Beginning this coming spring semester, students will now pay to use the library's printing services. After much deliberation, a consensus was reached among student activists and the college's administration to allow students a free 125 page allowance before having to pay 10 cents per black and white page, 15 cents for double sided, and 25 cents per color page.

"The whole point of putting a limit is to have a happy middle ground. Students can still be able to print for free but at the same time they can be mindful of what they're printing," said Student Government Association president Laura Zottarelli, who was in the council debating the implementation of the new printing policy since it was first proposed.

"With the copy credits provided, many students will never have to pay to make a copy," said Naydeen Gonzalez-De Jesus, Vice President of Student Affairs. "With advancements in technology and the ability to use mass storage devices such as flash drives and USB sticks, there are other options to printing as well, which many students are already using."

"We originally fought for 150," said Zottarelli after being asked about the printing limit. SGA conducted a survey, and among the 649 students surveyed, they found a correlation of 150 pages printed per student surveyed per semester.

When the printing policy was first proposed last semester, administration never granted a printing limit. President Zottarelli recalls how SGA's suggestions and amendments were ignored during the board meetings, and wanting to immediately start charging students to print, bypassing a free limit system.

The original proposition was sent to be voted on its implementation by the board of trustees had the several clubs and their student members of BCC not banded together to protest what they believed was an unfair policy last Spring semester.

"I wouldn't say it’s unfair because we got the limit we fought for," said Zottarelli, "and we will also have change machines that’s not only going to benefit the printing, but they’re printing," said Student Government Association president Laura Zottarelli, who was in the council debating the implementation of the new printing policy since it was first proposed.

"We were informed it doesn’t cover that, it covers the maintenance of the computers, the library, etc., but it just does not cover the printers," said Zottarelli.

With the drop in registration, the lack of revenue has forced the belt to tighten throughout the school. The costs to upkeep printers, including maintenance, toner cartridges, and paper, amounted to $400,000 to $500,000 In the 2013 school year alone over 3 million pages were printed. Much of that was not school related and ended up in the recycling bins beside the library's printing stations.

Another contested topic was whether or not the technology fee within a student’s tuition is already partly allocated to upkeep costs of printers.

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With the drop in registration, the lack of revenue has forced the belt to tighten throughout the school. The policy is intended to curb the costs and improve the budget. For now, there are no talks of when, or if, this policy will be repealed.
Faculty Senate Opposes Math Grant Study

The Bergen Community College Faculty Senate has voted to disapprove the First In the World math grant, citing “The administration applied for the grant without notifying the involved faculty,” for the justification.

The $2.6 million grant awarded by the federal government is to be utilized via a collaborative study between both Bergen and Union Community colleges to research different approaches for remedial math. 750 students in Bergen and 400 students in Union were in the original proposal.

“When administration start applying for grants and not even notifying the involved faculty of the decision of the content of the grant, what administration is trying to do as far as I can see it, is take control of the curriculum,” said Chairperson of Faculty Senate, Dr. Alan Kaufman at November’s Senate meeting.

“Before the math portion of the Title V grant was sent, they were piloted with a small test group of students. It was tested so we could work out bugs and problems. It had six to eight months of work, much more time,” said Math Professor Robert Fusco. In 2010, the Remedial Math passing rate with 1-2-3 Connect students was 60 percent.

“The math faculty responded by saying that since 2011, remedial math success rates have steadily climbed with the help of the Title V grant that the college received back in 2010. “We agreed that a lot of mistakes were made in the way the grant was submitted, but we can take a big step back and proceed very very slowly and essentially do it right,” said Dr. Mullaney.

“We have been told by administration that we have a lot of latitude in how we want to redirect this. We met with the grant evaluator and as long as we meet the overall objective of the grant, the matter in which we get there can be quite different,” said Dr. Forstrom.

“The original plan involved having the 750 students who placed into remedial math evenly split into three cohort groups, each with a different stipulation. One group would be placed into college level math, while being encouraged to go to tutoring, the second group would be required to take First in the World and course, along with the use of ALEKS online tutoring program, and the final group going into the standard remedial course. The students would have the choice to be a part of the study. The math faculty and administration are now actively trying to mitigate.

“We shouldn’t define success sheerly on passing. If you squeak by with C’s because you don’t have a

“We Agreed that a lot of mistakes were made in the way the grant was submitted, but we can take a big step back and proceed very very slowly and essentially do it right.” Dr. William Mullaney

Caught in the Web: Heroin Addiction

Michael DeLeon, ex-offender and heroin addict, who lost his mother and freedom for 14 years because of his poor choices, shared his knowledge about drug addiction to raise social awareness about this topic. His speech was the openings to a panel discussion called “Caught in the Web: Heroin Addiction” that Bergen Community College hosted on November 19.

DeLeon, now full-time dedicated to his non-profit organization, Steered Straight, tries to fight against what he says is an “epidemic.”

His overwhelming testimony kept the public’s attention throughout the seminar. He sounded convincing and spoke with that special strength that only survivors have.

He claimed that it is a global problem and thus, should be solved by facing all the areas that are involved in it. That means stopping the drug advertisements on television, getting the proper treatment from doctors, or even changing our care system.

“We miss the boat if we try to solve the heroin problem and thus, should be solved by facing any other.”

Michael DeLeon previously pointed out about the risk of poppy cultivation which is the source of the majority of the illegal poppy.

DeLeon’s moment was over. His speech was the opening of many more speakers who shared their knowledge about addiction in their personal stories.

Gary, a 27-year-old who was addicted to heroin three years ago. His life changed when he decided to stay away from drugs. He never thought he would be able to find a job and get out of that black hole where we were sunk.

