditions that some individuals have to live with everyday. How horrible is it that some cannot afford a pair of shoes? With this event, you get to walk in their footsteps.

Millions of individuals every year are diagnosed with illnesses due to not wearing any shoes. A simple cut on the foot can turn into a major medical condition as the cut can become infected from walking on the dirty ground.

If you would like to participate in this event please visit toms.com for more information. You can also check out the video that they made last year by going to YouTube and searching “A Day Without Shoes.”

First Club Forms At The Meadowlands Campus

Prof. Pamela Hughes
Advisor of Green Muse at the Meadowlands

A student throws a Burger King bag out his car window onto the Bergen Community College Meadowlands parking lot and drives off, leaving the super-sized cup and wrappers flying in the wind. When Donald Trump wanted to build 20,000 condos on the Meadowlands a few years back and I mentioned to a student that environmentalists did not want this to happen, he glanced out the window and responded but why not? Wouldn’t condos be better than a swamp? These are just a few reasons that lead to the start of the Green Muse Environmental Club at BCC’s Meadowlands campus.

The only way to counter apathy and lack of knowledge is to get the word out among students that we have to care about our environment—to learn to care as a community. Each Green Muse member can help to facilitate change both in and out of the class room.

The Meadowlands

By: Prof. Pamela Hughes

It’s easy to arrive at the answer here, in the sibilant shush and click of tall grasses worked by the wind, like the sound of sand and source pouring from a bucket.

There’s no commotion in the slow motion of shallow spring-warmed creeks winding along the fresh or salt water ways. How does a meadow move you?

I rustle and glide like a slow swooping bird—seeking nothing but the welcome of distance, the wild streaks and strands of phragmites and birch boughs—this unbowed salve of green.

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The only way to counter apathy and lack of knowledge is to get the word out among students that we have to care about our environment—to learn to care as a community. Each Green Muse member can help to facilitate change both in and out of the class room.

To keep it fun, the club couples right action with adventure. We might do water testing or swim in the water. Some club members, like most of my students, have walked the boardwalk at the Meadowlands Environmental Center just a half mile from our campus. While there they learned to like the common reed, had to run from a nesting goose chasing us down the pathway or saw the small killifish in the water they thought was hopelessly polluted that make up part of the food chain that supports us all. They have also paddled out onto Hackensack River in canoes to pick up garbage from the banks.

The Green Muse Environmental Club has a lot to offer both environmentally and socially. We can make a difference. Like a ripple effect on the briny waters of the marshes or the Hackensack River, our rings will spread far and wide.

To learn more, visit www.slc.edu/admission/apply/transfer, e-mail slcadmit@sarahlawrence.edu or call (800) 888-2858.

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**Is Sudden Weather Changes Causing Sickness?**

**Jamie Kurtz**  
*Health Columnist*

These past six months have had many people rubbing their heads confused. Fall is acting like winter, winter is acting like spring, when is it going to end? With this wacky weather, I’m sure a lot of people is acting like winter, winter is acting like people rubbing their heads confused. Fall do is harm plants, exacerbate respiratory problems in pet pigs and also effect people who are asthmatic.

According to Dr. Alan Resnick, Associated Allergists and Asthma Specialist, the millions of nerves in our lungs are very sensitive and a drop from 65 to 45 degrees Fahrenheit can cause many symptoms in asthmatic people. The temperature, humidity and barometric pressure can trigger coughing, wheezing and shortness of breath.

Now that we know that wearing a jacket will not prevent us from getting sick, uwhealth.org, the University of Wisconsin Hospital’s website, says that these tips will help us to stay healthy during these strange weather patterns:

- Wash your hands frequently, especially after blowing your nose, coughing, sneezing, being with ill people and especially before you eat
- Avoid sharing objects
- Avoid touching your nose, mouth and eyes
- Get enough sleep
- Reduce stress
- Use tissues for coughs and sneezes and dispose of them immediately and appropriately
- Eat right and get regular exercise
- Avoid crowds and keep your distance from people whom you know are ill
- If you are sick, avoid contact with the frail, very young and elderly
- If you are sick, stay home from work or school

Just to present how unusual this past year has been in terms of weather, news.gov reports that New Jersey/New York beat record breaking highs for one of the warmest years since 1869. Weather.com reports that places in the United States also beat records for one of the wettest years since 1870. Not to mention Hurricane Irene, the unusual snow storm last October, and the unseasonably warm winter we have been having.

