Many believe that countries that contribute the most to pollution since the Industrial Revolution should be held responsible for global warming and for the horrifying problems that are contributing to our planet. As a New York Times article stated, the human activities that are changing our climate have been understood to happen in the nations that contribute the most to global warming but have instead been getting hit the least.

Countries like the Philippines that got hit by Typhoon Haiyan (a tropical cyclone) are contributing to our planet. As a New York Times article stated, the human activities that are changing our climate have been understood to happen in the nations that contribute the most to global warming but have instead been getting hit the least.

Some consider this situation as a “climate injustice” and believe that countries like the United States and China should be more financially responsible for global warming’s effects than those countries who contribute less to the terrifying situation.

The Torch investigated how students are taking responsibility to do what is necessary to help those who are less fortunate. 20 year old Brenda Griepenburg, a member of the Green Team said, “I think students should be aware of the steps they take and realize that even recycling here on campus will make a difference.” She believes the school should have outside recycle bins and wants students to know that Dunkin Donuts cups can be recycled. She believes a day of awareness at the Student Center will help notify students and will provide them with more knowledge about the situation.

By the same token, the president of the Environmental club, Justin Boushay, became involved with protecting our planet back in 2008. He was surfing in Florida a year after the big BP oil spill in the Gulf of Mexico; when he came out of the water, he realized his pants and shirt were full of oil spots. At that point he “wanted to influence people to see what their actions caused.” He believes in the promotion of bicycle riding, using public transportation, and carpooling. He takes the bus to school even though he is the owner of a car; it is important for him to show that the change one person makes can lead to a difference.

The Environmental Club combined with the help of STEM is promoting the use of reusable water. The school has installed three new water fountains that can lead to a difference.

usually available to four year schools only. Fenkart believes the cards will be available the end of January 2014. According to their website, College Discount Cards was founded in 1998 and with over 500,000 cards in circulation annually, they are the leading provider of such service. Once all participating stores get selected, SGA will be in charge of marketing the cards and spreading the word to other students about the availability of the program. The proposal to present College Discount Cards to the Office of Student Life for approval was passed with a unanimous vote by the SGA senate.
Who knew there were about 700 students here at Bergen Community College who are 55 years of age and older? The oldest student here at BCC is Evelyn Zyman, who just turned 100 this past June. The Institute for Learning in Retirement (ILR), was brought to BCC combined with Road Scholar Institute Network about 12 years ago by Lois E. Marshall.

Marshall had the vision of incorporating classes to adults over the age of 55 and to offer them the opportunity to define and pursue their own informal educational goals, at their own pace, and according to their own choices and talents. The program provides classes held at BCC by retired professors or current staff members who work as volunteers.

As a yearly average estimate of 1,000 students being enrolled, a huge percentage of those who enroll are nursing majors. With the installment of the Health Professions Building, students in Bergen Community College are wondering what will happen to the nursing classrooms now that the building is being constructed. Aimee Landestoy, a fellow BCC student said, “First, I believe that they will probably add extra classrooms and more classes will be administered during the daytime. Secondly, there may be a growth in clubs and designated rooms, rather than meeting in a random room, the clubs will have a schedule.” For the nursing majors who are striving and those who are going to strive, hopefully, this building will be of great convenience.
Typhoon Haiyan Terrorizes the Pacific

GRZEGORZ KOCIUBINSKI

On November 2nd, the Joint Typhoon Warning Center spotted the beginnings of a potential storm, about two hundred and sixty five miles southeast from the Federated States of Micronesia. After moving through an area that favored the creation of typhoons and intensification of the storm, the Japanese Meteorological Agency classified the occurrence as an official tropical storm and dubbed it Haiyan. As the storm grew into multiple categories as a typhoon late in the day on November 5th. On November 6th, the Philippine Atmospheric, Geophysical, and Astronomical Services Administration (PAGASA) gave Haiyan the local name of Yolanda, as it approached the area the PAGASA monitored. More careful inspection of the storm’s increasing severity gave warrant to its classification of a Category five, with wind speeds ranging from 145 mph to 235 mph.

Later that day and early mornings of November 7th, Haiyan hit Palau, with the eye of the storm passing directly over Kayangel. Although most residents ignored the mandatory evacuation order, the Palau National Emergency Committee reported that all sixty nine residents of Kayangel have been accounted for and have no major injuries. According to Typhoon Bopha, a typhoon that hit the southern Philippine island of Mindanao, While without water, local resident Jessy Hale goes on to say that even though Koror, Babadabao, and Kayangel lost power and do not have water, damage by the storm is minimal.

After moving over Palau, Haiyan struck the town of Guiuan in Visayas at 4:40 am, November 7th. According to the Joint Typhoon Warning Center’s, readings of Haiyan’s sustained winds of 195 mph, gusting to 235 mph, Haiyan broke records and became the fourth strongest tropical storm and the strongest to make landfall in world history. According to the Washington Post, as reported on November 15th, nearly one hundred and seventy bodies were buried by the next morning, Friday, November 8th. At least 600,000 people were left homeless. The residents are ready to rebuild by themselves, believing aid to be a welcome bonus, not a requirement to return to their normal way of living. “We’re on our own, so we have to do this on our own,” said continued on pg. 7

How Prosthetics and 3D Printing Are Redefining Disability

JOSEPH CIRIL

As recently as 2011, the United States Armed Forces began funding tests for the Human Universal Load Carrier (HULC), an untethered, hydraulic-powered, anthropomorphic exoskeleton designed by Professor H. Kazerooni and his team at Ekso Bionics. The “exoskeleton” allows for the user, in this case military combatants, to carry loads in excess of 200 pounds at a rate of up to 10 mph with relative ease, across all terrains.

While this technology is years away from assisting our men in uniform on the battlefield, it does show promise for the future of prosthetics, and the benefits have already tricked down and inspired a host of new technology that will benefit everyday people. The most unbelievable invention of the early 21st century is undoubtedly that of the eLEGS exoskeleton, which instead of giving soldiers a hand carrying excessive weight without fatiguing them, actually gives paraplegics the gift of walking.

“It always feels good to stand. It feels fantastic, I just feel connected.” These were words that tester Chris Tagatac gave to Bloomberg when taking his first steps out of the wheelchair and down the pavement amid a thunderous round of applause. Ingeniously designed by Ekso Bionics, the machine has lent itself specifically for rehabilitation purposes only, but promises to expand to the general market within the next 10 years.

The idea is for the patient to be strapped into a harness around the shoulders and waist, with lightweight motorized leg supports and an assortment of intricate motion sensors aiding in the walking process. A backpack that houses a computerized control box, coupled with a pair of crutches similar to those used by Polio patients, help the device recognize when a step needs to be taken using a program called “Mind To Motion;” utilizing the power of thought to make forward motion not only possible, but easy.

