FDU-BCC Form Alliance to Ease Transfer

DESIREE MOORE STAFF WRITER

Fairleigh Dickinson University (FDU), located in Teaneck, New Jersey, signed a partnership with Bergen Community College on October 16th that will provide the opportunity to seamlessly transfer credits into a Bachelor’s or Master’s program. Not only will credits be transferable, but there will be generous academic scholarship incentives to sweeten the deal.

The overall incentive of this formation, named BCC-FDU Scholar’s Program, is designed to pave a clear and affordable path between Associate’s and Bachelor’s and Master’s programs at FDU.

“We share a commitment with Bergen Community College to do something about the rising cost of a college education and to help more families afford an education that will make a difference,” said Fairleigh Dickinson’s President, Sheldon Drucker.

Vargas stands firmly behind his stance as an American without legal citizenship, waiting on the day this country recognizes it. Photo courtesy of pbs.org

No Comment: The Undocumented Story of Jose Antonio Vargas

JOSEPH CIRILO STAFF WRITER

Jose Antonio Vargas, closing keynote speaker of Latino Heritage Month, is a Pulitzer Prize winning journalist who immigrated to this country as a young man, misled about his legal status, but with great expectations for his future. As Vargas took the stage on October 14th, he was met with thunderous applause from the students and faculty in attendance at the Anna Maria Ciccone Theatre. To be in New Jersey that day was an especially significant day for Vargas and other immigration advocates, as Governor Christie had announced the day before that he reversed his position on the federal Dream Act, which would give in-state college tuition rates to students living in the country without legal permission.

When Vargas immigrated to Silicon Valley, CA in 1993, it was after his grandparents had worked to save up $5,000 to secure him a green card and safe passage here, as his mother was denied a visa to enter the country. It was not until going to the Department of Motor Vehicles to get a learner’s permit four years later that he found out his grandfather had purchased was fake.

The vivid memory that Vargas painted about returning home to confront his grandfather about what happened was one of being told: “What are you doing showing that to people? You’re not supposed to be here.” Vargas’ life would subsequently be consumed by years of living a dark lie in a place that he “wasn’t able pathway to FDU.

I’m Still Here: Veterans At BCC

JOSEPH CIRILO STAFF WRITER

Soldiers, Airmen, Marines, Sailors; the veterans that make up a total of 250 or so students that attend classes daily here at Bergen Community College, come by various titles, backgrounds, and names. For those few combat veterans who have served overseas in Iraq and Afghanistan, the transition to civilian life, coupled with the difficulties of life as a college student, can often feel like an uphill battle.

Thankfully for them, people like Mike Martinez, of the BCC Veteran’s Center in Room L-113, are here to provide assistance to those seeking to enroll in college for the first time.

Everything from the vast amount of paperwork required by the Veteran’s Administration to what is required from all students registering for classes, is handled by faculty like Professor Martinez. “There’s a lot of paperwork, a lot of processing stuff, so we help to facilitate that process,” Martinez explained.

While the statistical graduation rate of those veterans registering for classes is largely unknown, Martinez went on to say that he has seen much more progress in those veterans that gave themselves some time for a “breather” to process things, and figure out what it means to be back to civilian life.

“It’s just a culture shock,” Army veteran SPC Ronald Hernandez said. “You have to be a lot more hands on with civilian life, as well as to student life. Everything for you paperwork-wise.”

The most difficult part of this transition was not in the paperwork, however, but rather facing the challenges that come with Post-Traumatic Stress Disorder, or PTSD.

PTSD can occur after experiencing a traumatic event, such as exposure to combat.

Most people suffering from PTSD have some stress-related reactions after such an event. According to the Understanding PTSD Treatment” booklet available at BCC’s Veteran Center, fear, sadness, guilt, anger and insomnia are common.

About 60 percent of men and 50 percent of women experience at least one traumatic event in their lifetime, but only about 8 percent of men and 20 percent of women will develop PTSD, according to MakeTheConnection.com; a website specifically designed to help identify the early symptoms of the disorder, and help patients and veterans better understand what can be done. For those who have experienced combat, the figures are much greater.

“It comes in one form or another,” Martinez commented. “Some will come in here to talk about it and all I’m trained to do is point them in the right direction. They need someone they can relate to.”

Professor John Giaimo is this so-called “right direction,” present to help student veterans any way he can. A combat veteran of Vietnam, Giaimo can easily relate to the hardships that come with adjusting to civilian life, as well as to student life.

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Loving to Hate Education - Pg. 10

Framework for the Future - Pg. 6

Same Sex Marriage - Pg. 3
The Silent Factor in a Loud Debate

PEPE ROMERO
NEWS EDITOR

On the same day that speakers during a gun control debate at BCC failed to mention mental health issues as a possible root to violent behavior in society, a shooter at Paramus' Garden State Plaza opened fire and eventually took his own life. Data and experts show that the debate reflects what the public in general fails to address, and experts show that the debate reflects what the public in general fails to address, and experts show that the debate reflects what the public in general fails to address, and experts show that the debate reflects what the public in general fails to address, and experts show that the debate reflects what the public in general fails to address, and experts show that the debate reflects what the public in general fails to address.

Towards the end of the debate, when asked if there is a connection to be made between the decaying mental health issues affecting American society and gun violence, they resorted to more of the same rhetoric they had already mentioned. Then, at around 9:20 p.m. of that same day, Richard Shoop, of Teaneck, walked into the Garden State Plaza and fired six shots at various targets, without hurting anyone, before taking his own life. According to the NJ.com, Shoop's friends continued on pg. 4.
Framework for the Future
A Shift in Culture at BCC

Faced with the daunting task of having to defend their own office and another student club space, SGA’s executive board made a simple request that brought the imminent dismantling of the student center to a halt.

PEPE ROMERO

"Framework for the Future" is a five-year plan that the school's current administration has launched in order to improve major aspects at BCC. In the second of a three part series, The Torch looks to identify and examine these changes that are taking place, and inform of its immediate and future impact on students and faculty.

As mentioned on the first part of this series, in order to institute a “One-Stop-Shop” - a place where admissions, registration, and financial aid can be processed by the same staff member- the student center would have been converted into a welcoming center. Faced with the daunting task of having to defend their center, SGA's executive board made a simple request that brought the imminent dismantling of the student center to a halt.

OPRA
Open Public Records Act, or OPRA, is a state law that allows for the public to have access to government records maintained by NJ public agencies. SGA’s e-board figured that if they had a chance to go over the state grant that appropriated the funds for the construction of the student center, which was finished in 2011, perhaps they could find something that would protect that area from becoming something other than student space.

SGA's executive board made a simple request that brought the imminent dismantling of the student center to a halt.

SGA Senator and News Editor at the Torch, Pepe Romanos speaks at Occo-ber’s Board of Trustees meeting. Valerie Bastia // The Torch

There are concerns, however. “It’s great news for the SGA’s executive board to defend their own office and other student club space, the rest of the country has been slow to follow,” said Jessi Melendez, Treasurer of Bergen Community College’s PRIDE club. While the states have made a request, the rest of the country has been slow to follow.

SGA Senator and News Editor at the Torch, Pepe Romanos speaks at Oc-to-ber’s Board of Trustees meeting. Valerie Bastia // The Torch

However, according to the Centers of Disease Control and Prevention, there were 2,118,000 marriages in 2011, while in the same year there were 872,000 divorces. That is a 41% divorce rate. Nearly 150,000 same-sex couples have either married, registered civil unions, or formed a domestic partnerships, but only 1 percent of them have gotten a divorce.

Not only has this been a hotly debated issue in political circles but religious as well. As the Roman Catholic Church refuses to mix voter education with political platforming.

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ELENA HAYNES// THE TORCH

As of 12:01 a.m. Oct. 21, 2013, New Jersey became the 14th state to allow same-sex marriage after a last minute appeal withdrawal by New Jersey Governor Chris Christie’s administration. “The governor will do his constitutional duty and ensure his administration enforces the law as dictated by the N.J. Supreme Court. Everything that marriage equality has found a new foothold on the East Coast,” Christie's administration said.

There are concerns, however. “It’s great news for the SGA’s executive board to defend their own office and other student club space, the rest of the country has been slow to follow,” said Jessi Melendez, Treasurer of Bergen Community College’s PRIDE club. While the states have made a request, the rest of the country has been slow to follow.

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BCC's Voter Education Forum is aimed at raising awareness on the importance of elections and how they affect current issues.

EMANUELE CALIANNO

BCC's Voter Education Forum took place on October 22nd, in light of the gubernatorial election and minimum wage referendum. An education-oriented event, forums like these feature Q & A sessions with members from the political arena, and are aimed at raising awareness on the importance of elections and how they affect current issues.

For this occasion, the school invited Student Government Association President Alexis Bravo, Hawthorne Council candidate Jeff Gardner, Montclair NAACP President Thomas Reynolds, and Wayne Council candidate Barbara Marmolejos, with Ivan Wei, Bergen’s NAACP President and chief organizer of the event, taking the podium as moderator. After obtaining approval from the event, Wei and his collaborators had high hopes: “We wanted to teach our fellow students about the impact of their votes at every electoral level, regardless of political views. We picked our speakers to be informative and energetic, and expected an audience of 200 to 300 students,” said Wei.

Initially, all speakers spoke intensely but neutrally, maintaining the forum on the path it had been set on. Questions like "Why should students vote?", and "How can politicians be held accountable for issues in the community?" received clear and objective answers, with listed specific student experiences, such as the education budget and college loans. However, while early phases proceeded in the expected manner, things eventually took a turn; speakers ceased to uphold the objectiveness requested, and the forum began to mix voter education with political platforming.

When asked about her views on local elections, speaker Marmolejos refrained from giving a direct answer, and instead talked about the poor support she felt was given to her town by Governor Christie. On the other hand, in response to being questioned about the relevancy of the minimum wage referendum held, SGA President Bravo, began by saying “I support the referendum.” By the same token, Reynolds brought along an NAACP report card of Christie’s administration, which, while common practice for these affairs, was not compared with a report card of Senator Brown’s past office.