*Using the phrases, “It’s the change in weather,” or “I always get sick around this time,” will, unfortunately, no longer be a valid excuse. However, if the tools listed above are used, hopefully you will stay healthy enough to not have to use the weather as a defense. It’s much more interesting to change your life to suit the temperature than to change the temperature to suit your life. The seasons change, and we should change with them. Life isn’t meant to be lived year round at 70 degrees.” said the Chicago Tribune on their website, chicagotribune.com.*

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**If You Love Me, You’d Share Your Password Right?**

**Karl Reyes**  
*Online Editor*

Love is rife with complications ranging from the simplest instances of petty jealousy to the problematic occurrences of unexpected premarital pregnancy. Among the countless number of intricacies a couple can face, a new one has developed as society continues to advance towards technology.

Recently, sharing passwords with one’s significant other has become common. It’s a small example of the more prevalent amongst younger generations, however, it is not in keeping with older generations such as the baby boomers.

Regardless of age, the act of sharing passwords generally tends to manifest from two sources. The primary reason stems from the lack of trust. The second, which is much rarer, is feeling compelled to become so forthcoming and transparent with one’s significant other, that the term “personal privacy” altogether becomes moot. Whether the former or latter, both tend to lead to the inevitable failure in a relationship by cause of hemorrhaged trust between the involved parties.

A solution to the lack of trust between two lovers is both simple and vastly non-laborintiine: growing up. It is time for a reality check, because if you get an aneurysm over your significant other talking to a member of the opposite sex, same sex or even both, it is not time to get real. Nobody in their right mind would want someone hawking over them as they go about their busy lives.

If all else fails, victims of this should promptly pack their bags. But bid their offenders a fond fare-thee-well.

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**A Week to Remember: Inexpensive Spring Break Plans**

**Jesse Kurtz**  
*Staff Writer*

Spring break is coming up. Finally, students will have a week to relax and wind down from school. All that time you had put towards studying can now be spent with that special someone. Although, trying to find fun and memorable things to do with a college student's budget can be very difficult. Here are some very affordable ideas for surprising your boyfriend/girlfriend this spring break.

If you and your other are more of an outdoor type, you can go to the park and bring a picnic or just act like kids and play on the swings and jungle gym.

If that is not your style then bring a pair of bikes and go riding around town or on a path, even roller skating is fun. If you just want to enjoy nature then take a hike; look up some local trails in the area, such as the Ramapo Reservation. You can end the night by pitching a tent in the backyard and having a romantic camp out for two. Start a bonfire, roast some marshmallows and talk all night.

If the weather is not so nice, or you just do not like being outdoors, there are many affordable ideas for surprising your special someone to make one unforgettable week.

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**If You're Sharing Your Passwords, You're Sharing Your Life**

**All your passwords belong to me**

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**Photo courtesy of gargenhelper.com**

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**Photo courtesy of sev.hu**

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**Photo courtesy of sheehymag.com**

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**Photo courtesy of garjenhelper.com**
Are America’s Hairy Friends Going Extinct?

Nita Lim
Sex Columnist
nlim@me.bergen.edu

Sometimes or always hairless “down there” between the ages of 18 and 24 are something you may have not known under 30 are two to three times more likely to be bare.

Some of the main contributions to this are the porn industry, lower cut bathing suits/pants and lingerie bottoms. Even celebrates like Kim Kardashian have been quoted saying “Women shouldn’t have hair anywhere but their heads.” Then back in 2003, Victoria Beckham had announced that she thought Brazilian waxes should be mandatory at the age of 15. The largest demographic group for being shaved are college students. They have all of the right ingredients: promiscuity, image, clothing and the ready availability of porn.

In a college setting, with peer-to-peer conversations about sex, the topic of pubic hair is more likely to come up even among males. Guys can often be brutal when talking about females and can go out of their way to make fun of a girl’s grooming habits or lack thereof.

Nancy Etcoff, a psychologist at Harvard Medical School who is the author of “Survival of the Prettiest: The Science of Beauty” found in her research that there is an “erotic, sexual component to hairlessness because your skin is more sensitive when it’s more exposed.”

Ray Rodriguez, 18, a criminal justice major here at BCC, said that he likes his girls bald “like Stone Cold Steve Austin’s head.”

Some other male Bergen students like Justin, 19, said that Ray is being too picky and he personally does not mind a little “peach fuzz.”

Whether it is just a trend or a permanent grooming habit, men and women under the age of 30 are maintaining much more than the hair that is visible to the public.

Jorge Abreu
Staff Writer

After some intensive surveying and research, the ladies have spoken. The words are “trimmed or clean” and yes I’m referring to “down there.” Research from www.topix.com shows 29 percent of women prefer men to be completely shaved, 28 percent trimmed, 14 percent don’t care, 6 percent really hairy, another 6 percent wants hair down there in any quantity, 6 percent said they want a forest to play with, 5 percent say wax it and 2 percent say trim it to a shape.

