LGBT Community Finds a Safe Place

MARIO FRANCISCO SANCHEZ
commander-in-chief

Here at Bergen Community College, there are 42 safe places at school. What is a safe place, you may ask? A safe place is an office or classroom where an employee has been trained to understand and be open minded about lesbian, gay, bisexual, transgender, and ally issues. Any student who identifies himself or herself as LGBTQA can go into the office or classroom or even approach the staff member to talk about any issue. Here the student can feel safe and doesn't have to worry about being judged. You can spot one of these safe places by its rainbow heart sticker.

Jim Bumgardner and Linda Seidman are the people responsible for making this happen. They have taken upon themselves to make the school a safe environment for LGBTQA students and faculty members. Their job can't be complete without the help of the faculty who go through a two-hour training session. Some of the participants include counselors, professors, staff, and even administrators.

The faculty members who attend the training sessions learn how to better understand the life experiences and issues of the LGBTQA community on the campus and how to create a more welcoming and safe environment for them. Here the faculty members can ask questions and learn new things about the LGBTQA life. That way, they have answers to the students questions, or provide plenty of resources where needed.

With so many faculty members at Bergen, Bumgardner and Seidman hope to see a rainbow sticker outside every door. Despite the fact that they only have one training session a semester of 25 faculty members, they always manage to fill up fast. This goes to show that Bergen is a very welcoming college. With the help of the faculty, staff, administration, and students, anyone who are LGBTQA can start feeling safe and welcome to attend as they should.
Violet Surdyka, currently the event coordinator of Bergen Community College, started her career as a student right after finishing high school. After attending Bergen Community College for two and a half years, Surdyka received her Associate of Arts degree in Liberal Arts and transferred to Montclair State. She attended Montclair for about three years while working part time.

Surdyka obtained her Bachelors in Art History after completing her studies at Montclair while working at an engineering company as an administrative assistant, here at Bergen. Before that, she worked at the Student Life office, paying bills and filing information.

After receiving her degree from Montclair she decided to work at Bergen. Before she herself used to be a student here and knew many people who worked in administrative jobs, Surdyka had a hard time finding a job that she thought was perfect. Surdyka stated as a secretary in the Student Life office and was promoted to senior secretary, regardless of her official title she is an event coordinator. She feels very happy working here on campus as described her relationship with students she works with as very important to her.

“A lot of students became very dear and close to my heart. We have very personal relationships, they become kind of like a family in a way. They come in to say hello in the morning and check in on how our days are going. They give each other five dollars to put on the change machine, so let us change this!”, she went on to inform.

In order to create such a proposal, students bring up the proposal to the Student Government Association (SGA) who then vote on it to solidify what exactly will be brought to administration. Once the SGA brings it over, it goes through a second run of voting. And for a fair reason as well, if they gave away all their change for the student the require it, our working policy and upper management disallow that so students need to bring up the proposal to actually accomplish anything.

In conclusion, students need to bring up the proposal for a change machine, so let us change this!
Human Trafficking is Modern-Day Slavery

SAMANTHA MAURICE

The Say Something School Assembly Team (SSAT) presented the NJ Human Trafficking Seminar Friday, Jan. 31. This campaign is not something to pass off, but rather a movement dedicated to eliminating modern day slavery. The group has worked with governments across the country including Washington, California, Arizona, Louisiana, Mississippi, and Florida; New Jersey being the most proactive state that they have worked in thus far.

The purpose of the seminar was to inform students and faculty of the current issues with human trafficking. The seminar was meant to inform others of the warning signs of it happening around them and what it is exactly. The speakers were very effective and even brought in a recovering victim, Lexi Smith, to share her story and really impact the audience to show how real this problem is.

So, what exactly is human trafficking and why is it a developing problem? “Human trafficking is the trafficking, recruitment, transportation, transfer, harboring or receipt of persons by means of threat, or use of force, coercion, and it goes on and if you’re like me, you get to the bottom of that definition and you’re not necessarily sure what you’ve read, perhaps,” Tammy, a member of SSAT said. “Human Trafficking, in a nutshell, is modern-day slavery.”

However, this time, slaves aren’t needed for agriculture or construction; there are other uses for them in our modern-day world. There are 27 million slaves in the world today being trafficked, 2.5 million of them are here in the U.S., and 1 million of them are children. With every hour that passes, 34 more children are brought into the trafficking industry.

Human Trafficking is becoming a big problem because it brings in more money than Nike, Google and Starbucks combined. It is a $32 billion a year industry, and a pimp with just two girls can make about $250,000 annually, tax-free. Pimps, or slave owners, target 13-year-old girls and 12-year-old boys for work in either the labor or sex industries, and slaves can usually be bought for as little as $90.

Who is at risk? Our sons and daughters, children who live in a loveless home, homeless children, but also upper-class homes are disappearing without a trace as well, and only 1 percent of those who go missing are ever recovered. Traffickers prey on vulnerability; a teenager’s loneliness or desperation for affection.

While the See Something, Say Something campaign is working closely with the Attorney General’s office, the U.S. government is taking action against human trafficking as well. They have passed the Trafficking Victims Protection Act (TVPA) to protect trafficking victims and pursue their traffickers.

The law created two types of nonimmigrant visas (the T-Visa & the U-Visa) to help victims and those who have information about trafficking.

In 2007, the U.S. Government spent approximately $23 million on programs designated to fight human trafficking. These programs were aimed toward strengthening anti-trafficking law enforcement, identifying and protecting victims, prevention and raising the awareness of trafficking in people.

Human Trafficking should not be overlooked as if it were a problem happening in another country. There are clear statistics pointing out that it is happening right here in the U.S., and even though there are many organizations fighting against it, the end to modern-day slavery is a long way from now. For more information about Human Trafficking, please visit this website at www.njhumantrafficking.gov.