Towards the end of the event, Marmolejos and Gardner pulled out flyers to promote their respective municipal campaigns, asking for support for any Wayne and Hawthorne resident on campus. At various points throughout the forum, speakers interrupted and contradicted

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VOLUME 21 ISSUE 3 | NOVEMBER 2013
As of Tuesday November 5, 2013 Republican Chris Christie successfully earned his bid for reelection as New Jersey's governor. Christie campaigned across college campuses in New Jersey for the past two months in attempts to gain more votes, but what does this mean for NJ public schools?

Christie’s prominent platform has been education reform and overall budget management. Due to potential bankruptcy, the major changes were to pensions and health benefit system for teachers.

Christie’s campaign estimates that taxpayers have saved over $132 billion over 30 years and saved retirees their pension because of it. Actions such as extending the pre-tenure period from 3 to 4 years and allowing districts to let go of tenured teachers if they have consecutive years of poor ratings were taken due to the connotation that a teacher would have a job for life, regardless of performance. Christie believes that putting the students first in order for America to prevail over our competitors in the competition that is academia, “They believe in teachers unions. We believe in teachers,” Christie’s campaign declares.

As for higher paying positions such as Superintendent, tenure has been revoked, and the position instead calls for a three to five year contract, which makes them more marketable when their contract is expires. According to OnTheIssues.org, as of February 2011, Christie decided to curve the scale for these position holders by creating a pay-rate ratio based on student population.

According to the State of New Jersey’s Department of Education, Christie’s overall incentive is to make teacher effectiveness and student achievement the key agents behind every policy and practice. He is adamant in parental communication through technology, allowing parents to understand their rights, responsibilities, opportunities, and options. By incorporating the SMART system, it will allow parents the access to their children’s class performance as well as teacher’s evaluations.

Christie, a moderate Republican, is pro-life and against marriage equality. While against marriage equality, he dropped his appeal to the Supreme Court which recently legally recognized marriage equality in the garden state. This recent move may have tipped the Governor’s hand, moving to the center on an issue that looks to be key in 2016.

Christie’s campaign estimates that taxpayers have saved over $132 billion over 30 years and saved retirees their pension because of it. Actions such as extending the pre-tenure period from 3 to 4 years and allowing districts to let go of tenured teachers if they have consecutive years of poor ratings were taken due to the connotation that a teacher would have a job for life, regardless of performance.
Parking Lot Surveillance

How safe is your vehicle? Think about it. Many students do not know that there aren't any cameras watching over their vehicles while in class. While Public Safety regularly monitors the parking lots, it is not as effective as having cameras watching over all of the parking lots at once.

The amount of vehicles vandalized and broken into has increased since 2011. In the public safety crime logs, there have been 9 thefts and 14 vandalism between 2012 and 2013. Currently, there are no cameras in parking lots B, C, and D, while all those vehicles are left at the mercy of criminals.

Director of Public Safety, William Corcoran, has been working with Homeland Security to make some of these changes around the school. He received a $157,000 grant from Homeland Security for new cameras in the parking lot and other Public Safety essentials.

So, what do you do if your car is vandalized? Quickly notify public safety by dialing 6 on any school phone, or go to the public safety office. If seconds count, call 911 immediately.

If someone is caught committing a crime, they will be charged. Cameras have already proven helpful in stopping crimes around other parts of the campus. If caught on camera, public safety hands over the tapes to the county police.

Will parking lot surveillance improve security on campus? Shamin Chishti // The Torch

Inside BCC Paralegal Studies

Bergen Community College holds many programs that help students in the near future. This includes programs for nursing and legal studies majors. For students in legal studies, there are ways to ensure stability in their future.

The two programs that can be considered as the most essential for paralegals would be the ABA approved Legal Nurse Consultant Certificate Program and the Paralegal Program. The Legal Nurse Consultant Certificate Program can be earned in one year. A hopeful paralegal must have more dedication as it takes two years. Both programs were created to meet the needs of an environment for the paralegals in the New York metropolitan area and Northern New Jersey.

As a paralegal, you can make $35,000 to $55,000 on salary, depending on the position that you are attempting to receive. Although, experienced paralegals can be compensated $50,000 to $100,000. GCC creates a helpful learning environment and prepares its paralegal students to be successful. Professor Lawrence Joel, became the successor of the program after Professor Gerald Meisel conceived the curriculum. The professor has been maintaining the Paralegal Studies Program since the year 2000.

Professor Joel maintains the paralegal program as well as the ABA Approved Legal Nurse Consultant Certificate Program, established in September, 2008.

Professor Joel commented, “These programs both have been graduating students for several or many years.”

Professor Joel informed that the programs have regional and national reputation and that all professors are practicing attorneys who are experts in their fields.

Students who have exceeded their own expectations have been excellently placed in durable jobs. Those who are interested in having a career that can provide a protected life, should choose the nearby classes that offer paralegal paths.

The amount of vehicles vandalized and broken into has increased since 2011. In the public safety crime logs, there have been 9 thefts and 14 vandalisms between 2012 and 2013.

Mr. Corcoran stressed the importance of a collective effort while tackling safety issues around campus. “Keeping this college campus safe is everyone's job. I'm the Director of Public Safety, but it's everyone's job. We can't keep this college campus safe without the students, the faculty, the staff, the visitors, and everybody else. For a real safe environment, we need everybody to be on the same page.”

While cameras are installed in vulnerable areas around the parking lots, it is recommended to not leave valuables inside the vehicles. Every student needs to play their part in contributing to campus safety.

Voter Education, Not Political Platforming

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No matter who you are, it is important to take the time to vote and educate yourself on the candidates. It is also important to vote for those candidates who you feel will represent your values and beliefs.

It is crucial to remember that voting is a right and a responsibility. It is important to make informed decisions when casting your vote. By doing so, you are empowering yourself and those around you to shape the future of our country.

The Importance of Voting

Voting is a fundamental right and a responsibility of citizenship. It is an opportunity for individuals to have a voice in the decisions that affect their lives. By exercising the right to vote, people can influence the direction of their community and the country.

There are many benefits to voting. It allows individuals to make informed choices about the future of their community and the country. It also gives people a sense of pride and accomplishment when they contribute to the decision-making process.

In addition to the personal benefits of voting, it is also important for the health of our democracy. By ensuring that everyone has equal access to the ballot, we can ensure that all voices are heard and that the will of the people is represented.

There are several ways to vote in New Hampshire. People can vote in person at a polling place, vote by mail, or vote absentee. Each method has its own set of rules and requirements, so it is important to research and understand the process before casting your vote.

Voting is not just a privilege; it is a necessity. It is crucial for individuals to take the time to vote and make informed decisions. By doing so, people can shape the future of their community and the country.
Same Sex Marriage
A Battle is Won, but is There An End in Sight?
Continued from pg. 3

In 1802, President Thomas Jefferson wrote a letter to Baptists from Danbury, Connecticut the following:

“Believing with you that religion is a matter which lies solely between Man & his God, that he owes account to none other for his faith or his worship, that the legitimate powers of government reach actions only, & not opinions, I contemplate with sovereign reverence that act of the whole American people which declared that their legislature should “make no law respecting an establishment of religion or prohibiting the free exercise thereof”, this building a wall of separation between Church & State.”

So why have states been swayed by an almost religious agenda instead of going along with allowing anyone to be treated living the way they see fit? Straight, Lesbian, Gay, Bi-Sexual or Transgender, they have right to pursue their own happiness and if wanting to be married to their partner is that pursuit, who really has the power to deny this to them?

Framework for the Future
A Shift in Culture at BCC
Continued from pg. 3

its location, and student club space was rearranged in order to “allow for more collaboration among clubs and organizations,” according to Mr. Greg Fenkart, Coordinator for Student Development.

The Welcome Center was created, and it is now housed where student life used to be, in room A-115. The One-Stop-Shop has a presence in the student center without taking away any of the student space. On the surface, a middle ground was found. In the absence of negotiation, some astute legal maneuvering by SGA, and flexibility by the administration gave way to both parties arriving at the decision. However, it would only be the start of a sequence of unpopular decisions by the BCC administration that will stir strong emotions among the student body.

HONORS HALL: ONLY A SEVEN MINUTE WALK AWAY

The Judith K. Winn School of Honors was relocated from its office on the third floor of the Pitkin Center to an area next to Paramus Road. Roughly a seven minute walk to 4000 Meadowland Way. William P. Mullany, Vice-President of Academic Affairs, “didn’t feel the location would be too much of an inconvenience.” Such decision was made together with BCC President Dr. B. Kaye Walter and it was based on student feedback last semester. At the time, honors students expressed an interest in an area where they could gather and work together with PTK Association members. This area was conceived in a “double wide” - a mobile home consisting of two units that are connected- by Paramus Road.

Dr. Mullany is “committed to refurbishing” the space, and is also considering creating an “Honors Path”, that would make the walk an experience in itself. Unfortunately, while the intentions were clearly to benefit the association, accessibility to the premises have been inconsistent at best. Hiring a full time support person was “important,” Dr. Mullany has, however, a vacation this fall by staff member in the middle of the semester along with varying hours have made access to the Honors Hall unpredictable and frustrating.

Honors students voiced their dissatisfaction at the September Board of Trustees meeting. In this meeting, the Honors “Trader”, as it is referred to by some angry students, was only one of several issues raised.

LIBRARY CLOSED OVER DAYS

A decrease in enrollment along with millions of dollars in over time have made this years budget a tight one. When looking at the costs of keeping the library open on Sundays, Dr. Mullany said that the data supported his decision to close it for that day. Dr. Mullany also argues that the BCC is the only Community College that has its library open on Sundays. He also says that any “decrease in service doesn’t feel good” but with limited funds, he opts to focus “resources on students”. When asked if he expected the reaction from the student body, he says he had “no idea the firestorm it would cause.” In order to make sure this closing does not affect academic performance, Dr. Mullany does have a proposal on the works that would extend library hours during finals and also during that time, the reopening of the library on Sundays, SGA pledged to gather 5000 signatures petitioning the library to be permanently open on Sundays, and such initiative it’s still in the works.

As the bridge between the student body and the administration, SGA would have liked a less conflictive start to their term. By the same token, members of the BCC administration, each of who do not have more than one year at their respective position, are striving to provide the best possible student experience. As Dr. Mullany put it, they find themselves in the difficult position of not “letting politics affect the way they are servicing students.” Nonetheless, it seems as if all those who are a part of the BCC community are affected, one way or the other, by forces which fall outside of academia.