Meanwhile, there are more and more states legalizing medical cannabis and that only increases the problem. The taxes from the legal marijuana just help to make heroin a cheaper alternative.

The day’s events continued with the testimony of Jason Vann’s father, a BCC student who was a heroin addict. This second speech was more of a family’s point of view. Vann centered his attention on the other side, the side of the family that lives associated to the drug world. He explored the guilt and regret, and submerged deeper in the feelings of those who had walked in his shoes.

Jason’s father’s words brought attention throughout the seminar. He sounded convincing and spoke with that special strength that only survivors have.

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Bergen Community College hosted its annual Veterans Day Remembrance Ceremony to a filled student center. Various BCC veterans attended. Introducing these veterans was the senior secretary at the office of student life, Viola Davis with Professor Mike Echols as the Master of Ceremonies.

The ceremony was focused on soldiers of the Vietnam War, but that did not mean veterans from other eras were excluded. Ceremonies began with a heartwarming poem by Sergeant Alan Hermann about the brutalities of war and how veterans were treated after our troops were sent home from the Vietnam War. 

Even some of veteran veterans may not realize what the college professor or the assistant at the gym have gone through when they have served,” said Mike Echols. The ceremony then transitioned to the speakers. Professor Richard Kuiters who delivered a motivating speech about courage and how in the end, all veterans are “Brothers In Arms.”

“I remember different things about Vietnam. I try, and I think most veterans do, to remember the memories, the happy memories, the fun and camaraderie that only veterans have," said Kuiters.

The next speaker was student veteran, Anthony Alders who told the audience about his experiences in his four years of active duty. “I worked 12 hour days every day except for two weeks,” said Alders.

Many of these changes were designed to increase the level of service we are able to provide to those community members, especially when thinking about our busiest times of the year.” The new Online Order Pickup was specifically designed with convenience for students. The Online Order Pickup location was moved to a newly renovated room that is a few doors down the hall from the store. This room is now dedicated to picking up ordered materials online through the Bergen Community College bookstore. The students will receive an email alert letting them know their order is ready for pickup. By picking up their materials there, those students are able to skip the long lines outside of our store at the start of the semester, allowing students to save time. In addition to that, the textbook Information Desk was moved to the front of the store now allowing students to ask the bookstore associates any questions they have right up front when they get there.

Adding to all that they are doing, Bergen Veterans being paid tribute on Veterans day //Nancy Fowler

News The Torch

BCC Renovates the Bookstore

Recently, Bergen Community College has been making a number of changes to the bookstore that affect the school, the community, and students. The bookstore's appearance and layout have been transformed by the addition of a new paint job and carpet, as well as the relocation of the Textbook Information Desk and the Online Order Pickup location. These changes were designed to increase the level of service provided to students, making it easier for them to access the materials they need.

“We are looking to achieve a number of different things through the scope of our renovation – all of which will greatly benefit our shoppers,” Bourette said.

While keeping the holidays and the new upcoming semester in mind, Bourette added, “Many of these changes were designed to increase the level of service we are able to provide to those community members, especially when thinking about our busiest times of the year.”

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Jewish Involvement in the Civil Rights Movement

CAROLINA ESTRADA
STAFF WRITER

Bergen Community College’s Hillel sponsored a discussion about Jews and the Civil Rights Movement with invited guest speaker, Rabbi Shmumai Engelmayer, on November 12. In modern times, Jews and Black people themselves do not know that Jews have always been prominent members in the battle for civil rights in the U.S. and are also one of the most discriminated groups of people after black Americans. Starting off talking about his own experience as a young Jewish student, Rabbi Engelmayer got a great job opportunity at a big corporate law firm as a law librarian for the summer. “I had a wonderful time,” he said. After summer ended, he was taken in permanently, but in September, he asked for the rest of the Friday afternoon off because it was Kippur, a Jewish holiday. And when he came back on the next Monday, his manager told him he was fired. When he asked why, he was told, “We don’t actually hire your kind here.” And one year later, the same thing happened to his future sister-in-law at a banking job she had because they eventually found out she was Jewish.

Proving his point, “We’re not white, period,” the hatred of the Jew and the hatred of the Black have gone hand in hand in this country for a very long time.” Whiteness to many is defined as white Christians. In this way of defining whiteness, according to Rabbi Engelmayer, a Jew is no more white than someone who is an African American, Hispanic American or Asian American. Jews have been involved in the Civil Rights Movement since the beginning. An example mentioned was Rabbi Abraham Joshua Heschel. Who, if you see in the popular Selma March photos, was in the front row with Dr. Martin Luther King Jr., next to Dr. Ralph Abernathy. But this has been in excluded or not mentioned in mainstream culture like in Selma which came out in 2014, where there are also no Jews really seen or properly represented throughout the film. But, Rabbi Heschel wasn’t just some random Jew that showed up in the march, he was a very close friend and ally to Dr. King and was very active in the civil rights movement.

They were so close that, “Reverend King called him my Rabbi,” Engelmayer said. Engelmayer said the film ignored all Jewish roles in the Civil Rights Movement. “It’s upsetting because Blacks and Jews today both ignore our shared history in the struggle in the civil rights.” During this era, there were many signs of anti-semitism. Leo Frank, a Jew, was falsely accused of murdering and raping a 13-year-old-girl. This prompted anti-semitism attacks and he eventually was publicly lynched by a mob. Among the mob were government officials and no one was convicted in his murder despite an entire town witnessing his death. Others store signs throughout history had “No Jews, Blacks, or Catholics allowed; No Jews, Blacks, or Women allowed; No Jews, Blacks, or dogs allowed; No Jews, Blacks, or Orientals allowed.