While we can not say that every woman wants it gone completely, the majority vote is “no or very little hair down there.”

“I like a hairy chest, but down there I don’t want to see it,” said Vanessa Perez, a psychology major here at Bergen Community College. On the other side of the spectrum, Stephanie Orgueria, an exercise science major said, “I prefer it be there, this way I know he has grown and is not a boy.”

The Sex Professor of Men’s Health Magazine says that it is not that women do or do not like it, they just do not want to feel like they are flossing their teeth while performing oral sex. Oral sex, while at times can be a moment’s notice type of sex, can also be a very intimate foreplay for some. Men’s Health recommends if shaving is too much of a hassle try using small scissors and work slow.

“Just a slight bit of trimming can go a long way,” says The Sex Professor. So guys there you have it, show a little courtesy to the lady friend and maintain yourself down there. For those who refuse to do so, that is fine, just do not complain about her
How To: Find an Internship or Co-Op

Christina Tzanides
Contribution Writer

An internship can open the doors to the working world. This opportunity shows one what it is like to have a boss, attend meetings and meet deadlines. Internships also introduce you to experienced people who can help guide you toward a career.

By finding an internship, you can build a bridge between an uncertain career choice and a promising and successful career. How can you find one? Follow these easy steps and you will soon find yourself one step closer to your chosen career!

Begin Looking Early

When searching for an internship you must be aware of deadlines and submission requirements. Some hire as early as March for summer interns, so it is important you start looking ahead of time. Check with BCC’s career counselors for assistance and to find out which internships recruit early.

What do you want to do?

The most important thing you need to know is your career path. Gaining experience in the field is a good idea if you have no idea what career you want to pursue after college.

Do you have a desire to work with kids or would you rather work in the business field? Maybe you would even like to make your own food in your cooking hobby. Perhaps you think you have what it takes to make a difference in the world. Whatever your desires are, internships can help you get the experience needed for opportunities that can help guide you toward your career. Internships may also give you a sense of what is right or wrong for you.

Let Your Voice Be Heard!

We all dream about what we want to do with our lives, why not make these dreams a reality? Talk to family, friends, advisors and faculty about what type of internship you want, as well as when and where you want to do it. Try to find professionals in your chosen field of study and interview them.

Online Resources

For more information, visit our website atwww.bergencountycollege.edu

To Do For Internship

1. Let your voice be heard
2. Begin looking early
3. Decide what you want to do
4. Contact employers
5. Include your skills, experience and interests to the employer
6. Be prepared to give a short introduction about yourself that allows you to show your skills, experience and interests to the employer. This introduction should be no longer than 60 seconds, remember they have many others just like you to consult with as well.

To Be Heard!

Be sure to follow up with any recruiters you speak with at the fair to solidify possible connections.

Taco Soup

Here is another recipe that is very satisfying and involves very little chopping and prepping. In fact, this can be made in a crock-pot ahead of time before the big game!

Water (about 1 cup). Add water to the mixture. Stir in packet of ranch dressing mix along with the packet of taco seasoning. Give it a good stir and set on low for 6 to 8 hours.

1 packet taco seasoning mix (*you can mix a healthier taco seasoning mix which has low sodium)
1 tsp. Chili Powder
2 tsp. Onion Powder
1 tsp. Ground Cumin
1 tsp. Garlic Powder
1 tsp. Paprika
1 tsp. Ground Oregano

Taco Soup

What to do:

1. Place ground turkey breast (turkey breast is lower as opposed to regular ground turkey or beef)
2. 1 small onion (or half of a large onion), diced
3. 1 can chicken broth
4. 1 lbs. diced tomatoes and green chiles, undrained
5. 1 can pinto beans, undrained
6. 1 can kidney corn, undrained
7. 1/2 cup low fat mayonnaise
8. 1/2 cup undrained diced tomatoes and green chiles, minced
9. 2 tsp. minced romaine lettuce
10. 2 tsp. minced lemon
ground
11. 1/2 tsp. Paprika
12. 1 tsp. Garlic Powder
13. 2 tsp. Onion Powder
14. 1 tbsp. Chili Powder
15. Salt and pepper

How To:

1/2 cup low fat mayonnaise
1 packet taco seasoning mix (*or you make your own)

What to do:

First, cut a thin slice off the stem end of each tomato. Scoop out and discard the pulp. Let the tomatoes drain on a paper towel while prepping the mix. Chop the turkey bacon into small bits and then add turkey bacon, (low-fat)

You will need:

16. Cherry tomatoes
17. 1 lbs. turkey bacon
1/2 cup low fat mayonnaise
1/2 cup undrained diced tomatoes and
1/3 cup minced green onions, white and
1 cup low fat mayonnaise
1/2 cups green parts
2 tsp. minced romaine lettuce
Salt and pepper

March Madness Bites

Taco Soup: BLS vs U

Emily Pendergast
Staff Writer

If you thought the pre-game food festivities were over, think again! This month, it is round two for more yummy and easy-to-make bites. Your

BLT Minis: Bacon Lettuce Tomato Stuffed Grape Tomatoes

What to do:

BLT appetizers.