During the February BOT Meeting

Continued from pg. 1

The Board of trustees meeting was held on February 4th 2014. Henry Fowler // The Torch

Chairman Corriston received an email from a professor concerning the wording of certain parts of the policy. One such policy under the Violations of Law and the Code portion states, “Defending your actions could be an admission of a violation of this code. While your defense will not excuse your actions, the Hearing Officer will take the legitimacy of your defense into consideration in administering the proper sanction.” Could this mean a potential violator is guilty before proven innocent? There are also other portions of policy that look to take away freedom of speech and assembly. The Board decided to keep this resolution from being voted on and will continue to review the policy with BCC’s attorney John Schepisi and will work to make a fair and just policy.

While the meeting went smoothly and without interruption, many steps were taken to make Bergen Community College a much better place to learn as seen with the partnership with FDU, and a more veteran friendly campus willing to help its nation’s warriors in their times of need. The Employee Policy might not have been voted on, but it still hangs as a dark cloud waiting to soak the campus in incivility and discontent among all members of Bergen Community College.
Are Your Transcripts Correct?

KAREN BLAKE
CONTRIBUTING WRITER

Dr. Mullaney also states that the Dean's List and Honor Roll achievements are not recorded on the official transcripts. Dr. Mullaney agrees that accomplishments of this nature are noteworthy. After several conversations on the subject, Dr. Mullaney was happy to state that they are currently in the planning process that will allow those achievements to be designated on the transcripts.

Computer processes are not infallible and many people take granted that because a system is computerized it will be accurate. Students need to check their transcripts for accuracy before having them forwarded to their potential employers or into the program of their dreams. On the other hand, a poor transcript can make opening those doors a little more difficult.

“Transcripts are the official recording of your academic life. They follow you from high school, through college, and launch you into your adult life. Although a transcript is a mere notation marked on their transcripts yet.”

Christine Matthews, Coordinator of Service Learning Program, broke her shoulder and was out of her office for several weeks. During her absence, no one replaced her to process the paperwork verifying students’ service learning requirements were fulfilled. Mrs. Matthews is now back at work and since her return, the paperwork is completed and notations will be made on the transcripts.

The Dean’s List and the Honor Roll are two separate distinctions bestowed on students for academic excellence. Though the fight against cancer is far from over, this community together has raised over $3 million for women’s cancer research. The Bulldogs Basketball Coaches Association and The V Foundation, The Kay Yow Cancer Fund is a charitable organization in the fight against women’s cancers. Play4Kay is just one of their movements.

Kay Yow was a former North Carolina State University Coach who was diagnosed with breast cancer in 1987 and went through treatments three times before passing away in 2009. Before her passing, Yow created the foundation as a way for coaches and teams across the country to come together as the community she believed they were. Together, this community formed their own team against not only an opponent, but an enemy to them all.

The battle against cancer is far from over, this community together has raised over $3 million for women’s cancer research. The Bulldogs Basketball Coaches Association and The V Foundation, The Kay Yow Cancer Fund is a charitable organization in the fight against women’s cancers. Play4Kay is just one of their movements.

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If you are a person of Jewish heritage, regardless of religious affiliation, consider applying for a Taglit-Birthright Israel trip. These trips last for 10 days and are completely free if you are of Jewish descent, regardless of religious affiliation, and must not actively practice another religion. In addition, an applicant must have one parent of Jewish descent, and must not actively practice any other religion. In addition, an applicant must have lived in Israel for more than three months past the age of twelve, and must not have gone on a similar trip past the age of 18.

The goal of the Taglit-Birthright Israel is in the word Taglit, which is Hebrew for discovery. On the trip, participants are encouraged to discover what being Jewish means to them, and to discover what Jewish identity means to their ancestors so many years ago by exploring contemporary Israel. Whether you consider yourself Orthodox, Conservative, Reformed, or unaffiliated, there are Birthright groups for you. There are many organizers of Birthright trips, each catering to different levels of affiliation. In addition, many campus Hillels have their own Birthright program that you can attend which you can know that you are going with friends from your college. If you want a Birthright experience with more involved hiking, there are organizers for you as well.

While Birthright trips differ from trip to trip, there are some things that will always take place. There will always be a trip to Jerusalem, which will include visiting the Western Wall, the holiest site in Judaism open for Jewish tourism today; Yad Vashem, the Jewish Holocaust Museum, and the Jewish Quarter of the Old City. There is always a visit to the Dead Sea, and there is always a visit to the Bedouin Tents in the south. In addition, all Birthright trips spend some time with Israeli soldiers, who take time off of their service to spend time with the visitors. Many Birthright participants find meeting the soldiers eye-opening, and it is intended to help the Birthright participants see what Jewish identity means to those living in Israel, and also to see the challenges of Jewish living in their ancestral homeland.

Birthright trips have numerous security measures in place, due to concerns of safety. As a result, there is one armed guard on the trip at all times, and participants travel on a bulletproof bus, with no public transportation used at all. In addition, Birthright trips do not travel into Judea and Samaria, the Gaza Strip, and only travel into East Jerusalem in order to travel through the Jewish Quarter of the Old City.

Birthright offers participants the option to extend their stay in Israel for up to three months. Many participants who take advantage of the extension use the time to see relatives who live in the country, catch up with friends who are studying abroad, volunteer doing non-profit work, or visit some attractions not covered by the Birthright tour itself. Some recommended destinations would include the Tunnel Tours in the Old City and visiting the resort city of Eilat, and visiting Tiberias, a holy city. Time spent on extension is spent as a regular tourist, and it only costs the amount of money to reschedule a flight to extend your Birthright trip to Israel.