Continued on pg. 7
Typhoon Haiyan Terrorizes the Pacific

Continued from pg. 3

Dionesio de la Cruz, age 40, who already made a new bed out of collected rusty nails in his temporary shelter. Haiyan continued strong as it followed along its path around the Visayas hitting Leyte, Daanbantayan, Bantayan Island, Concepcion, and Busuanga Island. After being disrupted by so many in the Philippines, Haiyan met environmental conditions that quickly caused it to fizzle out, turning it into a regular tropical storm by the time it hit Vietnam. While Palau managed to escape Haiyan relatively unscathed, the province of Leyte is said to be nearly wiped off the map by those speaking in darker tones. According to the National Risk Reduction Management Council (NDRRMC), the death toll was counted at 5,632 as of Sunday, December 1. Nearly 11.2 million individuals were affected in Visayas by Haiyan, with nearly 4 million staying at evacuation centers. The numbers are staggering to say the least, but what of the horrors that the survivors experienced? The Huffington Post reported that nearly 2 million children are left without parents. Most of the children that lost their parents, have by now accepted that their parents are gone; they wish for nothing more than to give their parents a proper burial. The children all carry heavy memories. “The last time I looked, my mother was just beside me, but when I looked again she was gone,” says Shylyny, a high school student who has aspirations of being an accountant or a journalist. The Philippines are devastated but Haiyan is not a typhoon that brought out only Filipino suffering. It brought out the quality that most overlook after these mighty catastrophes: Filipino perseverance. After each year of storms, the Filipino people rebuild their lives and continue on as if nothing had happened. They are like the mighty bamboo. They bend relentlessly, yet they never break, the same way they did not break this year.

Have You Read the Police Blotter Today?

DIANA ROSARIO
STAFF WRITER

There is no doubt that Bergen Community College is a safe place and a great school for many students around the world, but there may have been a time where as a student you may have felt fear. Behind the scenes of BCC lies the truth of what really happens when public safety officers are not around to provide their service in keeping students safe. BCC has a police blotter, which is a log where daily crimes are reported. While most crimes being committed are ridiculous and hilarious, some have caused concern and are serious matters to many of the students being affected.

In all cases, the police blotter is a very helpful source. It is frequently updated for the use of every student at Bergen to inform themselves of what is taking place inside and outside the surroundings of the campus. A few examples of what can be found reported on the police blotter can be a result of theft, suspicious acts, verbal disputes, disruptive students’ malicious mischiefs, harassment, burglary vehicle, and stalking assaults. These have been the most recent complaints updated into the blotter since October this year. Unfortunately, although these crimes are unexpected, all students are expected to speak up when something bad happens to them or their belongings. If these cases of crimes continue, it can put Bergen at risk for an increase in crimes that happen at the campus. The police blotter is not only created to report mishaps, but to also help students voice their troubles out to a higher power in the school for help amongst those who are afraid to speak up.

<table>
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<td>Verbal Dispute</td>
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<td>Suspicious Acts</td>
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<td>Threat</td>
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<td>Theft (Jacket)</td>
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<td>Theft (Coat)</td>
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STAFF WRITER

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Environmental Action: How Students at BCC Tackle Global Warming Problem

Continued from pg. 1

puriﬁed water; one is located by the SGA ofﬁce and two by the cafeteria. So far all three fountains have proved to save over 3,600 bottles in a matter of two months! Many believe that by buying plastic water bottles, they are drinking cleaner, cleaner tap water. What many do not know is that bottled water companies are tested by the Food and Drug Administration, which means they have less regulations than the water provided to people all over the United States through their sink water which is tested by the Environmental Protection Agency. The EPA is required to test certain regulations than those given to the FDA meaning sink water is cleaner and safer to drink than bottled water.

Just as important as it is to encourage people to get involved not only at school but also within their community is coming up with ways to provide students at BCC with a Top 10 list of things that will help us all be more green and sustainable. They could be the future of water puriﬁcation and making it easier for all different individuals, especially in such a diverse school, to be able to personally connect to the problem and be part of the solution.

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WHAT IS THE GREATEST GIFT YOU HAVE EVER RECEIVED?

CHRISTIAN DECEGLIA
Social Work

“Money is good, but only good for as long as you have it. I’m thankful for my life and waking up every day, because some people don’t get the chance to. Every day is a blessing, so do something great.”

QYNN PASCUAL
Cinema Studies

“The best gift I ever had was a surprise visit from my best friends. It was my 19th birthday. It was a bad year. I couldn’t afford the college I wanted to go to and had to transfer. Financially it wasn’t great. This was a birthday I was willing to forget, and the doorbell rang. My friends were there with a cake and candles, and I realized I wasn’t forgotten. It was really special and I just started crying.”

JORDAN POSADA
General Science

“It has to be a healthy mind and body. No, actually it’s my sister. I wouldn’t care to be handicapped; as long as I had her. I love my sister.”

RICHARD FALOJAN
Medicine

“My wrist chain. My parents gave it to me. It’s from Dubai, and it’s one of the most precious things I have. It represents my parents’ love for me. I wear it everywhere.”

BRITTA PONTTER
Education

“Freedom to be myself. My mom has always encouraged me to be myself, and pushed me to do what I want to do. She helped me discover who I am.”

MICHÈLE PEREZ
staff writer

All photography by Valerie Batista

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MOON KWON
Psychology

“I think the greatest gift that was given to me was life. God brought me into this world for a reason. The reason is what I’m still looking for.”

KEANNA DESHIELDS
Liberal Arts

“My greatest gift was my gift of voice and my gift of dance. Dancing gives me courage and confidence. It makes me who I am. Singing gives me strength to make it through the day. Feeling the vibrations of my voice just makes everyday a better day.”

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How Prosthetics and 3D Printing Are Redefining Disability

Continued from pg. 3

As recently as 2011, the United States Armed Forces began funding tests for the Human Universal Load Carrier (HULC), an untethered, hydraulic-powered, anthropomorphic exoskeleton designed by Professor H. Kazerooni and his team at Elko Bionics. The “exoskeleton” allows for the user, in this case military combatants, to carry loads in excess of 200 pounds at a rate of up to 10 mph with relative ease, across all terrains. While this technology is years away from assisting our men in uniform on the battlefield, it does show promise for the future of prosthetics, and the benefits have already trickled down and inspired a host of new technology that will benefit everybody. The most unbelievable invention of the early 21st century is undoubtedly that of the eLEGS exoskeleton, which instead of giving soldiers a hand carrying excessive weight without fatiguing them, actually gives paraplegics the weight without fatiguing them, a hand carrying excessive weight during walking difficult, they represent a milestone accomplishment in crafting a better tomorrow today. With the way technology is moving this day and age, it won’t be long before these kinds of devices evolve with us to become cheaper, and more accessible to the general public. This is highlighted even more so in the story of Leon McCarthy, a twelve year old boy who lost two fingers at birth due to lack of blood flow during his development in the womb. Leon’s father discovered a viral YouTube video by inventor Ivan Owen and Richard Von As of Johannesburg, South Africa. The two inventors had

A paraplegic for 18 years, Amanda Boxtel demonstrates the amazing scientific “miracle” of the eLEGS exoskeleton at a press conference. Photo courtesy of Brian X. Chen

been collaborating for some time on a high-quality, low-cost 3D printed prosthetic hand controlled by flexing the users wrist based on American puppeteer and co-creator Ivan Owen’s own intricate design.