1. Chopped the turkey bacon into small bits and then add turkey bacon, 
2. Chop the turkey bacon into small bits and then add turkey bacon, 
3. 1 can diced tomatoes and green chiles, 
4. 1 packet taco seasoning mix (*or you make your own)

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1/2 cups green parts
2 tsp. minced romaine lettuce
Salt and pepper

March madness celebration will be nothing but “slam dunk’in” good.

Here are two simple, cheap and easy recipes for those budgeting with a low budget. With smart choices, you can make healthy, quick and easy BLT appetizers.

Taco Soup

What to do:

Place the ground turkey breast and onion mixture in a slow cooker. Add in diced tomatoes, corn, pinto beans and chicken broth. Fill the tomato can with water (about 1 cup). Add water to the mixture. Stir in packet of ranch dressing mix along with the packet of taco seasoning. Give it a good stir and set on low for 6 to 8 hours.

1 packet taco seasoning mix (*or you can mix a healthier taco seasoning mix which has low sodium)
1 tsp. Chili Powder
2 tsp. Onion Powder
1 tsp. Ground Cumin
1 tsp. Garlic Powder
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Living independently can be a challenging task. However, living independently while attending college can prove even more challenging. Nevertheless, it is part of adulthood and a responsibility everyone should experience.

There are ample components to consider and it is important to evaluate your finances as well as your reliability to accomplish important obligations, as this is essential to living comfortably. Regardless of your current living situation or the reasons to why moving out is important, the number one thing to do is plan accordingly and be smart about the decisions you make.

First and foremost, money must be saved. Exercise discipline in your expenditures and begin to budget if you have not done so already. If unemployed, find a job and pass the 90-day probation period to ensure stability at work. If you are age 18-23 and qualify for financial aid, this is especially important because your parents are still claiming you unless you are emancipated. Financial aid may not be enough to cover, let alone assist with rent.

If you are age 24 and up, you are now considered an independent student; your parents no longer claim you and you may be eligible for more money. Of course, each situation differs and this does not mean you will receive a boatload of cash, however, your independence is taken into consideration by the government. Remember though, funds from school are meant for classes and books first. Education is very important and governmental assistance from an institution of higher learning should not be taken advantage of.

Another source at your disposal for funds is a student loan, which can assist with room and board. Keep in mind that you must qualify for loans and, therefore, they should be a very last resort, better yet, an emergency situation option. Loans must be paid back upon completion of school and no matter how many times you defer your loans, they will always hang over your head until paid off. Students can also fall into the trap of relying on student loans as a comfort method rather than a job. Strive for scholarships because those are not required to be paid back.

One way to save money when moving out is finding a trustworthy reliable roommate. However, there are pros and cons to this. All bills can be split which gives both people breathing room to spend on personal items or to splurge every once in a while. However, you may find that this awesome friend of yours is not someone you want to be around inconsiderate or worse, a freeloader. It is more detrimental to your credit to have a roommate who does not consistently pay rent when the lease is your name.

When living in an apartment without roommates, everything falls onto your shoulders, so there is no room to slack. Rent may or may not include utilities, for example water, electricity, gas, heat, telephone (landline or cell), internet and cable. If your research is done well enough you may be able to find an apartment that includes some or all utilities, with a cable package included. Living according to your individuality, some people do not watch television, so cable will be a disinterest to them.

Next, you have to take care of your physiological and biological needs. Budget for food and drink expenses and be smart about courtroom expenses. Living on take out is exceptionally expensive over time. Bring your lunch to work and buy your groceries much better than weekly shopping as well. Self control will have to also come into play to not go out every night buying drinks or going on shopping sprees. Do not forget about toiletries and household care products as well as furniture if you do not have any to take with you. Other bills include cell phone notes and insurance if you drive, or even monthly bus passes if you are a public transportation loving student.