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**BCC Club Day, What Interests You?**

RANDY RUISOECH CONTRIBUTING WRITER

Some of you can recall how overwhelming and nerve wracking going to a new school can be. It is a transition, during which one has a fresh start. For both new and continuing students, going through college without monotony is a fairly common expectation. Some students may want to make a name for themselves, others look to accomplish a goal, a change that can impact the community for the better, or just have fun. Maybe their intentions are even as innocent as making new friends. One of the best ways to start on the path to doing any of these things is to attend the Bergen Community College Club Fair, commonly known as Club Day.

Your involvement with the campus goes a long way. Believe it or not, individuals will notice your contributions. Clubs benefit students by inspiring them to attain certain goals. The club atmosphere inspires them to be better, both in and out of the gym. Joining a club can be one of the best decisions a student can make. Not only will you be working with students who have common interests, but you will be building a network between the members that reaches far beyond college. This semester Club Fair took place in the Student Center on January 22nd and 27th.

If you walked into the area during the event, you would have heard the hustle and bustle of students milling about while the various clubs attempting to attract members to their club were polling students. The PRIDE gave away free contraception and sweets, Bergen Torch called people over while playing music and enticing them with benefits, and the Student Government Association may have tried to reel you in with a catchy line.

Regardless of which club’s table you walked over to, you would have been greeted with cheer and an offer of friendship, along with something else: the chance to meet people from all different backgrounds, and to learn about all different cultures. Not only will you be working with students who have common interests, but you will be building a network between the members that reaches far beyond college.

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**BCC’s Food Pantry, Helping One Student At a Time**

BLAIR DELONG NEWS EDITOR

There are so many services Bergen Community College can provide to its students. Everything from counseling, violence intervention, and offering food to students in need. The BCC Food Pantry, located in the Office of Health Services in room HS-100 across from the gym, offers non-perishable goods to students.

The service is completely confidential, all a student needs to do is ask for a number, and from that point explain their situation to a nurse and they will be taken care of, once again all in a comfortable confidential setting. The student just needs to explain their needs and the program will provide what it can to help the student in need.

A poll of 15 random students on campus was taken and only two students knew BCC offered such a service. Some of the services they can offer are groceries that have been donated by the clubs on campus but also faculty and staff donations. Donations are a large part of what the pantry receives and surprisingly, it is maintained by these donations alone, meaning BCC can’t cut it.

The Barbara Buff, the coordinator of the pantry said, “Not only do we offer non-perishable goods, but also other support services. We can also offer referrals for other pantries along with helping BCC’s homeless students.” When asked about the general knowledge of the program Buff said, “We know there are more students who need help.” When the program first started it was a simple service. “When we started, all we could offer were peanut butter and jelly sandwiches,” said Buff. “There was a need to expand so in 2009 the Counseling Center and Health Services started working together to offer more services to the students in need.” Professor Barton Stafford, a Personal Counselor, added, “Since that expansion, the Paramus campus isn’t the only part of BCC to offer this service. The Meadowlands campus also maintains a pantry for the student body that attends classes there as well.

Right now there are plans to further expand the pantry to another room here on the Paramus campus. The requirements to receive aid are that you are an enrolled student, but the aid doesn’t stop at just the students “You have to be an enrolled student here to receive aid. If you are the sole provider of your family we will try and help as much as we can. We also have resources to other pantries and other ‘at need’ services,” explained Buff.

This being said if you are a student in need, don’t let pride get in the way of getting help. These services are offered so a student can concentrate on their studies and maintain good grades to graduate, instead of letting hunger or even homelessness get in the way of their dream of earning their degree.

With programs such as the Food Pantry, BCC will continue to grow and thrive. If you would like to donate to the program, bring non-perishable goods such as canned goods, diapers, powdered milk and even cash or grocery cards to the Health Services Office. Every can and diaper helps greatly and will help a fellow student in need. If you know anyone that might need help, just direct them to HS-100 and ask for a nurse, it could make a world of difference, one student at a time.
Almost everybody loves SeaWorld. From their dazzling displays of marine life, to the way the dolphins swim in coordination, to the way the seal balances the ball on the tip of his nose, SeaWorld continues to mesmerize people year after year.

Perhaps you even remember the lawsuit against them that occurred back in 2011? PETA attempted to sue SeaWorld on the grounds that they enslaved the orca whales that performed there; as we all know, slavery is illegal as stated by the 13th Amendment.

“Slavery doesn’t depend upon the species of the slave, any more than it depends upon the race, gender or ethnicity of the slave. SeaWorld’s attempts to deny orcas the protection solely based on their species is the same kind of prejudice used to justify any enslavement,” PETA’s attorney, Jeffrey Kerr said.

A few months later, once in a courtroom, a judge quickly dismissed the case, saying that the language of the 13th Amendment is taken to mean people, not non-human beings. This looked to be the end of the discussion of animals being protected by laws written to protect humans.

However, when India gave permission to theme parks to include dolphins and whales animal activists began to push against this and attempted to show how cetaceans are more intelligent than we thought and how developed their cognitive abilities are.

This movement gained momentum in 2011 when American Association for the Advancement of Science (AAAS) held a meeting where multiple animal behaviorists, philosophers, environmentalists, and others participated. They managed to garner support for their proposition of a Declaration of Rights For Cetaceans, which was a Bill of Rights for dolphins, whales, and porpoises.

India decided to stick its neck out for the cetaceans and declared dolphins “non-human persons,” becoming the fourth country to do so. Part of the Indian government statement reads “dolphins should be seen as ‘non-human persons’ and as such should have their own specific rights and is morally unacceptable to keep them captive for entertainment purpose.”

In layman terms, this equates to treating dolphins civilly, as you would anybody else, and that all dolphin parks, built or being built, are to be shut down. For innumerable amounts of people, this is a sigh of relief, as dolphins have long been known to be extremely intelligent creatures, which is likely why there were put in parks and forced to do tricks in the first place. Unknown to most though, is that dolphins have been shown to be able to recognize their own reflection in a mirror, give each other names, use different dialects in their communication with each other, and even showing their culture and hunting practices.