Jews were so involved that the National Association for the Advancement of Colored People, a civil rights organization, was partly founded in 1909 by Jews who also helped to fund it. Among them was Julius Rosenwald, President of Sears, and he was Founder of the Rosenwald Fund, who donated millions of dollars in support to the education of African-American children from the rural south. Jews were so active in the movement that in the 1960s, nearly half of the civil rights lawyers were Jewish. Many Jewish lives were lost during the civil rights marches and protests. Rabbi Engelmayor did recognize that the Civil Rights Movement worked a lot faster for the Jews than for black people. “Not because the white world likes us better than they like black people, but because as I said earlier, we can pass for white, blacks can’t pass for white,” he said.

Presently, the Jewish and Black relationship isn’t as strong as it once was, but Black and Jewish people still fight for a common cause and still have a common enemy. “We cannot allow ourselves to forget that. We dare not forget that and while we’re at it, do not let others of any color influence us, forget that.”

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The Trouble with Political Correctness

LAURA DOMÍNGUEZ

Political Correctness (PC) has infiltrated my daily life to the point where I often find myself doubting and restructuring sentences before I talk, sometimes even to friends. I understand that we, as people, have things that we hate to hear or that we find offensive. But as politically correct as someone can publicly be, let’s not forget how unlikely it is that they express themselves in this socially accepted manner at all times. I don’t know about you, but I would rather talk and be talked to frankly. I prefer to listen to people express themselves freely—even when I find their opinion distasteful—than to never hear a disagreeable word come out of anyone’s mouth because they are too worried about receiving backlash for lack of public correctness.

“PC Nazis” both actively and passively bully and shame people into speaking in a way that does not offend anyone, but do they realize that some people are simply rude in nature? Yes, some people will be offended, and they have the right to, but in my experience, more often than not I have been met with phrases such as “it doesn’t bother me,” “what’s the big deal?” or “I forgive you.” Maybe, we ought to take a second day, it is important to know that ordering other and make a difference. Until that day, it is important to know that ordering other into strict verbal blandness.

Maybe, we ought to take a second to relax, and take a step back into impartiality before getting all worked up over someone using a word we do not like. Maybe we would realize they did not mean it in a strategically and sincerely hateful way. No, I am not excusing hate speech, but I am making a case for those with not enough self-control to check themselves before shouting out (or typing up) words in anger. How many times have we told our loved ones rude things we genuinely do not feel solely due to a lapse in judgement or a moment of hot-headedness? How many times have public figures come under fire for using an offensive word, even when they did not use it in an offensive way?

Have a penchant for believing that if we, collectively and individually, would confront a politically incorrect person specifically, and dig deeper to find the root of their personal reasoning, then we could learn something about each other and make a difference. Until that day, it is important to know that ordering people to talk a specific way is not the way to make progress. Neither is being offended for things that are not pertinent to our lives; contrary to popular belief, this does not mean you’re showing solidarity, it just means you’re uptight.

Each person should be able to stand up for themselves when they hear something that deeply bothers or offends them. And those of us who see where they’re coming from, should be able to stand up in their defense, as well. If we can’t do that, then maybe there’s just no reason to be offended in the first place.

I want to make a disclaimer right here. I am not saying that it is excusable for people to be mean (i.e. Donald Trump) or to be racist (i.e. countless examples) or homophobic. That all is never okay. But hate is an inescapable part of life, one which we can’t make disappear because it makes us uncomfortable.

It is foolish to pretend that just because we force everyone to talk nicely, we are erasing all the ugly things that they have to say. In fact, we are giving the world a false impression of what it means to be a truly kind person.

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President’s Letter: Keep Pushing Through!

Dear Student Body,

It has been a rocky semester for us all. Nonetheless, it is now our checkpoint indicating we are halfway through the school year! As finals season approaches, I want to remind everyone to get good rest and take care of themselves while cramming in those last couple of papers or reaching for that A’. School may come first, but your health is just as important. Keep an eye out for a couple of de-stressor events hosted by BCC’s Student Activities Board.

SGA’s Executive Assistant, Erika S. Campo, will be facilitating an Internship Workshop this month. Many students are unaware of opportunities provided to them through internships. This workshop will be focused on explaining why it is important and how to find potential internships through our college services and outside sources. Stay tuned for dates and times which are soon to come.

If you are interested in becoming a part of SGA, but were not able to attend last year’s event, SGA will also host an Internship Fair on December 3rd. You can find out more information and sign up for the Internship Fair by visiting the SGA office, A-101. Our doors are always open even if it’s for a simple question. If you have a hard time finding someone to speak to in the office, contact our email, studentgovernment@bergen.edu or my email which is president@bergensga.com.

We value all your suggestions, your input is necessary so that we can put your ideas into action. Remember, we represent you and your voice! I wish everyone a happy holidays and hope you enjoy the break!

Sincerely,

Laura Zottarelli
Dear Bergen: Don’t Let Our Graduation be Hollow

GABE WANISSIAN

I can’t help but hold a feeling of disappointment as I view the brand new Mission Statement of the College. “To inspire our community to realize a better future” is now the college’s mission, and while it is now easier on the eyes compared to the former 71-word statement, the removal of the word “edu- cation” saddens me. However, it would be hard pressed to deny that the vagueness of the statement is exactly what reflects the internal mindset of the institution: place a fresh new layer of paint on a rusting structure.

To further understand this philosophy, think back to 2011, when former College President Dr. G. Jeremiah Ryan was still at the helm. “Bergen will commit to doubling our graduates by 2020,” said President Ryan in a Paramus Post news story.

