Honors Hall to Get New Walkway

BLAIR DELONG
News Editor

Last October, The Torch ran an article on the unsafe path to the Honors Hall. It seems as though someone was listening, because at the December Board of Trustees meeting, “authorization for Azzolina & Feury Engineering Inc. to provide design work on construction of a concrete sidewalk and curb cuts,” was approved by the Board.

This new plan will not only make the path to the Honors Hall safer, but also make the trip easier on disabled Honors students. “I think it is a wonderful initiative and I am glad the administration recognizes the problems our disabled students are having accessing the building. The administration has been extremely generous giving us this space for our various activities, and we are thankful for the Honors Halls and the safewalk they are building,” said Angie Goldszmidt, Chapter President of Alpha Epsilon Phi of Phi Theta Kappa Honor Society. During the Fall 2013 semester, students were hard pressed in finding the Honors Hall and if a student were to be physically handicapped it made the situation all the worse. While Honors Director, Maria H. Makowiecka, took great strides to educate the student body about the new location of the Honors Hall, through Honors Brochures that showed where the Honors Hall that included a highlighted route a student could take, but there was still an issue with the Americans with Disabilities Act, or ADA. The design work on the original path that followed the alongside parking lot A, and through dangerous intersections at not only the traffic circle but also the exit to Paramus Road, which only has a yield sign, making the journey a very difficult and dangerous path for disabled students.

With the planning of this new pathway to the Honors Hall, the student body will now have a much safer and easier walk to the Honors Hall. With a path in place and the new signage found all throughout campus that was put up during the fall semester, students may not be so confused as to where the Honors Hall is located anymore as well, which has been a problem in the past.

After a poll that was taken for the original story back in October, only one student knew of the Honors Hall, while none of them knew where it was located. Not only will this help students be more aware of the services offered to them but garner more attention to the voice and power the student body actually have.

As per the justification of the resolution, “the sidewalk will dramatically reduce the exposure to campus traffic that students face when they walk to the Honors Hall,” Azzolina & Feury Engineering, Inc. will prepare specifications that will be used to obtain bids on construction and obtaining the proper permits from the Borough of Paramus.

State of the Union Address, Obama’s Outline for the Year

BLAIR DELONG
News Editor

During his annual State of the Union Address, President Barack Obama began by saying, “…a teacher spent extra time with a student who needed it, and did her part to lift America’s graduation rate to its highest level in more than three decades.” This was only the beginning of the changes that have taken place under his second term as the President of the United States. He also explained that small business owners have contributed to over eighty million new jobs over that past four years.

President Obama also took time to acknowledge America’s rebounding auto industry by saying, “An autoworker fine-tuned some of the best, most fuel-efficient cars in the world, and did his part to help America wean itself off foreign oil.” This is seen as a welcome change that America is producing more oil at home than buying from the rest of the world, “the first time that’s happened in nearly 20 years.”

He also went on to say that it is America’s citizens that make the country strong. He commented on the manufacturing sector adding jobs for the first time since the 1990s, saying, “And for the first time in over a decade, business leaders around the world have declared that China is no longer the world’s number one place to invest; America is.” President Obama believes that this year will be a breakthrough year for America, as the country’s deficits have been cut by more than half. He explained that the United States is better-positioned for the 21st century than any other nation on Earth.

The president also made it clear that the American people are tired of political arguments and want the country to move forward. His call to the people was of opportunity and the belief in the American Dream. President Obama said, “They believe, and I believe, that here in America, our success should depend not on accident of birth, the strength of our work ethic and scope of our dreams… Opportunity is who we are. And the defining project of our generation is to restore that promise.”

President Obama also came out in a defiant tone saying, “I’m committed to making Washington work better, and rebuilding the trust of the people who sent us here.” While both congratulating Congress and condemning them he thanked them for coming together by saying, “…this Congress finally produced a budget that undoes some of last year’s severe cuts to priorities like education. Nobody got everything they wanted, and we can still do more to invest in this country’s future while bringing down our deficits in a balanced way.”

President Obama wants this year to be a year of action, saying that’s what most Americans want. He wants all parts of our government to focus on the people of this country. He continued his State of the Union Address by issuing a warning to Congress by saying, “…I’m eager to work with all of you. But America does not stand still—and neither will I. So wherever and whenever I can take steps without legislation to expand opportunity for more American families, that’s what I’m going to do.”

He ended his speech by warning America. The president said, “Our freedom, our democracy, has never been easy. Sometimes we stumble; we make mistakes; we get frustrated or discouraged. But for more than two hundred years, we have put those things aside and placed our collective shoulder to the wheel of progress—to create and build and expand the possibilities of individual achievement… I know it’s within our reach. Believe it.”
Accounting Majors Take Note: Control Your Destiny

“Nothing ventured, nothing gained,” was quoted by one of America’s enigmatic founders, Benjamin Franklin. The Bergen County Chapter of the New Jersey Society of Certified Public Accountants (NJSCPA) is an organization where I have gained tremendous opportunity as a second year accounting major.

The Bergen County Chapter boasts dually the largest membership with two thousand and establishing itself in 1954, as a founding chapter. This stellar society once again exhibits is considered Bergen County, New Jersey’s, premier networking group among all students.

“Students who attend our seminars and become involved in the Chapter made significant professional contacts which enabled them to get a ‘leg up’ in seeking internships or permanent positions. Chapter members and scholarship winners are now situated in the big four accounting firms, mid-sized regional firm and local firms managed by Chapter members. Involvement has been a key factor in these students mobility into these positions,” informed Chair of the Scholarship Committee and CPA, Coleman Szely.

“I invite all students who live in Bergen County and attend BCC to become involved with our chapter and apply for the Scholarship Program. Your parents will be happy, as you will be saving them money if you receive a scholarship. There are many opportunities for you in our chapter. My involvement with has developed me as a professional. I enhanced my skills as a public speaker by co-chairing events and teaching seminars before groups of more than 250 people. Valuable advice is acquired by networking with colleagues” contends Chapter President, John M. Lisa, CPA.

Regarding student membership and scholarship details feel free to contact Coleman Szely via email at CSzelyCPA@optimum.net or the NJSCPA website at njscpa.org. Professor Florence McGovern who directed me to the society paraphrased a Time article with a fact that every business requires someone to mind the books, and with more than one million accountants employed earning a median pay of over $35 an hour, they are the largest above average paying jobs in the country.

My involvement has afforded me the pleasure of associating with these gentlemen and other CPAs who with their decades of experience hold the pulse of the accounting industry. It is an intracite part of our collegiate responsibility to enhance our future viability in the profession by improving ourselves in the major of our choice. Aggressively seeking protection, they talk, they hang out but they’re learning. The most important piece of this is that they’re learning, “Control your own destiny or someone else will!”

Dean Melendez’s Busy Life

Nestor Melendez works in the dual role of being the Dean of Student Life and the Dean of Judicial Affairs. He plays a very big role in the school for the students and the staff. His main goal is to connect everyone to Bergen Community College and build the most amazing college experience for everyone.

Melendez has been a student affairs professional for 15 years, starting his career in 1999. He was the assistant director of student activities in Salve Regina University in Newport, Rhode Island.

Dean Melendez has made a big jump between schools to end up in BCC. Since Salve Regina he worked at the State University of New York New Paltz, Fairleigh Dickinson, and finally BCC.

Dean Melendez started at BCC about four and a half years ago and was recently promoted to Dean of Student Life. In the past, Dean Melendez has worked at almost every college level that a college can offer a student including; Student Activities, Residence Life, Judicial Affairs, Orientation, Conviction, Athletics, and more.

Along with being the Dean of Student Life and Judicial Affairs, he is also the Direct Supervisor for BCC’s athletic program. In this capacity he has been working together with the Managing Director of Athletics Jorge Hernandez to try and connect the Athletics and Student Life to connect all the students.

As the Dean of Judicial Affairs, Melendez has to interpret and administer BCC’s Student Code of Conduct, as well as initiate cases that are heard by the judicial hearing boards.

On a more serious level, Dean Melendez must serve as the hearing advisor on serious violations of the Students Code of Conduct. He must supervise the staff, serve on committees, and must have full understanding and knowledge of the federal laws and what effects they can have on a student. He is also a member of the college’s Behavioral Intervention team (BIT).

As the Dean of Student Life, he strives to connect students to the institution itself. He wants to bring in activities and events to give students an opportunity to socialize with each other. He had this to say, “They can seek protection, they talk, they hang out but they’re learning. The most important piece of this is that they’re learning, ‘Control your own destiny or someone else will!’

Dean Melendez understands that Facebook and texting has completely ruled over almost everyone. He wants to make the change and involve all the students, by helping them become more confident in themselves and to be able to remove all that anonymity that shields people from the world.

Dean Melendez wants to give each student an equal chance here at Bergen. We have some amazing programs like studying abroad. He has travelled out of the United States to some of the most amazing places. He has been to Brazil, Spain and Europe. If this is something you feel you want to pursue, talk to the staff and administration they can help, but Dean Melendez is here to make Bergen an amazing experience for everyone.
Behavior Intervention Teams - What Are They?

GREG KOCIUBINSKI
STAFF WRITER

With life, sometimes unexpected things happen. Whether one has family issues, personal problems, or unmitigated disasters, any of these things could throw a wrench into someone’s life. The wrenches may range from ones so tiny that they are unnoticeable to wrenches that cause whole lives to come to a halt. Regardless of their size, they are wrenches nonetheless and must be removed. This is where the Behavior Intervention Team steps in, to help people who are impulsively inclined and must be removed. This is where the BITs wish to fix people’s lives to come to a halt. Regardless of where they occur, the BITs would assess the level of threat behavior”. If finding reason to go further, the team would assess the level of threat to self or others, while trying to find the best method for support, intervention, and most hopefully, resolution of the trouble. On the campus level, BITs are not an idea made to respond to events such as school shootings and other forms of violence, but to provide a level of support to students in need before such actions take place. The BITs on campus work closely with student affairs professionals, campus health professionals, veteran’s affairs, and campus law enforcement. While NaBITA’s team in Bergen is named the Behavioral Intervention Team, other universities and colleges have varying names of their form of BIT. The University of Mississippi has the Student Intervention Team, the Loyola University of Chicago has the Behavioral Concerns Team, and the Mississippi University for Women has the CODE BLUE Emergency Alert System.