Of course, people are riled up and yelling “India just gave dolphins rights!” While dolphins are now akin to something like people, they do not have rights. People believing that is due to a misreading of the above government statement. Being ‘seen’ as a non-human person is completely different from having the same rights as non-human persons.

The Indian government did say that dolphins “should” be looked at as people with the ability to possess legal rights, but it did not give them the legal status of people or the rights given to people. India’s reasons for doing so, such as behavioral interruption and stress from living in tanks, seems to be squarely aimed at large countries such as the United States and others in Europe.

The Nonhuman Rights Project (NRP) is planning on filing a writ of habeas corpus and putting it before a state court in order to give an unnamed chimpanzee its freedom. The NRP is not saying who the chimpanzee is or where it lives, in order for the writ to come as a surprise to the person or group holding it.
Healthcare Deadline Looms Large for Uninsured

Those without health insurance who wish to pay the penalty will not have any coverage and will have to pay all medical expenses they incur. If you do enroll by the deadline, however, your coverage will begin immediately and you will not be required to pay for months of the calendar year if you do not have insurance, according to ABC and healthcare.gov. For example, if you have not enrolled yet and you enroll before the March 31 deadline, you will not be required to pay for January and February.

Though the deadline for Open Enrollment in state and federal subsidized programs is March 31, citizens will still be able to enroll in private health insurance at any time throughout the year. However, these private plans will not be subsidized by the Affordable Care Act and will most likely lead to higher premiums. These subsidies will be available for those who earn at to four times the poverty line, according to NPR. “That’s $11,490 to about $45,960 for an individual, and $23,550 to $94,200 for a family of four,” according to Julie Rovner of NPR.

The ACA permits a three month grace period per year for those without insurance to obtain it. This means in the case of those who entered the year uninsured regardless of whether you obtain insurance through the “Healthcare Marketplace” on healthcare.gov or through an unsubsidized plan, if you are not enrolled by the March 31 deadline, you will most likely have to pay the 2014 deadline. For those who miss the deadline, Open Enrollment for 2015 is likely to open November 15, 2014 and run through January 2015.

For those who aren’t sure whether they can afford health insurance or are unsure of how much assistance they will be able to qualify for, there are multiple subsidy calculators available online, including one from NPR.com, another from KFF.org, and various others are just a Google search away. For these, you just simply enter information about your estimated 2014 income and expenses to find out roughly how much help you can receive.

There is a period called a special enrollment period, or “A time outside of the open enrollment period during which you and your family have a right to sign up for job-based health coverage. Job-based plans must provide a special enrollment period of 30 days following certain life events that involve a change in family status (for example, marriage or birth of a child) or loss of other job-based health coverage,” according to healthcare.gov. However, most will not qualify for this special enrollment period and will need to have coverage by March 31 of this year.

The healthcare.gov website, which originally presented problem after problem for users has become better as time has worn on, but the true test will be in these coming weeks as those who remain uninsured scramble to find coverage to avoid the penalty.
BCC vs. the Bill of Rights

RICARDO MONTERO-HERNANDEZ
EDITOR-IN-CHIEF

The only thing worse than an injustice is that same injustice disguised as a necessity, dressed with signatures of the powerful and the blind approval of the affected.

During the February Board of Trustees meeting an action was proposed by Trustee E. Carter Corriston and College President Dr. B. Kaye Walter, to approve the new Employee Code of Conduct Policy. While the proposal to pass this policy is not shocking, given the current uneasy state of the college, upon further reading of the document, it is evident that the new Employee Code of Conduct Policy (ECC) is an unconstitutional violation of our freedoms.

Shielded behind wording such as, “The College has a Student Code of Conduct, but does not have an Employee Code of Conduct Policy” as a justification, access to the Faculty and Staff Rights to a BCC community, the ECC creates and enforces ridiculous policies that affect faculty, staff and students alike. Some of the proposals even reach unconstitutional levels, disregarding rights such as freedom of speech, freedom of the press, freedom to assemble and all other violations of the Bill of Rights.

Beginning with perhaps the strangest of the offenses, “Engaging in romantic, sexual, or dating relationship with any student or prospective student.” Which in short means that future BCC students are not allowed to date staff or faculty, which is a warning to every single person considering going to BCC to not even think of looking at employees, ever.

Then it suddenly gets really intense, not only ignoring the Bill of Rights, but the New Jersey Shield Laws as well. “Employees who have been suspended or terminated and who have a security, defence, the European Union, and fiscal policy. According to a UK government paper on Currency and Monetary Policy, the Bank of England less well suited to Scottish economic conditions,” the Bank of England says at a press conference. “I love this country. I love the United Kingdom and all it stands for. And I will fight with all I have to keep it standing.”

The College community, separating itself from the United Kingdom of Great Britain and Northern Ireland after 307 years under the Union. The only thing worse than an injustice is that same injustice disguised as a necessity, dressed with signatures of the powerful and the blind approval of the affected.

Refereed in T.B.H: Hell For Scottish Independence

JOSEPH CIRILÓ
STAFF WRITER

On Thursday, September 18 2014, a referendum will take place on whether Scotland should be an independent country, stepping away itself from the United Kingdom of Great Britain and Northern Ireland after 307 years under the Union. The “pro-independence” and “pro-union” debates are heated, dividing on an issue such as currency and whether Scotland will remain part of a sterling currency zone, “Fiscal independence would mean the monetary operation of the Scottish government, or the Bank of England less well suited to Scottish economic conditions,” according to a UK government paper on Currency and Monetary Policy. Other dividing issues include business, banking, science, security, European Union, and the Euro.