This wishful statement was made months before being fired by the board, after faculty began to resent his actions of hiring administrative personnel without proper sanctioning and spending college money lavishly on dinners with politi- cians, instead of long-term planning for student success.

Ryan pushed to get graduation numbers up by making graduation an opt-out process. Whereas formerly, a student would have to initiate the process, students with enough cred- its would be “graduated” in the system automatically. As well, course waivers became increasingly common for students who struggled with classes that were too many, too little, and not according to a longtime faculty member. Fast forward to today, these processes are still used. While there is nothing inherent- ly wrong with simplifying the process, the College celebrates the increased graduation numbers as if a new level of excel- lence has been reached for the student.

In reality, all “We are One” did was make for a kill-er slogan and become a form of damage control to ignore underlying issues within the college. Yes, the make up of students during commencement will now be the longest in Bergen’s history. But things such as atrocious faculty-administrative communication, easy passing, contractless professors, declin- ing enrollment, and fired lecturers makes me feel cheated, and makes graduation feel slighted.

We have work to do, and according to a 2015 extensive research study done by WalletHub comparing 670 Community Colleges in the U.S., BCC was a middle-tier school. The study, which used 17 key measurements such as cost of in-state tuition (story continues on page 2), found that Bergen ranked 186th in Career Outcomes rank, 319th in Education Outcomes rank, and 447th in Classroom Experience rank.

A step in the right direction has been made, however. After a Faculty Senate vote came out in a landslide 45-2 opposition to the $2.6 million federal “First In the World” Math grant protocols (which would have totally battled remedial students directly into college level Math), there seems to be a sort of cohesion between administration and the Math department to rework the grant. It’s a shame that it took such an extreme outcry against something made with zero input from the Math department, and put 500 students at risk of failing, but it is something. Perhaps going back to that time would mean that our fight for equality was meaningful.

Recently, presidential candidates Ben Carson and Donald Trump both have made a request for secret service protection, according to CNN. There is a possibility that, Carson and Trump need some sort of protection due to the racist com- ments that they uttered. According to Carson, he does not need protection from the Secret Service.

“I don’t feel the need for it, quite frankly. But the Secret Service thinks that I need it. So, you know, it is what it is,” noted Carson. Trump states “Personally, I think if Obama had just maybe, the doors have been open for there to be productive conversation. Dialogue that involves all parties on campus to discuss how to improve the student experience is needed.

The Racism Within Presidential Candidates

Sadly, the people of America have already heard racist statements by someone who was in office. In 1912, Former United States President, Woodrow Wilson, once said “Segreg- ation is not a humiliation, but a benefit, and ought to be so regarded by you gentlemen.” So if Trump is elected for president, history repeats itself, and we, the people, will only be moving backwards. Do we really want to go back to a time where segregation existed? We have fought for decades and many people were incarcerated and beat up to death. Going back to that time would mean that our fight for equality was meaningless.

“The With comments such as this, it would be absurd to see [Carson] or [Trump] become the next president.”

were doing as well as me, he would’ve had Secret Service [earlier]. I have by far the biggest crowds,” he added. President Barack Obama was the only presidential candidate to have the luxury of having protection before being elected having three to four months before he was elected.

Carson and Trump have already made racist rants in the past, the many people have been offended by this and without protection who can tell how the victims will react. Thousands upon thousands of individuals in America are forced to face much adversity because of racism. The last thing this country needs is more a racist, electing someone who is racist to run this country will only escalate racism in the United States. According to NY Daily News, Trump uttered that he is the least racist person on the planet. Many would find this ridicu- lous statement to be amusing, exactly how amusing it is to see him and Carson be presidential candidates.
Bergen Community College and Fairleigh Dickinson University are partnering to offer you a more affordable path to a bachelor’s degree. Graduate with your associate’s degree from BCC, and you will be eligible to transfer to a FDU bachelor’s program at a significant tuition discount. Benefits include:

- 40% tuition reduction for undergraduate programs, which can also be applied to some master’s degrees at FDU
- Additional grants may be available for resident students, NJSTARS and students graduating with a 3.5+ GPA

Questions? Visit Almida Hernandez, FDU’s on-site advisor, Monday-Friday at the Pitkin Education Center, Room A126
alhernan@fdu.edu or BCC-FDUScholars@fdu.edu
201-493-4088

fdu.edu/bcc-fdu
Anticipation grew within the intimate confines of Ender Hall Lab Theatre as Ira Levin’s “Veronica’s Room” delivered its sinister tale to the audience. Long time director Mary Clifford brought together a group of young actors that took the crowd on a two hour, hair raising roller coaster ride.

It’s not hard to envision the show having such a gripping tale, as Levin - who also wrote thriller classics such as “Rosemary’s Baby” and “Deathtrap” - is masterful at the art of twists and turns, and Bergenstages rendition evoked that sense of terror faithfully.

The story’s initial premise is simple. Taking place a half an hour’s drive from Boston in 1973, a young woman out on a date with a man she has just met, is stopped by an elderly Irish couple and asked to do an unusual favor for them. Are these kindly, soft-spoken people the gentle, caring folk they seem to be, or is something more malicious at work?

The young woman (played by Veronica Vitale) is almost as naive of the couple’s intentions as the audience in the beginning of the show. “She loves life, she’s amazed by everything, and enjoys being with new people and is such a social character,” said Vitale, but as she and the audience grows in their suspicions, so to does Vitale’s character. “It’s really amazing to play somebody like that,” Vitale added.