Meadowlands Shuttle Links Lyndhurst

MICHELLE PEREZ
STAFF WRITER

The Meadowlands Shuttle runs every half hour between 7:00 a.m. and 8:30 p.m. Pick-ups are made in the administrative circle in Paramus and outside the main entrance in Lyndhurst, but a schedule can be found in front of the Information Desk in front of SC-110. The best part about this, there is no cost to you for use of this service.

The Rise Of Vemma

EMANUELE CALIANNO
STAFF WRITER

It is often thought that by confronting someone about suicide, it would tempt them to go through with their intentions. Evidence has shown however, that talking to a person contemplating suicide will help them reflect and think about other courses of action. Making this known to the student body of Bergen Community College has been a major focus at the Center for Health, Wellness, and Personal Counseling here on campus.

In its second year as a recipient of a three-year private grant issued to educate towards the goal of suicide prevention, the center has spent recent semesters increasing the already numerous services it provides to students on campus.

Known as the Garrett Lee Smith (GLS) Grant, this undisclosed sum was issued in the fall of 2012. Since then, a multitude of events has been organized, all of which has been made possible by collaboration between BCC and non-profit mental health care provider Care Plus NJ, which played an essential role in receiving the grant. With the direction of Prof. Kathy Pignatelli, a small team from Care Plus has been located on campus and charged with coordinating all activities covered under this program.

This has translated into plenty of events centered on stress coping methods implementing elements of humanistic psychology and alternative healing, among similar resources. Discussion panels, workshops, lectures; even a play, a one man show titled “Life According to JoJo”, was organized to raise awareness on the silent suffering of so many. The most important service provided by this team, however, was only recently implemented in the program.
Continued from pg. 3

**Reaching Out and Spreading Awareness**

For the past semester, the Wellness Center has provided courses on Mental Health First Aid. A practice that, although may not be as common as regular First Aid or CPR, the team holds it to be of equal importance in a national crisis. Centered around recognition and prevention, these courses instruct mainly on minimizing disabilities and calming someone in distress before professional help intervenes.

Available to all students, faculty and staff, the course lasts one all-day section and its completion will provide participants official certification. Thanks to the efforts made by this team, it has been made free and available to all students, faculty, and staff, providing essential knowledge to anyone pursuing a career in health services or any other field.

Along with the work provided toward awareness on anything from domestic violence and bullying.

GLS grant project coordinator Jamisin and awareness on anything from domestic violence and bullying. says, “We are trying to change the way people think about mental health” and thus, Studio Bergen was born.

Through much of the hard work of media technologies, ways, tailoring to the viewers, and keeping things fresh. and thus, Studio Bergen was born. pitch the idea of an “electronic newsletter,” as he calls it, to campus... I didn't want to see it die,” says Mr. Hlavenka, so he wanted to see television, or at least unique programming to the Campus”, and “In the Public Interest.” “When he left, I didn't want to see television, or at least unique programming to the college... I didn't want to see it die,” says Mr. Hlavenka, so he pitched the idea of an “electronic newsletter,” as he calls it, Studio Bergen sprung out of the roots planted by the GLS grant project coordinator Jamisin Saracino; and considering the turnout of their ongoing efforts, it may very well already be a plan in growing effect.

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In addition, there are several projects that are currently being carried out. For example, exceeding several hundreds, they are only a small part of the resources made available on campus by the Wellness Center. Its personal counseling and psychotherapy is provided by trained clinicians and is free for anyone on campus, providing short to long term help and possible outside referral with financial availability in mind.

Along with the work provided toward promoting suicide prevention, similar projects are present to provide education and awareness on anything from domestic violence and alcoholism to sexual abuse and bullying.

“We are trying to change the way people think about mental health” says Mr. Hlavenka, so he pitched the idea of an “electronic newsletter,” as he calls it, to campus... I didn't want to see it die,” says Mr. Hlavenka, so he pitched the idea of an “electronic newsletter,” as he calls it, Studio Bergen sprung out of the roots planted by the GLS grant project coordinator Jamisin Saracino; and considering the turnout of their ongoing efforts, it may very well already be a plan in growing effect.

YouTube can be full of many things: fun cat videos, interesting how-to's, and even Bergen Community College. Hosted by Public Relations Director, Larry Hlavenka Jr., Studio Bergen is a section of BCC’s YouTube channel that, much like The Torch, describes some of the many news stories around the school. Currently in its third season, Studio Bergen is filled with interviews, video clips, and even a few detailed features. These half-hour episodes could easily be described as BCC’s local news channel. Studio Bergen also covers special events including “Year in Review” and “Live at Commencement 2013.”

Studio Bergen sprung out of the roots planted by former BCC president Jerry Ryan’s television shows, “On Campus,” and “In the Public Interest.” “When he left, I didn’t want to see television, or at least unique programming to the college... I didn’t want to see it die,” says Mr. Hlavenka, so he pitched the idea of an “electronic newsletter,” as he calls it, Studio Bergen sprung out of the roots planted by the GLS grant project coordinator Jamisin Saracino; and considering the turnout of their ongoing efforts, it may very well already be a plan in growing effect.

Since its birth, Studio Bergen has changed in many ways, tailoring to the viewers, and keeping things fresh. Through much of the hard work of media technologies, the overall quality has vastly improved since season one, and continues to get better. A screen has been added to the background of the set, and they hope to soon have b-roll for the stories as they’re read. Where there used to be 10-15 minute interview slots, there is now even more news with smaller “interviews” about the stories - much like you would find in a cable news broadcast. They have recently added small interviews in a segment called “Student Success Spotlight,” which is “A three to five minute slot which features a student who did something outstanding,” as Hlavenka puts it.

Although the show may not have as many viewers as American Idol, the general response has always been positive towards this series, Hlavenka believes that is because he focuses on good things that go on around the college, and paints them in a positive manner.

Studio Bergen is always looking for help. A lot is put into the making of each show, so if there are students who are interested in working in a professional environment, helping to produce a TV news program, Mr. Hlavenka highly encourages you to get in contact with him, or go down to media technologies in room W-119 in West Hall.

**High Times for Colorado’s Economy**

As the 37 newly opened recreational marijuana stores in Colorado continue to make plenty of money, the nation has observed to see what is to come for the state. Sales began on New Year’s Day, legal pot stores amounted up to $1 million and eventually reaching $5 million by the end of the week. Many stores have lowered the maximum one could buy to an ounce and raised prices to combat the supply and demand. It appears that sales won’t be going down anytime soon, as $208 million in revenue is projected for this year alone.

With the 25 percent tax that is attached to the legalization of cannabis shops, the state also expects to generate nearly $70 million in tax revenue for 2014. Other than direct sales, tourism has increased dramatically as well, with waves of ganja smokers who have flocked to the state in order to be a part of this pivotal moment of the country.

This of course has led local businesses to make plenty of cash, bringing revenue to the state similarly to when the Super Bowl is hosted in a city, albeit in a lesser and more spread out manner. Washington, the only state opposite of Colorado to legalize the use of Marijuana recreationally as of January 1st, will also begin opening pot shops in a few more months down the road. Numerous states such as California, Arizona, Alaska, Oregon, and Rhode Island are taking notice, as these states all share the possibility of legalizing pot.

The states are taking into the consideration of the financial benefit to the state’s economy, possible decrease in crime rate and a lower trend of violence of drugs on the black market, along with medical benefits as deciding factors as to whether they will follow the same path as Colorado.

Many liken this situation to the end of the prohibition era, but some critics say that the situations are incomparable as times are radically different both as a society and in the laws at work. Analysts are also saying that depending on how the Centennial State fares with the new laws, it could either make or break the on forward lenience to marijuana.

According to a report released by ArcView, by 2018 you may predict that not only will 14 states legalize marijuana (medically and recreationally), but that the retail market for the drug could climb to an astronomical $10 billion a year industry. For the sake of comparison, the top two U.S. Pharmaceutical drugs by sales in 2013 Ability and Nexium would fall short, bringing in $9.1 billion. For as large as the number seems, it still pales in comparison to the tobacco industry’s and thus billion annual revenue, so advocates who claim that the legalization of recreational marijuana would fix the economy would have to view it as a supplement rather than the solution.

With the growing prevalence of cannabis across the country recreationally, along with Dr. Sanjay Gupta’s comments on changing his harsh stance on weed earlier in 2013, the potential for an increase in studying the positive effects of marijuana seems likely. Up until this point, 94 percent of studies have focused on the negative effects according to Dr. Gupta.

Colorado has taken the first step into the marijuana acceptance, and whether this ends up being a positive or negative remains to be seen. In the meantime, Colorado’s economies seem to be looking high, along with the people who are contributing to its influx of revenue. The country seems to watch from the bleachers, as it wait to see if this big game ends up living up to the hype or not.
BCC Website Gets a Makeover

ADRIAN YLLATOPA STAFF WRITER

If any BCC student took the opportunity to see Bergen Community College's website after January 13th, they would have noticed the changes that have been made over the break.

The homepage itself looks a lot less condensed and cluttered compared to the previous homepage. It suddenly does not make you feel like you are being overwhelmed with information and links with no idea where to go, everything has its own place and could be found quite easily. The new aesthetics creates a new tech savvy look for BCC, entering the website through a mobile device also presents a mobile-friendly page. The mobile site is even less condensed but still very easy to navigate around.

Scrolling down to the very bottom of the homepage, you’ll see icons for the social media outlets that BCC takes part in, which makes it very helpful for students to catch up on any up to the minute news and exclusive features.

The previous homepage included once had a calendar that never seemed to be updated or included once had a calendar that was thrown onto the old homepage and collectively placed them under a section. It creates a pathway for current or prospective students to accomplish whatever their task may be. For prospective students, applying could not be any easier when there is an eye catching “Apply Now” button at the very top of the page. What could be the biggest help for all students would be the new “Cost calculator” located at the middle of the homepage. It provides an estimated net price for tuition, books, and other expenses that previous students had paid in previous years.

The new BCC website creates a new help for any and all students to be informed on everything Bergen. The new sleek look leaves a welcome image for students and parents to make their next visit faster and easier.