Scotland officially became part of the Union in 1707 after several failed colonization efforts decimated the economy. Reanimating the Kincardine Trustee E. Carter Corriston and College President Dr. B. Kaye Walter, to approve the new Employee Code of Conduct Policy (ECC) is an unconstitutional violation of our freedoms. Reanimating the Kincardine Trustee E. Carter Corriston and College President Dr. B. Kaye Walter, to approve the new Employee Code of Conduct Policy (ECC) is an unconstitutional violation of our freedoms. Reanimating the Kincardine Trustee E. Carter Corriston and College President Dr. B. Kaye Walter, to approve the new Employee Code of Conduct Policy (ECC) is an unconstitutional violation of our freedoms.

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The Anti-LGBT Propaganda Law: How does it affect the Sochi Olympics?

BARBARA HERNANDEZ
CONTRIBUTING WRITER

The suppression of LGBTQ+ rights in Russia has claimed worldwide attention these past couple of months, especially with the commencement of the Winter Olympics in Sochi, Russia which began on February 7, 2014. The Russian Duma passed a bill banning the “propaganda of non-traditional sexual relationships to minors” in June 2013. According to the law, any spreading or enforcement of non-traditional values exposed to minors, such as sexual relationships and sexual attitudes would be considered propaganda.

The law is primarily focused on the effect homosexuality will have amongst minors. “Any adult has his or her right to understand their sexual activity. Please do not touch kids. That’s the only thing.” said Russian Deputy Prime Minister Dmitry Kozak in a news conference. So what does this mean for the Sochi Olympics?

Many have gathered around the world protesting against Russia’s new law while urging sponsors of the Olympics to speak up against the anti-LGBT propaganda law. Big name sponsors such as McDonalds and Coca-Cola didn’t directly express their views regarding the anti-gay law, but they, along with several other sponsors, expressed that they supported the LGBT community and are against discrimination.

On the other hand, sponsors like Chobani and AT&T took a different approach and directly reflected their views on the new law. “We are against all laws and practices that discriminate in any way, whether it be where you come from or who you love — for that reason, we oppose Russia’s anti-LGBT law.” said Chobani’s CEO, Hamdi Ulukaya. Posted in a blog on AT&T’s website they stated “We stand against Russia’s anti-LGBT law.” In the wake of the protests, the effect it’s had on the Olympic Games is clear. Empty seats, not due to lack of sales, are becoming more visibly noticeable. People don’t seem to be as excited for the events as they are usually expected to be. It is evident that the attention the anti-LGBT propaganda law has received did indeed affect the Olympics in some way.

Anyone who is found breaking the anti-LGBT propaganda law will be fined anywhere between 4,000 to 5,000 rubles ($120 to $150) and any company or legal entity can be fined up to 800,000 rubles to 1 million rubles ($24,000 to $30,000). Those who advertise via the Internet or other media outlets will be facing more serious consequences. Visitors of Russia are also expected to follow the terms of the law, and if not, are subject to prison time and deportation from Russia.

Are Social Media Sites Taking Away Human Interaction?

JESSIE CASTELLANOS
SPORTS EDITOR

As of July 2012, the most popular social media website, Facebook, reported to having 1 billion monthly users. At the time, Facebook had about a daily 2.7 billion “likes,” 300 million photo uploads, and 2.5 billion combined status updates and check-ins. Twitter came in second with 107.7 million users in the United States (roughly 1/3 of the population), and 500 million worldwide users. Pinterest was third, with 23 million “unique” users, whatever that means.

In that same month, Americans spent 121 billion minutes on social networking sites. With this many people being a part of this new way of communication, it leaves one wondering if it is having an effect on taking away our interactions.

Some concern is that with all this easy socializing, we will eventually lose the need to interact face to face, or lose the people skills necessary to be successful professionally. We could also run the risk of shutting ourselves out from the world and not wanting to be a part of it.

Nowadays, you can fall in love with someone and end up being on an MTV’s show Catfish, which if you want your 15 minutes doesn’t sound too bad. Relationships can be ruined because of miscommunication if your significant other reads your message the wrong way or if you “like” another girl’s/guy’s Instagram photo.

More seriously, you can have your privacy affected and have people harass you, which brings up probably the biggest problem— cyberbullying. Without the face to face interaction, our brains are less likely to register the emotions behind the things they say or do. You may not even mean to be hurtful but you do hurt someone else’s feelings.

Dosomething.org reports that 42 percent of teens have been bullied online, one in four more than once. 70 percent of students admit that they have seen cyber bullying. 81 percent of people think it easier to get away with bullying online rather than in person. Only one in ten people are actually telling someone about it. Bullying victims were found to be 2 to 9 times more likely to consider committing suicide.

Continued on pg. 10
Nevertheless, there's a flip side to every negative. Social media brings exactly what it is designed for, social connectivity. With social media you can interact with people you would never have been able to before. You can grow relationships with people you might have not had the chance to in person. You can meet the person you want to marry on Facebook. It has us more connected and able to share ideas and knowledge, sparking creativity and a thirst for knowledge. Social media actually enhances social interactions despite popular belief, because you're socializing at a rate you could never do in person. There is a notion that people think social media takes away from wanting to be social. However, studies run by the University of Chicago contradict that, and say when social butterflies came in contact with social media, it only enhanced their sociability. People that are regularly not social will remain the same way. Social media is not what makes the person, the person is who she/he is, the way they choose to wield social media is different.

There are positives and negatives to this like almost everything else. You can see social media as enhancing human interaction or taking away from it, but it's your decision to choose which side you lean on.

Are Social Media Sites Taking Away Human Interaction?

Continued from pg. 9
**Under-Reported Diseases: Why some problems are just as big as others**

**AMBHER JASMINE**

Everyone knows that diseases impact a lot of people’s lives. There is a wide variety of them, ranging from communicable diseases, mental disorders and transmissible diseases. There are plenty of maladies, but only a few of them are made to be well-known.

Cancer, autism, alzheimer’s, and HIV/AIDS are some of the few diseases that are the most well known. We go our whole life without knowing some of these diseases. Some of them can happen randomly. Like cancer, epilepsy, a neurological disorder, or even depression. Despite being common, these illnesses have a hard time being diagnosed.