Once all of these elements are considered and your living arrangements are planned out, you can definitely live on your own, with very minimal to no help from the parents, as it is not an impossible task. But hey, if mom and dad are behind you 100% and are making it rain for you every month, why not? It makes life even easier and much more fun. 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 eictorch@gmail.com or featureseditor@torch.com. Have your concerns answered by your Student Newspaper's newest feature, the advice column: Perpetua's Prescription.
The Italian Club at BCC is one of the newest clubs on campus. Formed only halfway through the fall 2011 semester by student Roy Mateus and his Italian professor, Triziana Quattrom, the club quickly grew to 54 members at the completion of the fall semester. This semester, the Italian Club has already added 33 new members to the list, increasing the total number of members to 87.

The executive board of the Italian Club is comprised of two presidents, Roy Mateus and Joanna Surylda, two vice presidents, Rosaura Reyes and Mike Baron, and two treasurers, Catherine Collazo and Katherine Macias. The club meets every second Thursday of the month from 12 p.m. to 1:30 p.m. The location of the meetings are to be announced. However, the club does have office hours, Tuesdays and Thursday from 12 p.m. to 2 p.m.

The Italian Club hosted and took part in a few different events over the fall semester, some of which included a bake sale that raised close to $1,000, with the proceeds going to help a family in need. The club also partnered with the Student Activities Board (SAB) and hosted a toy drive for children during Christmas.

The Italian Club is not just for people who are of Italian descent, but for anyone interested in learning about Italian culture. The club is not just about being Italian, but also about helping others.

For more information on future Italian Club events visit https://sites.google.com/site/italianclubbcc or email the club at italianbcc@gmail.com.

The Honors Association
Laura Madera
Ad Manager

For the students that regularly strive to excel, Bergen Community College is home to the Judith K. Winn School of Honors along with the Honors Association.

The Honors Association is an academic student club that supports the mission of the Honors Program. The Honors Association plans, organizes and runs events for honor students and prospective honor students.

Each year the Honors Association hosts a meet and greet, a field trip to New York University and Columbia University and periodical informational sessions amongst others.

Some upcoming events for the spring 2012 are: March 7, Columbia University and New York University representatives will be on campus to speak with Bergen’s Honor Students, March 29, guest speaker Timothy Foote will speak to members of the Honors Association about scholarship opportunities, April 4, there will be a Phi Theta Kappa panel, April 6 there will be the Bergen Honors Conference and more.

The association’s newsletter, The Honorary, always provides information ahead of time and is available in the Honors Office in Room A-336.

The members of the executive board include Khanh Ta, president, Jimmy Bonilla, vice-president, Steven Chung, secretary, In Young Cho, treasurer, Carolina Espin, publicist, John Sapida, newsletter co-editor and Jonathan Klopacz newsletter co-editor.

“The Honors Program was renamed after former Bergen Community College president, Judith K. Winn. Bergen students are lucky to offer.

Perhaps the biggest difference between a regular college course and an honors college course is the involvement of the students and their depth of thought and analysis during discussions. But I am sure you are all looking forward to a week off anyways.

One last major event to look forward to is Diversity Weekend. This free weekend conference is run by Student Life and will take place from March 9 - 11. In order to attend, you must sign up in advance in the Office of Student Life in room A-115. I emphasize that students should take this opportunity to broaden your horizons, meet new friends and learn more about BCC.

On behalf of the executive board of the Student Activities Board, we wish you all a fun and safe spring break. We will be looking forward to seeing you all at our events!”

Mobile Night Club

One outside guest per BCC student

March 15th
7 - 11 p.m.
Location: Gym

$3 in advance
$5 at the door

Purchase tickets in rm A-115

The Judith K. Winn School of Honors has been known to enhance student’s academic experience through Honors Conferences.

“Hello spring break! It’s time for March madness and we have some great events planned for you.”

Jamie Kurtz, S.A.B. President

Spring break is arriving soon and the Student Activities Board has some new events and concepts coming up before the week officially kicks off. First off, we hope you all enjoyed our February events that included our monthly karaoke and bingo, as well as our giant game themed event and Valentine’s Day flower sale.

The new event that we are proud to announce for March is the Mobile Night Club dance party! It will take place March 15 from 7 p.m. - 11 p.m.

Also, back by popular demand, is our Free Money Game Show! This event will also occur on March 15, from 12:30-1:30 p.m. All locations will be announced on a later date so look out for posters with the SAB’s logo to experience what BCC has to offer.

This month’s karaoke is scheduled for March 27 from 12:30-1:30 p.m. in the Student Center. Unfortunately, we will not be having bingo this month, as we are losing a week because of spring break, but I am sure you are all looking forward to a week off anyways.