The show maintains a fast pace throughout, and the first act is predominantly used to set up the premise and build up the characters for the wildly raucous and disturbing second half. Those who were looking for cheap jump scares would be sorely disappointed, as this is a psychological horror story through and through.

“This is a complete departure from what I do,” said Brendan Schlenker, who played the young man. A freshman straight out of Indian Hills High School in Oakland, the dark tone was new for Schlenker. “I’ve never done a serious role before, except Legally Blonde,” he joked.

But Veronica’s Room steers clear of even the most subtlest of humor, with plot elements hinting at incest, murder, necrophilia and stark insanity, the show was some of the boldest and edgiest work seen on a Bergen stage. Gasps in the crowd rang throughout the show, and even a loud “This is crazy!” remark could be heard. The actors had the audience in the palm of their hands.

The show takes place in a Victorian household in the 70s that has seemingly been untouched since the 1930s, leading to generational collision throughout the show. This theme of duality is further strengthened by the set design, lighting, accents and soundtrack all working in unison to transport the viewer into the very room itself.

The Man (played by Russell Holland) and The Woman (played by Rebecca Czarnogursky) provided exceptional performances, as the actors pull off a seamless character shift in the second half.

It is this second half alone that made it worth the price of admission, as all the story pieces reveal themselves in masterful fashion. Very rarely does a horror story translate well on stage, but Bergen students outdid themselves by being able to scare the Bulldog out of us all.
Are We Paying Too Much For Food?

LUCIA RUBI GODOY
ASSOCIATE EDITOR

For many students, eating on campus is the only option. Whether it is because they don’t have time to make homemade food, want to grab lunch outside between classes or they do not drive and have no other option, students choose either Bergen Pizza or the cafeteria as their preferred places to get food.

Some students live far and work at school. They spend many hours at school, so if they want to bring lunch to school, they still end up buying at least one meal at school.

“I try to bring food from home,” said an engineering student in his third year at Bergen. “I buy food at school around four times a week,” said Patrick Duran, a history student who is in his third year. “When I do, I usually spend around $3.”

Despite spending as little as possible on actual meals, many students buy coffee, donuts, or sandwiches from Dunkin Donuts on a daily basis.

“I’ll buy food at school maybe once every two or three weeks,” said Chris Yanni, a history student who is in his third year. “When I do, I usually spend around $3.”

Students whose commute is easier or who spend less time on campus avoid spending money on food at all costs.

“I try to bring food from home, but I try to bring food from home, but

Although there is not much difference between eating at the food court in Garden State Plaza or at the student union, students can argue that there are not that many choices, and most of the food they sell is fast food.

According to “Community College Students and Federal Student Financial Aid: A Primer” by Jolanta Juzekiewicz, 57 percent of students in public two year schools receive some form of financial aid. Many community college students are nontraditional students and are often working one or more jobs while going to school to help support their families.

If a student spends $5 on food and $2.50 on drinks everyday, it can come up to around $50 a week.

If students spend more than two years at Bergen, the money they spend on food can add up to thousands. Besides, out-of-county students have a higher tuition cost. For somebody like Santos Garcia, who not only has spent over two years in Bergen and is a nontraditional student, but also lives outside of Bergen County, buying food on campus is an investment. Students can end up paying two classes worth of money on food alone.

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ARE COLLEGE STUDENTS ADDICTED TO COFFEE?

LUCIA RUBI GOUJO
STAFF WRITER

Having a cup of coffee helps many people start off the morning. However, many students rely on three or four to stay awake the whole day.

The average cup of coffee is of 16 ounces (approx. 480 mL) and contains between 150 and 300 milligrams of caffeine.

When asked, many students admitted that coffee is consumed in an attempt to restore the energy wasted on all-nighters.

“Like many college students, I don’t get a lot of sleep,” said Gabie Wanissian. “I try to make up for the lack of sleep by drinking copious amounts of caffeine.”

What is forgotten is that caffeine is addictive, and after consuming it regularly for a period of time, it becomes a habit. Students have also mentioned that they drink coffee more because they are used to it as opposed to actually needing it.

“I would say I have a cup of black coffee just to start my day,” said student Alexandra Mora.

“It’s kind of like a ritual,” said Wanissian. “You get so used to having that cup of coffee or tea in your hand, it is almost like you don’t know any other way.”

In search for energy, people also opt for drinks with more moderate amounts of caffeine like tea. Another

According to a blog written by San Diego State University, recent data from the National Coffee Association suggests that 51 percent of Americans are regular coffee drinkers, and their average comes out to around three 8oz. cups per day. This average does not include soft beverages, which

Approximately 400 bottles and soft drinks per day. This is only counting the Paramus campus of Bergen Community College, without counting any of the sales in the Hackensack or the Hackensack campuses. Including the sales of the other campuses should bring the average to at least $3,000 for caffeinated drinks per day being sold to students.

“I probably would have like three of these [16 ounce cups] per day,” said student Patrick Harrison. “When I run, I have Gu.” Gu is a natural energy drink usually consumed while training or performing sports that contains 20 milligrams of caffeine.

When asked why his opinion is on caffeine, biology Professor G. Ventre said that: “caffeine is a natural stimulant and it’s very effective. I’m not a doctor, but it’s certainly possible that too much caffeine could make people somewhat anxiously or possibly addicted to caffeine.”

According to Mayo Clinic, consuming up to 400 milligrams of coffee (the content of around four medium caffeinated drinks) per day is safe, but a significantly heavier intake of caffeine may cause unpleasant side effects as insomnia, nervousness, restlessness, irritability, upsetness of the stomach, fast heartbeat and/or muscle tremors.