Don’t Frack With My Water!

ROGER S. ECHEGOYEN FEATURES EDITOR

Oil prices have been on the rise again recently, and many feel the toll of gas prices in their wallets. There seems to be no end to the rise of gas prices, but how would you feel if all of the sudden, the cost of gas could be reduced with the use of hydraulic fracturing (or fracking) to drill out natural gas from the ground? Corporations like Exxon Mobil could (with permission from the local government) start drilling in your backyard if they discover a small pocket of natural gas. Although few find the simple act of drilling to be innocuous, environmentalists feel that fracking could lead to damage of water supply and the environment surrounding the drill site.

The process of fracking involves using water and chemicals to pump deep underground to acquire the natural gas. During the process, seven gallons of water and at least 30 percent of the water used is lost after drilling, according to an article on Popular Mechanics. After drilling, chemicals are released back to the soil or to local waterways like streams and rivers. An example of chemical spills is the recent controversy that occurred in West Virginia which left 300,000 residents without tap water.

So, why would the natural gas industry continue these practices which may result in environmental turmoil?

“The process of fracking involves using water and chemicals to pump deep underground to acquire the natural gas. During the process, seven gallons of water and at least 30 percent of the water used is lost after drilling.”

C.A.R.E for the Animals

ADRIAN YLLATOPA STAFF WRITER

At Bergen Community College, there’s a small club of animal right activists that go by the name of Club for Animal Respect & Education, or C.A.R.E for short. You may have seen the founder of the club, Andres Santacruz dressed as Gotham City’s hero, Batman. Under this disguise he instructs the student body on how to everything that lives,” says Santacruz on behalf of the group.

Once getting the club off the ground, they’ve been able to recruit two more members.

Santacruz has had a passion for animals since childhood. Throughout his life he’s had numerous pets such as turtles and a fish. Aside from C.A.R.E he volunteers Ridgewood Vet Hospital looking over animals. His dedication to animals goes as far as standing in the Student Center by himself trying to raise awareness to stop bearing in New Jersey. His major is in Natural Sciences and after BCC he hopes to work in exotic wildlife. Santacruz also wishes to educate people about animals and to work with other animal awareness groups and the same plans. Recruiting members has been the group’s main concern, Santacruz admits.

The group plants to have more events in the near future. Their goal is to spread the awareness and get larger in numbers in order to have spread the message from a higher ground. “Be kind to everything that lives,” says Santacruz on behalf of the group.

Club for Animal Respect & Education
Why Are You Here?

BRIAN ZAPATA
“The reason to why I choose to go to Bergen is because it’s one of the better schools in our county and in New Jersey, and it is a place where I can get a head start for my future career.”

MARTHA VILLA
“The reason to why I chose this community college is because my daughter did so well here. It’s also very close to us and is a part of Bergen County. It is an excellent school for us.”

NANCY TILLMAN
“I choose to go to Bergen because I have two children who are currently in school, it was local, and it was a community college. I heard good things about it. I know a bunch of people who have gone here and I am just trying to further my education. I figured since my kids are at school, I’m at school, so it just worked out.”

NOMI EIKENNAAR

SOOHYUN PARK
“The major reason to why I chose Bergen is because it is a four year college after I am done with the two years here. The second reason is that I am living in New Jersey, and going to this school is helping to save money. My third reason is that this school is close from my home to commute; it takes about one hour by bus. These are the main reasons to why I choose Bergen.”

KEVIN MCKENZIE
“I came to Bergen because I moved here from another state and my brother told me good things about Bergen, and so I decided to come here.”

The Rise of Vemma

MATT DERENZO

There has been a rise in popularity among various energy drinks and nutritional beverages within recent years. Energy Drinks such as 5-Hour and Monster Energy have been promoted for people who want to excel in life, both physically and mentally. One of the latest trends in self-improving beverages is the energy and nutritional drink called Verve, which is part of the Arizona based company Vemma.

Vemma was founded in 2004 in Scottsdale, Arizona by founder and CEO Benson K. Boreyko. The Vemma company markets themselves from the Vemma website as producing “innovative” nutritional beverages that are sold by young people who can choose their own hours and can potentially make large amounts of money during a certain period of time. As seen on the official Vemma website and YouTube, Vemma promotes their drinks such as Verve, as being some of the healthiest energy drinks and vitamin supplements available. The Vemma website describes Verve as being a bioavailable, ultra-premium antioxidant supplement which contains 12 full spectrum vitamins and over 65 plant sourced minerals.

Vemma uses a system known as multi-level marketing to gain a larger sales force and promote their drinks to new customers. In order to join Vemma as a brand partner, people are required to pay $499.95 for a basic package containing boxes of Verve, or $999.95 for a larger package, according to the website Ivetriedthat.com. Vemma’s multi-level marketing plan is based on having independent agents, known as brand partners, to market their products to people while recruiting new members to join the company. Vemma brand partners get a commission for each time they recruit new people to the company. The members you’re able to recruit are listed on the Vemma Android and iPhone apps. The products you’re able to receive from Vemma as a brand partner include four 32 ounce bottles of Verve, 24.83 ounce cans of Verve, and a Vemma Success Kit which contains various instructional DVDs and guides. Partners will also receive a Business Builder Pack which includes the Vemma mobile app, accessibility to the Vemma marketing website, and possibly a company BMW paid for by Vemma.

Vemma brand partners set up a motivational marketing group called YPR which stands for Young People Revolution. YPR promotes Vemma as being part of a larger philosophy about being “in charge of your destiny and future,” according to the YPR website vergeuniversity.net. The Vemma partners who are a part of the Young People Revolution believe the business model of Vemma will lead to bigger opportunities in the workplace and will lead to an entirely new way of thinking about how to gain money in the job market. YPR and Vemma are influencing entire groups of students who aren’t completely sure about their future in college and job opportunities.

Some publications and critics have criticized Vemma’s business plan as a glorified pyramid scheme. Critics of Vemma, such as William Keep, the Dean of the Business School at TCNJ, criticized Vemma’s business plan as having “an increasing number of Vemma brand partners” chase a decreasing number of potential customers. Vemma’s critics argue the company is a product-based pyramid scheme. Pyramid schemes are defined by the Federal Trade Commission as a business plan “based on the number of people you recruit.” Critics of Vemma say that the company has found a loophole around this illegal system by selling products through a pyramid style marketing plan; that is, if a company is using the model of a pyramid scheme, but are actually selling a product, they are considered legal.

Even though Vemma has been around for almost 10 years, the popularity among college students has occurred very recently. It seems early to tell whether this company is taking advantage of their employers or whether their drinks are as healthy as they market them to be. Only time will tell if Vemma is a legitimate energy drink company that can compete with the rest of a heavily saturated market that includes Red Bull and Monster energy drinks.
Ayuda Financiera: Una Tortura Necesaria

RICARDO MONTERO-HERNÁNDEZ  
editor-iN-chief

No conozco el primer estudiante universitario que sea lo suficientemente paciente para soportar los calambres en las piernas provocados por largas y tortuosas filas. A pesar de la confusión y frustración que se experimentan en la oficina de Ayuda Financiera, hay algunas técnicas de implementar el proceso y garantizar el éxito.

La Ayuda Financiera tiene la reputación de ser lenta y difícil, pero existen formas de vencer la opinión pública. Si no quiere dilatar el proceso, tenga preparado sus objetivos, ya que no es conveniente presentarse en la ventana de la oficina sin tener ni idea de la información necesaria para completar su proposito. Prepare preguntas concretas y prepárese para futuras visitas.

Antes de visitar la oficina de la ayuda financiera, es esencial que complete la aplicación del FAFSA (Free Application for Student Aid) vía Internet. Es recomendable llevarlo en línea ya que así usted puede obtener el soporte necesario para agilizar el proceso.

Una vez completado el FAFSA, en caso de tener algún dato incompleto o error, es recomendable hacer una visita a la oficina de ayuda financiera ya que allí encontrará la ayuda necesaria para mejorar su aplicación.

Le corresponde tener una avalancha de documentos para garantizar la eficacia de su visita. Para aquellos que no pueden presentarse en persona tienen la opción de llamar al número (201) 447-7148 por más asistencia. Puede que no tenga servicio en español y por ello es mejor asistir en persona.

Finalmente, es importante tener en cuenta las fechas límites para presentar el FAFSA. No supe hasta última hora. Aplicaciones tardías serán procesadas mas lentamente poniendo en peligro el proceso de su aplicación, y también el número de personas que verá en la fila puede que lo motive a pagar todo de su propio bolíster.

Para tener una experiencia financiera tranquila debe seguir al pie de la letra estos pasos. La obtención de ayuda es un proceso fácil si se hace correctamente y a tiempo. El gobierno ofrece los recursos, lo que usted debe hacer es accederlos.
Some minorities are unjustly judged as uneducated or “blue collar” in the workforce of America. Hispanics are popularly labeled as uneducated housekeepers, African Americans are often unfairly labeled as unemployed criminals or heroin addicts. These stereotypes are thought to be mathematicians or massage therapists, and the list goes on. There are plenty of factors influencing popular misconceptions and stereotypes, ranging from demographic history to the agendas of certain media outlets. However, the main option that minorities have to break these stereotypes is sadly being wasted.

With Governor Chris Christie signing the New Jersey Bill for Undocumented Students, undocumented individuals are able to attend college at a more accessible price, which hopefully boosts the living quality and graduation rates of minorities, and adds more educated people to the pool of humans striving to give mankind a future.

Although many have already taken advantage of the bill, graduation rates of minorities continue to be low, something that has become very evident to Bergen Community College. According to 2012’s BCC Factbook, 33.1 percent of the whole student body is of Hispanic descent, and the graduation percentage for the entire school is 14 percent according to IPEDS (Integrated Postsecondary Education Data System), yet only 14 percent of Hispanics, 18 percent of Asians and 8 percent of African Americans are graduating as of Fall 2012, according to a study announced by President Dr. B. Kaye Walter. This means that less than a quarter of Hispanics are graduating, something that is pitiful and pathetic.

Perhaps it is simply because they are psychologically adjusted to the social spectrum, and have accepted their respective stereotypes because of it. It is simple; if someone tells a person that they are going to be a gardener every day for 20 years, that person is going to think that being a gardener won’t be so bad, and will end up doing it to be accepted in society.