The events were used by both parties to damage the other’s credibility. No matter what side of the political spectrum you fall under, it is hard to miss that the policy makers acted callously in defense of their own careers. America has a tragic history of sweeping its failures under a rug, the public is usually only reminded of such tragedies when they are immortalized in cinema al la “Blowback” and “Black Hawk Down”.

Failures in communication between the Department of Defense and the CIA stand at the nucleus of the catastrophe with little to no resolve. It would be easy to forget the events on the night of September 11th 2012, but it is hard to remember and to fight on for answers and to be sure we learn from these failures to ensure they never happen again. This is much more than a political scandal and for the men that lost their lives that night. The least we can do is remember.
In Kiev, the capital city of Ukraine, a three month long protest deteriorated into a war-like enmity between the government protesters this past January. Thousands of metal objects used as drum sticks created a single sound, the beat of a war drum that shook the city. A bed of ice separated the demonstrators from the riot police and within it, a dividing line of burning tires hurled searing flames into the midnight sky. As Molotov cocktails were flung, and hospitals became a dangerous place on account of the shadowy group abducting injured protesters, a nation of 42 million careened toward the edge of a precipice. There is an old Ukrainian proverb, “Every fire begins with sparks,” the first of which occurred on November 21 2013.

On that day, the President of Ukraine, Viktor Yanukovych withdrew from a trade agreement with the European Union in favor of strengthening economic ties with Russia. Although Yanukovych had stated he wished to sign this agreement, economic pressure from Russia and an International Monetary Fund loan of $4 billion that stipulated raising the price of natural gas by 40 percent swayed him away from the EU.

Opposition party leaders and activists took to social media and called on people wanting a greater alliance with Europe to march from Independence Square to European Square in the capital of Kiev. Hence the protest movement named Euromaidan (European square) began. Over 100,000 demonstrators attended as the protests began to spread to cities in western Ukraine. During the first week, popular musicians performed and opposition leaders passionately spoke to an upbeat crowd holding signs proclaiming pro-European sentiments and singing the Ukrainian national anthem.

Nine days later the Ukrainian special police force descended upon the tent city in the heart of Independence Square and assaulted civilians, including journalists. As Ukrainians awoke that morning to stories of the raid in the news and on social media, it seemed as if the movement had now entered into a hostile new terrain.

The following day began with a rally of at least 400,000 people throughout Central and Western Ukraine, the largest protest the country had seen since the “Orange Revolution” of 2004. Polls indicated that the majority of people attended because of the violent police action of the previous night. Calls for European integration were now replaced by declarations of active revolution with the stated aim of getting President Yanukovych to resign. Rioting ensued at Kiev city hall, and a large trade union building was overtaken and became the base of operation for protesters. Amidst the chaos 40 international journalists and photographers were injured, with many stating that they were targeted by police. The protesters barricaded themselves into Independence Square and on December
In 2013, repelled police efforts to take back the occupied government buildings.

Over the course of the next five weeks, a series of events appeared to deplete the Euromaidan. Some could be foreseen, such as freezing temperatures and the holiday season. Other events seem to take Euromaidan by surprise like President Yanukovych signing a $15 billion loan package with Russia. As events unfolded, opposition party leaders began shifting their demands toward getting elections held earlier than 2015, and a compromise with the government to share power.

On January 16 2014, the Ukrainian Parliament circumvented its rules on voting and passed 11 laws that were quickly dubbed the “Dictatorship Laws.” These laws included a 10 year prison sentence for blocking a government building and a two year sentence for anyone criticizing the government through social media. The opposition parties responded with a statement, “Today, Ukrainian Parliamentarism is dead and these laws have ensured dictatorship where there is no right to assemble, to reason, to live, where there is no law, no civil rights, and no due process.”

This proved to be a galvanizing moment for Euromaidan as thousands of protesters poured into the streets. Citizens in the vicinity of protests all received a text message saying, “Dear subscriber, you’ve been registered as a participant in the mass disturbances.” An executive order was signed authorizing use of deadly force and amidst extraordinary scenes of rioting. On January 22, 2013, five protesters died and hundreds were injured, one of the deaths was a prominent Euromaidan organizer who had been abducted from a hospital and was left to freeze.

Sensing a growing turbulence the president offered a concession package which included repealing many of the dictatorship laws, the resignation of the prime minister and the government cabinet, an offer of senior positions to the opposition party leaders, and a conditional amnesty that hinged on protesters clearing all occupied buildings.

The protesters rejected the conditions of the amnesty and opposition party leaders asserted that they would not accept any deal that did not give them full control of the government. “There is one way out; to cut this knot we need a full reset of power and this system,” said opposition leader and former boxer Vitali Klitschko.

As the movement enters its fourth month, one of the more significant new developments is the founding of self-defense groups throughout the country. They were created to protect occupied government buildings and incursions by the Titushki, government funded hooligans used to instigate violence and damage the credibility of the movement as a whole.

Although the immediate future of Ukraine is uncertain, the potential for more violence and a brutal suppression of Euromaidan is real. As each successive spark caused by the government’s attempts to stop the protests has caused a more fiery response, the current atmosphere that includes threatening rhetoric from all directions and armed citizens actively training for battle has made this tense situation combustible.
GABE WANISSAN
STAFF WRITER

CVS Goes Tobacco Free

Convenience Value Service (CVS Caremark) has announced their plan to cease the sales of cigarettes and all other tobacco products by October 1st. With this decision, CVS continues their onward push into becoming a bona fide stop gap in between traditional retail pharmacy branches and the growing push of major pharmacy chains into walk-in clinic and in-store pharmacy services.

As time moves forward, America learns from its mistakes by remembering past failures and striving for a better future. It allows us to see the necessity of Civil Rights. Martin Luther King and Malcolm X led the present to a better form of America, CVS Caremark sets a powerful example.