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The Torchl VOLUME 19 ISSUE 6 MARCH 2012

A Little Taste of Italy in BCC
Michael Zahorniak
Contributing Writer

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“We are currently looking for more Advisory board members to help us with events. We are also looking for candidates to run for offices in our next election by the end of April. If you are interested, please send an email to Honors Association President Khanh Ta at kta@me.bergen.edu.”

said Khanh.

Perhaps the biggest difference between a regular college course and an honors college course is the involvement of the students and their depth of thought and analysis during discussions. Bergen students are lucky because there really are no limitations for those that want to reap the most benefits from their educational career.

For more information on the School of Honors and eligibility requirements, visit the department office in room A-336. 
Pop-Punk’s Not Dead

Josh Schwarz
Contributing Writer

In the musical era we live in today, it is rare to find a popular song that does not revolve around a techno beat or a rapper spitting out profound lyrics.

Ten to fifteen years ago, it was hard to turn on a radio without hearing a pop-punk song. Pop-punk is a genre of rock that combines catchy lyrics with hard-hitting guitars and fast drum-beats. New Found Glory’s recently released album, “Radiosurgery”, is a perfect example of pop-punk at its finest.

The band, originating from Coral Springs, Florida, is one of the veterans of this music genre and are known to be one of the pioneers that led pop-punk to the top of the charts. Their hits, such as, “My Friends Over You” and “All Downhill From Here”, could be considered pop-punk anthems, raising expectations when the band comes out with new material.

Radiosurgery, however, does not disappoint those who have high hopes. The band’s seventh album contains everything that a long-time fan or a first-time listener could enjoy. The album is full of the unrelenting songs that fans have come to know and love from New Found Glory. The title track, “Radiosurgery”, which the album was named for, is a great representation of what NFG brings to the table. The track has a fast-paced melody that one could happily have stuck in their heads for days.

The members of New Found Glory also see this album and their latest tour, entitled “Pop Punk’s Not Dead,” as a tribute to the other bands in their genre as well as the bands who inspired them. New Found Glory is known for putting on a great show and this tour should be a great way to promote their new album. The band was even given a spot on HD Net to play their show in Baltimore on live TV.

One of the highlights of this show is the band’s excellent cover of “Blitzkrieg Bop” by The Ramones. This tribute to one of the founders of punk rock can be found on the new album Radiosurgery, and is certainly one track that rock fans do not want to miss.

A band that combines punk rock with folk-like chord progressions, “Curious Volume” hit the stage and rocked the first show of their “No Such Noise” tour. The tour was to celebrate the debut of their newly released album, “Mumbles and Whispers.”

Bergen Community College’s very own Zach Sandel thrashed each transcending beat on the drums, followed by his band mates, Andrew Paladino (A.K.A. dNo) on lead vocals/guitar, John “Trotta” on back up vocals and bass and Brian Buchanan on keyboard and/or rhythm guitar.

The band collaborates to share the sentimental and rich sound of nineties skate, ska, and punk rock that really gets the people dancing. Their creatively altered lyrics tend to relate to the daily struggles and anxieties of the typical working class man.

Curious Volume would definitely fit the ears of fans of bands like: “Bomb the Music Industry,” “Goldfinger,” “The Suicide Machines” or “Less Than Jake.”

Upon listening to Curious Volume, the first thing that came to mind while was a vivid portrait of myself as a youngster playing Tony Hawk Pro Skater on my first PlayStation. The fact that Curious Volume’s music could bring me back to my childhood furthermore proves them the right to fit on any recommended skate mix tape.

Congratulations to Curious Volume on finishing and releasing a genius and catchy album. Congrats to Bergen Community College student Zach Sandel for continuing a fun and ecstatic musical career. Curious Volume could very well be the new face of punk rock and roll. For more information on the band, their tour visit their Facebook page or curiousvolume.com.

A New Insight on a New Wave of Punk

Brad Rosenberg
Contributing Writer

A band that combines punk rock with folk-like chord progressions, “Curious Volume” hit the stage and rocked the first show of their “No Such Noise” tour. The tour was to celebrate the debut of their newly released album, “Mumbles and Whispers.”

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Organizational Apps: Use Technology to Ace this Semester

Chika Lim
Contributing Writer

Stay organized, focused and fit with these apps to help yourself breeze through the semester. They are all available at a very good price, free!

Grades 2 (Education) - This semester, do not start with ‘get all A’s!’ and end with ‘Just don’t fail!’ Grades 2 has all the tools necessary to keep you organized and focused on all of your classes. This app tells you when the next assignment is due and warns you when your next test is in order. It calculates what you need in the next assignment or test to get the grade you want and figures out what you need in the class to achieve your goal GPA. Keep yourself and your GPA in check this semester with Grades 2.