Cables that act as tendons in the device are pulled from the wrist to close around the object just as the biological mechanics of the real thing. The parts to create the device are only $10 (versus the projected $11,000 cost of aluminum prosthetic hands of similar design) and can be manufactured with a standard 3D printer in an astounding 20 minutes. Although these printers themselves can be expensive, Leon’s elementary school is very happy to lend theirs to helping them. Owen and Ivan also do not hold patents on the device, construction, and further, don’t charge to download the plans necessary to print the device.

What’s more, those who can access a 3D printer will enjoy the benefit of having full control over the design of their printable prosthetics to modify them to their specific needs. These inventions and more define what it means to be part of the second decade of the 21st century, and perhaps, mark the beginning of a change in defining the word: Disability.

While this technology is relatively new, the story of Leon McCarthy, a twelve year old boy who lost two fingers at birth due to lack of blood flow during his development in the womb, is moving this day and age, and perhaps, mark the beginning of a change in defining the word: Disability.

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BCC, The Underdog Worth Betting On

“Where are you going to do when you grow up?” is a question asked by almost every middle-aged human to a pubescent person on the planet. Few people say that they are going to Bergen Community College when they graduate high school. Even in high school, most do not say that they are going to BCC until it is an undeniable truth, regarding it almost as a shame. Some seniors are embarrassed to admit BCC is the next step in their life, since everyone else is going to four-year colleges “Because it is a great party school,” and “Because it’s a thirsty campus,” amongst other “important” reasons like that, disregarding the actual reasons as to why people go to college.

High School is a time bomb, and when the time runs out, it is an explosion of college applications, life-changing decisions and stress migraines.

While it would be great for everyone to be financially prepared and immediately admitted to a four-year school, sadly, low incomes and GPAs also exist. While there are many reasons why people choose a community college, two main reasons are either monetary issues, or not meeting the academic requirements for a four-year college. Regardless of the reason, luckily for those ill-fortuned individuals, community college is very beneficial in many aspects.

Starting with the economic aspect: According to the American Association of Community Colleges, tuition and other expenses, for community colleges averages less than half of that at public four-year colleges and about one-tenth of those at private four-year colleges as of 2013. Also, students who are unsure of what they want to do and change their majors more often will have an easier, less expensive experience at a community college, and may find their passion without getting into much debt or wasting precious time. Students can also save money by getting their general courses out of the way for less, and then transferring and specializing at a four-year university, saving thousands and eventually earning the same degree as a four-year student. At the end of the day, no one wants to pay $2,000 to take Contemporary Math.

Depending on the campus as we have at BCC is a great economical investment. Dorming is fun with all the before party experiences that come with it, but it is expensive, and the food is not always the best. Living and eating at home is a lighter job to your wallet, and there is also your comfort zone in stressful times, times where you would want to avoid having a roommate, apart from the fact that you get to keep your car, unlike some colleges and universities. For those who do not have a car, NJ Transit offers discounts on bus passes for BCC students.

High School is a time bomb, and when the time runs out, it is an explosion of college applications, life-changing decisions and stress migraines. Community college is a smart and cost effective alternative to a four year school.
Shining a Spotlight on a Dark Issue
pg. 12-13

The Torch

VOLUME 21 ISSUE 4 | DECEMBER 2013

Editor’s Note: This letter’s length has been shortened due to layout issues, however, tone and criticism has remained untouched. For any questions regarding this letter, please contact eictorch@gmail.com.

As a 49-year-old student (finally) pursuing a degree, and with my own interest in writing, I want to commend the student staff members for their efforts with this newspaper, and I hope it leads to a fruitful career in journalism for those who want to go that route.

I must, however, comment on a trend that has been going on for some time with you folks, which is that you see the need to print the most morally bankrupt paeans to casual, recreational sex. The September issue suggests that students deal with their stress with “a good-old fashioned orgasm,” saying that sex improves grades, raises self-esteem, increases attention span (so the students tuning out in class are all virgins?), slows down aging (you’re worried about aging already?), and reduces the risk of cancer! Is this The Torch’s idea of medical advice? It’s not as though college students need any more excuses to live reckless, hedonistic lives.

There are any number of wholesome activities that improve your health in many ways – starting with getting enough sleep and eating properly – wasn’t mentioned in this space-filler of an article. Running a sex column in a college newspaper is like running a list of the best taverns in an Alcoholics Anonymous newsletter.

But if that’s not bad enough, an article in the next issue was about the so-called benefits of sado-masochistic sexual practices. I am really wondering if you folks are not putting in these articles just to amuse yourselves. And I can’t understand why any responsible advisor or college president would think this is:
Continued on pg. 12

Reader Questions: Is Torch Too Sexual?

We are very close to the end of the first semester of this school year. Most first year students come into BCC with fearful expectations of tough professors and unfriendly classmates. Admittedly, I am guilty of that, but my Public Speaking instructor showed me how not every professor in existence has evil intentions of making you fail the class.

Midway through October this very same professor, Dr. Douglas B. Hoehn, was suspended and later resigned. The entire class was left with plenty of questions and concerns about how the rest of the year would go. This changed the dynamics in the classroom, and could happen to any other student in any other school environment.

Upon arriving to Dr. Hoehn’s classroom one morning, I found my classmates huddled around the door reading a sheet of paper that notified everyone that the class was canceled. The immediate response was frustration and anger. There was no indication on the BCC class cancellations page that the class would be canceled. Some of the students, such as myself, make the lengthy trek to Bergen every day to make it on time. If the class had been listed, some of us might have saved a lot of time and planned accordingly.

Continued on pg. 12

Losing a Professor: The Effects on Students

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Continued on pg. 12

Writing Contest

The Scribe’s 24 hour Scramble is a creative writing contest sponsored by the Bards and Scribes creative writing club. The contest will be held on a monthly basis.

The third contest will begin on Saturday, December 21st at noon and submissions need to be in by Sunday, December 22nd at noon. Anyone interested in participating has to register for each contest separately by emailing the club at: bardsandscribes@bergen.edu

The writing prompts, word count, and submission guidelines will be sent to all participants via blast email at noon on the contest start day and all entries must be returned via the bards and scribes email address by noon the next day. All late entries will be disqualified. There will be a prize awarded for the winning entry each month. The prizes vary month to month. The submission will be judged by the club’s e-board, with the final decision being made by the club’s faculty advisors.

The contest is open to any current BCC student.

If anyone would like additional information they can always stop by the bards and scribes club hours, Thursdays, 12:30 – 1:30 in room L-141.

Winner on pg. 12
Animals in America was directed by Thomas O'Neill. It takes place in the 1980s, it's an honest take of the era depicting the effects of Reaganomics, social unease and religious views.

**ANGELS IN AMERICA**

**Part One: Millennium Approaches**

Bergen Stages premiered their interpretation of the controversial modern-day play, "Angels in America Part one: Millennium Approaches" by Tony Kushner on December 6, 2013. "Angels in America" is split into two parts, Bergen Stages is only doing the first. The play is a multi-award winning, even being featured on Broadway. This set a precedent of high expectations for this team to tackle, but they were more than happy to do so, not just because of the talent and chemistry of the cast, but because of the deep social issue this play brings to light. That being the taboo of homosexuality and the AIDS epidemic.