3-Hour Shot to the Heart
GREG KOCJUBINSKI
CONTRIBUTING WRITER

Say you are walking to class or through the cafeteria, your mouth wide open with a yawning escape, having that “two o’clock feeling”. Out of the corner of your eye, you spy a nice vibrant bottle with a yawn escaping, having that “two ounces liquid that will give you the burst of energy you need to get through the rest of your day, it very well maybe be, but just like everything in life, with red and orange and gentle purple.

Upon closer examination, you read the label: 5-Hour Energy: Hours of Energy. In one of the vending machines, colored with a yawn escaping, having that “two ounces liquid that will give you the burst of energy you need to get through the rest of your day. It’s very well be, but just like everything in life...”

Mild effects from too much caffeine can include jitters, nervousness, and rapid heartbeat, with more serious side effects as high blood pressure, nausea, and vomiting, according to a Food and Drug Administration fact sheet. Since December 17, 2009, thirteen people were found to have ingested at least one 5-Hour Energy before their death, according to an F.D.A. study. Before you skip a good night’s sleep and buy a 5-Hour Energy to make up for it, consider if the potential outcomes from it are worth it. It’s staying out late and taking a 5-Hour Energy to wake up a bit really worth the chance of health risks?

The regular two-oz. liquid bottle holds 215 mg of caffeine, with the “extra strength” version holding 242 mg.

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• NJIT ranks 6th in the nation among public universities and colleges for return on educational investment.
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• Or apply now at www.njit.edu/admissions/apply
NAMI's Mental Illness Facts and Numbers report states that one-half of all adults experience mental illness in a given year. The report also points to approximately 60 percent of adults and almost one-half of youth ages 8 to 15 with a mental illness having received no mental health services in the previous year. Despite these figures, Dean Reyes says “There is not enough research to support a policy change on a governmental and local level” and as a community college we lack “Long term therapy” as only crisis intervention system relies on a Behavioral Intervention Team, or BIT, to identify “Students in distress.” Nonetheless, Tania Bryant, currently a BCC student, says that anything “Conways” that students to seek help, instead of going to the police, would be better. Bryant says “It’s a saving grace in their first few weeks” and “I’m still here.”

FDU-BCC Form Alliance to Ease Transfer

Fairleigh Dickinson is an institution that features more than 100 undergraduate and graduate degree programs including doctoral programs in nursing, clinical and school psychology, two international campuses, as well as partnerships with internationally renowned institutions and special programs, with status from the United Nations.

The agreement outlines that students may begin at Bergen Community College and/or Bergen County Vocational-Technical Schools (BCVTS) and be easily made for a connection between this young man’s disturbed state of mind and his actions that led up to him turning the firearm on himself, as well as a combined Bachelor/Master’s program.

Bergen Community College has prioritized providing opportunities and resources for students to succeed here, graduate here and transfer to other institutions,” BCC’s college president, Dr. B. Kaye Walter states. Partnerships such as this one with our fellow county resident Fairleigh Dickinson University reflect our commitment to securing opportunities for students entering the next phase of their educational journey.

Additional scholarships and grants are available as well. Members of the international two-year honors society, Phi Theta Kappa, will receive $16,000 per year in scholarships in lieu of the 40 percent reduction rate in tuition. Students who show academic excellence, holding a 3.5GPA or higher, will receive $1,000 per year in scholarships in addition to the reduction rate. Students who qualify for the NJ STARS II program with a minimum 3.25GPA, will receive the $2,500 per year scholarship in their first-year level. Students who qualify for the NJ STARS II program can receive a $1,500 per year housing grant for the Metropolitan Campus or College at Florham.

Fairleigh Dickinson is an institution that features more than 100 undergraduate and graduate degree programs including doctoral programs in nursing, clinical and school psychology, two international campuses, as well as partnerships with internationally renowned institutions and special programs, with status from the United Nations. The Silverman College of Business is accredited by the prestigious AACSB International while affiliated with the Association to Advance Collegiate Schools of Business, and has been named among the nation’s best by The Princeton Review. Not to mention; FDU’s School of Pharmacy welcomed its first class of students while it unveiled its curriculum incorporating technology, a global perspective, and multiple master’s degree options. This university is distinguished by its use of innovative technology, notably their Global Virtual Faculty program.

The BCC-FDU Scholars Program builds upon FDU’s close partnerships with community colleges and provides Bergen Community College graduates with a significant reduction in tuition rate, as well as scholarships and grants. FDU-FDU Scholar Program members qualify for up to 40 percent reduction from the appropriate FDU institution rate upon completion of merits to be up for debate at all.

The Silent Factor in a Louder Debate

NAMI’s Mental Illness Facts and Numbers report states that one-half of all chronic mental illness begins by the age of 14 while three quarters by age 24.

Continued from pg. 1

According to the US Department of Veterans Affairs website, “The most effective method of treating PTSD to date is counseling and medication; a combination of psychotherapy in the form of Cognitive Behavioral Therapy, and Selective Serotonin Reuptake Inhibitors (SSRIs) to raise the level of serotonin in the brain.”

The two SSRIs that are currently approved by the FDA for the treatment of PTSD are Sertraline (Zoloft) and Paroxetine (Paxil). To a lesser extent, some doctors prescribe benzodiazepines to treat anxiety, but is not recommended for long-term treatment as they do not treat the core PTSD symptoms and may lead to addiction.

While the post-9/11 G.I. Bill provides financial support for education and housing to individuals with at least 90 days of aggregate service after September 11, 2001, while it does not repair the damage done in the aftermath, when coping becomes the next big challenge.

And while the scars, often invisible, never truly go away, one anonymous student offered the words of Langston Hughes, that quote, “was a saving grace in their first few months back.”

“Been scarred and battered, My body the wind done scattered. Snow has friz me, Sun has baked me, Pain I lost me. I’m still here.”

Continued from pg. 2

said he was becoming paranoid after a drug-possession charge from earlier this year. While in this case it would have been a coincidence.

Continued from pg. 1

Juhi Bhatt, Coordinator for Judicial Affairs, says that the established “Culture of reporting” fails the students because it is more “reactive” than “proactive.” Such system relies on a Behavioral Intervention Team, or BIT, to identify “Students in distress.” Nonetheless, Tania Bryant, currently a BCC student, says that anything “Conways” that students to seek help, instead of going to the police, would be better. Bryant says “It’s a saving grace in their first few weeks” and “I’m still here.”

“...was a saving grace in their first few weeks.”
No Comment: The Undocumented Story of Jose Antonio Vargas

Continued from pg. 1

supposed to be.”

He confided in the discovery of journalism, and the by-line that accompanies each published article, solidifying his name in American culture. “For me, being a journalist, and being on a piece of paper was actually a way of existing,” Vargas told the audience. “I thought I could just write my way into America.”

Vargas’ next year would bring new challenges as he was swayed by a quote in The Life and Times of Harvey Milk: “If a bullet should enter my brain, let it shatter my bones, but not my will.”

Vargas had to find his own way.

Over the next 12 years, Jose Antonio Vargas would go on to publish articles with the Philadelphia Daily News, The Washington Post, and The Huffington Post all with a fake Social Security card, doctored and photographed.

He would also go on to use this SS card for the Pulitzer committee when he won the Pulitzer Prize in 2008, and the White House when he went to cover the presidential election that year.

In 2011 he would go so far as to ask himself, “Is this the best we [can] do?” From that point on, Giangola, who is now the Director of the Diabetes Program at Hackensack University Medical Center, dedicated his life’s work to studying and improving the treatment of patients with diabetes.

As part of his keynote speech for Bergen Community College’s annual Diabetes Awareness Day, Giangola discussed a multitude of possible causes of diabetes and numerous statistics, as well as debunking some common misconceptions about diabetes, namely that obesity is the sole cause of diabetes.

According to Giangola, although there is significant correlation between the two, only a third of all morbidly-obese individuals in the U.S. have diabetes. Instead, onset of diabetes have other causes, including genetic predisposition, environmental pollutants, insulin resistance.

Giangola weaved in and out of both Type 1 and Type 2 diabetes, detailing a few sobering statistics to the audience. According to the statistics gathered by Giangola, about 26 million people, or just over 8 percent of the U.S. population, have diabetes, and as many as 39 million people have prediabetes, which is the period of time where an individual meets some of the criteria for diabetes, but not enough to make a full diagnosis.

Of note is the prevalence of diabetes when compared to ethnicity; diabetes is most common in non-Hispanic blacks, followed subsequently by Hispanics, Asian-Americans and non-Hispanic whites. Moreover, diabetes is the second leading cause of death in America, and the leading cause of both blindness and kidney failure. Diabetes also causes over 60 percent of non-traumatic lower-limb amputations.

In terms of treatment, Giangola likened himself to a financial consultant. Whereas some illnesses have more clearly defined treatments, diabetes is a complex condition for every individual afflicted with it. The definition for what constitutes Type 1 and Type 2 diabetes can be confusing, and one might expect for instance, as both types have subcategories that patients can fit into. There is no cure for diabetes, and unlike some other diseases, it attacks the body slowly over a long period of time. Therefore, managing the treatment of diabetes is mostly up to the patient.

At the end of the conference, contestants throughout the event. Anyone interested in obtaining additional information regarding the Wounded Warrior Project can contact WWP directly at woundedwarriorproject.org.
WHAT IS THE MEANING OF LIFE?

James Kariuki
To me, the meaning of life is something simple you have to do every day and to have fun. I cannot define life.

Perppelin Intanam
I don’t know. Living? Just be happy. No matter what.

Andre Cross
I think the point is to figure out as you go. You live you gain your experience and you make it work for you.

Officer Tomi
Live life to the fullest. Be kind to everybody. Don’t let anyone steal your joy. Life itself is precious. Live every day like it was your last because life is precious.

Hassan Ahmad
Achieving something and becoming somebody. You only have one life to live. Make yourself something out of it. There are so many people in the world but there are people who say ‘Oh look that’s Brad Pitt!’ or ‘That’s Tom Cruise!’ why not people say ‘Oh my god that’s Hassan!’ Become somebody that the whole world can recognize you as an individual.

Darian Delgado
The meaning of life is how you perceive it; be it good or bad, purposeless or fruitful, it is what is is.