Minorities see, hear, and feel themselves challenged to pursue higher education because, despite having an African American President, American society generally does not see many minorities in positions of power. It is not evil of society; it is now a human archetype and human nature to see a majority dominating a minority. Due to this, it is rare to find someone willing to “fight the system” and rise through the ranks of power, with their unchangeable birth characteristics, and challenge all who doubt his or her roots.

Another reason for the low graduation phenomenon is family life. There are times when one finds him or herself the only person to attend college in the family, and this puts a psychological obstacle in the one’s mind, bringing doubt and confusion as to whether or not college is the right choice. When Uncle José rubs his business in your face, and insists that college is a waste of time, that he never went to college and now he is the most prominent Kitten Mitten’s salesman in the tri-state area, one begins to question the true value of a degree. Well, the most convenient response to Uncle José is to refuse, crawl through the barbie family ties and storm the beaches of higher education.

Pointing out a single reason or even several reasons as to why minorities don’t graduate college is difficult, but the solution is simple: ready for it? Graduate. If the excuse is monetary issues, FAFSA and Bergen Community College Foundation can intervene; if the excuse is not understanding the subjects, tutors are available at the tutoring center. The resources are there; all they need is a reason to exist. Without ambitious people none of these resources have a purpose.

There really no excuses as to why minorities are not thriving or holding positions of power; the intelligence and human abilities being wasted are astronomical and the only way to fix this problem is by not being exploited. Not one person is born to be regarded as inferior, and not one human should be irrelevant beef to the American meat grinder.
The sight of this very tiny part of our skin surrounding the nipple. Exposure area, the areola is the ring of pigmented skin around the areola.

The reasoning behind favorability of the current standards. And why? Because the nipple is where lactation occurs. The sight of this very tiny part of our anatomy stimulates sexual arousal. In addition to setting off some pacemakers and producing clammy hands and dry mouth, the sight of many topless women might also produce a bit of shameful awkwardness, even if that wasn’t the intent.

In this case, the fight to “free the boobs” is less an issue of equality, and more an issue of misunderstanding information (or blatantly disregarding it). While social media platforms should adapt to include “Not Safe For Work” filters on specific pages that include educational anatomy cross sections, breast cancer support and survival sites to keep their sites PG-rated while maintaining an open mind, it’s important to remember that not everything is worthy of a revolutionary change.

Free the Boobs! Or Should We?

JOSEPH CIRILO
STAFF WRITER

Recently, a campaign called “Free The Boobs” has cast a big line in the fight for equality after going viral on Huffington Post’s “Weird News” section. Those involved with the Facebook pages and the many people who have shared the article believe that it’s okay for a man to bear it all from the waist up, women should be able to do the same.

Advocators for the cause defend the female anatomy as beautiful, urging to cease regarding it as a sexual plaything, for women to be allowed to expose herself both publicly and privately in media platforms. If men are allowed, why not, right? Wrong.

You see, all people, men and women alike, are born as female in the womb. When the development of male reproductive organs begins, some of us end up in the opposite gender. This is why both men and women have nipples; otherwise men would have no use for them.

The female nipple does serve a function, however. Additionally, it is important to note that, contrary to popular belief, female breast-size and shape actually doesn’t contribute to the potential amount of milk produced. The reasoning behind favorability of size and shape is likely the product of society and pop-culture standards, not actual science.

Breasts both big and small lactate so that their newborn offspring may feed. Not every woman in the world — and much less the U.S. — is keen on this idea anymore, being in favor of formula, but in the case of anatomy and physiology, this is what they were made for.

Larry Young, a professor of psychiatry at Emory University studying the neurological basis of complex social behaviors, suggests that human evolution harnessed an ancient neural circuit that originally evolved to strengthen the mother-infant bond during breast-feeding. This same neural circuit is now used to strengthen the bond between couples, whether monogamous or more casual.

While just packing a bit of cleavage might fell an ox at twenty yards, that bit is still socially acceptable given our current standards. And why? Because the nipple is where lactation occurs. The sight of this very tiny part of our life yet. If it’s true that education doesn’t simply provide formal knowledge but also valuable life experience, no other kind of institution can make greater claim of this. Community college has not only allowed me to further my academic plan, but it has made me re-evaluate my entire life.

The miracles happening here every day are something that even someone as arrogant as I was could not remain blind to, and the people working to provide the services available here are among the most remarkable individuals in our community.

Here, qualified professors lead programs whose classrooms feature astounding diversity, leading them to adopt a broader approach to education than most instructors are accustomed to. Nothing in their eyes would lead to believe this being a two-year school lessens their efforts. They make no distinctions, reaching everyone with the same passion and dedication; their commitment is something that carries through to every other part of this institution.

Administration and staff alike are seemingly sworn to in provide to anyone in need. Their relentless work provides endless resources to guarantee a great education in spite of any adversity, and many still find time to greet students with a smile or a handshake in the hallways. Merely looking at these men and women contributing to the greatness of this school has taught me things I will treasure forever.

And yet, the most incredible lessons I learned here have come not from them, but the people making use of their efforts: the students. In going to one of my classes, I once would have felt estrangement; I would have sat next to a forty-year old man and wondered what my life had come to. Today, looking at that man gives me insight into a phenomenon greater than both of us: a diverse community striving towards the same goal, and finding resources unavailable to us anywhere else.

I look at people of different ages and backgrounds, their past choices no longer negatively defining their futures: single parents creating opportunities to provide for their children, veterans coming back home and working to assimilate to civilian life once again, working-class families coming here together, their financial means less of an obstacle in their pursuit of a degree; young students like me, perhaps previously unmotivated or struggling to achieve academically, who are given another chance to grow and improve.

In leaving this school, I will owe these individuals for opening my eyes to a world that is far less grandiose than I previously aspirated, and yet has spurred me to reach incredible heights. When I look at this place, I see a simple but ultimately more fundamental meaning of education. I see hope.
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To Buy, Rent, or Borrow Books?

With the beginning of the spring semester, students must scramble to get books together for their classes. Those without any financial support must also acquire funds for the books, where prices can range from relatively cheap to the cost of a whole class. The BCC Bookstore does offer used books reduced prices, but oftentimes, costs still run a little steep for the average student. Of course, most students sell their old books for a price even lower than that of the bookstore, which is an affordable choice for most students. These books usually run anywhere from brand new quality to slightly used. Students can also take advantage of alternative options by either looking for flyers posted around campus or to participate in the SGA Book Exchange.

Curiously, some professors require the newest editions of their required class textbook, and adamantly insist that specific textbooks are required and that no other shall do. Obviously, students will not be selling a brand new textbook that they need in the current semester that they just barely acquired themselves. What course of action, then, is a student supposed to take when faced with such a task? The first option, and most likely to succeed, is to expand the search to the Internet. Online websites such as Chegg were made for purposes useful to college students, and the price for new books is usually lower than any found in the campus bookstore.

But what about classes that do not pertain to one’s major, such as electives or other courses that once done with, never need be looked back upon? Rather than buying the book, an excellent choice would be to rent. “For classes, I would normally buy books that relate to my major, since I would most likely go back to them for reference. For off-courses, I would rent so I can later return them, which lets me use them while I need them while saving money,” says fourth semester student Lester Cruz.

When looking at prices of college books, it is astounding how expensive they are, judging by size, page amount, and even the information inside. Due to this extravagant pricing, a few students try to refrain from purchasing books unless absolutely needed. “The prices are outrageous, simply for one textbook. If you’re looking to save your money, go to the college library and use textbooks for in-between class use. If you need it for a certain class, just borrow it from a friend,” says fifth semester student Tyler Allen. The library! Of course, how could one forget that option? The library allows the borrowing of textbooks for up to two hours with a show of one’s Bergen ID, which can be used within the library to study or photocopy a few chapters. Not everyone can walk gingerly into the bookstore and afford everything, but alternative routes like these can help save money for tuition and other school expenses.

“Whether you buy, rent, or borrow books, most of it is going to come out of your pocket. Courtesy of MCTcampus.com

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“The library allows the borrowing of textbooks for up to two hours with a show of ones Bergen ID which can be used within the library to study or photocopy a few chapters.”

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Shannon Stoia is a 17-year-old photographer from Kearny, New Jersey, who since her early years, has been snapping captivating portraits, landscapes, and moments in time from behind the lens of DSLR. In addition to the range of raw emotion and real life that she’s captured over the years, Stoia herself also models in a large portion of her most recent works, which were as well self-shot and setup.

“When I was in 8th grade, my art teacher encouraged me to take abstract photos around school as a project. I did that and I was fascinated by it,” she said of her first steps into photography. “So after that, I used to take walks around town and practice shooting, and I got really into it.”

When asked about the greatest inspirations behind her work, Stoia said: “I adore the work of Tyler Shields and Annie Leibovitz. They inspire me to cross boundaries and continue working hard as a photographer so that I can reach my goals and become as great as them one day.”
Shannon is also an outspoken voice against the use of digital manipulation, favoring the natural beauty of a captured still image enhanced only by lighting and other factors on set, and not the tools available in graphic design programs like Photoshop and the like. She’s also an advocate for freedom in the chosen medium of an artist, having this to say about social suppression and controversy when it comes to bringing the individual’s imagination to light: “I feel that the way artists choose to use their freedom is what makes them who they are, and it makes them stand out. I feel that disregarding social acceptance can be important when it comes down to it, because that is what gives the artist ultimate freedom. Artists have to do their own thing and not worry about being judged by society, because that’s simply what makes us artists. And let me tell you, when you make people turn their heads and think twice about a piece of artwork, that’s when you know you’ve done a great job.”
Many might have different opinions about the importance of fashion, but in all honesty we all carry a style of our own. As Shakespeare states in Hamlet “The apparel oft proclaims the man.” We are all different individuals with different needs, wants, and unique personalities that choose to express ourselves through our everyday fashion decisions. Many might believe that dressing in fashion requires shopping and a lot of money spending. It sure does require a ton of shopping and time but does not require high amounts of money spent. It might seem impossible to follow new trends every season because they change so rapidly, but it’s actually quite easy. Looking in style and following fashion trends is a learned skill. It requires passion, patients, and little money ready to be spent. The key to fashion is that one trend might go out of fashion but will forever find its way back into it. Fashion is a never ending cycle that made its way into dictating our lives for many decades. Trends and styles are limited which is why they will always find their way out and into our seasons trends. For example, bell bottom jeans were first fashionable in the 1960s. A few years after making their way into style they went back out of it and became the pants hippies wore. Throughout the years they came back in and out of style multiple times. As of today, bell bottom jeans are back in style. More than fifty years after they were first created they have made their way back to the top. Stores like Free People or online clothing brands like Tobi, charge between 80-200 dollars for a pair of bell bottoms that look exactly like those worn fifty years ago.