"Angels in America" is set in 1985 New York City and follows a tangent of intertwining stories. The play revolves around main characters John Ironside, a gay Jew whose lover Prior Walter contracts HIV. Joe Pitt, a Mormon and law clerk who has to deal with his silent homosexuality, and his wife Harper Pitt, who is addicted to Valium. Last but certainly not least, Roy Cohn, a loud and vulgar speaking Jewish lawyer that is also Joe Pitt’s boss and a closeted homosexual, denying AIDS. These men are faced with being homosexuals in a not-so-understanding time period, and the realization of the severity of AIDS.

The director and 12 year Bergen Stages veteran, Thomas O’Neill, recognizes the impact that this play had on society, and was thrilled to direct such a controversial and difficult play, even more excited to work with such great cast.

"Honest" is how producer Jim Bumgardner described the acting of this cast. You can see that they knew the severity of the issue, and it made them passionate enough to give an amazing performance, so the audience can see it as well. And that they did. They painted a clear picture of how AIDS affected people from different walks of life similarly. The confusion and heartache going around was too severe, and the understanding was nonexistent. The devastation of one contracting AIDS and having to count their days was depicted in a very digestible way.

The actual play itself was a very enjoyable. Three hours with two 10-minute breaks in between. As you are taking your seats, on-stage you are able to see three tables. The three tables are; a kitchen table with pills, liquor, and a bible, as well as an office table with two phones and some sandwiches, and a table with a coffin. These three tables set the atmosphere for what is going to happen in the play.

The projection and lighting were used brilliantly throughout the play, for there was repeated use of two colors of lighting, blue and yellow. An interpretation is that yellow shining on a character means recognition of a problem and blue meant denial. However, there were times where it did not fit, and what does both colors shining mean? Recognizing denial? There were also many humorous moments and shocking moments, which the audience reacted to very well.

Some negatives are that two scenes in the play seemed to be unimportant until you figure out that it gets revisited in part two. Some of the accents were hard to understand and there were points where the acting could have been more believable and with a bit more depth regarding the situation, at times, some of the more veteran actors easily overshadowed the new talent, wrongly shifting focus from the character to the actor.

Overall, although very fun and entertaining, this play had small technical difficulties. Eight stars out of 10 would be a proper score. This play is highly recommended and worth going to, and you get to support the talented theatre group at Bergen and see their masterpiece. There will be three more showings December 11-13; come, enjoy!
How do you think the play came along tonight?
I am more than thrilled.

Why this particular play?
I think Angels in America was probably chosen for a number of reasons, one of which that it’s a Pulitzer Prize winning play, it is one of the most important plays of the 20th century and it examines our society and our culture in a way that we don’t often like to look, it’s sort of the underbelly of our culture and it changed the way we view gay society, I think it opened a lot of doors and made people aware that we have to be more sensitive about issues that we would’ve otherwise ignore and we look at some of the laws that are being enacted even today with same sex marriage and those sort of things. I think this play was a sort of foreshadow for making those things happen.

Do you think this play set foot for these laws being enacted?
A: “I don’t know that the playwright was thinking that in twenty years we are gonna change all these laws. I think it was more about his belief that our culture needed to open up, and start looking at not only what we think philosophically but what we really believe in spiritually, with regards to other human beings; how we treat them. There it 25 million people that died of AIDS since the 1980s. So, thats a lot of people to sort of ignore and disregard, we need to as a world culture come together even more than we have. There is a greater awareness now, that’s for sure, but there is still a lot of people living with AIDS and dying from it. I think the Playwright was asking us to open up and not necessarily embrace what was going on, but be more sensitive to it.”

Was casting difficult, given, the sensitive topic?
A: “Fortunately, it was not all that difficult because as you could see if you saw the show tonight they are people who...” [Suddenly Interrupted]. “Sorry, wait, what was the question? Oh yeah casting, I think it’s amazing to have a townpool in the New York area and North Jersey area, we get very lucky that we get a lot of kids and young adults who are very talented, so no, it wasn’t too difficult.”

What was your favorite part about tonight’s performance?
That we finally got here.”

Are you projecting a Part 2?
No not at the moment.

Would you?
It’s something that I think the producer would probably answer better than me at this point. Jim.
**BEGINNINGS**

She handed Adam the journal and waited. “So?” She broke the silence. “What do you think?”

Adam smiled at her. “Honey, you’re writing to someone who isn’t even born yet.”

“I know! But God forbid, if anything happens to me, I want our son to know that he has parents who love him and want what’s best for him.”

“Lorraine, we don’t know whether it’s a boy or girl.”

She placed her hand on her stomach. “I have a feeling it’s going to be a boy.”

Adam leaned against the bed and placed his hand on top of hers. “So, our son… What’s his name?”

Lorraine’s eyes lit up. “Michael.”

Adam nodded. “Correct.” She beamed.

He leaned in closer to her stomach and whispered, “Michael, this is your first letter. I hope you like it as much as I do.”

“Okay,” she said. “Just a regular soccer player who goes on to fall in love and start a family and do ordinary, great things with his life.” She looked at Adam. “Like you.”

They felt a kick in her stomach, and she smiled. He laughed and picked up the journal. It was filled with words that would one day mean the world to their child.

“Like father, like son,” he said.

**ENDINGS**

Michael stood in front of the casket, staring into what seemed like a black hole, his mother floating in the middle of it. She was just playing pretend—it was just a game of hide-and-seek, and he was it.

“I found you,” he whispered. “I found you, Mommy…”

He expected her to jump up and hold him, tickling him like she always did.

But she didn’t.

Michael’s father walked up to him. “Here, Michael.” He handed him his son a journal. “Your mom would have liked you to have this.”

Michael opened the book. “Daddy, I can’t read this.”

His father hesitated. “I’ll read it to you.” He took a deep breath and started.

“My dearest son:

I really am lucky to feel your heartbeat in this moment. The first time I heard it, I was worried, I was scared. But you were a boy, and Daddy knew I had been very lucky. You and Daddy are really good at playing pretend.”

If anyone ever has to deal with this, the best advice out there is to power through it. Regardless of how you feel, the replacement professor has to do their job and give you an education. Yes, losing that instructor you enjoyed very much hurts, but unfortunately those things happen. If you made it this far through school, this hurdle will be something for you to work a little bit harder to get over. It will be all worth it once you take what you’ve learned and apply it later in life. Because, as it turns out, life will test your ability to adapt to personnel changes without your permission and it is up to you do so.

Ricardo Montero-Hernandez, Editor-in-Chief, with any questions, comments and concerns, I will diligently respond. I can be reached at eictorch@gmail.com.
A Forgotten Question About Nelson Mandela

ADRIAN YLLATOPA
ASSISTANT EDITOR

On December 5th, the former President of South Africa Nelson Mandela passed away in his home in Houghton, Johannesburg. As the world mourns the loss of the leader, there is the hidden question that many people unknowingly stray away from: Why was Nelson Mandela imprisoned? There are other known facts about Mandela such as his anti-apartheid revolutionary activism and philanthropy. The reason for his imprisonment is rarely ever gone in-depth and detailed.