BCC is comprised of people from various walks of life. We asked people throughout campus what the meaning of life is.

To me, the meaning of life is something simple you have to do every day and to have fun. I cannot define life.

Live life to the fullest. Be kind to everybody. Don’t let anyone steal your joy. Life itself is precious. Live every day like it was your last because life is precious.

The meaning of life is how you perceive it; be it good or bad, purposeless or fruitful, it is what is is.

Earning? Just be happy. No matter what.

I think the point is to figure out as you go. You live you gain your experience and you make it work for you.

BCC is comprised of people from various walks of life. We asked people throughout campus what the meaning of life is.

WHAT IS THE MEANING OF LIFE?

Roving reporter done by Jason Felix
Loving to Hate Education

JEFF CARBONE
Copy Editor

From October first through October 16th the United States federal government shutdown for four days time in total. Over that time and since then has been a lot of posting on either side of the political spectrum as to exactly who is at fault and why it happened, but not many have spoken about how it was allowed to happen or about those who allowed it to happen.


In respect to the government’s shutdown, the bill are as follows: Congress creates an annual budget known as a ‘Concurrent Resolution’ that isn’t signed by the president, and because filibusters were prohibited to prevent the passing as a concurrent resolution, virtually any ‘rider’ (or unrelated potential law) could be attached to a bill in an attempt to get it passed. That last aspect as well as the clause that allows for a ‘continuing resolution,’ which according to The Cambridge University Press, allows the government to use a temporary budget if an official can not sign and must be signed by the president helped set the stage for what happened last month.

There is no concurrent resolution that has been passed the federal government has been running on a series of continuing resolutions, up until House Joint Resolution 35 or Continuing Appropriations Resolution 2014. H.J. Resolution 59 would have funded the government at essentially the same levels as it had been funded according to The US Government Printing Office, however it included a provision to defund The Affordable Care Act, more commonly known as Obamacare. This provision, written by the Republican House, prevented the Democratic Senate and President from passing and signing H.J Resolution 59. When an agreement on a new continuing resolution could not be met by September 30th at 11:59PM, the Government shut down.

There were 87 different federal agencies affected by the shutdown, including over 30 which were closed entirely. Agencies that were at least partially closed include: The United States Courts, The Consumer Product Safety Commission, the Environmental Protection Agency, The Department of Education, and NASA, according to CNN. Programs affected included Veterans Affairs and Women Infant Children, both of which help people right at this college, the former paying those who were brave enough to serve our country and the latter helping young mothers pay for essentials for their child so they can afford school.

On October 16th, with the government about to default on its multiple loans if a budget wasn’t passed the House of Representatives passed a budget, and had to be submitted to them by the Senate which will fund the government through the end of the year. According to The New York Times, according to CNN, roughly 500,000 federal employees were furloughed and according to The Washington Post and Standard and Poors the shutdown cost about $24 Billion in economic output. Let this shutdown serve as a reminder to people so we voted for to represent us allowed the country to come to a grind still, and if we so choose we are allowed to replace them.
Humans should not limit themselves to simple yes or no opinions due to the influence of society. Correct decisions are not one of the two opposing ideas, and important decisions should not be made in that sense. For example, Democratic and Republican, pro-choice and pro-life, for or against gay marriage, religious or atheist, pro-gun or against.

These political controversies are not perfect ideologies for there to be only two choices in each matter, therefore people should not feel oppressed to choose one or the other and blindly abide by the group’s rules and beliefs. So, why do you do it?

Outside influence has been proven to make people blind, oblivious and ignorant to their own free will; from religious groups all the way to political parties, and all the way back to gun control, which is an issue that the United States has not been able to deal with properly.

Particularly in this issue, it is a necessity to listen and appreciate the reasons as to why the other party believes what they do, regardless of whether or not you agree with them; there is a reason for their position in the controversy.

There are many arguments regarding the gun control issue, most of them valid, but nothing is going to get fixed if there is not a type of compromise. These two groups of people are blindly agreeing and denying without listening to each other’s reasoning, leaving us with two groups of angry, senseless mobs who wish for resolution but with no way to help resolve the issue.

Simply out of objectiveness, here are the majority of the arguments for and against the Gun Control Controversy according to BalancedPolitics.org. A sarcastic and skeptical dissection of these arguments is utterly necessary, that way he has shown absolute disregard for students as well. During the October BOT meeting, a member of the Student Government Association as well as a member of the Torch was shown nothing but absolute arrogance when the student asked for an apology for Chairman Corriston’s unprofessionalism during the September BOT meeting while speaking to members of the SGA and was regarded as a child to be swept away and silenced.

How can a member of a group that is supposed to have the college’s best interests at heart show such utter disregard to his charges? Shame on you Mr. Corriston. Perhaps it will be in the best interest...
On November 2012, Ra Oof Clark, 19, was robbed at gunpoint. Clark, an African-American BCC student was traumatized, yet inspired by that sinister event. This is what sparked the flame, making him realize how bad our society can be. He began to question society, the media, and why these things were happening. Society glorifies and idolizes so many things like marijuana, teenaged moms, and guns, which made him feel embarrassed of his generation.

Clark wanted to make a change with a positive message, so he went out into the public and noticed upcoming trend-setting styles like Marijuana leaves printed on socks, the term “Swag,” and Tapout shirts. Then it clicked: “Why not combine both of the ideas of a positive message and clothing?” eventually creating a fashion line known as Spread. “It started out as an idea, then it manifested into something greater,” said Clark. This Bergen Community College business major student is planning to continue working on Spread after he gets his degree and continues his education.

Spread stands for Spreading Peace, Reaching Excellence and Diversity. It was created to divulge a message of a positive mind set. It is a way to get everyone together to spread peace and love, like a family. It is meant to be more than just a clothing line and apparel; it is a way of spreading in order to make it grow and help bring out the maximum potential in everyone.

The Spread clothing is affordable for college students. Prices range from $13 Beanies to $15 T-shirts to $20 hats. Some of the proceeds go for a good cause; ten percent of all profits go to multiple charities.

Although Clark’s fashion line was started only a year ago in November 2012, as a new fashion designer, he already has some advice to give. “People are tentative when it comes to their own ideas. Everyone has a voice and their own mind, but people don’t express it because they are scared of what society thinks and what their friends think, and that’s one of the main reasons a lot of people don’t express themselves; society might look down upon it. But I feel like whatever you have a passion for, let it be fashion or video games or even spreading a message. I feel like you should embrace it, go for it, and don’t be afraid.”

Clark feels like he built the platform for something that is much larger than himself. It’s all about spreading the message. It does make him emotional to wonder about the lives he could change and the people he has helped in the past year. He has made presentations in high schools spreading the message of peace. This Bergen Community College business major student is planning to continue working on Spread after he gets his degree and continues his education.
The following piece is the winning piece of October Bards and Scribes 24 hour writing contest by Joseph Cirilo

**1961**

Of all the bars in all of Manhattan, I took a chance one night and walked into one place on the Hudson. Every Friday night I’d order a scotch, hoping to God that I’d meet someone I could never dream of, but I never had that wild and reckless attitude to ever make a move.

That night I caught the brightest orange-brown eyes I’d ever seen; raven hair draping across her shoulders, a smile that could melt an iceberg, and a sickly green sweater, all torn and frayed at the wrists and pockets; barely held together by the poor job she’d done stitching up what remained of it.

“What do you think of her?” I asked the barkeep.

He squinted his eyes down towards her sitting six seats down with a bottle of champagne from 1901, laughing with a couple of strangers from out of town. He just shrugged his shoulders and continued absent-mindedly cleaning a glass.

With my hands in my pocket I strode over to her, hanging my head, trying to control my heavy breathing and the painful thumping in my chest as my heart twisted and turned, aching for me to turn past her and forget I was ever there.

“I’m Ben,” I said stretching my hand to her without thinking.

“Amie.” she grinned, taking my palm in her delicate grip.

“Look, I’m sure you get this all the time, but you have the most incredible smile I have ever seen.”

She giggled shily and averted her blushing face from my view.

We talked a few hours about nothing at all, at first, over the screeching old speakers overhead. She told me her name was Mary Ann, she had a sign over the door of her apartment that expired a month without dying her hair, and I told her about the lucky pair of socks I wore every Friday night, and how I only drank scotch to make myself appear interesting.

“Horribly hot,” she talks. “Talk about the father, and how all she knew of love was from old movies and F. Scott Fitzgerald.

“Horribly hot,” she talks. “Talk about the father, and how all she knew of love was from old movies and F. Scott Fitzgerald. How finding the real thing, untainted by sexuality, or social stigma, would be the climb up Everest for her; something she could look back on, even if it was all she ever had— even if it only lasted a moment.

I stuck around a little while after she kissed my cheek and headed to the bus stop to catch a lift back to White Plains, mulling it all over. I guess she had a point about falling in love.

“Last call, kid,” the bartender said minutes later. “You want me to call you a cab?”

I paused a moment and thought, looking down at that green sweater she’d left draped across her barstool.

“No.” I said, smooth talking the old garment over my shoulder. “I think I’m okay.”

“You know I can’t let you drive.” he said. “How are you getting home.”

I laughed a little as the answer lingered in my mind.

“I’m not.” I replied. “I’m gonna go climb a mountain.”

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**Time to Lead By Example**

Of all for you to look at a dictionary and consider the correct definition of respect and what it stands for, because quite frankly sir, the attitude that has been displayed on your part thus far this semester has been akin to a spoiled child. If it is expected for the members of BCC to respect each other and the administration that you seem to lead, maybe it is time to start showing the students respect by example, not by mistakes.

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**Arguing Gun Control Arguments**

These are all great points, but yet perhaps we may reach a fair compromise. Arguments for stricter gun control: 1. Most violent crimes are committed with guns. 2. The number of possible active shooters will be reduced. 3. A criminal will be reduced. 4. Reasonable enforcement was to defend the citizens against criminals, and either way, it is illegal to kill people whether criminal or innocent, and vigilantism is illegal as well. Crimes are often prevented because one of the parties has a gun? At which point the victim becomes the aggressor, still making it a crime. The second Amendment is once again mentioned, our forefathers should have explained that better.