Coffee can be beneficial, but as with everything, it has to be consumed responsibly.
FEAR THAT FOLLOWS: WHY WE LOVE HORROR FLICKS

TATIANA NAUMOVSKI
STAFF WRITER

Whether it is a Bump in the Night or a full-out Poltergeist, horror movies have always strived to be the thing that keeps their audiences up at night. These tales of terror hardly stay the same though, as the inspiration for these films seem to be more linked to the time period that they appeared than one might think.

What scared people in the 20s, what scared people in the 50s, what scared people in the 70s, and what scare people now are different," said Gregg Biemann, a cinema professor at Bergen Community College who specializes in the horror genre.

The monsters that lurk within the screen are manifestations of the fears of that period of time. For instance, Dracula, the infamous blood sucker of the 18th century, was the personified fear of foreigners. Frankenstein's monster mirrored people's fear and lack of understanding of the new advancements in science and technology when it was first created.

Film has become a new outlet for these fears. “[Especially in the ’50s and ’60s, when people were very conscious of the idea of nuclear weapons,” said Greg Fenkart, an employee at Bergen who has researched the subject. Such ideas gave rise to movies like The Blob, The Fly, and The Thing, as well as many other creature features.

“The Red Scare” brought about a few terrors of its own, Fenkart states, “Things like Invasion of the Body Snatchers and anything where you don’t trust your neighbors is believed to be related to the communists”.

One might be wondering, though, what is today’s big scare? Both Biemann and Fenkart believe that the focus today is specifically on zombies and the apocalypse. Television shows, like The Walking Dead and movies like The Hunger Games and The Maze Runner showcase how the issue of Global Warming has become a more recognized threat. What do we do when civilization ends? What do we do when the odds are stacked against us? For some people, these are real questions they constantly ask themselves, much like the families presented in the show Doomsday Preppers who put in a considerable amount of time and money into their state-of-the-art safe havens to protect themselves from the end of the world.

Fenkart has his own theory when it comes to the popularity of zombies. “Zombies are sort of the ultimate, faceless mass and we live in a society that is very ‘Look at me!’ in social media and things like that.” Fenkart says.

With all these constant reminders of what scares us, one might wonder why they are there. Why do people like being scared so much?

“Well, I think a lot of it has to do with adrenaline,” Fenkart said. “It’s kinda cathartic, Any of these constant reminders of what scares us, one might wonder why they are there. Why do people like being scared so much?"

“Social Media is Not Real Life” and recaptioned some of her pictures to shed light on all the times she had to spend to make her pictures look spontaneous and natural.

“Social Media’s Wake Up Call”

With over 700,000 followers on Instagram, and thousands of likes on every picture, she still felt lonely and disconnected from the masses.

To face this struggle, the 19-year-old social media star, Essena O’Neill quit social media with the intent of letting everybody know how fake her online life was. Instead of closing her Instagram account, she changed her name into “Social Media Is Not Real Life” and recaptioned some of her pictures to shed light on all the times she had to spend to make her pictures look spontaneous and natural.

Regarding her life and her feelings, O’Neill said, “I am the girl that had it all: and I want to tell you that having it all in social media means absolutely nothing to your real life.”

She is not the only person who shares these sentiments. Since last August, the successful supermodel, Cara Delevingne announced she wouldn’t be accepting any modeling jobs because the fashion industry made her feel sick.

The detractors though, came swiftly. They said that she wasn’t looking for anything but more attention, that this was nothing more than a brilliant move towards self-promotion.

Whether she did it on purpose or not, the truth is that these “it girls” are admired by a considerable number of teens and young adults that want to become like them – or at least what they think they are. The majority of these fans ignore the fact that someone like her has to put in a considerable amount of time and money to look like one of these social media stars.

In a society led more and more by external and immediate gratification, it is not surprising to see the rise of addiction to technology and depression.

As a matter of fact, according to a research done by Centers for Disease Control and Prevention, eight percent of 12-17 year-olds in the United States experienced at least one major depressive disorder in the past year. Media plays an important role in this issue. A study from the National Institutes of Health concludes that the media portrayal of body image and the “ideal” life creates unrealistic expectations for teenagers, disrupting their “normal identity development” and leading to depression.

In addition, Dr. Jean Twenge, a psychology professor at San Diego State University, says that rising rates of depression are partly the result of a culture that promotes narcissism through social media usage.

IT'S ALL HERE.

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Without challenges, people don’t grow. 32 students from the Bergen Community College Lyndhurst campus participated in this very exciting event that left every student academically welcome the new wave of honor students. Through the Kappa induction ceremony. The program’s mission is to recognize and encourage academic achievement of two-year college students and also to provide opportunities for individual growth and development through participation in honors, leadership, service and fellowship programs.

The gym was filled to capacity on a mild November evening for the 70th annual Phi Theta Kappa induction ceremony.

Several speakers from the Bergen staff and Phi Theta Kappa program were in attendance to welcome the new wave of honor students. Through the program, new inductees are offered a chance to overcome circumstances, become stronger individuals, and gain real life experiences as a scholar," said Alpha Epsilon Phi Chapter President, Natalia Gonzalez.

Phi Theta Kappa is the official honor society for two-year colleges across the country. Those inducted on this night are in the top five percent of Bergen students academically.

Overcoming challenges and adversity forces people to get out of their comfort zone. Challenges presented at Leadership Day definitely pushed Sarah Casanova out of her comfort zone. Casanova, a freshman at Bergen Community College, was one of the day’s participants who rock climbed at the Gravity Vault, blindfolded. Casanova explained her experience.