According to the African National Congress website, anc.org.za, in 1961, Mandela co-founded the Umkhonto we Sizwe (MK), an armed wing of the African National Congress and South African Communist Party. The group opposed the South African government to return to reform or face retaliation attacks. After the government did not comply with these demands, the MK began to attack government installations the same year. Under Mandela’s rule, terrorists from the MK also planted bombs in public areas killing innocent people.

He was also openly supportive of brutal government regimes, such as those of Fidel Castro, Saddam Hussein, and Muammar Gaddafi. Fidel Castro actually received the highest award in South Africa from Nelson Mandela. Under Mandela's rule, the MK did everything they could to not have casualties under these protests. It wasn't until they were left with no choice that they resorted to guerrilla warfare.

Continued on pg. 15

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Our Very Own Thrift Shop

BERGEN COMMUNITY COLLEGE has its very own thrift shop. A new project held by the Student Government Association, Phi Theta Kappa, Green Team, and Turning Point is making its way into our very own student’s lives. Bergen Community College has it’s very own thrift shop event held at the Student Center in the first week of December.

As Victoria Tahhan, the Vice President of SGA organization said, “Many students are dropping out of Bergen because they cannot pay for tuition, food, and clothing all at the same time. Some have to drop out and find a full time job to provide for their families, and what we are trying to do is provide for them so the rate of dropouts decreases and more students can accomplish their academic career here at BCC.” Some students do not have proper clothing for a job interview and cannot take a step forward into the real world and starting providing for themselves. Our job is to open up our homes and donate things we do not use anymore to help others.

All money collected from selling clothing at the thrift shop will be going towards an Emergency Crisis Fund held by Dr. Naydeen Gonzalez-De Jesus, Vice President of Students Affairs. The fund will be saved for an emergency situation of a student in serious need for financial help. The students selling the clothing and the ones preparing for the sales will include students who are considered cognitively impaired. This project will help them build skills to be able to communicate between a worker and its customer providing them with a heads start for the real world.

The beauty of combining the Green Team into this project is the idea of sustainability. Many do not realize that what they consider trash can be another man’s treasure. We live in a society where owning three pairs of pants is not considered enough and shopping for fun is something that seems almost natural. Instead of wasting and keeping everything we own in our own homes we are better off passing it on to others. Sustainability is the idea of reusing and recycling which is why donating is so important.

This past weekend I decided to clear out my closet and donated to our school’s thrift shop, I started from taking everything I owned and throwing it on my bed. Then I began looking through the things I have and realized I forgot I even owned half of them. There is absolutely no reason to own as many things as I did and to forget you have more sweaters than you can wear in a week. I started folding my clothes and realized I was putting aside half of my belongings and to be honest, it felt great. I donated a big bag of sweaters, pants, shirts, and bags. Cleaning out my closet not only made me feel good and provided more space in my room but also helped others. I can now know that someone else will be wearing clothes I forget I even had and will enjoy them more than I ever did.

It is important to not forget that even though Bergen Community College is such a beautiful campus that provides us all with outstanding abilities and facilities it does consist of many people in need. It is our job as a community to help anyone around us who might benefit from the little bit of effort we put into donating food or clothing. It is important to remember there will always be someone less fortunate than us.
Do We Really Have a Choice? The Stanley Parable

BLAIR DELONG STAFF WRITER

Do players really have a choice in what they do in a video game? The Stanley Parable questions this at every turn. Should you take the right door because the narrator tells you to, or should you take the left door because you feel as though you have free will to do so? The player is a noble office worker who has suddenly found himself alone in his office building. As Stanley follows the narrators instructions (or not), the player is faced with many decisions that will have ramifications on the story arc that the player’s decisions have created; the narrative is the experiment in The Stanley Parable.

The Stanley Parable, originally made with the Source engine, was made available through Valve’s Steam Service by Davey Wrede. This isn’t a shooter, nor does the game involve any amount of substantial violence; it tests how players react to situations where free will can be questioned and subsequently answered. It also brings an aspect of philosophy of game design not many games have touched on, which is imaginative narrative. Too many games made by Triple A developers focus on tried and true mechanics, and the thought experiment has more difficulty in the music world, including a planned full-length due sometime next year. The “Villains” EP is available for free at AutobiographyOfMan.Bandcamp.com. “Avenge Me” is available on iTunes, and Facebook.com/AutobiographyOfMan.

Do you follow a story? Will you follow a story? You have a choice, you have no choice. The game will end, the game will never end.

Photograph courtesy of stanleyparable.com

Wadjda: A Girl and Her Bike

ROGER S. ECHEGOYEN FEATURES EDITOR

The story is simple: A 10-year-old girl desires a bicycle after her friends new bike to her. She’ll risk everything to obtain the bicycle by any means possible. It sounds simple but Wadjda (Waad Mohammad) brings depth to the story. The set is in Saudi Arabia with the titular character living in a conservative and isolated community that discourages women to ride bicycles or express themselves in a way that would be against the Islamic culture.

Wadjda (Waad Mohammad) creates mixtapes from Western music, makes bracelets, and aids a teacher with a rendezvous with a man just to make money. For a girl her age, she is an entrepreneur that takes advantage of any moment that could help her gain money. She steals her mother’s forbidden within her culture. After

Those familiar with the world of blogging have probably heard: “Texts from Bennett,” the viral sensation that started buzzing around Tumblr in early 2012. The brainchild of underground rapper Mac Lethal, the blog consists of text messaging screenshots between himself and Bennett, his 17-year cousin who, according to Lethal, “is a white boy who thinks he’s a Crip, is currently unemployed, has a girlfriend named Mercedes, and is one of the most unintentionally brilliant and funny souls on the planet.”

texts from Bennett: A Novel

EMANUELE CALIANNO STAFF WRITER

Lethal in September. “Texts from Bennett,” is a refreshingly engaging look at the world Mac’s life. Despite their lack, he houses Bennett and his pill-popping mother to live with him despite this. As the cohabitation grows more difficult, Mac’s patience and family are constantly challenged. Bennett cannot keep a job to save his life, employs ridiculous grammar and spelling in his texts, and has hilarious incidents with many of her “neighbors.” But when Mac’s fiancée’s true nature is revealed and her self-esteem crushed, he realizes that family is all he has, and starts to see the caring yet insecure man growing inside his cousin.

In the end, Bennett will unwittingly help Mac regain his confidence and find the love of his life with his self-proclaimed with the title track is arguably the most unforgettable brilliant and funny souls on the planet.”

You will have a story, you will not follow a story. You will have a choice, you have no choice. The game will end, the game will never end.