Arguments against stricter gun control: 1. Criminals will always find other ways to obtain guns, leaving citizens defenseless. 2. Crimes are often prevented due to the presence of a gun. 3. The 2nd Amendment sign, hectic! I’ve never went an ownership. 4. Weaker individuals cannot protect themselves against assault and other such crimes. 5. Guns in possession of citizens are added protection against governments, making a revolution for the sake of the people. 6. Banning guns will take another piece of our liberty, including their desire to better. These are all great points, but yet again, not good enough to convince the other party. I thought the job of law enforcement was to defend the citizens against criminals, and other way, it is illegal to kill people whether criminal or innocent, and vigilantism is illegal as well. Crimes are often prevented because one of the parties has a gun? At which point the victim becomes the aggressor, still making it a crime. The second Amendment is once again mentioned, our forefathers should have explained that better.

There are other ways to defend oneself against assaults, and some ways do not involve murder; if we wanted to prevent ourselves from government tyranny, the answer was to not have any government at all but that did not work out. Police officers have back up and even SWAT teams to help them, normal citizens with guns are not a very reliable ally; black markets for guns already exist everywhere on the planet, so that would not be much of a change. Finally whether or not the government chooses to become totalitarian, they have more than enough resources to stand up against civilians with guns, making a revolution very difficult to carry out. The only truly concrete argument here is that a reasonable gun control law can be passed, leaving both parties with half of their desires met, making the controversy much easier to deal with. Starting with larger caliber assault rifles, these should be banned since they are made to kill large numbers of people and nothing else, which makes the argument of self-defense seem weak, since a regular individual does not need this type of weaponry to defend a suburban home or wherever they may live. Citizens prescribed with anti-psychotics or any type of said drug should not be allowed to obtain a weapon, since the medicine may make them unstable and easily violent. Obligated education should be put in place for gun owners, teaching them ways to protect their children or family members from their gun, and how to effectively store their weapon. These are some steps that could be taken towards a more acceptable solution, to the Gun Control controversy.

Otherwise, a stand still will stay in place while the country watches more people die unjustly due to a poor compromising technique by our leaders: men and women who need to learn to compromise instead of continuing with their own self-developed skill of blind disagreement.

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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.

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**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 first contest will begin on Saturday, November 23rd at noon and submissions need to be in by Sunday, November 24th at 25th. Anyone interested in participating has to register for each contest separately by emailing the club at: bardsandscribes@bergen.edu
At first glance, one may get the sense that social interactions are sparse and difficult to initiate at BCC. Sure enough, campus life at Bergen may not compete with 4-years colleges, but students don't need to transfer or live in a dormitory to make social contact, and perhaps a bit more. A recent survey conducted by The Torch questioned 25 students on their sexual preferences and activities, aiming to shed light on recurring trends and encounters taking place. Out of the 25 randomly selected students, 15 reported having sex with another student here on campus. Of these, there was an almost even split between casual flings and committed relationships, while five reported multiple partners, ranging from two to four students. Students were not afraid to share their kinks and fetishes; the most frequent responses showed strong preference for rougher stimulation which includes slapping, scratching, biting, bondage, and hair-pulling, with other preferences including role-playing and cosplay.

However, the most interesting factor coming out of this survey is the sexual fantasies the walls of BCC inspire. From the bathrooms to the woods behind Ender Hall, our campus seems to serve as a stimulating setting in the collective imagination of the student body. The most common places people see themselves living out their fantasies are the library and classrooms, with others surveyed indicating their club's office, the golf course, the pool, and even an administrative room. Outside campus, people continued to show fervid imaginations, reporting a variety on their intimate pursuits.

Several students indicated a desire for public sex and exhibitionism, agreeing that the risk of being caught greatly adds to the excitement. Others replied by showing preference for hentai pornography, unusual locations such as a penthouse or a barn and being stimulated by.

EMANUELE CALIANNO

The story involves Danny, the little boy with psychic powers; having survived his possesed father and the ghosts in the Overlook Hotel in Colorado is all grown up

Doctor Sleep
pg. 16

Between Team Veggies and Team Meats there are opposing arguments reaching for the same goal, a healthy lifestyle

Meat vs. Veggies
pg. 20

Movember, Formerly Known as November

BRIAN FELIX

We’re half way through this month formerly known as November, and we’ve already seen those mustaches take shape. We’ve seen the porn star ‘staches, connoisseur ‘staches, and even trucker ‘staches. Let’s admit it, no one is trying to bring back the mustache for the sake of bringing it back; its purpose is to raise money and awareness for men’s health.

Movember claimed legitimacy in 2004 by a group of friends in Melbourne, Victoria, Australia. They decided to create Movember, although at first the idea did not have a cause. They organized an event where 30 men would grow a mustache for 30 days in order to raise awareness for prostate cancer and depression in men. That’s when Movember went from silly pub shenanigans to an actual movement worthy of participation. This group would later become the Movember Foundation charity.

Movember is held during the month of November, where men grow mustaches to raise awareness, education, and funds for men’s health. Men all over the world now grow their mustaches to support the cause for men’s health, specifically prostate cancer and other cancers that affect males. According to the Movember Foundation, since 2004, Movember has grown both figuratively and literally to become a global effort with over 1.1 million participants in formal campaigns in countries including Australia, Canada, Spain, South Africa, Ireland, England, and the United States. In 2010, participants in the United States alone raised over $7.5 million.

In order to take part in raising funds for Movember, men must register at www.movember.com and must have started Movember clean-shaven. Men that sport a mustache for Movember are known as Mo Bros and the women that support them are Mo Sistas. For the rest of the month, men must grow and groom their Mo’s and seek out sponsorships for their mustache.
When Fairy Tales Grow Up

Telltale Games the developers behind the sleeper hit, *The Walking Dead*, are at it again. *The Wolf Among Us*, Episode 1: *Faith*, is based on the DC comic series *Fables* by Bill Willingham. The series features most of the fairy tales told to children. Characters we all know and love (or loath) like Snow White, Beauty and even the Woodsman make appearances in one way or another, and interact with the main character Bigby Wolf, the sheriff of Fabletown, an area of Manhattan that the characters or Fables have moved into have an exodus from their respective homelands.

Bigby and many of the other non-human Fables have to make use of a magic spell called Glamour to keep "mundies", or regular humans from recognizing them. It just so happens that Bigby Wolf is the Big Bad Wolf from the Little Red Riding Hood fable. The population of Fabletown find it hard to trust in him because of his previous actions as a bloodthirsty killer before the exodus.

The first episode of the series centers around a grisly murder in Fabletown, and it makes *The Wolf Among Us* a reality series on the paranormal. Interactions between the characters at times can get pretty vulgar and it is funny to see and hear Mr. Toad weaving a tapestry of profanity like a masterful artisan. This is a fairy tale for our generation. Mixing both a grittier script with a more adult theme to the fairy tales we told as children.

The art style is the same as *The Walking Dead* series of episodes but the controls have changed slightly. The player still have control over Bigby as he investigates rooms and the conversations are still timed giving a frantic feel to the spot decision that kept *The Walking Dead* so tense. Telltale Games did improve the combat, which is still context based and might get frustrating at times but it has been retooled to make it a bit easier than *The Walking Dead*.

*The Wolf Among Us* is available both on the Xbox Live Arcade and PlayStation store for $5.99, which for the amount of story and gameplay the player will get is almost a steal. If you were a fan of *The Walking Dead* series, give *The Wolf Among Us* a shot, and take a trip down the profane and violent rabbit hole that Bigby lives in.

Nightmares Come to Life

Let’s take a walk into the paranormal, a journey through a world which remains hidden from the human eye. That is the world in which the now middle-aged Dan Torrance lives every second of his life in the horror tale written by Stephen King.

"Doctor Sleep," the sequel to his famous 1977 novel "The Shining," is a dark and terrifying novel. The story involves Danny, the little boy with psychic powers, who, having survived his possessed father and the ghosts in the Overlook Hotel in Colorado, is now all grown up and has retained his shining abilities. He has spent some time battling an addiction to alcohol and living in a hospice facility. Dan secretly helps the dying regain full function of their minds by invading their thoughts using his "shining," thus earning him the name “Doctor Sleep.”

There is also another character with this strange ability named Abra Stone, who used her shining since she was an infant, predicting the 9/11 terrorist attacks and protecting her parents; ever since, she has continued using her abilities for practical jokes, like sticking spools to the ceiling. Dan and Abra soon find each other, and bond, because a tribe called the True Knots is targeting Abra. The True Knots are a group of almost immortal beings that look like normal vacationers that live off of the spiritual mist or "steam" that the psychics give off when tortured.

The story is chilling to the bone; once you pick it up nothing can separate you from it. King is a master at his art, and one can rest assured that Bigby Wolf is the Big Bad Wolf from the Little Red Riding Hood fable. The population of Fabletown find it hard to trust in him because of his previous actions as a bloodthirsty killer before the exodus.

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Love Through the Eyes of Two Women

Love hurts. It begins simple and ends in tribulation. The loose adaptation of Julie Marot’s graphic novel, "Blue is the Warmest Color" directed by Abdellatif Kechiche changes the familiar formula on the romance genre, instead of boy meets girl, its girl meets girl. We’re introduced to Adèle (Adèle Exarchopolous), a teen in her final year of high school. Her future is unknown to her, her love life is stale, and her friends discuss the usual chit-chat of “Who’s the cutest guy in class.” She is instantly awe-struck from her. After her first sexual experience with her boyfriend, she realizes that she doesn’t have any attraction to males.

She encounters the girl with the blue hair again in a lesbian bar. Emma (Léa Seydoux) starts asking Adèle questions about her personal life then asks if she is busy the following day, they meet up. Eventually the two become friends and later, it develops into a relationship. The three hour film depicts their relationship in way that the audience could sympathize with the two without being bias to one partner. The cinematography brought a new approach to digital filmmaking that has not been used lately. It is vivid and paints the streets of France with gorgeous color. The performances from both actresses will be a must-watch for any aspiring actress.

The two faults for the film is its running time and its graphic sex scenes. The sex scenes range from five minutes up to ten minutes, felt more like hardcore porn than actual love-making. Although I understood that these two are in love and lustful for each other, the director seemed that he was more in the mood to watch two beautiful women having sex instead of considering a more realistic approach to it. Even without those scenes, the film felt long, and the director’s over-indulgance to random topics within the film may tire some viewers.