CVS Caremark plans to implement in-house smoking cessation programs by the end of the year. The company will offer up to 17 out of 10 smoking cessation services, including: stop smoking counseling, nicotine replacement therapy, and low cost medications. If you are a current smoker, CVS continues their onward push into becoming a bonafide stop gap in between traditional retail pharmacy branches and the growing push of major pharmacy chains into walk-in clinic and in-store pharmacy services.

CVS Goes Tobacco Free

A man in the airport saw this woman sitting alone grading papers and asked what she teaches. She said, “Strategic HR (Human Resources).” The man then asked, “There? At a community college?” and the Professor simply replied, “At the University of Notre Dame.” This is one of many real life examples of sexism posted on everydaysexism.com. Women and men alike experience discrimination based on gender everyday. However, after much further investigation, it has become highly apparent that females are most often the target of this scrutiny. Maybe this seems like an overstatement, but that comment this “small” could mean the reality of America being misogynistic. I am not suggesting that every person tolerates or is told, “No, that doesn’t really happen around here,” even though it does. Has it become so socially acceptable that we even sell sexism to each other?

The price of our societal acceptance come at steep cost. According to Forbes.com, revenue from cigarette advertising surpassed $102 billion dollars in 2012. On average, Americans see approximately 1,500 advertising campaigns every day. The entire purpose of advertising is to project an image that will intrigue the viewer’s perceptual screen. For years, women have been portrayed as weak, sensitive, and powerless beings. Sure, we can try to avoid this kinds of advertisements and even claim they are not affecting us, but we are wrong. The reality of this situation is that we are not far from our Mad Men era when it comes to the field of advertising.

Companies like Samsung run discounts on Mother’s Day for a washing machine that come with a free vacuum cleaner with your purchase saying, “Cross your mother’s mind twice a day!” A controversial Dolce & Gabbana ad even shows a woman struggling to resist a gang rape. Tom Ford’s Menswear line has a naked woman ironing her husband’s pants while he reads the news paper to her. Maybe all these examples are a bit too obvious still.

Have you ever thought twice about the commercials showing a man driving the car while the wife is sitting silently in the passenger seat? Did you ever stop to recognize the demeaning nature that is depicted in these commercials with underdressed women washing a car or the mom that comes back from the grocery store? Extremely suggestive commercials and advertisements pride themselves on their reinforce sexism and real of gender stereotypes. All of these advertisements are doing is teaching men and women to not “be such a bitch.” Bystanders walked by? Perhaps you laughed at the commercials showing a mom that comes back from the grocery store, or when you walked by? Perhaps you laughed and shared a “Twirking” video online or just made a comment to a friend about not “be such a bitch.” Bystanders are just as guilty as participants, and consequently the pressure we place on each other becomes a burden to bare for us all. How much have you paid for your indifference?

The problem here is that sex shouldn’t sell. Normalizing this kind of behavior is demeaning to not only the person who experiences the discrimination, but to yourself for buying into the misogynistic culture. While you read this, you may remain neutral, still, but allow me to pose this question. When did you make your purchase into the normality of a sexist America? Was it while you questioned the intentions of the man you saw walking around with his crying toddlers at Walgreens, or when you received a box to kiss at you while you walked by? Perhaps you laughed and shared a “Twirking” video online or just made a comment to a friend about not “be such a bitch.” Bystanders are as guilty as participants, and consequently the pressure we place on each other becomes a burden to bare for us all. How much have you paid for your indifference?
Uncle Blair
BLAIR DELONG
STAFF WRITER

I make no excuses. I raise my “Star Wars” fanboy flag high; well, let’s be serious - higher than most. I have a Mandalorian Bantha Skull tattoo on my forearm. While all of these news of the Saga continuing fills me with such high hopes, I’m instantly reminded of the let down the prequels were. To this day, I still refuse to believe they are cannon and a part of the greatest story ever told.

With this in the back of my head, I can only wonder: how can they screw up a second time? Lucas Films can’t possibly be that stupid to add another character such as the dreaded Jar Jar Binks; he was the reason the Senator Palpatine became the Galactic Emperor in the first place. The new film will be written, produced and directed by J.J. Abrams, who has so far directed jewels like “Super 8” and the new “Star Trek” movies, and because he didn’t run the Millennium Falcon either. Seeing that Disney now owns the rights to the “Star Wars” franchise, there is a small glimmer of hope. This assumption is due to the fact that Disney also owns the rights to Marvel Comics, and the Marvel studio has given moviegoers nothing but gold in “Iron Man,” “Captain America,” and the “Avengers.”

Now if Disney can just give the fans something to make up for the ungodly prequels (which, come on, my 4 year-old niece can make a better trilogy than what Lucas the Hutt gave us), they would just have to STICK, TO THE STORY! No more mid-chlorian talk, no more whiny Anakin (how you turned such a great character into a sniveling child is beyond me) and please, oh please, NO EWOKS!

Bening that the first movie won’t hit until 2015, there is much to be worked on. All fans like myself can hope for is a movie that will leave us smiling and nodding our heads in admiration for staying true to the original vision of a wonderful space opera. So instead of making my sacrifices to Lucas, I have now turned to Disney. Hopefully the force is with you, ‘cause if it’s not, I swear I’ll leave us smiling and nodding our heads.

MICHELLE PEREZ
STAFF WRITER

From Caramel to Cancer

When was the last time you drank a Coke? Did you like the barbecue sauce you smothered your wings in? Well, a recent Consumer Report study, we now know that a chemical called 4-MEI is linked to cancer. This carcinogenic chemical is better described as the caramel coloring to your soda, beer, syrup, sauce, bread, and a variety of other foods.