Now let's think...if they were sold so long ago and have been coming back in and out of style for so many years where will be the perfect place to buy them for less than ten dollars: a thrift shop. Some might believe that wearing trendy clothes requires an unlimited credit card, but as a consistent shopper with a very limited card, I can easily say I maintain in style with little spending. Fashion is based on recycling, taking old trends and bringing them back to life. An extremely smart move of clothing companies but an easy way to fool us as consumers. All one needs is an open mind and the will to look around for fashionable clothes for little money. Avoiding spending a lot of money and shopping at thrift shops does not mean one’s style will look old and boring. Thrift shops are filled with great products in outstanding shape because rich people did the job for us; they bought them for full price and sold them for close to nothing to thrift shops. Thrift shops are the perfect spot to find high quality, trendy, and valuable products for close to no spending at all.

A tip for the future would be: don’t let yourself get fooled by smart millionaire companies that dictate what’s in fashion every season that comes about. Learn to fool them back, look around and shop for less. Study their trends and make something of your own out of it. I guarantee you will look fabulous and feel better about your outfits knowing you spent close to nothing to look as good as you do.

Relationships - Letting Go

Everybody knows this, but what most people know and do not take enough time to realize, is that relationships go in stages. The first is the courtship stage, where one tries to woo the other and garner their attention. The next is the honeymoon, where everything is perfect and nothing can go wrong. Both people in the relationship want to be with each other at all times and each moment is exciting, no matter how dull it actually is. Overlapping and extending past the honeymoon stage, is the time where both people are trying to get to know each other, in a way that strikes deep. True connections are usually formed here, in ways Staying in Style Without Going Broke

Many might have different opinions about the importance of fashion, but in all honesty we all carry a style of our own. As Shakespeare states in Hamlet “The apparel oft proclaims the man.” We are all different individuals with different needs, wants, and unique personalities that choose to express ourselves through our everyday fashion decisions. Many might believe that dressing in fashion requires shopping and a lot of money spending. It sure does require a ton of shopping and time but does not require high amounts of money spent. It might seem impossible to follow new trends every season because they change so rapidly, but it’s actually quite easy. Looking in style and following fashion trends is a learned skill. It requires passion, patients, and little money ready to be spent. The key to fashion is that one trend might go out of fashion but will forever find its way back into it. Fashion is a never ending cycle that made its way into dictating our lives for many decades. Trends and styles are limited which is why they will always find their way out and into our seasons trends. For example, bell bottom jeans were first fashionable in the 1960s. A few years after making their way into style they went back out of it and became the pants hippies wore. Throughout the years they came back in and out of style multiple times. As of today, bell bottom jeans are back in style. More than fifty years after they were first created they have made their way back to the top. Stores like Free People or online clothing brands like Tobi, charge between 80-200 dollars for a pair of bell bottoms that look exactly like those worn fifty years ago.

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The Curse of The Walking Dead Season Two

RICARDO MONTERO-HERNANDEZ
EDITOR-IN-CHIEF

It is evident that continuing a legendary legacy is nearly impossible. Andrew Luck felt it when he took over Peyton Manning’s Indianapolis Colts, Mass Effect 3 felt it after unsuccessfully following up Mass Effect 2, and finally, it happened in The Walking Dead with the infamous Season Two on AMC. It is not uncommon for sequels or new projects to a legendary predecessor to crack under pressure, and to try to outdo its previous victories; very sadly indeed, this is a trend often noticeable in video games, in this case, The Walking Dead Season Two: All That Remains, by the admirable TellTale Games.

Now, not saying that this is a bad start for Season Two, not in the slightest, but the sad truth is that it did not live up to its predecessor The Walking Dead Season One, which won over 90 Game Of The Year Awards and had gained men crying

The game mechanics remain the same, with the same tough choices that define the outcome of the game, and the choices remaining just as personal, a lot of point and click quick time events, and limited free-roam areas. Controls remain smooth and easy to accustom to, and little to no noticeable glitches, a few in dense forest areas but that is expected.

We follow the continued story of Clementine from Season One, the adorable little helpless girl is now a bit older and taller, yet remains the same little and adorable girl she was, but this time alone and forcibly no longer helpless. With the protagonist Lee from Season one gone, Clem finds herself alone and with no guidance in a world where everything wants to eat her, kill her, or use her. Clementine has to make adult decisions quickly and cautiously if she wishes to live, as she continually stumbles from threat to threat, from hungry walker to angry human.

Not much can be said about the story itself since this is only the first chapter of the season and more of an introduction, but it started off slow. It felt more like a follow-up than a new game, which it is, but that subconsciously requires purchasing of Season One and the Downlodable Content 400 Days, to enjoy the full effect of this game, and that is an uppercut to the wallet. The story some-what continues where it left off, some characters from Season One are present but not introduced, so the new player who skipped over to this game doesn’t quite know what’s going on with those characters or why Clem is in the situation that she is in.

There were moments in the chapter where you can feel the depression and desperation of the situation sinking in. Season One effortlessly made people depressed with mere dialog, however, in this game there were some scenes that seemed should have been to make a player feel sad and helpless, instead he or she was shocked and traumatized. It is never a good sign when a game that plays so well with the player’s emotions chooses shock value instead, and hopefully this is just a phase for what could potentially be Game Of The Year.

Ultimately, Chapter One is a set up for Season Two of this revolutionary game. The fact that it had a slow start does not mean that this game is not great, but judging by TellTale Game’s potential, it did not meet the ultimate expectations. It is wise to assume that Season Two of the Walking Dead will be a great game, but it will live up to its predecessor? With time and the release of the rest of the chapters all questions will be answered.

The Torch gives The Walking Dead Season Two: All That Remains a B+.

The Independent Video Game Developer

2013, The Year Of The

BLAIR DELONG
NEWS EDITOR

2013 once again proved to the gaming industry that a small team of dedicated and innovative designers can stand beside the likes of the large blockbuster video game developers, sometimes even financing their own games or using crowdfunding websites such as Kickstarter.com.

One of the most successful platforms for the release of indie games has proven to be the Steam service made available for PC and Mac from the company Valve.

One of the shining examples of what a small and relatively small team can bring to the gaming community is “Gone Home” by the Fullbright Company for the PC. Gone Home challenged the industry to take a look at how a story could be told.

Yes, the tried and true methods of video game narrative will always bring back the regular customers, but it is games like this that let players view gaming in a much different light. “Gone Home” gave the player the chance to explore an empty house and discover things about the occupants as the player progressed and change the way a narrative-based game can be experienced.

“Papers Please” by Lucas Pope also stands on many Top 10 lists for 2013, not only for indie games, but video games period. Less than a few games have players tasked with checking passports and other travel documents in the 1980s communist country of Arstotzka, where a keen eye and attention to detail can mean the difference between going home to your family for another night, or being next in the line for the firing squad. Unlike most puzzle games, the player must also deal with the moral issue at hand: do you keep a member of a family behind the gate after the rest have passed because their papers are expired, or do you risk your life and your families’ well-being for someone else?

For 2014, the trend can hopefully only continue and drive the industry forward. Yes, “Call of Duty” and “Madden” type franchises will always win out at the end of the day, but it’s the games like “Gone Home” and “Papers Please” that help invigorate an industry that can become stagnant and boring, all due to companies refusing to take chances. So let’s raise our glasses to another year of (hopefully) great independently made games!
Hydraulic pumps that inflate underwater it expands using water balloon with nubs, but on land, it looks like a gelatinous sea slug recently of spectacular. Discoveries are nothing short of surprising. There are countless animals unknown? Fascinating!

Animals You Wouldn’t Believe Existed

Sea Pig (1.) - A small, gelatinous sea slug recently found in Southern China. On land, it looks like a water balloon with nubs, but underwater it expands using hydraulic pumps that inflate its legs, allowing it to march along the sea floor. Being so mushy, the sea pig is host to many parasites that feed on its insides. Fortunately it has no brain, so it probably doesn’t care.

Blue Angel (2.) - Also known as the sea swallow, it floatg upside down thanks to an air bubble inside its stomach. The Blue Angel feeds off of poisonous Man o’ War “jellyfish”, storing the poison through the more than 84 finger like structures to turn it into its own defense mechanism. Horned “Toad” (3.) - This overly excited lizard has the most ingenious defense mechanisms. It puffs its body to twice its size against ground predators, and uses its jagged body and coloration as protection against aerial hunters. Against larger foes, it uses the weirdest technique known on the planet. It builds pressure in its head until a stream of blood shoots out its eyes. And if that isn’t weird enough, it’s able to shift its eye muscles to control which way the stream goes.

Blanket Octopus (4.) - Do not be confused by its name, this thing is far from being soft and cuddly. Females grow over six feet long and have a thin cape-like webbing, while males only grow to be 9 inches. How do they mate being such different sizes? The male shifts all his sperm into one of his tentacles then

Embryo-Riddle Articulation Agreement

Michelle Perez
Staff Writer

It suffiend: as of December 17, 2013, Bergen Community College students are able to make their seamless transition into Embry-Riddle Aeronautical University. Embry-Riddle is the only fully accredited, aviation-oriented university in the world. Centrally located in Daytona Beach, Florida, the university continues to be number one in aviation with its 32,000 full-time students and over 150 locations worldwide. Major airlines hire more Embry-Riddle graduates than any other university, their selection of undergraduate programs includes aeronautical science, applied meteorology, physics, engineering, business administration, homeland security, and much more.

BCC’s Vice President of Academic Affairs, Dr. William Mullaney, said “It’s quite an academic achievement for us to be entering into an agreement of such depth with a college of such renown as Embry-Riddle.”