"It was just as exhilarating as rock climbing except you don’t know where everything is, so you only have to rely on touching the walls and hearing the person behind you, especially a friend like Eika Casanova said. Campo is a sophomore at Bergen Community College who also attended Leadership Development Day.

There are many qualities that come with that feeling. Leaders have qualities of champions, winners, and people who want to succeed," said Robert Mansmann, a sophomore at Bergen Community College who attended Leadership Development Day as well.

A very successful leader and founder of the Front Row Foundation, Jon Vroman, spoke and gave a hands-on experience that was very exciting, yet informative. The Front Row Foundation was formed 10 years ago in the Philadelphia area with help from family and friends. It is a charity which helps people suffering from life-threatening illnesses to be able to see a live event of their dreams. It’s the a very special gift.

"Being in the front row is leading, because when you take a front row seat and you stand up to give a standing ovation, everyone can see you and be inspired by that. So, just means being in the front row shows that you are exposed and vulnerable and people can see what you are doing, so if you are having a great time in the front row, you affect everyone behind you," said Vroman when asked about how leadership and Front Row merged together.

"Leadership Starts At the End of Your Comfort Zone" was the theme for Leadership Development Day this year. It began at the Gravity Vault in Upper Saddle River, and ended with a presentation by guest speaker, Jon Vroman at the Bergen Community College Lyndhurst campus on November 7. 32 students participated in this very exciting event that left every single participant wanting more.

The first step toward leadership is to challenge oneself. Without challenges, people don’t grow.
Fanboys

The Force Awakens... Continued from pg. 12

attitude, like John Boyega plays one of the new characters. He just seems so into it, like he’s so excited about it,” he says as Maria nods her head in agreement. “So I feel that’s the attitude that you need, they have a lot of passion.”

Excitement has also been meeting with some doubt as well, as Joseph expresses differing feelings about whether he thinks the movie will turn out to be all it’s hyped up to be, or not. “Well I’m hoping that it’s not bad, obviously,” he says. But he wants to prepare for the worst case it is bad. “I have all this excitement and [what if] it just doesn’t turn out right?”

To Phil Contrino, a box-office analyst, it’s second nature to him to know how well the film will be, he predicts, that “it’s going to be the same spot as Avatar, which played and played. Force Awakens will hit $1 billion without blinking. If it’s really good, it could cross $2 billion,” he told the Hollywood Reporter according to CINEMABLEND.

“My biggest complaint on the hype: too many trailers and commercials. Three trailers were fine, but now that there are so many commercials revealing so much footage, I feel like we’re going to know the entire movie,” Joseph said.

The placement of the movie was smart because we can correlate the wholesome film with the joyous holiday season. Star Wars: The Force Awakens is a feature film for the family to lighten spirits and will bring people together for the holiday season, and undoubtedly, will end 2015 with a bang.

Leadership Day

Continued from pg. 12

This is related to the main idea for Vroman’s book, “Living College Life in the Front Row.” The actual idea of the book is about stepping up in your life with courage by refusing to be a spectator in the back. Being in the back row, and watching from afar isn’t what people really like, but it is the people that live a front row life who can help those behind them lift up their spirits and help them enjoy the experience that is unfolding in front of their eyes. *Climb the Mountain Of Life* - Brandon McCauley/Modern Broadsword/Courier

Sports Section Continued Below

DEVILS BUILDING QUICKLY, CONTRARY TO NHL PATTERNS

CHRISTOPHER KASPEROWICZ

Long-time General Manager Lou Lamoriello and hiring John Hynes, a first year coach, out of the AHL, were not what most fans thought would be the answer for rebuilding the New Jersey Devils. But it turns out so far it’s exactly what the Devils needed. Obviously, the team is young, but the Devils have played a great sample of teams, beating the Blackhawks twice in six days, at home and in Chicago, but also handily over a victory to the bottoms of the conference Columbus Blue Jackets. Also beating the rival New York Rangers at the Garden was a shock, considering New York is one of the best teams in the league. The deterioration of the Devils started way back when the team lost two of the best players the organization had seen in decades: Ilya Kovalchuk and Zach Parise. The departure of Kovalchuk via early retirement came as a shock to the NHL. Yet alone the New Jersey Devils, who were tricked into believing they finally had an all-star forward. The departure of Parise via free agent market came as less of a shock, considering he went home to Minnesota, but certainly still a wallop to the market came as less of a shock, considering he went home to Minnesota, but certainly still a wallop to the

The near future is now the present, and the team is coming together quicker than expected.

Veteran Mike Cammalleri taking the ice during a preseason game. /Tmgor
Buldogs lose to Bronx Broncos, bounce back 4-2 for November

The second quarter ended with the Bulldogs losing 37-45. The start of the second quarter, the bulldogs started off with a turnover. The Broncos took advantage of this. "No transition defense, we couldn’t stay in front of their guards. The guards were very good and we couldn’t really get into our offense sets as they were very disruptive," said Coach Morgan.

The second quarter ended with the Bulldogs losing 102-84, performing abysmally compared to the first quarter. "No transition defense, we couldn’t stay in front of their guards. The guards were very good and we couldn’t really get into our offense sets as they were very disruptive," said Coach Morgan. All in all, considering all the new changes to the roster, adjustment is what the Bulldogs need to do and that is something that can definitely be accomplished.

Women’s Basketball: The Lady Bulldogs Step Up their Game

Lucia Robi Godoy (7)  Note to editor

The women’s basketball team lost 57-40 to Bronx Community College on the November 10 home opener. Being the first home game of the season, the Lady Bulldogs did not set a good precedent for the season. After having defeated Raritan Valley in the preseason, the team seems to have a streak of bad luck, this being the third consecutive game that they lost at home. This is not the most positive prospect, considering that they lost two out of three games, and the season has just begun.