Reverse Dictionary (Reference) - Have you ever been frustrated because you cannot find the word you are looking for? Is it on the tip of your tongue, but it just will not come out? Don’t get frustrated because you were not able to recall the perfect word in the perfect moment, only to have it pop into your head hours later. Using Reverse Dictionary, type in the concept or idea, and it will provide you with a list of words that match what you are looking for. This app will become your new best friend while writing papers, or when you are wracking your brain for that really intelligent-sounding word you want to use to show-off with.

Find Colleges (Education) - Transferring is one of the biggest decisions one must make during their community college career. Therefore, one needs to make the most informed decision possible. Have instant access to all the information you need about a college with the Find Colleges app. Search for a college and this app will provide you with the school’s location, size, majors, tuition, a direct link to the school’s website and even a video of the students and the campus. Add schools to your compare list to weigh the pros and cons of each school relative to others. Let Find Colleges help you make the right transfer choice.

Endomondo Sports Tracker (Health and Wellness) - Get in shape for your vacation with Endomondo Sports Tracker. This app makes exercise more fun by tracking your route, distance, speed and calories. Distinct from other exercise apps, this app feeds your competitive side by showing the champion of the route and allowing you to look up a friend’s personal best. If you are not the competitive type, gain encouragement from friends through live pep-talks while Endomondo tracks your progress. Once you are finished with your workout, share it with your friends by uploading it on Facebook, Twitter or Google+. Endomondo has the people and the fluid technology to help you work for that beach body you have always wanted.

Listen Up: Choosing the Best Headphones

Anthony Sganga
Copy Editor

Like most, if you have an iPod, iPhone or mp3 device, you are using standard, out of the box headphones. While those headphones may provide you with adequate sound quality, there are far better alternatives out there that are both cost efficient and pleasant to the ears. There are four of the best models I have found below.

Klipsch S4i – What could be considered the best sounding headphones, the Klipsch S4i's have mimicked Apple’s skip forward and pulse buttons. Furthermore, these headphones’ tips are not only sound isolating, but comfortable as well. The S4i's can be found for $99 on bestbuy.com.

Beats Tour by Dr. Dre - For the consumer looking for the quality of the Beats line, but not wanting to file for bankruptcy, Beats Tour may provide the same sound quality. While the price is a bit less than the Studio and Solo editions, the Tour produces similar sound quality, and it is more comfortable. An added benefit is that unlike the other models, the Tour are in-ear, making storing them in a pocket much easier. As usual with the Beats line, these headphones give excellent bass and are aimed towards rap and R&B. While the suggested price is $149, lower prices can be found by searching around Amazon or eBay.

 Bose IE2 – As expected with a Bose product, the IE2s match top-notch sound with excellent design. The IE2s are Beats Tour by Dr. Dre - For the consumer looking for the quality of the Beats line, but not wanting to file for bankruptcy, Beats Tour may provide the same sound quality. While the price is a bit less than the Studio and Solo editions, the Tour produces similar sound quality, and it is more comfortable. An added benefit is that unlike the other models, the Tour are in-ear, making storing them in a pocket much easier. As usual with the Beats line, these headphones give excellent bass and are aimed towards rap and R&B. While the suggested price is $149, lower prices can be found by searching around Amazon or eBay.

Skullcandy 5050 – For those looking for a bargain, Skullcandy’s 5050s meet the barrier between affordability and construction. The 5050’s are composed of half microphone and half ear bud, allowing both listening and recording. These in-ear headphones also give deep, rich bass and ample treble.

The 5050’s can be found for as low as $36.95 on Amazon.com.

Listening to quality headphones can greatly change the way you listen to music.

A Flashback to Childhood

David Gomez
Staff Writer

“Coming Up for Air” unveils the mind of George Bowling, a fat and pessimistic forty-five year old insurance salesman living in an English suburb in 1938. The day in which his journey begins eventually proves itself to be different than the one not to be missed. For the unconscious workday he has grown used to over the years. While in London to purchase a new set of false teeth from his dentist, he reads a peculiar newspaper headline that brings back memories, memories of his childhood and the town where he grew up, Lower Binfield.

While the recollections of his past still baffle him, the idea of taking a vacation to his childhood looms.

The book entails George’s negative feelings regarding the time in which he lived, World War I and pre-World War II era. There is said ambiance that characterizes the setting and everyone else. This unease, caused by impending war, and the unexplained apathetic inertia of adult routine that eventually takes control of everyone. Bowling’s negativity toward the living standard is primarily an effect of the contrast between his childhood and his adulthood. As a child, there was little rush and worry for the future. George recalls a time and place where life was more significant, vital and worth preserving. The thought of that time brings him bliss, a feeling of ‘coming up for air’.