Bergen first expanded into the aerospace field in 2012 when it received a $2 million grant from the Emil Beuhler Perpetual Trust to the Math, Science, and Technology Department, which made it possible to build the Emil Beuhler Trust Aviation Center. This has allowed for our newest aviation degree to take flight. The center is complete with helicopter and airplane flight simulators as well as the latest laboratory equipment.

According to asme.com, there were 38,000 new jobs created in aerospace engineering last year alone. The USA Today claims that the need for pilots will be surging, writing “Aircraft maker Boeing has forecasted a need for 466,650 more commercial pilots by 2029.”

Kaseem Buda is one of the first students to transfer after this agreement was made and says, “I’m looking forward to it; I’m very excited. I’ve always wanted to be a pilot, and now I’m finally going to make it happen.” Kaseem has been working as a student aide in Academic Advising and looks forward to graduating in May.

Embry-Riddle will accept at least 64 credits from students who earn a degree in an Associate of Science in Professional Studies (aviation administration option) or Natural Science (aircraft operations option) when transferring into a Bachelor of Science in Aviation Business Administration. Once students have been accepted, only 54 credits will be needed to complete their bachelor’s degree.

Now is the time to take
Students new and old walk through BCC’S doors each semester, many with the mentality that they are going to get in and out, go to class and go home, not knowing that Bergen Community College has a way better college experience to offer than just going to class. You may not know what you are passionate about or even what you’re interested in, and you might not find it just going to your classes. Have you ever thought that instead of making calculated decisions, just throwing yourself into the wild to discover what you want to do? Or just trying something new to see if you would enjoy it? Joining a club might be the jungle or the something new you’re looking for.

The Torch interviewed one club in particular, The Student Activities Board and their president, 20 year old Alexandra Mora, college student at BCC, about her club and what she thinks about joining a club. She always has been passionate about cooking and writing, and hopes to manage a hotel one day.

Which brings up the question, why did you join SAB? “What attracted me to joining SAB was when my first fall semester at BCC, I wanted to break out of my shell and not become this shy person. When I first started at Bergen, I didn’t know anyone. I wanted to become more outgoing and make friends. SAB had a lot to offer because I met my best friend there. I got involved in all the activities that they had and I had ran for a position.”

I met my best friend there, I got involved in all the activities that they had and I had ran for a position. Which brings up the following question, what kind of people is SAB composed of? “The kind of people SAB composed of is us being like a family. At first we were strangers to one another, kind of people SAB composed of is us being like a family. At first we were strangers to one another, kind of people SAB composed of is us being like a family.”

Some final notes are, in February SAB will be having Valentine events, in April a Spring Fest, Karaoke and much more so keep an eye open. They have meetings on Mondays from 12:30 to 1:30 in room L-145. Whether you are trying to find your calling or just want to join the college experience, like SAB there are many clubs to choose from, try it out and see if it something you feel will benefit you.

What are the goals SAB has and how are you as president going to use your position to achieve this? “Our goal is to put SAB back on top, create a great atmosphere for the students to relieve some stress, have fun, and make friends. As president this is my job and I enjoy it. I want to bring the students together and create a stronger family bond and one friendship that will last because that is what SAB’s foundation is made of.”

This final question was, if there was anything she wanted to let the student know? She replied “SAB is not only a great organization but you learn a lot from it. You learn about yourself and about others too. You make new friends along the way and you get involved in great events as well. I hope lots of students join SAB because we do have a lot in store this semester and they will have great time being in this foundation like I have too.”

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We’ve all made it to college. Yes, you have to finish your biology homework and read thirty pages of US history tonight, but why don’t you pick up a good book before bed? Although I could keep myself buried in the pages of a good read all day, many students don’t share my enthusiasm. However, there is a quote that goes, “No matter how busy you may think you are, you must find time for reading, or surrender yourself to self-chosen ignorance.” Your education should not stop at the classroom door.

I took to the corridors of BCC and asked faculty, staff, and students what they thought were ‘must-reads’. This is the compiled list of titles that every college student should at least know, if not love, before graduation. The list starts with “Jonathan Livingston Seagull” by Richard Bach. I almost laughed when Phi Theta Kappa advisor, Win Win Kyi, recommended this children’s book to me. The short story is so terribly simple, but you could sit for hours contemplating the true meaning. Second in the top five is “Half the Sky” by Nicholas D. Kristof. This novel gives phenomenal insight into the triumphs of women worldwide and facts that could open your eyes to common misconceptions. Number three on the list, “The Five People You Meet in Heaven” by Mitch Albom, is a fictional story that seems to have captured the hearts of many. “Perks of Being a Wallflower” by Stephen Chbosky makes it to number four for its provocation of debate and discussion. It made into a major motion picture and spent over a year at #1 on the New York Times Bestseller list. Last but definitely not least is “Think and Grow Rich” by Napoleon Hill. One Amazon review said it was “The single best ‘success’ book I have ever read.”

Some notable mentions include: The “Harry Potter” series, anything written by Stephen King, Robert Greene or Dave Eggers, “The Pact: Three Young Men Make a Promise and Fulfill a Dream,” “The Bluest Eye,” “Freakonomics,” and “The Secret.” Against my better judgment I have excluded so many amazing books, but to narrow down the list of millions to anything other than this could take years. All I know is once you get yourself into a book that suits your taste, you’ll get lost in the pages.

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Sheik Yerbouti:
Research and Social Growth in the Middle East

In looking at an Arab world that has been heading down a path of extraordinary social and legislative change, recent observers have also seen the dawning of a more intimate revolution, one heading towards a culture of openness and satisfaction. In the proverbial attempt to satisfy Occidental grandiosity, many have attributed this to influences that the Western media and saucy romantic comedies like Pretty Woman have had in inspiring opposition to conservative sexual traditions. However, while taking credit for an Arabic sexual Renaissance may feed starving egos, it only goes to undermine the efforts of many Middle Easterners working to change things in the region.

More than 125 professionals from local institutions have recently been promoting sexual research and education in the Islamic world, and their dedicated endeavors are beginning to thrive, with their founding of the Middle East Society for Sexual Medicine in 2010 having since seen two major conventions take place in Dubai. The proceedings of the latter, held in the fall of 2013, were published in December’s issue of the Journal of Sexual Medicine to stunning findings.

Marital intimacy, Erectile Dysfunction, questionnaires on sexual health, psychotherapy used to treat sexual dysfunctions and penetration phobias; these were just some of the subjects covered.

One of the most interesting studies presented involved reports from female staff members of Cairo University’s Hospital, which drew correlations between healthy female sexual functions and female sexual beliefs. The University concluded that on a broad perspective, conservative and negative views of sexuality coincided with low sexual health and functions, and stressed the importance of education to improve health and marital life.

As British journalist Shereen El Feki writes in Sex and the Citadel, a brilliant memoir of research on intimate Muslim life, the Islamic world has a history that is equal to none, and among scientific and artistic triumphs are tales of exotic, intoxicating journeys. Islam has no need for the West to hold its hand, and will head toward its goals of social growth as a strong and independent entity.

Rest assured though, dear Occidental comrades: should they ever need his assistance, they will always be able to rely on Richard Gere and his bewitching charms.

This is College. Read Something.
What Will You be Once You’re Older?

NOMI EIJKENAAR
STAFF WRITER

A common question we all used to love as kids and hate as students. What will you be when you’re older? It is one of the most difficult things to consider and find an answer to, especially in today’s world. One of the most important questions to consider when picking a major is; what will that major do for me and how will it benefit me in the future?

Many go into college not knowing what they want to major in. I am one of those people and can confidently say: I have no clue what I want to do for the rest of my life. All I do know is that I am enjoying every single class I have taken so far and the time spent to learn and open up my mind.

In upcoming years, the most valuable and useful four year college degree is a degree in Petroleum Engineering. It has a median starting salary of $103,000 and a Mid-career median salary of $160,000 a year. The following on the list is Actuarial Mathematics then onto Nuclear Engineering, and many more Engineering degrees. The more maths or sciences, the more profitable the degree seems to be and is more financially promising than a Liberal Arts degree.

A very common bachelor’s degree was found to be Psychology, Psychology degrees were proven to be extremely difficult to use to find a job within the field. Many individuals with a psychology degree that do not continue with additional education end up in human resources positions or teaching positions which are not within their majors capabilities according to boston.com.

A Liberal Arts degree is meant to produce very well-rounded individuals who learn how to view the world from a more mature and understanding perspective. Even though this major is important in the process of forming individuals into creative and open minded individuals, it seems to be ineffective when looking for a job. Many believe it is too broad of a major and leads to difficulties when looking for a serious position in the workforce according to boston.com.

Even though a Liberal Arts degree is a great degree to have because it forms extremely well-rounded people, it proves to not be financially effective when graduating a four year school. It will forever be an important major, and will be greatly useful when adding additional years of knowledge to ones bachelor’s degree. The smartest major to focus on and receive to be able to succeeded when graduating a four year college will be a technological or an analytical base degree that will result in well-paying jobs.

Now it’s your turn, what would you like to major in? And how are you preparing yourself to do so?

Uncle Blair & “That Guy”

BLAIR DELONG
NEWS EDITOR

Happy belated New Year to all the Torch’s readers! With the pleasantries out of the way, let’s get down to business. We all have our pet peeves, be it that kid that chews on his pen or the girl that constantly picks at her split ends during class, or the guy that asks way too many questions during class. There is one type though, that could possibly be the very scum at the bottom of the shoe of any student: the student that does not bring any paper, book, or writing utensil to class. Oh, you know them. You’ve had them in class, and they are, for all intents and purposes, the most annoying of all. Not only do they come to class unprepared, but they will also interrupt class because of their phone going off, what they perceive as a funny wise crack. I personally cannot stand the most, asking a question that was just answered just five seconds beforehand.

Every semester, I hope that any class I take I don’t have to deal with this type of student. What causes someone who is essentially paying to take a class come unprepared? Did mommy and daddy tell you were so special as a child that you think you can just sit there and the lesson will just magically be filed away in your brain and you won’t have to worry about it? Or are they lazy to the point of absolute apathy, and just go to class because they don’t want their parents to find out that they aren’t ready for school? Or just don’t want to be there and will just go through the motions? Unfortunately, these students can’t be reasoned with. They will always be the first to complain about a bad grade on a quiz or test. Most will drop the class but there is always one or two that will cling on for desperate life and watch their grades plummet, but still never come to a class prepared. Please, if you are reading this and are “that guy,” sort your life out, bud. You’re doing nothing but wasting yours, your parent’s, and God forbid: Financial Aid’s money.