Overall, this new breed of coming-of-age story serves a new kind of audience that should be hungry for more films like “Blue is the Warmest Color.” “Blue is the Warmest Color” earns a C+.
Saving money for students is a big priority, especially with the way things are going on with the economy right now. Tuition is on the rise and books seem to be getting more expensive every year, and it is hard to keep up with all the expenses. Many students have bills to pay, so finding an affordable car to get to school or to work is a big must for students, but what automobile would be suitable and affordable for the student on-the-move?

When looking for a car, the main aspects we look for is the price, great gas mileage, safe & reliable, the make and year of the car, and the features that it may have. Many cars may have an ipod/aux port, navigation system, CD changer, sun roof, heated seats, etc. These features are appealing to the eye and when looking for a car you want to look stylish and cool. The most sought out car company that people look for are either Honda or Toyota. A 2013 Toyota Camry has a 25 city mpg, combined 28, and highway 35. A 2013 Honda Accord has a gas mileage of 26 city, 29 combined, and 35 highway. These two car companies are known to have safe and reliable cars anywhere from the Honda Accord, Civic, Odyssey and Toyota Camry, Corolla, Rav4. Many students may not be able to afford a 2013 car, but there are many other options to paying. Many dealerships offer leasing and financing at an affordable low cost, and are willing to work with the buyer on payments. This particular option is great for students, because they do not have to pay off the car all at once, and can pay anywhere from $150-$350 a month depending on the make and model of the car.

I have a Honda Accord myself and I am pretty happy with it. It is very safe and reliable and as a student that is a big relief. Hondas can range in price from anywhere from $10,000 - $24,000 and Toyotas can range anywhere from $8,000-$17,000 whether it is a used or new model. Both car companies also have electric hybrid vehicles which are safe on the environment and affordable to buyers. Toyota has the new established 2014 Prius plug-in and Honda has made the 2014 Honda Accord plug-in. The Toyota Prius plug-in has a mpg of 50, has great cargo capacity, tire pressure monitor, and pre-collision system. The system will determine if a frontal collision is unavoidable, and if so, it automatically applies the brakes and retracts the seat belts to help prepare for it. The all-new 2014 Honda Accord plug-in has a 124 city and 105 highway mpg. The Honda accord plug in has many safety features such as forward collision warning, lane departure warning, vehicle stability assistance, etc. Safety is a big thing when driving because accidents aren’t planned. When looking for an affordable car that’s the main priority we have.

Toyota has the new established 2014 Prius plug-in and Honda has made the 2014 Honda Accord plug-in. The Toyota Prius plug-in has a mpg of 50, has great cargo capacity, tire pressure monitor, and pre-collision system.
I couldn't stand the sight of a human gorging on the limbs of a once-clucking chicken. It made me really sick. I would rather tie up to a chair and watch "Jack and Jill" on loop like Alex in "A Clockwork Orange" than watch kale chips, then I deeply apologize on behalf of vegetarians; paint chips have a better taste than kale chips.

I searched vegetarian forums as if my ill thoughts were just conflicting me. To my surprise, it was not. I read up on every angry opinion about omnivores that I could find. I also found a website that latches on former vegetarians and vegetarians. The site posted former vegan's photos and hateful messages underneath it that said, "Traitor! Murderer! Conformist!" I had no idea that Goths and Vegans ranted the same.

I started to realize that my distaste for omnivores stretched to vegans as well. I knew one place where the two would meet on a weekly basis. That place would be Whole Foods or "The Church of Quinoa." The next time you enter Whole Foods, look at people's shopping carts. I guarantee you that at least one person has a box of quinoa in their cart. This is the go-to place for any health-conscious vegetarian/vegan. This eco-friendly place is where the small population of idiots that I've encountered this year. But I do have a closing remark to say: I know what you eat for yourself, and don't eat kale chips. You'll regret it.

Carnivores are way better than potato chips. I'm done following vegetarian forums anymore. I don't care what people ingest anymore. I don't want to generalize vegetarians/vegans for the small population of idiots that I've encountered this year. But I do have a closing remark to say: I know what you eat for yourself, and don't eat kale chips. You'll regret it.

Let's get real: For every cynical slacker sitting around ironically watching Flight of the Conchords, there's a legitimate artist who's working their arse off making something worthwhile.

Hipsterism and the Williamsburg Massacre

Behold the hipster, the stylishly disaffected breed of twenty-somethings whose aura of irony covers Williamsburg and the East Village. The hipster haunts every street, campus, and cafe, creating nostalgia for things and times never personally experienced. Most encounter this contemporary urban clown, hijacking out-of-date fashions, mechanisms and hobbies, responding to every "serious" run-trend.

According to a study by professors John Molson from the School of Business, Concordia University at Arsel and the School of Business, Concordia University at Arsel and Helen Churchill Professor in the Marketing Department of the Wisconsin School of Business Thompson, the beats of the '50s and hipsters of the '60s and '70s, both of which had an admirable authenticity about them, gave rise to "the millennial hipster," which "came to be representative of the trends and as a new, and rather gullible, target market that consumes cool rather than creating it."

Gregarious anthropologists who study consumers understand that people are largely motivated to spend money not just on things that they materially need, but that reinforce their identity. They purchase not only goods and services, but mythologies. Imagining themselves as rugged, rebellious patriots is an example of trends and as a new, which I observe them, an amplified version of myself. Provoke me because they are, despite the distance from which I observe them, an amplified version of myself. And in regard to the hipster's ironic "appreciation" of things that are not traditionally considered cool, I'd argue that some hipsters do sincerely appreciate all of the aforementioned, either as a form of nostalgia or as a celebration of the culture they've been instructed to avoid.

Let's get real: For every cynical slacker sitting around ironically watching Flight of the Conchords, there's a legitimate artist who's working their arse off making something worthwhile. There's no ironic detachment, for example, to the music that band TV on the Radio. They are artists too, and yes, they are cool. And perhaps it should go without saying, but hipster profiling is about as effective as racial profiling. Owning a pair of skinny jeans doesn't make someone cool, but it doesn't make them a "hipster scumbag" either. Here's the thing -- as fatigued as we all may be, hipsters are here to stay. It goes without saying that they've been far too exposed to be considered an "underground" or "countercultural" movement anymore; the hipster aesthetic has been aided by advertisers and the mainstream media, and they have only managed to grow in number.

After all, in the rubble of this fury, what remains for artists and bohemians who are legitimately trying to be part of a counterculture? One might get the sense that Jimi Hendrix were to show up in Echo Park today, he'd be publicly mocked in a style-section piece on Blipsters for wearing a leather fedora. Critics continue to complain that we live in an era where all art is derivative and lacks substance, but if Hendrix, Duchamp, and Warhol were alive today, we'd be doing all we could to hinder their self-expression, diminishing them as hipsters. There's no shortage of hipsters worthy of our mocking, but our challenge is to make the distinction between the artists and the posers. Otherwise, when the next generation finds its Jackson Pollock or Dorothy Parker, we're likely to ridicule their talents with our misappropriated cynicism; or worse, we'll turn them into a joke.
"Are they are in a relationship? Is it Facebook official?" It is quite a joke how much of a difference it makes if someone’s relationship is Facebook official or not. I remember when I started going out with my boyfriend, no one knew until my friend said, "Are you kidding me? You’re not Facebook official yet?" And that is when I realized how much of a joke it really is. As an experiment I went on Facebook and "broke up" with my boyfriend online, a few moments later I started receiving phone calls, texts, and messages asking me if everything was okay.

In today’s society most of our everyday relationships are based on the use of the internet and social networks. People get offended if you do not “like” their new profile picture a few minutes after it was posted. Some complain that their friend ignored a wall post and some lose friends basing their judgment of someone upon their online image. Relationships are a much more complicated psychological structure than being friends with someone on Facebook or liking their pictures on Instagram. A relationship according to dictionary.com is "An emotional or other connection between people". Showing real human connection or affection through the internet is close to impossible when compared to a face to face relationship. With the availability of hiding behind the screen, protecting yourself behind a web name and not being face to face with people, Society is slowly losing the skill of real one on one human relationships. The more technology advances, and the easier it becomes for us to use it, the less skilled we become in forming relationships. "When an individual’s primary means of connecting with others is through social media, it may create obstacles or stunt their ability to develop face-to-face friendships and intimate relationships," stated Sociology Professor Rachel Long from Bergen Community College. "One such issue," continued Long, "is that people often alter themselves or present only part of themselves online, and the person on the other end may fill in the “unknown” gaps with their own fantasy. A person they meet face-to-face can’t necessarily compete with a relationship that is based partially on half-truths, secrets or fantasies. Therefore, the "digital" more idealized relationship may hinder them from developing relationships with those in the tangible world". It takes way more courage to approach a girl and try talking to her face to face than to send her an IM on Facebook and hope to get an answer. Technology is taking away the struggle of building strong and long lasting relationships. Meanwhile technology is not all bad, with existing and strong relationships it can help a lot. For example, when trying to keep a long distance relationship going, the only immediate way of communicating is through technology. Technology made it easier for us as humans to communicate with one another in an artificial way. Understanding the emotions or difference in tone of people through written words shared online is sometimes impossible. The effect of a two minute face to face conversation is emotionally worth way more than an ongoing hour long chat online. It seems to be that using the web or technology to form relationships has taken away the skill of building relationships in today’s world. It is important to find the time and put in the effort to form a bond, a fact, feelings and emotions with other around you and call them your friends and not the ones you are friends with on the web.
Veggies vs. Meats

DOMENICA PAZMINO & EMMANUELE CALIANNO
STAFF WRITERS

Despite it being a global source of nutrition, commerce, and even a ritualistic food in some religions, some people decide to rid their soul of the murder that is meat to become either hippies or smug activists. We decided to take a look at what both omnivores and vegetarians bring to the argument:

**The Science**

Medicine has made it clear to anyone besides concerned grandmothers and bacon addicts in denial that excessive meat consumption is not particularly healthy, but here’s a little science for lingering skeptics: Yale University’s Prevention Research Center recently associated plant-based eating with reduced risk of multiple illnesses, estimating 70 percent of all diseases to be diet-related, such as obesity, cardiovascular diseases, diabetes and certain types of cancer.