Photograph courtesy of stanleyparable.com

A Melodic Metal Concoction

ADRIAN YLLATOPA CLIFF BOAN STAFF WRITERS

"Welcome to the show, we’re just open for business now," are the lines that open up Autobiography of Man’s self-released debut “Avenge Me,” and properly describes what you are in for once you listen to the full album. Bergen Community College alum Mac Mancini began the project in early 2012 after the dissolution of his previous group, Stop Motion Skyline. The band’s darker work and their flexibility will be against the Islamic culture. Despite raising more than a few skeptical brows regarding its language and syntax that sharply contrast with Bennett’s. The title track is arguably the highlight of the vocals. The title track is arguably the highlight...
Online shopping has become an increasingly common staple of life in the 21st century. Why is it so common? According to some students at BCC, there are many reasons why online shopping has become so popular amongst them, and how having favorable online stores and knowing exactly how their deals work are beneficial. It’s popularity can be credited to the fact that convenience is highly valued in today’s society.

One of the main reasons is that shoppers have all the comfort they want by shopping from home, since shopping online offers the opportunity to buy anything and everything as long as you have an internet connection.

Another reason is because it saves time and money, avoiding commute, traffic, and finding parking, not to mention that you won’t waste any gas. In addition, the process avoids dealing with big crowds or waiting in long lines, making the overall experience less stressful. Shopping online also has a good virtual community that helps by offering reviews of the product that is being purchased. Some online stores even offer experts who can give information on the product directly.

Among the most popular online stores visited by our students is Tobi, which offers a great variety of women’s clothing as well as accessories, making it easy to figure out their size by giving direct measurements to each customer. Tobi also comes out with new products every week, and has good sales including great shipping deals.

Other popular stores include Urban Outfitters, Karmaloop, Nastygal, Uniqlo, and Pacsun, all of them providing specific and unique items for men and women that are not usually offered in stores, providing many deals when buying online and dealing with shipping methods, therefore increasing online shopping day-by-day even more.

More consumer manufacturers have turned to selling through online sites, as well as in stores. Photo courtesy of MCTCampus.com

A Forgotten Question About Nelson Mandela

Continued from pg. 13

and terrorism. After African National Congress leader Luthuli was awarded the Nobel Peace Prize, the MK responded with bombings on Dignane’s Day, a religious holiday in South Africa.

Island when Mandela repented and received a Nobel Peace Prize, the MK responded with bombings on Dignane’s Day, a religious holiday in South Africa.

In 1994 he was elected President of South Africa and created a new image for not just himself but for the nation as the first black president. Mandela created the Truth and Reconciliation Commission to investigate human rights under apartheid. The commission addressed social and economic developments in order to improve living standards in the nation. He was one of the most popular online stores visited by our students in Tobi, which offers a great variety of women’s clothing as well as accessories, making it easy to figure out their size by giving direct measurements to each customer. Tobi also comes out with new products every week, and has good sales including great shipping deals.

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More consumer manufacturers have turned to selling through online sites, as well as in stores. Photo courtesy of MCTCampus.com

Sugar Hill Comes to Bergen

Most people know The Sugar Hill Gang as the fathers of hip hop with their hit song "Rapper’s Delight." What a lot of people don’t know is that there is currently a class taught here at Bergen Community College by one of the members of The Sugar Hill Gang, Joey Robinson, and one of the producers of Sugar Hill Records, Leland Robinson.

This is a non-credit course called Sugar Hill at Bergen. It is taking place for the first time this fall semester at the Paramus campus. The course is designed to give students hands-on approach to teaching students about the music industry. Their plans for the class are to not only teach their students about the industry, but to help their students fulfill their individual goals.

Having teachers that are still very influential within the music industry as artists is different from being taught by an everyday professor. When asked what insight they can bring to a class that a regular music teacher can’t provide, Professor Leland Robinson said: “You have to be hands on to really know this business, if you haven’t been hands on within the business then you’ll never really know how it works.”

The experience is not only different for the students it’s a different experience for the professors as well; as they both are currently working in the industry. When asked about the class that a regular music teacher can’t provide, Professor Leland Robinson said: “You have to be hands on to really know this business, if you haven’t been hands on within the business then you’ll never really know how it works.”

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Finally, gamers around the world are able to get their hands on the next generation of video game consoles. Sony’s PlayStation 4 and Microsoft’s Xbox One have been released to a world that desperately needed new consoles two years ago. Due to the relatively expensive nature of a video game console and the myriad differences that can arise between the two, it can be difficult for a consumer to choose exactly which one will suit their needs. That said, this comparison will help you make a more informed decision this holiday season.

To start, the PS4 features better specs than its competitor, including 8 GB of GDDR5 RAM and a beefier GPU. Interestingly, both consoles opted for a very similar 8 core AMD CPU architecture. The PS4’s advantage in power won’t show at launch and on some architecture. The PS4’s advantage in specs than its competitor, including decision this holiday season.

The optional PlayStation Camera features dual cameras to capture video images, including depth, as well as four microphones to detect audio. Some of the highlights of the DualShock 4 include a touchpad, an LED capacitive touch pad, light bar, gyroscope, accelerometer and vibration functionality, as well as a new share button.

On the OS level, the PS4 introduces streaming functionality through Twitch and Ustream, allowing anyone to stream out gameplay with the press of a button. The last 15 minutes of gameplay will constantly be recorded as well, allowing users to create gameplay clips and share them to YouTube and Facebook. Consumers who choose to buy digitally through the PlayStation Store will be able to stream and play their games as they’re being downloaded, bypassing the long download times.

Consumers should be aware that online multiplayer will now be locked behind the pay wall of PlayStation Plus, which is another $30 annually. Moreover, the PS4 will not be backwards compatible with the DUALSHOCK 3 and previous PlayStation games. Instead, Sony is set on “One of feel the mainstream media over its restrictive DRM policies and mandatory Kinect inclusion. While Microsoft has since backtracked in response, there still fears that Microsoft will attempt to reintroduce these policies at a later date. In fact, the Xbox One requires a one-time internet authentication check on startup. The Xbox One’s specs are a little weaker than the PS4’s, but again, this won’t be noticeable until further down the road. The Xbox One’s controller is a little smaller than its 360 predecessor, but overall feels the same design.

An updated 1080p model of Microsoft’s Kinect motion sensor is included with every Xbox One and features improved tracking software, heart monitoring and a bolder road than its competition. The Xbox One will also feature streaming with Twitch, but will only record the last five minutes of gameplay. Twitch streaming will also not be available on the One until 2014.

As far as price point, the PS4 is available for $399 while the Xbox One is priced at $499. As far as my recommendation, in a vacuum, I would go for the PS4. It’s $100 cheaper, more powerful, and doesn’t come burdened with any of the bad DRM/always-online policies. Most importantly though, you have to look at the exclusives and what system(s) your friends will buy to get the full picture on what console best suits your needs.

The last thing you want is for something you enjoy to be something you regret. Photo courtesy of mirror.co.uk

Post-Bedroom Regrets and the Cavemen Within’s

Despite modern research and social and communicative growth; despite everything we do to think and feel sophisticated and advanced, there is still something rather instinctual about our perceptions when it comes to sex. A study from the University of Texas and UCLA featuring around 25,000 students recently aimed to report on the phenomenon of sexual regret in both women and men, and more specifically how it stems from evolutionary aspects linked to reproduction. The findings were published in the current issue of the academic journal “Archives of Sexual Behavior.”