Seahawks dominated the Broncos in Superbowl

Next Page
Super Bowl Sunday is the best day of the year for football fans. The thrill of the game, the hot food, the cold drinks, the whole gang coming together, be it friends or family, huddled around the TV, waiting for the next play (or horrible car or Bud Light commercial, if that’s what you’re into). This year, the two titans of legalizing marijuana Denver and Seattle will be taking each other on this super bowl sunday.

This year, the game was hosted right in BCC’s backyard at MetLife Stadium in East Rutherford. The stage was set for a big game - however with no “pregame” from the fans. This year, all fans had to keep the party to themselves within a one parking spot radius. Fans were also not allowed to walk to or be dropped off at the stadium. However - they were able to take a charter bus for a mere $51, or take a train from Secaucus Junction (but only if they had a SB ticket if not, they were not allowed on the train).

Despite all of this, there was still a great atmosphere surrounding the teams. The No. 1 ranked offense going up against the No. 1 ranked defense. Peyton Manning was looking to become the first QB to take two different teams to a Super Bowl victory - while Russell Wilson was trying to win it all in only his second season in the NFL. The Broncos have been to six SBs prior to this one, but have only won two of them; the Seahawks have only been there once, losing in 2005.

What a night it was indeed. With the Broncos favored to win, it was a huge surprise that the Seahawks came out, guns blazing the way they did. The first play of the game was a safety against the Broncos, giving Seattle a two point lead just 12 seconds in, the fastest score in SB history. The rest of the first quarter was near silent for Peyton Manning and the Broncos, racking up only 10 passing yards and just 3 rushing yards - while turning the ball over twice. Seattle, on the other hand, was just getting started, cruising down the field, but failing to find the end zone, settling for field goals.

It was more of the same in the second quarter and moving forward through the entire game. The Seahawks finished their drive that ended in the first quarter with a TD to start this chapter. If the 15 point deficit wasn’t enough for Denver to demoralize them, a pick-6 halfway through the second sure would. Denver gets the ball back and cannot turn over any points, making them the first team since the Giants in SB XXXV (35) to be shutout in the first half of the big game.

The second half started with Denver kicking off to Percy Harvin, who then ran it back to the other end of MetLife for a kickoff return touchdown to put them up 29-0. No more scoring for another 10 minutes of play, although Denver lost a fumble; the following drive by the Seahawks resulted in a touchdown, making it 36-nil. At the very end of the third, the Broncos found a little energy, passing it into the end zone for their only score of the game.

Demoralized by the relentless defense of Seattle, the Broncos once again kicked off to begin the fourth quarter. The Seahawks first drive would be the last scoring drive of the game, ending in a touchdown, and giving them an enormous 43-8 final score. The rest of the quarter went back and forth, with Peyton Manning tossing another interception, and the Bronco defense finally stopping the Seahawks, forcing them to make their first punt of the game. The game ended with Denver running the ball, effectively running the clock to 0:00, and making all of the Seattle Seahawks, including NFL sophomore Russell Wilson, first time Super Bowl champions.
Why Schleep?

JESSIE CASTELLANOS  
SPORTS EDITOR

There are many theories as to why we sleep. The repair and restoration theory hypothesizes that the reason we sleep is to revitalize and restore the physiological process, to keep the body and the mind healthy and properly functioning.

There is an evolutionary Theory of Sleep, which states that during the younger years of our species, we adapted to sleeping during times that being awake would be hazardous. We would sleep to avoid being eaten by predators.

The Information Consolidation Theory of Sleep theorizes that people sleep to process information. The theory is essentially the brain processes and stores everything you learn throughout the day and the day before. Sleep helps you cement these things into your long term memory, and prepare you to learn for the next day.

Those are the big three, and it can be any of those or all three, but it's a concept we can really explain because we have no grasp of it when we are asleep. What we do have a grasp on, however, is the effects of sleep and the lack of it.

It's safe to say that almost everyone has experienced some sort of insomnia in their lives. Whether it's from high stress from adult life or being excited for something, we have all found ourselves lying awake at night and tossing and turning. Sleep deprivation will affect you immensely. Most people require 7 to 9 hours of sleep to function optimally according to the National Sleep Foundation.

When you are deprived of sleep, the immediate effects are the reduction of energy, cognitive function, and glycogen that you need to endure events. After several consecutive days with little to no sleep, you and glycogen that you need to endure events. After several consecutive days with little to no sleep, you

Sleeping at the right times and having a balanced sleep schedule is very beneficial. Sleeping can protect mental health, physical health, quality of life, and safety. Sleep helps the brain commit new information to memory by a process called memory consolidation, according to a Harvard sleep study. In these studies, people who slept after learning a task did better when tested.

During sleep, hormones are produced that boost the repair of muscle mass, cells, and tissues in children, teens, and adults. Sleep has a definite correlation with puberty and fertility. You will generally be in a better mood. There is a reason why people that did not get a good night of sleep seem more irritable, impatient, and unable to concentrate. Furthermore, drowsy drivers claim 1,500 lives and 100,000 motor vehicle crashes every year, according to the National Highway Traffic Safety Administration. That reason alone shows the benefit of having a good sleep cycle.

Now to offer some tips to promote sleep that will help you stay in your Rapid Eye Movement cycle and keep your melatonin production up. Electronic light can affect your melatonin production (melatonin helps regulate sleep), sending messages to stay awake. Computer, television, smart phones, night lights, and room light can affect this.

Keep your room cool, humans are more comfortable sleeping in a nice cool environment. Eat grains and other foods rich in complex carbohydrates right before bed, because Insulin and blood sugar increases your melatonin. Maintain a sleep pattern, your body has a biological clock if you sleep regularly from 10pm to 6am you will generally start feeling tired around 10 and wake up at 6.

This is actually something you can consciously control. Adrenocorticotropic is a hormone produced as your body’s internal alarm clock, it releases several hours prior to waking up. That is why you may wake up a few minutes before your alarm clock at times. Sleep is one of this world’s great wonders, no one really knows what it is even though we are in it for 1/3 of our lives. All you know is that it happens for a reason and that reason is beneficial to being an optimal human being.

Cold Weather Effects On Athletes

GABE WANISSIAN  
STAFF WRITER

Sports played in cold weather more often than not mean that games being played have high stakes. It is the postseason and barring any games being played in the regions that have warmer climates year round, the pumping adrenaline is also met with the bitter cold. Aside from feeling like a personal Slurpee dispenser, freezing temperatures can create a suboptimal environment for an athlete to perform.

Simple chemistry shows us that cold temperatures cause molecules to come closer together, transfer that to the athlete’s body, and that leads to tighter muscles, which are more prone to injury. Energy sources such as glycogen, stored up carbohydrates retained in the muscle tissue, are used up quicker; usage increases in the cold as the body works twice as hard to maintain a stable body temperature.

Baseball, in particular, seems to be affected the most, as the bats “sweet spot” tends to shrink. Wooden bats tend to break easier, baseballs harden, and pitchers have a harder time gripping the baseball properly due to the loss of feeling in the fingers. The stats reinforce a definite effect from temperature. According to Stats Inc., baseball games that were played in temperatures below 70 degrees tend to contain 2 fewer total runs per game. In all sports, precautions are still taken to cope with these conditions as athletes are seen keeping warm and loose on the sidelines, along with the use of heating pads, warm drinks, jackets/winter gear, and heaters in order to retain as much mobility as possible.

Still, there are no excuses, as all athletes have to deal with the unfavorable climate conditions. However, talk to any clutch player and they would swear that the cold brings the best out of them when it matters most.
CLAY IN CONTROL

Clay’s style was unlike — including the Beatles — predicted a massacre. But the fight didn’t follow that script.

“Clay was in control of the fight from the beginning,” explained Lipsyte, 76, and author of the book “Free to Be Muhammad Ali.” Clay’s powerful combinations resulted in a bruise under Liston’s right eye and a cut under his left.

Liston, who died in 1970, refused to answer the bell for the seventh round. He spat out his mouthpiece while sitting on his stool.

That, of course, only fueled the supercharged conspiracy theories.

1. Did Liston stop because of his purported Mattie race?
2. Did he really suffer a torn tendon in his left shoulder?
3. Did he resign himself to a loss and refused further humiliation?
4. Did he fear the Nation of Islam?
5. Did he anticipate a bigger payday in a rematch with Clay?

Following his colossal victory, Clay defiantly screamed to anyone who would listen ringside: “I shook up the world” and “I am the greatest” and “I’m a bad man” and “I’m pretty.”

BECOMING ALI

After those lofty proclamations, the loud and proud Clay the next day announced he was converting to the Muslim religion and becoming a member of the Nation of Islam. That further shook up the world because the sect was viewed by many as an anti-white hate group.

Many U.S. citizens — white and black and including his father — were opposed to this startling metamorphosis in which he abandoned “Cassius Clay.” Initially, Clay embraced the Muslim name Cassius X, saying he was eradicating his slave name of “Clay.” The name “Muhammad Ali” soon followed in March of 1964 and, thus, another controversy was launched.

All of this name-changing resulted in a major conundrum for many media outlets — what do you call this guy? Some simply pronounced he still was “Cassius Clay” unless Clay provided official notice of a name change through court proceedings.

However, despite the name-game controversy, everyone was obligated to call Clay/Ali this in ’64: the new heavyweight champ of the world.

in 1964, the circus-like theatrics in Miami centered around “The Scowl” vs. “The Mouth.”

It was Sonny Liston battling Cassius Clay/Muhammad Ali

think Mike Tyson times two facing a whirling comet.

Liston was a frightening ex-con meeting the new kid

on the block; Clay was an upbeat boxer with an Olympic gold medal, who ultimately became a once-in-a-lifetime foe.

Still, old-school Liston, above, was viewed as a menace to other boxers; the anti-establishment Clay was scary as a menace to society during a time when most athletes were seen and not heard.