**More Food Diversity**

Adopting a veggie lifestyle can open the door to a world of culinary possibilities. Fronted with cutting out a former dietary staple, you are practically forced to find other stuff to eat. Let’s face it: some veggies lack in taste, and you have to look for something to mix those greens with. Still, this can turn into an opportunity to experiment with new ingredients, and you end up trying some dishes you would have never before, often making pleasant discoveries.

**Soy Milk Never Spoils**

Few things will give you greater joy when opening your fridge after realizing the carton you buried in there for a month is still drinkable. Unlike dairy milk, once that expiration date actually hits, you will be able to tell from a safe distance, avoiding awful smells.

**Better Lovers**

Can eating veggies heat things up? As shown above, a leafy diet can lead to better health, and thus more energy (in and out of bed), helping you get aroused and ready to act. On the other hand, foods high in saturated fats such as red meat can harm the circulatory system and restrict blood flow, especially below the belt. Additionally, a study at Charles University in the Czech Republic revealed that women described the body odor of vegetarians as more attractive, pleasant, and less intense than those of meat eating males.

**A Hard Diet to Follow**

Running on plant fuel isn’t all peaches and veggie gravy, and can actually be a serious challenge, not only because meat is such an abundant source of nutrients, but because it isn’t exactly easy to look for alternative means of nutrition. Shopping for vegetarian items, or vitamins and dietary supplements, can really run up your grocery bill. Phasing into such a different lifestyle requires a lot of work and research, and should never be seen as a fad or a quick diet plan.

**Opposing Science**

The major side effects this lack of knowledge can bring are nutrient deficiencies and a poor diet. NYU’s Department of Nutrition advises vegetarians and vegans to find alternative sources of B12 and Omega 3 fatty acids, found primarily in meat and fish, and essential to the nervous system’s normal functioning, Claiming to be better in bed will be a hard challenge once your brain and body start failing you.

**The Veggie 15**

People often associate vegetarianism with weight loss, for good or bad. However, when difficulties start to kick in, many people end up stuffing themselves with dairy and eggs to avoid starving. This leads to a reversed dietary effect: substantial weight gain without proper assumption of nutrients.

**Fake Meat**

A marriage between consumerism and modern science, these foods are essentially lab created and packed with chemicals, all aimed at replicating the taste of real meat. Their health impact is often comparable to those of the average fast food menu item, if not worse.

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Movember, Formerly Known as November

Movember is all about the mustache and is constantly confused with No-Shave November.

Adrian Yllatopa // The Torch

**Continued from pg. 15**

Growing efforts. Not only are these men walking spokesmen for the cause, but they can also raise awareness through the use of social media to document and further advertise the need for donations. There are different beneficiary partners in each country.

For the United States, there is the Prostate Foundation. The Prostate Foundation founded catalytic research and is improving prognostic and diagnostic tests. The is also Livestrong, creating a program of survivorship as part of their many endeavors. The Movember Foundation’s ultimate goal is to help create services free of charge where people can get info, guidance, and direction.

I’m sure I don’t speak for myself when I say that since putting a pause on shaving my upper lip on Nov. 1, I’ve endured much painful “abuse” from friends and colleagues, but Movember is a great charity event. Every man should maintain a healthy lifestyle, a good diet and take action early when they experience a health issue. I encourage men to get involved every year. While growing a mustache can make a guy more attractive by showing that he is kind-hearted, has a sense of humor, and doesn’t take himself too seriously, it also spreads awareness for a healthy and hairier lifestyle.
Secondhand Chic and the Thrill in Thrifting

MICHELLE PEREZ // The Torch

“I’m gonna pop some tags…” in a deep monotone voice is probably the first thing that comes to mind when you think of a thrift store. I find there is some merit to the chart topping anthem “Thrift Shop” by Macklemore. Years ago your mother or grandmother may ask why is wearing someone’s old and often dirty clothes so popular? It was even more accepted when it was a way to assert your wealth, as people could not afford to purchase items generally for philanthropic causes.

“Thrifting” is now a common trend of people rummaging through sweater racks, digging in the shoe bins, and reaching on the highest shelf to get the one of a kind piece so many others have overlooked or emptied from their own collection to make room for a corporate version of unique bought for fifty dollars in the mall. In some cases, people have found items of extreme value like the Englishman, John Richards, who found an original Philip Treacy bag designed by Andy Warhol worth over $600,000. According to the Huffington Post, he bought the rare gem for only $30! The key to “thrifting” is to go in with your own rules and an open mind. If you go in only shopping in one section, then the chances of finding something fabulous have already been cut down to a frustrating one in a million. Must people hate to try things on, but it can make or break your purchase. Last but not least, think practically. If you are buying it just because it is cheap, you probably don’t love it as much as you want to, and you won’t wear it. It may take some time to find something you genuinely like, but be patient. Practice makes perfect. At the end of the day, “thrifting” is a fun and frugal way to make use of old clothes in new ways. Happy Shopping!

Scrapping Up the Pieces from the Bottom of the Barrel

JOSEPH CIRILO // Staff Writer

It is safe to say that sales in the music scene have been spiraling down the drain since the turn of the millennium, prompting more and more bands to turn themselves into something they’re not just for a shot at getting noticed. Chris Carrabba, previously the lead singer of Dashboard Confessional, exemplified this fact with the release of his debut folk EP, “Twin Forks”, with his band of the same name.

For Carrabba it was the perfect time to latch onto the growing folk scene in the U.S. and ride that train straight to hell at any cost. While the album itself just sounds like a rehash of old pop-emo tunes he produced under Dashboard, with a subtle taste of mandolin and fiddle that gives it a sort of folk twang Carrabba maintains that it was always his plan to release an album just like this.

“...I wasn’t trying to avoid traditional folk because I didn’t love it…” Carrabba wrote on the group’s website. “...I just loved it so much and didn’t wanna do an injustice to it.”

Funny how only now is folk music becoming more popular than it was in ‘00, when Dashboard was getting itself some exposure. Even funnier how at the time, acoustic/emo was really picking up fervor at the time he first entered the industry. What’s even worse about the quote is that none of the five tracks featured on the EP sound anywhere close to being “traditional” folk music. Songs off the record include: “Something We Just Know;” where the leftover residue of Dashboard settled itself nicely at the beginning of the record; and “Scraping up the Pieces.”

The latter is about as close to folk as Carrabba is ever going to get in his new endeavor. While it can in some respects double as a fair drinking song in a rowdy Irish pub, on the whole, he is got a long road to be in the same league as bands like On the Water, The Ballroom Thieves, Tall Heights, or The Lumineers. What puts these bands ahead of the game is a subtle use of digital enhancement and effects. The music produced is authentic, heartfelt, and bold. Twin Forks sounds more like a pop release that is trying too hard.

Millennial folk is in no way on the same pedestal as artists like Bob Dylan or John Denver, who define what it is to be a progressive folk artist, but Twin Forks is a fairly unimpressive group for our variety, made even worse by making the claim to suddenly have been long overlooked or emptied from their own collection to make room for a corporate version of unique. For Carrabba it was the perfect time to latch onto the growing folk scene in the U.S. and ride that train straight to hell at any cost. While the album itself just sounds like a rehash of old pop-emo tunes he produced under Dashboard, with a subtle taste of mandolin and fiddle that gives it a sort of folk twang Carrabba maintains that it was always his plan to release an album just like this.

Chris Carrabba’s latest EP Twin Forks is not just a bad representation of modern folk, it’s a bad representation of what a talented artist is capable of.

Photo courtesy of TwinForksMusic.com
During this fall semester of 2013, our BCC sports programs built an outstanding foundation of winning. Team members and current BCC Athletic Director, Jorge Hernandez says each program has continued their success since he took over as AD in the fall of 2011. Five of our fall sports teams reached the post-season, representing our school greatly.

During this fall semester of 2013, our cross-country men’s and women’s team took part in our Fall Sports Success. Our whole men’s team qualified and finished 8th in Nationals and 3rd in Regionals. Our Women’s X-Country team had one qualifier, Elizabeth O’Brien who finished 15th out of 36 runners in Regionals. Last but not least, our Volleyball team was led by All-Region middle hitter, Marissa Lortz. They reached the first round of regionals and will look to build on this past season’s success. We have not paid enough attention to our fall sports teams that have been nothing but dominate this past fall season. As we need to go out and support these exciting teams and take part in the success!

Cross Country

YAIDELISSE ROMAN
STAFF WRITER

Bergen Community College’s cross country team started off strong this season against Vassar College. Freshman Yeimer Sotomayor ran 6,000 meters in 21:08, finishing 31st out of 103 for the men’s team. Then came Elizabeth O’Brien, who ran 6,000 meters in 28:49s. Stephanie Zapata stepped up to keep up the good work once again, running 40th out of 129. Elizabeth O’Brien, keeping up to her own pace, received the all region team.

On September 14, Bergen’s cross country team went to Ramapo and did an amazing job. Sotomayor once again obtained the fastest time on the men’s team in a 5 mile race; at 28:30, he placed 40th out of 129. Elizabeth O’Brien, keeping up to her own pace, received the fastest time at Ramapo and placed 108 out of 194.

On September 14, Bergen was able to keep up the good work once again, with Sotomayor standing out in finishing 19th place out of 100. He ran the 8,000m in 28:49s. Stephanie Zapata stepped up her game and became the fastest runner on the women’s team with 35:19 to run 6,000 meters. She placed 60th out of 81.

On October 5th, The Bulldogs brought BCC the Runner-Up Award when they went up against Mount Saint Joseph. They continued to impress after he came in 13th out of 125 runners for the 8,000m run in 30:19, and Victoria Tahhan brought her A-game when she got the fastest time on the women’s team with 113th out of 144 29:03.

The Bergen Cross Country team came in 3rd place in the Regional tournament. Sotomayor came in 6th out of 85 and got his personal best time along with his team members Lium Walsh, Edgar Aguilar, Kevin Velazquez, and Joel Munoz. Elizabeth O’Brien got her season’s best score and became a national qualifier and Sotomayor got the all region team.

Overall it was an impressive season for the team, which will continue to find new talents as they jog their way to more victories.

Let the Games Begin!