The first half of the game against the Bronx Broncos was underlined by a severe deficit in points, and a plague of fouls. The lack of communication among the girls proved to be a severe problem. The same play was repeated many times without success; on the Bergen offense, the same two players passed the ball back and forth until they felt they had a clear shot. This play didn’t work and they only really started scoring when the players began passing to each other.

Because of the bad start, the team bencched down were not as encouraging to the members on the court as Bronx. The other team never stopped chanting and shouting instructions to teammates. Both of the men’s basketball teams, the Bulldogs and the Broncos, showed up to support their female counterparts.

"We had a tough start. We started off with two losses," said Lexi Raffa, one of the three team captains. "As time goes on, we are getting it together," seconded Quran Manlove, another one of the captains. "It was a bit of a struggle because it was hard to get at least 10 players on the floor for practice," said coach Tracey Green, after being asked about the major difficulty the team faced at the beginning of the season. "I have people who were playing soccer, people who were running cross country, people who played volleyball; so while they are in season, we are also in season," she explained. The team has also received many additions. "I think we definitely have the potential to be a better team this year," expressed Green. "I have a couple of really good players back from last year, and I’ve added in some freshmen who are very promising; we’ve made a lot of improvement in just a couple of games," she added.

However, not all has been bitter for the Lady Bulldogs, and after the defeat against Bronx, the team won against the Community College of Philadelphia in an away game, and against Queensborough. The team suffered two losses in the last two games of November against Cumberland and Ocean.

"One main thing we have really been working on is our boxing out," said coach Green. "A lot of [other teams] don’t box out on a regular basis, so we have really been focusing on that because rebounding is going to be really important for us in order to hold down other teams from getting second and third shots at the basket," she explained.

"I think we definitely have the potential to be a better team this year" -Head Coach

Tracy Green

When asked what the main focus of improvement is for the season, Lexi Raffa answered that the team needs to “do everything we can to benefit everyone. Not focusing on yourself, but focusing on the whole team.”

“Being positive about everything we do,” added Manlove. “We are gonna win,” said Manlove confidently.

“One of our strengths, I think is our speed; we have some really quick players,” stated coach Green.
BERGEN GOES TO NATIONALS, MEN’S SOCCER
WINS FIRST REGIONAL TITLE IN ITS HISTORY

ADAM GRASSANI
STAFF WRITER

It’s been a semester of nothing but success for Bergen sports, specifically the men’s soccer team and both the men’s and women’s cross country teams. The men’s soccer team won the Region XIX championship with a 2-2 penalty kick victory over Sussex County Community College to earn themselves a trip to the NJCAA National Finals. This is the first time the men’s soccer team has won the regional title in BCC history.

Unfortunately for the men’s soccer team, their trip to the Nationals didn’t go exactly as planned. They got shutout in both games they played, 2-0, the first to Nassau Community College and the next to Montgomery Community College.

However, this shouldn’t erase the accomplishments the men’s soccer team won. They set multiple school records this season. Along with this being their first region XIX championship, they had the most wins they’ve ever had with 15, as well as the most shutouts with 10.

Both Malik Stewart and Coach Freddy Herrera took home personal hardware. Herrera won Region XIX coach of the year, while Stewart won player of the year, respectively. Stewart’s play of the year award is the first in BCC history.

The men’s Soccer team wasn’t the only Bergen team that showed up in the NJCAA Nationals this year though. Both the men's and women’s cross country teams went to Nationals as well, with the men finishing in 10th place overall.

Aneudy Nunez was the leading runner on the team, finishing in 27th place with a time of 29:27.04. The women’s team did just as well, finishing 13th place overall. Yanibell Paca lead the team, finishing 21st place in 20:37.

For the men, the 10th place finish was the best since placing 8th in 2012. For the women, the finish was the toughest placing in 13 years, when they finished 8th in 2002.

Will The NFL TouchDown in the UK?

GELBER CASTILLO
SPORTS EDITOR

The NFL’s ambitious design to export American football to England is one that will either flop or remodel the sport. If the London-based franchise that the NFL wants to create becomes a reality, what will happen to the great all-American staple sport if reaches the international level?

Actually, does England even care about American football?

The NFL thinks so. They boast a 13.8 million viewership among the English, with 12 million self-proclaimed American football fans. But this statistic, according to Gordon of Vice, is skewed.

That amount of viewership would constitute as much more passionate the English are about soccer - or football - than Americans are about American football.

To think that the ardent fans of the 20 soccer clubs could be more interested in a sport that rolls into town a handful of times every year and one they can only watch in the ungodly hours of the night due to time zone differences the rest of the year is absurd.

Let’s talk in more relatable terms. The Germany-Argentina 2014 World Cup Final was the most watched soccer game in the U.S., but has the sport’s popularity outmatched that of football’s? The World Cup was a unique spectacle, one that Americans gladly enjoyed, but one the mainstream wouldn’t partake in that same fever in any other circumstance. The NFL’s London games are in a similar position; they’re flashy exhibitions, not as a sport that’s sustainable in the state the NFL claims it currently exists.

It’s like when you wish that one guy a happy birthday at his legendary birthday parties but would never speak any other day of the year.

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Sports

The Women XC team pose before their meet at Stanley Park in Westfield, Min/Claudette Alcobar

The Men XC team pauses up before the starting point of all nationals / Claudette Alcobar

Will The NFL TouchDown in the UK?

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