If you were that old-school guard of the pittas and the hoops, Liston, black and white citizens alike; the new school of the young and revolutionary types preferred Clay during a time when social and political upheaval in the United States.

That’s why Clay’s winning the heavyweight boxing title for the first time was such a milestone. It represented the dawn of a new era not only in sports but also in culture and society.

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Athletes Making a Great Deal of Money

GABE WANISSIAN
SPORTS EDITOR

Tiger Woods is getting paid $10 million a year and Floyd Mayweather makes $40 million a fight, while the president of the United States averages around $400 thousand annually; no this isn’t the Twilight Zone, just modern economics at work.

Athletes are getting paid more than ever, and former Yankee Robinson Cano who signed a blockbuster 10-year $300 million contract with the Seattle Mariners, can attest to the lucrative times as a ballplayer.

Dissenters frequently ask just how it’s even possible that an athlete playing a game could make so much money when the answer is simple: Demand. Ticket prices are higher than ever, yet attendances arenas are still packed, Football, is far and away, the most watched Television broadcast in the United States, and its hard pressed to go out in public without noticing a baseball cap or football jersey being worn by passionate fans.

Just like a well-executed commercial bringing revenue for a company, an athlete that excels brings larger amount of fandom to the particular franchise or brand that they are attached to, so with that brings larger amount of fandom to a company, an athlete that excels commercial bringing revenue for worn by passionate fans.

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Most watched Television broadcast in packed, Football, is far and away, the ever, yet attendances arenas are still

Playing a game could make so much revenue for

Seattle Mariners, can attest to the lucrative times as a ballplayer.

Brandon McCarty has a lot of friends, and he is a legend this is an undeniable fact.

Athletes amongst the wealthiest people in the world

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Sports

Preventing Injuries

JESSIE CASTELLANOS
SPORTS EDITOR

Regardless of the sport you choose to endeavor, a time will come where you will have to do some sort of training for your sport, whether it is getting stronger in the weight room or honing your skills through exercises. More times than not you will come across some sort of injury during your journey. If you have been injured before you know the restrictions and frustrations that come with it, needless to say, it is not fun.

Many when faced with this situation just dismiss it by saying, “It happens” or “There’s nothing you can do about it”, but these are just excuses to prolong laziness because there is an easy way to go about. Through corrective stretching and warming up you can greatly reduce the chances of straining or tearing a muscle or tendon. There is an old Chinese martial arts saying that goes along the lines of “It is better to break a bone than to tear a tendon”. It is something you definitely want to avoid especially if it can be avoided.

Stretching regularly has many benefits to it that include increased flexibility, greater range of motion, improved posture, improve muscle balance around joints, and it reduces the chance of injury when playing a sport or during everyday activity.

During exercise muscles tighten and shorten, explains Mayoclinic.org. With less flexibility and length in the muscle, the muscles start pulling at each other greatly; the wrong step or move can cause a strain or a tear. Stretching helps lengthen the muscle and increases the range of motion reducing the chance of a strain or tear. Stretching also aids in recovery, with an increase in blood and nutrient supply to muscles and cartilage.

What you want to do when performing your stretching routine is focus on major muscle groups: calves, thighs, lower back, neck, and shoulders. Do not aim for pain and make stretches a sport specific objective. For example, soccer players are prone to hamstring strains, so soccer players should spend extra time on hamstrings. To continuously enjoy the benefits of stretching you want to do it at least 3 times a week, daily is even better.

Think of your muscles as “Rubber bands” that go across your body. Through normal sedentary everyday activities, you stay sitting down in an unnatural position, not using your muscles will make them very tight. These tight “Rubber bands” now try to perform an exertive activity while being tight and shortened. What happens? They snap, sounds very painful. You want your muscles to be warmed up and lubricated.

Many people might tell you jump on a treadmill to warm up which only wastes energy, it only makes sense to warm up using movements that you are going to do. You are training your motor pathways to shoot better while warming your muscles. This puts you at physiological advantage, having your muscles primed to perform the movement you are going to use, reducing the chances of bad form and causing more injuries.

When weight lifting before doing the movement you want to, perform the movement with lighter weights and escalate your way up to your working weight. For other sports dynamic warm up routines can be very beneficial like body weight squats, lunges, hip rotations, forward leg swings, side leg swings, push-ups, etc.

If interested in descriptive information, some excellent literature to read would be Dr. Kelly Starrett’s “Becoming a Supple Leopard” or “The Trigger Point Therapy Work Book” by Clair Davis.

Invest in your body, stretch, warm up, and use precautions during your activities, your body will thank you.
The Coaches Behind Men’s BCC Sports

“since joining the baseball team, Bergen has made it to playoffs 4 out of 5 seasons.”

STEVEN MIMMS

FAQS

Talk is going around campus about Bergen’s teams going national and about student’s getting nominated for All-American awards. But what about the coach that pushes and trains these student to reach this caliber of success? Steven Mimms is one of Bergen Community College’s established coaches, going into his 6th year coaching baseball here at Bergen. Mimms has always had an interest in baseball. He started playing at the age of 4 and his love for the sport continued on from there, eventually going on to play second base at the collegiate level at St. John’s University and University of Bridgeport. He also received an All Academic Student Athlete Award for his achievements.

Playing the sport his entire life has helped him become the coach he is today. In the 2012 season, Mimms stepped in as interim head coach and helped lead Bergen to the most wins in school history with 26 wins and a trip to playoffs. Mimms started in Bergen as former head coach Jorge Hernandez’s assistant coach and since joining the baseball team, Bergen has made it to playoffs 4 out of 5 seasons. This is the first season Mimms will be the head coach for the team for a full season.

For this upcoming season Coach Mimms has prepared a very strenuous conditioning program for the returning players. Since the spring baseball season is the longest out of all the sports, the players must be trained to endure a long season. After the program, Mimms has set up some drills to get the players back on their A-game, and then will break down the game plans to ensure the players understand the game to the fullest.

For those new players wanting to join the Bergen baseball team, pay attention. Steven Mimms is looking for students to join, but he needs 100% commitment all the time from the players and coaching staff. New players unfortunately have to acclimate to the tough training, there is no stopping for anyone. “This shows me that they came prepared to make an impact on our ball club,” says Mimms. This upcoming season Mimms is going to take it day by day preparing the team. The team this season is made up of sophomores so hopefully the extra experience will help them bring Bergen to the playoffs once again. “When it’s all said and done, I want all my sophomores to go and play at the next level and continue to grow as young men.”

Since this is Mimms first season as head coach there will be changes. He wants to make sure his players are equipped and ready to make adjustments during the game according to their opposing team, keep them on their toes. This kind of pressure is heavy but its nothing that this dedicated coach and players can’t handle it.

Steven Mimms is a one of a kind coach. His techniques are more of a hands-on experience and he enjoys teaching by example. He makes sure that he and his team give it their best every single game and practice, but have their fun as well. “They are young men going through college and I want them to enjoy every minute of it with great memories, with a great group of people. My college years were the best of my life and I want it to be the same for them. I want my players to know all parts of the game/school on and off the field. I prepare them for battle and life.”

The United States at the Sochi Olympics

ADRIAN YLLATOPA

The city of Sochi, Russia had beaten Salzburg, Austria and Pyeongchang, South Korea for the hosting rights of the 2014 Winter Olympics. World class athletes will represent their nation, vying for Olympic gold against other international stars. Over 87 nations are qualifying, with at least one athlete for the games. Four years ago, the world saw the hosting country of Canada take the most gold medals. The United States had a record breaking 37 medals with nine gold medals. In February, the U.S remains a strong contender to collect medals, despite their dedication in star power athletes this year. According to the Dutch sports media company, Infostrada Sports, the U.S men’s are projected to finish second overall in medal count, behind Norway.

In the sport of ice hockey, once again the best players of the world will wear their nation’s jerseys. Players from the National Hockey League, for a fifth consecutive Olympic games, will have the chance to play for gold. Team USA will be looking for their first gold medal ever since the “Miracle on Ice” during the 1980 Winter Olympics at Lake Placid. The team shows plenty of offense up front with Zach Parise and Patrick Kane leading the way. The defensive side of Team USA could be questioned when compared to other nations.

The roster announcement sparked controversy when skilled players like Bobby Ryan and Keith Yandle were snubbed by management. In net, Team USA looks to have solid goalie support having Johnathan Quick, Jimmy Howard, and Ryan Miller represent the country. The team may not be as dangerous as it was four years ago, but great things have happened when the men’s national ice hockey team is deemed the underdog in the Olympics.

The news of Lindsey Vonn’s exclusion from the Winter Games crushed the U.S’s hopes of gold in women’s snowboarding. Shaun White stands as the only recognizable American athlete in Sochi. Speed skater Apolo Anton Ohno announced his retirement, and men’s figure skating gold medal winner in 2010 Evan Lysacek broke the news he would be unable to defend his title because of an injury. The next up and coming American star seems to be 18 year old Mikaela Shiffrin, an alpine ski racer, winning six World Cups in her career thus far.

Another young athlete to make her Olympic debut will be 15 year old figure skater Polina Edmunds of Santa Clara, California. She won the silver medal at this year’s US Figure Skating Championships. For skaters, the rest of the team includes respectable but not spectacular international competition credentials. Men’s champion Jeremy Abbott will make his return to the Olympics after finishing 9th in Vancouver, along with ice dancer Evan Bates. 11th in Vancouver, will look to put up strong competition against other nations competing in their respective sport. The United States has never won an Olympic medal in biathlon. Tim Burke is widely seen as the US team’s best hope to make the podium in the sport that combines cross-country skiing and shooting. The only American cross-country skier ever to win a medal at the Olympics was Bill Koch, winning a bronze medal during the 1976 Games in Innsbruck, Austria. The medal drought could come to a halt with 31 year old Kikkan Randall projected to take a medal home in women’s sprint freestyle skiing.

Since the United States won a measy six medals at the 1988 Olympic Games in Calgary, Canada, they have become a medal winning force. At Sochi, we may see the U.S men’s national ice hockey team take gold once again since the “Miracle on Ice”. The possibility of a medal in cross-country skiing coming home for the first time in 38 years will have Americans watching from the edge of their seats. Regardless, the United States will once again be a dominating force at. "