During the study, both genders showed various regrets and concerns regarding their past or current sexual encounters. Men showed regret in what researchers described as missed opportunities to reproduce. Their main regrets included lacking confidence to pursue a possible partner and not being sexually adventurous in youth or during the “single years”. “[For men], every missed opportunity to have sex with a new partner [...] is a costly loss from an evolutionary perspective,” said Prof. the

Martie Haselton of UCLA.

Inversely, women made regret for finding the wrong person, or in other words, mating with an undesirable partner. Their main regrets included losing their virginity to the wrong person, cheating on a former or present partner, and moving too fast sexually. “The consequences of casual sex were so much higher for ancestral women than for ancestral men, and this is likely to have shaped emotional reactions to sexual liaisons even today,” according to Haselton.

In addition, more women than men showed regret in a past encounter with a physically unattractive partner. Interestingly enough, the findings were consistent among men and women of all sexual orientations. Researchers suggest that while social norms certainly play a role in sexual regret, they may very well be rooted in past pressures of natural selection.

How well this will go down with people is hard to tell. Whether these findings will open bigger doors, posterity will judge. Either way, it is yet another reminder that the time to find comfort in social myths and assumptions is coming to an end.
Bergen P.R.I.D.E hosted their second annual dance with a “Snow Ball-The Masquerade” themed prom night, on the evening of November 22nd which took place in the tech building of the Paramus campus, bringing in an amazing energetic crowd of people together.

This event officially started last year when Bergen P.R.I.D.E, and its members decided to host an event that would allow students to have fun on campus, and also bring clubs together allowing them to interact and collaborate between different clubs and organizations on campus as well as off campus such as LASA (Latin American Student Association), BSU (Black Student Union), SAB (Student Activity Board), PTK (Honors Association), and ASL (American Sign Language Club), and also for everyone to celebrate pride and being yourself. Seeing the amazing outcome, and success from last year’s dance is what made Bergen P.R.I.D.E’s president Damian Jiggy Dymka continue with this dance and make it a tradition to keep going by making it “bigger and better each year.” The night was filled with great energy from everyone who attended; People wore unique masks, some of them originally handmade. Beautiful gowns and polished suits, which made everyone, look flawless.

Everyone danced the night away with the music from the DJ who played a variety of great tunes including some Spanish music and the famous “Cupid Shuffle” song, which had everyone dancing together the whole night. Not only did this dance offered delicious food and refreshing drinks, but it was also filled with countless beautiful decorations that made the attendees feel as if it was a real prom, making this night replace their original prom night to some, and to others experience what prom feels like.

Sign-ups for this event started Nov 4th, and got filled in less than two weeks therefore even having to get some people on a wait list. Not only did students from BCC attended but also students from other schools such as Ramapo, Montclair, and William Patterson University, allowing Bergen P.R.I.D.E to build great networking connections with people from other campuses, and organizations that will help them to communicate and come together. Bergen P.R.I.D.E accomplished many things including bringing the community together, by letting the student body and staff members to have the opportunity to get to know each other more, and help each other whenever they need help.

Bergen P.R.I.D.E and everyone else, who helped make this dance happen, did an amazing job in creating an enjoyable environment for everyone who attended. If you weren’t able to attend this year’s event be sure to check it out next year by reaching Bergen P.R.I.D.E through their social networks such as their Facebook, and twitter page or on campus.

Blast at Snow Ball

DOMENICA PAZMINO
STAFF WRITER

Bergen Students enjoying a Friday night at Pride Prom.
All photos by Tania Boghossian
From the Arena to the Cage, What Goes Through a Warrior’s Head?

BLAIR DELONG

From the bloodsoaked arenas of Rome’s Colosseum to the Octagon of the UFC, humanity has often been forced to fight with shield, trident and other deadly implements; today’s warriors use their bodies to subdue rather than kill their opponent. Some people fight for honor, others to be the best at their respective fighting discipline and some fight for the sake of fighting.

In today’s combat sports, there are many disciplines that are used and have been mixed together to find a more economical way of fighting, molding into what is commonly known today as Mixed Martial Arts, or MMA. MMA takes the throwing aspects of judo, the striking of Muay Thai, and the grappling of Greek Roman wrestling.

The discipline to fight without emotion takes an extreme emotional and mental toll on a fighter.

For a person to master just one of these disciplines, takes years of intense training and discipline, but to learn all of them and become proficient takes an extreme amount of not only physical, psychological and emotional conditioning; not only does a fighter have to deal with the physical aspect of training, but it a fighter is distracted outside of the cage, it can affect their performance inside. Case in point would be the stress UFC owner Dana White put on George St-Pierre for wanting to retire from the sport before his fight at UFC 167.

The discipline to fight without emotion takes an extreme emotional and mental toll on a fighter. Not only is a fighter getting punched, kicked, and having limbs wrenched out of their respective sockets; they have to do so while still planning on what their next move is going to be, Akin to a violent version of chess, a fighter must keep his or her emotions in check as he or she thinks two kicks and a throw ahead, because if they don’t, they could find themselves letting emotion take over and fighting like a Viking berserker swinging wildly at their opponent, potentially putting them at risk to be knocked out.

Professional MMA Fighter Chris Weidman, before taking on opponent Anderson Silva, said, “Guys go in there and some of them are unsure about themselves… if you’re not mentally prepared and truly have confidence in yourself. So I think the main thing is to have confidence and the best guy is going to win… I’m not really going to let it mess with me at all.” While confidence does affect a fighter’s performance, can it really be the linchpin to their success? An opponent may use intimidation as their weapon to blind their opponents and affect judgment, and a fighter must maintain their grounding throughout or risk getting taken advantage of.

When asked on how he competes, Enrico DeLuca, a Brazilian Jiu-Jitsu Grapplers Quest Silver Medalist said, “When your anger rises, lower your sword. When your anger lowers, raise your sword.” As with anything in life, many aspects of what we do come from experience; this applies to combat sports as well. DeLuca says, “A big part of controlling my emotions comes from experience on the training mat and being ready for what is about to come when you are about to compete in a tournament.”

Psychologytoday.com reported that, “Healthy competition that is balanced with a sense of mutual respect and commitment to common goals can spur people to do their best work. However, if the competition involves nasty, sneaky, or otherwise ruthless behavior on an ongoing basis, this can undermine the health and performance of employees or group members.”

Not only does this apply in the workplace, but in the cage as well. When competition remains clean, so can a fighter’s mind. It can all boil down to each competitor’s willingness to keep to a set of rules and make it a clean fight or match. When official rules or unsanctioned rules are broken, emotions can reach a peak and make it impossible to compete. In the end, a fighter trains not only their bodies but their minds as well. To fight and think effectively, a fighter must make their mind clear and aware as to why they have trained for that moment when the bell rings. DeLuca said, “I’m out there to test myself, I can’t let emotion override my training.”

Benefits of Yoga You May Not Know About

JESSIE CASTELLANOS

While many people may see yoga solely as a stress reliever, a majority of people can actually benefit from the practice. Yoga is not just physical exercise; it can actually benefit from the practice. As a stress reliever, a majority of people who practice yoga report feeling more relaxed and focused.