The author, George Orwell, incorporates humor that is inevitably associated with childhood and adjusting that book to be a witty and very entertaining read. Most likely, one will become absorbed in the thought process and the social aspects in life that the protagonist recognizes as peculiar and one that almostי bored the protagonist reenters the favorable part of his life that he, and most people alike, involuntarily left behind.

Endomondo Sports Tracker

Photos courtesy of amazon.com
MARCH 2012

WOMEN RISING

SPRING LUNCHEON
3/29, TH @ 12:30pm in TEC-128

KEYNOTE SPEAKER
Nawal el Saadawi

FACULTY DEVELOPMENT
LUNCHTIME CHATS

DATING ABUSE WORKSHOP

WHO IS PAULA?
WHAT IS SHE?

NORMA RAE: WOMEN IN THE LABOR MOVEMENT

CAFE BERGEN

ART BUS

SPORTS 23

ONLINE[

March 2012 Women's History Month

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3/1/12, TH @ 3pm in A-113

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KEYNOTE SPEAKER
Nawal el Saadawi

FACULTY DEVELOPMENT
LUNCHTIME CHATS

DATING ABUSE WORKSHOP

WHO IS PAULA?
WHAT IS SHE?

NORMA RAE: WOMEN IN THE LABOR MOVEMENT

CAFE BERGEN

ART BUS

SPORTS 23

ONLINE[****]

March 2012 Women’s History Month

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ONLINE[****]
Lady Bulldogs Look to Rebuild

Norman Shafto  Contributing Writer

Bergen Community College’s wrestling team had their last home match on Tuesday against St. Joseph College. The match lasted only 50 minutes due to the opposing team having only five of their 15 wrestlers due to injuries. The purpose of the match was qualifying for nationals, and BCC comfortably secured their entry. Previously, the wrestling team had almost no losing matches in the games.

Next, the team will be heading to Pennsylvania for the conference qualifier match against Thaddeus Stevens College of Technology. From this point onward, Head Coach Mike Massenzio states the games will only consist of “the best of the best” wrestlers. He is, however, confident that at least five of his players will qualify for the nationals. In the national level, the wrestlers compete individually. Nationals were held in Rochester, Minnesota on Feb. 23.

It is no wonder the BCC wrestling team had no problem qualifying for the national games. Their practices are harder than their matches. According to Coach Massenzio, the practices consist of lots of cardio, which means lots of suicide runs. Coming up with different strategies during their practices is also a key point in the team’s success.

There is no doubt that our wrestling team is in secure hands under Coach Massenzio, and assistant coach, Eddie Kochak’s leadership. Coach Massenzio was a key wrestler during his days at BCC, and in 2004 was named the Junior College National Champion. To this day, Massenzio is the only one to do so from the school.

Wrestling Team Defeats Rivals and Qualifies For Nationals

David Gonzalez  Staff Writer

Lady Bulldogs push forward for a score.

Back then, Kochak was his coach and after he stepped down, Massenzio took over, but only under guidance of his mentor. Since then, the two wrestling powerhouses have led the BCC wrestling team to victory, and it does not look like they are going to ease off anytime.

Bulldog’s Schedule

Baseball

March 13th vs Bronx community college Home @ 3:30pm
March 15th vs Raritan Valley Home @ 3:30pm
March 17th vs Borough of Manhattan County College Home @ 12:00pm
March 18th vs Globe Institute of Technology Home @ 12:00pm
March 24th vs Lehigh Carbon Community College Home @ 12:00pm
March 25th vs Cumberland Community College Home @ 12:00pm
March 27th vs Brookdale Home @ 3:30pm
March 29th vs Union Home @ 3:00pm
March 31st vs Ocean Away @ 12:00pm
April 1st vs Gloucester Away @ 12:00pm
April 3rd vs Westchester Community College Home @ 3:30pm
April 6th vs Bucks Away @ 12:00pm
April 7th vs Camden Away @ 12:00pm

Softball

March 24th vs Atlantic Cape Home @ 12:00pm
March 25th vs Cumberland Home @ 12:00pm
March 27th vs Morris Home @ 3:00pm
March 29th vs Orange County Community College Home @ 3:00pm
March 31st vs Lehigh Carbon Away @ 12:00pm
April 2nd vs Mercer CC Home @ 3:00 pm
April 3rd vs Middlesex Away @ 3:30pm
April 5th vs Sussex Home @ 3:30pm
April 7th vs Camden Away @ 12:00pm

Tennis

March 28th vs Brookdale Away @ 3:30pm
March 31st Gloucester Away @ 12:00pm
April 5th Mercer CC Away @ 3:30pm