KARIM G. DAIF
STAFF WRITER

What we three years ago deemed impossible has come to fruition. Lebron has won two championship rings and The Heat have hung two more banners. Still no one from the New Jersey/New York area will put them a pat on the back for it; they want it for themselves. Now things begin to get interesting as both New York teams look to contend for a shot at the top prize.

Revamped and ready to contend, the Brooklyn Nets roster is studded with an all-star lineup that has the likes of Paul Pierce, Kevin Garnett, and Deron Williams to make headlines. Yet these all-stars from a different generation are getting older in age and with big money contracts, their time to shine is now or never. The Nets lineup, on paper, is stacked with stars and must choose video game team. But will it work for 82 regular season games and a potential 28 playoff and final games? That has yet to be determined.

Then there are the Knickerbockers. The New York Knicks took home the division title last year and took the second seed in the eastern conference playoffs, along with a first round victory over rival Boston Celtics. Yet they were out-rebounded and dominated on the glass in their eastern conference semi-finals loss to the Indiana Pacers 4-2. Is that as far as these Knickerbockers will go? That has yet to be determined.

The Knicks made quite some noise by dumping away big money contracts in Steve Novak and Marcus Camby to the Toronto Raptors in exchange for former number one overall pick, Andrea Bargnani, and ending all wars by signing Metta World Peace (Ron Artest) to help on the defensive end and to bring an edge to the team.

Although the signings have not made a splash like the Nets, it might just pan out for the Knicks and help them get over the hurdle. Nothing is ever sure in New York and betting on the home team is always like winning the lotto. But one thing is certain, for the first time in a long time, the New York area has two legitimate contending teams to root for (or against depending what colors you’re wearing) and either one may go all the way. The question is: who?

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SPORTS

LET'S GO BULLDOGS
Under the Radar

KENNY CHICA
CONTRIBUTING WRITER

During this fall semester of 2013, our BCC sports programs built an outstanding foundation of winning. Team members and current BCC Athletic Director, Jorge Hernandez says each program has continued their success since he took over as AD in the fall of 2011. Five of our fall sports teams reached the post-season, representing our school greatly. So, who do we give credit to? Do we just continue their success since he took over as AD in the fall of 2011. Five of our fall sports teams reached the post-season, representing our school greatly.
Bergen Bulldogs Mens Soccer Round Up

Continued from pg. 24

Rafael Villanueva, a defense player in Jersey number 19, thinks the team should “Transform itself from a strong defensive team to a strong offensive team and start scoring more goals”, he believes the team is strong but is winning due to its great protection of the goal instead of strong moves to score in the other teams goal. Winning due to its great protection of the goal instead of scoring more goals”, he believes the team is strong but has the start of the season that they had been hoping for. Through the first calendar month of the season, both teams sit at the bottom half of the Eastern Conference. Fans from both teams have been finding several targets to point their fingers at for and undermining start to the season.

For The Rangers, having to play 10 straight away-games to kick off the new season proved to be a challenge for a team that is adjusting to new coach, Alain Vigneault. They started with a 4-6 record through the road trip and one regulation loss to Montreal. Despite the slow start, one offensive spark has been effective enough to prove himself worthy of the fans' approval. Brad Richards has had quite the rebound from last season’s dismal performance, now leading the team in points. The collection of injuries to key players such as Rick Nash and Ryan Callahan leaves the team with big holes in the team’s line up. Once their scoring stars return, don’t be surprised to see the team flourish under the new offense-first system.

The New Jersey Devils may as well start carrying every good luck charm ever known to their games. After giving up multiple goal leads numerous times to weaker teams in sloppy fashion, they’ve proven to be a better team than what statistics have shown. After having only one win after their first 8 games, a 2-minute comeback against the Boston Bruins was possibly the extra push the team needed, as their performance has increased significantly since then.

The goalie tandem of Martin Brodeur and Cory Schneider ended quickly after Schneider started a collection of games consecutively, but after being placed on injured reserve, Brodeur started and won the next two games for the Devils. 41-year-old aging star Jaromir Jagr has once again silenced critics and leads the team in points after signing with the team over the summer.

A breath of fresh air is felt with the arrival of 22-year-old rookie defenseman Eric Gelinas, as he has been responsible for much of the team’s newfound power-play effectiveness. The Devils also are a team not to be ignored once their play continues to take strides.

The Devils/Rangers Early Season Woes

Continued from pg. 24

FELLIX LYU
STAFF WRITER

Anderson “The Spider” Silva, the former MMA champion of Ultimate Fighter Championships, has challenged the distinguished current UFC Middleweight Champion Chris “All American” Weidman to a rematch in UFC 168. The events in UFC 168 will consist of 11 conquering matches with 22 colossal fighters. The main event, “Silva vs. Weidman,” will be the attention-grabber this December in Las Vegas.

Anderson Silva has 33 wins and 5 losses. During his career, he had 6 submissions, 7 decisions, and 20 knockouts. Chris Weidman has 10 wins and no losses. During his career, he had 4 knockouts, 3 submissions, and 3 decisions.

During their last match, Silva was too confident about his arm length; his reach was known to connect punches to his opponents. Unfortunately, this advantage was overwhelmed by the continuous tackles thrown by Weidman. Silva thought he had the better reach, when in reality, the arm length of Chris Weidman was one centimeter longer. Anderson Silva had 77 inches, while Chris Weidman had a whopping 78 inch arm length. After two rounds, this bout was decided with “The Spider” collapsing from a knockout punch thrown by the “All-American,” Chris Weidman, shocking fans and creating roaring applause, due to an ineffective mockery technique being used by Silva.

In UFC 162, Anderson Silva left his fists down, believing his courageousness and taunting would deter the perception of his opponent. During the entire match, Silva allowed his perception to be altered by his own confidence and absolute certainty of winning the fight. Unfortunately for Silva, Weidman did not only specifically train for this situation, but he also had the advantage of having fantastic maneuverability with his behemoth-like body.

President of the UFC, Dana White, expects UFC 168 to be even more fantastic than UFC 160, considered by many fans as the greatest UFC main event ever. “I think it’s going to be the biggest fight we’ve ever done,” White said.

Predictions are already being made. Silva is on a quest for redemption, is preparing physically and mentally for the bout, not allowing a slip-up to happen again. Weidman is recuperating as well; he graciously accepted this challenge to create publicity for his dynasty’s ushering MMA has shown to bestow the best or the worst in a fighter, whether it be in his or her physical attributes, or his/her mental developments. This main rematch in UFC 168 will have surprises at no limitation and may exceed the expectations of fans, twisting your opinions during your enjoyment with the fight.

The Spider Wallops Back

ADRIAN YLLATOPA
STAFF WRITER

Now a few weeks into the 2013/2014 NHL season, the New Jersey Devils and the New York Rangers have not had the start of the season that they had been hoping for. Through the first calendar month of the season, both teams sit at the bottom half of the Eastern Conference. Fans from both teams have been finding several targets to point their fingers at for and undermining start to the season.

For The Rangers, having to play 10 straight away-games to kick off the new season proved to be a challenge for a team that is adjusting to new coach, Alain Vigneault. They started with a 4-6 record through the road trip and one regulation loss to Montreal. Despite the slow start, one offensive spark has been effective enough to prove himself worthy of the fans' approval. Brad Richards has had

Who will come out on top? Photos courtesy of MLTCampus
Bergen Community College’s girls basketball team had a subpar season last year. They ended the season with 8 wins and 16 losses. Not the way they would have wanted to end the season, but the Ladies are putting that behind them and working on making this season a great one.

Head Coach Green for the Lady Bulldogs has one major thing in sight for the team. “The main goal is to get to region 19 playoffs.”

Sophomore Ariel Mann-Harper as the team’s point guard and love for basketball at a young age is what she has to say about the Lady Bulldogs. “I started playing basketball when I was 7, and from then on I continued playing and fell in love with the game.”

The team’s season opened on November 5th with a resounding victory over Hostos, 69-56. Freshman Mary Haines of Ridgefield Park led the way with 20 points. The Lady Bulldogs are 1-1 and their entire schedule can be found at ihigh.com/bergenbulldogs under the ‘womens basketball’ tab.

Something else to keep an eye out for is Bergen’s new talented dance team that will be performing during both games at halftime. Come out, make some noise, let out your school spirit and support your Bulldogs and new addition of dancers on the journey to nationals!

The Bergen Community College soccer team proudly presents its twenty-five strong players and two great captains, William Mera and Christian Casal, two hard working captains with a great vision for the team. One of the players Jair Rendon said “We started off with a rocky start because we were unfortunate in our attempts to score but as of right now we are in the lead!”

Angel Batista is a strong player of the team and is now onto his third semester playing for Bergen Community College. An interesting fact about him is that he is from the Dominican Republic, which is not known for soccer at all, but at a very young age Angel moved to Spain and has been living there. That is where his love of soccer began. He later on in his life moved to the United States and continued playing here. He is an outstanding player with a great attitude towards the team; he strongly represents himself in Jersey number 9 as a forward position player. While juggling between soccer practices, games, and school work Angel managed to excel academically with a 4.0 GPA and is a member of the PTK.

Juan Lorza, center midfielder in Jersey number 8 said “We have been working as a team with really good chemistry so far; we help each other on the field and focus on strong team work”. The team finished the season 9-5-1 and made the Region 19 playoffs, earning a first round bye. Watching previous games, learning from their mistakes, and working hard at every single practice helped them earn a hard fought playoff spot.

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Sophomore Ariel Mann-Harper when asked about the team had this to say “The team is looking pretty good, we still have a lot to work on in order to be successful this season, but if we continue to work hard every day and remember to support each other we’ll be very successful in this long season...we can’t be satisfied...and push ourselves mentally and physically or else we won’t be successful.” Three ladies from last year will be returning and seven new faces, to create mesh of passionate athletes all with one common goal, to win. The Lady Bulldogs opened their season on November 5th with a resounding victory over Hostos, 69-56. Freshman Mary Haines of Ridgefield Park led the way with scoring, with 20 points. Haines, with help of fellow freshman Luisa Velasquez of Bergenfield, who pulled down 7 rebounds to go along with her 19 points dominated the floor. At time of print the Lady Bulldogs are 1-1 and their entire schedule can be found at ihigh.com/bergenbulldogs under the ‘womens basketball’ tab.

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