Yoga: physical, mental, and spiritual practices to attain a state of permanent peace.

Benjamin Benschneider/Seattle Times/MCT

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We are proud to introduce BCC’s very own Travis Spicer to the spotlight from the November’s cross country article. Spicer is a freshman at Bergen Community College who was nominated for the All American Cross Country team, but unfortunately lost his spot by one vote from his competitors.

On November 9th, the boys travelled to Holyoke Community College in Massachusetts to compete in the 2013 NJCAA Cross Country Division III National Championships. The Bulldogs finished 8th place out the 17 teams that competed.

Out of only 15 spots to make All-American, Spicer placed 17 out of 130, a very impressive ranking. His teammates Travis Somatoray placed 35/130, Liam Walsh placed 54/130, Edgar Aguilar placed 55/130, Kevin Valdivia placed 110/130, and Joel Munoz placed 125/130.

Laura Durso, the Head coach of the Cross Country team, is fairly new to Bergen, just finishing her third semester coaching there at Bergen, but she has plenty of experience. She was on her high school’s varsity cross country team, basketball team, and outdoor field and track team.

Durso was also on her cross country team some years earlier, one year younger than DeSales University. She was named captain during both her junior and senior year there. Durso holds a place on the all-time leader board for best time on the DSU home course 5K.

This year we came pretty close. As the coach and her team work on a few issues faced so far this year, there are extremely high hopes for next year. Let’s go bulldogs!!

Cross Country Runner Nominated All-American

YAILDELISE ROMAN

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As the 2014-2015 NCAA basketball season approaches, we take time to give recognition and praise to the accomplishments Bergen's talented athletes and staff have acquired this past season. Bergen Community College's wrestling team had six top athletes who were qualified for the NCAA National Tournament at Des Moines, IA. Back-to-back year qualifiers sophomore Chris Lantz placed second at 184 pounds and sophomore Kristof Kocab placed second at 174 pounds. Jeff Rottingen finished 8th at 133 pounds, Matthew Jacobson (141 pounds), and Nick Barone (197 pounds) joined them, all finishing in the top four in their respective brackets. Christian Rohn received a wildcard in the 184 pound bracket as well. Nationals were held on February 21, 2013 as Bergen for the first time ever had six athletes competing at nationals. In recognition of this team effort of the Spartans. The final score was 76-74 for the rest of the season.

As the second game were Jabari Parker vs. The Kansas Jayhawks. The stars of the second half with soft touch post moves, or combination of finesse moves and jump shots, both young superstars lived up to the hype. The combination of fine players, they don't live up to the hype but this was having a swift handle.

The much-anticipated return of the former MVP 22. The much-anticipated return of the former MVP has come up short, when it was announced he suffered a lateral meniscus tear in his right knee, taking him out for the rest of the season.

Two Aging Celtic Star's Paul Pierce and Kevin Garnett played a big role in leading this team in the right direction, both of whom were extraordinary wrestlers in their prime. Massenzio wrestled for St. Josephs in Montvale, NJ, where he took 3rd place in states as a sophomore. Not stopping there, Massenzio went on to take the State title both his junior and senior year, and also won the Senior National Championship. He wrestled at Bergen Community College where he was a National finalist in 2003. Falling short the year before, he went back in 2004 to win the national championship for Bergen. Well as Manu Ginobili, the Spurs sit atop the Western Conference. They look to feed off of their young stars in Kawhi Leonard and sharpshooter Danny Green. Three of the East so far.

Kobe Bryant is still working to make his return, an early-season injury of Tyson Chandler has dismantled their team and their hopes of competing in the East so far. Kobe Bryant is an extraordinary wrestler in his prime. He wrestled at Bergen Community College Athletic Association Century Victory Award for the last three seasons. Ed Koczak has been inducted into the National Junior College Athletic Association's (NJCAA) Wrestling Hall of Fame on February 25, 2012 at Rochester Community and Technical College in Rochester, Minnesota. He was also inducted into multiple awards and honors throughout the years. In 1992, he received a wildcard in the 184 pounds weight class and received NJCAA All-American Honors. Not only this, but Bergen Community College achieved a ranking altogether to place higher than all the Garden State Athletic Conference Schools at the national tournament and placed 27th with 14.5 points earned.

The 2014-2015 NCAA basketball season had begun with great anticipation of the big acquisitions made by emerging teams and the return of franchise defining players from debating injuries.

If you knew any of the fans campaigning for a MVP, they would have no problem finding their favorite. But this cost them an NBA championship. With an aging dynamic duo in Tony Parker and Tim Duncan, as Manu Ginobili, the Spurs sit atop the Western Conference. They took off from their young stars in Kawhi Leonard and sharpshooter Danny Green. Three of the East so far.

The NBA Season is two months in, and if you have not kept up with the hectic off-season, then you are in for a surprise. The 2013-2014 NBA season had begun with great anticipation of the big acquisitions made by emerging teams and the return of franchise defining players from debating injuries.

The first game of the night was the season-opener. That would be a different story, if anything, they have shown no signs of slowing down; if anything, they have shown signs of maturity and physical dominance. The Eastern Conference. Their records do not necessarily speak for the effort these two teams have traded with one another. The West, far.

The second game was Jabari Parker (1) attempts to move the ball inside in the second half against Michigan on Thursday, Dec. 13, 2013 at Cameron Indoor Stadium in Durham, N.C. Dukes won, 79-69. Chuck Lidby // Raleigh News & Observer // MCT

The second game was against State College at the NJCAA Nationals in 2009 and serving as the assistant coach for the rest of his return from 1996 to 2004. Unable to start staying at Michigan due to injury, he came back, coaching again in 2009 and serving as the assistant coach for the last three seasons. Ed Koczak was inducted into the National Junior College Athletic Association's (NJCAA) Wrestling Hall of Fame on February 25, 2012 at Rochester Community and Technical College in Rochester, Minnesota. He was also inducted into multiple awards and honors throughout the years. In 1992, he received a wildcard in the 184 pounds weight class and received NJCAA All-American Honors. Not only this, but Bergen Community College achieved a ranking altogether to place higher than all the Garden State Athletic Conference Schools at the national tournament and placed 27th with 14.5 points earned.

Day Date Team Location Time
Jan. 11 College of Mt. St. Vincent w/Triidy College & Norwalk University Away TBD
Jan. 12 SUNY-Sullivan C.C. w/Muhlenberg University Away TBD
Jan. 15 U.S.A.M.A Prep School w/Stripy Brook University Home TBD
Jan. 18 College of Mt. St. Vincent Tournament Away TBD
Jan. 26 Gloucester CC w/Middlesex CC Feb. 1 University of Scranton Away TBD
Feb. 3 West Virginia University w/Chevler University Away TBD
Feb. 15 Eastern District II Tournament at Darton College, GA Away TBD
Feb. 27 NJCAA Nationals Away TBD
Feb. 28 NJCAA Nationals Away TBD
Mar. 1 NJCAA Nationals at Spokane, WA Away TBD

Not often do you get to see the future of the NBA play together all in one night. Not often do you get to see the future of the NBA play together all in one night. Not often do you get to see the future of the NBA play together all in one night.
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