In 2007, a federal government study originally concluded that 4-MEI caused cancer in mice. Later in 2011, it was established that humans could share in this danger. In January of 2012, California began regulating all products containing the harmful ingredient saying anything above 29 micrograms should be labeled as possibly carcinogenic.

On the Office of Environmental Health Hazard Assessment of California website, the question “What are the health effects of 4-MEI exposure?” was asked. The response was “…long-term exposure to 4-MEI resulted in increases in lung cancer in male and female mice. These findings were the basis for the addition of 4-MEI to California’s Proposition 65 list of carcinogens. Exposure to high concentrations of 4-MEI is reported to irritate the lungs or burn the eyes and skin.” If there is any doubt that mice are incomparable to humans; in the 4,000 genes have been tested between mice and humans, only 10 could be found in one species but not the other.

Consumer Reports purchased drinks like Coke, Pepsi, Malta Goya, Brisk, and Dr. Pepper from California and New York. All of the drinks were tested and purchased again for each phase of the study in April, September, and finally in December of 2013. Results surprisingly showed Coke, Diet Coke, and Coke Zero with the lowest levels of 4-MEI exhibiting less than 4.5 micrograms. Brisk, Dr. Pepper, and A&W Root Beer remained under the regulated amount, but Pepsi, Diet Pepsi, and Pepsi One all showed levels ranging from 2.48 micrograms (from samples in California) to upwards of 195.3 micrograms (from samples in California) to upwards of 195.3 micrograms (from samples in New York).

By far, Malta Goya takes the cake for the highest levels overall with over ten times the regulated amount of caramel coloring. The levels in Malta Goya were actually highest in California showing 352.5 micrograms of carcinogenic chemical 4-MEI. For now, caramel coloring is generally considered safe, but like many other things used excessively, it can be carcinogenic.

CAMILA PIZA
STAFF WRITER

The idea of deliveries made by flying drones may sound like something straight out of a sci-fi movie, but according to Amazon CEO Jeff Bezos, it is a reality that is just around the corner.

On December 1st of last year, Amazon released a 60-second YouTube video advertising “Amazon Prime Air,” a system of deliveries made in 30 minutes or less using drone-like “octocopters” that is, unmanned aerial vehicles. The announcement was originally made on “60 Minutes,” where Bezos predicted that the service could be up and running in as little as four years.

Predictably, along with wonder and fascination, the announcement has brought with it an onslaught of skepticism and doubts. How would these be allowed? What if someone were to shoot them down? Could they fly in harsh weather conditions? These are only a few of many questions that quickly come to mind. And of course, there were also plenty of jokes made on social media.

Bezos stated that besides some technological advances, they would have to wait for the Federal Aviation Administration (FAA) to come up with rules and regulations. Drones are currently used by the United States Military to strike against enemy forces.

In recent years, the price of these unmanned vehicles has dropped enough that they are more accessible for commercial use. However, the FAA limits the use of drones so that they cannot be used for profit, such as in situations like this one. Amazon will be allowed to petition them, and there are plans to have regulations in place to change this by 2015.

In terms of the weather, aviation experts have said the devices could take some light rain but nothing much heavier, as this would interrupt the sensors readings. The question of what would happen in the case of the drones being shot down by thieves (so they could steal the packages being carried) or simply by people who have the urge to shoot at objects in the sky has yet to be addressed.

The drones will be capable of delivering items up to 5 pounds in weight, which according to Bezos accounts for 80% of Amazon orders. In an age where Internet shopping is more popular than ever (increasing by 20% each holiday season), this delivery method makes a lot of sense.

Although it may still take a while for Prime Air vehicles to be “as normal as seeing mail trucks on the road today” here in the U.S. as Bezos puts it, other countries may be seeing it a lot sooner. Recent articles have suggested they will be flying the friendly skies of Dubai in a matter of months.

It is exciting to think that someday these “octocopters” might be able to deliver a lot more than just a new Kindle or some new grills. Medical supplies, food and water for those in emergency situations, emergency relief equipment; the list goes on, and the possibilities are thrilling.

Amazon’s Drone Delivery Service

Would you Pay to Play an Unfinished Game - Pg. 19
Olympic Games Recap - Pg. 20
Transfer to Iona College and Move Your World in the Right Direction

When Jessica Scaparro first met students from Iona, she was impressed with their enthusiasm about their experiences. “I wanted so badly to have that same excitement.” As a transfer student, Jessica obtained a rewarding internship at March of Dimes, completed a service trip to Zambia, and served as a student campus minister.

She is now staying at Iona to complete her master’s degree in industrial organizational psychology. With over 45 undergraduate majors and 35 minors in leading areas of study, led by working professionals and leaders in academics, we are confident that transferring to Iona will be one of the best decisions you’ve ever made.

NEXT TRANSFER TUESDAY SESSION IS MARCH 11th

Transfer to Iona College and Move Your World in the Right Direction

Transfer & Thrive

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SATURDAY, MARCH 22nd

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JESSICA SCAPARRO ’13
> BA Psychology
> MA Industrial Organizational Psychology candidate

IONA COLLEGE
Biocentrism, also known officially as the Biocentric Universe Theory, is a concept that was proposed in 2007 by American doctor of medicine Robert Lanza—a scientist in the fields of regenerative medicine, stem cell research, and regenerative medicine and biology.

The theory asserts, in Lanza's terms, that life created the universe, and not the other way around. If further evidence is found to support this theory it would mean that consciousness and more specifically human consciousness, is of a higher state being, and bridges a long standing gap between science and spirituality.

"We've been taught we're just a collection of cells. Lanza wrote in an Op-Ed for The Huffington Post. "...we die when our bodies wear out. End of story. But a long list of scientific experiments suggests our belief in death is based on a false premise."

Further, the theory suggests that the physical body we see in the mirror and equate with our being (not and now) makes us, us. Rather, our consciousness is comparable to the idea of the human soul. Much like the philosophy of the religion and ideology of Master Yoda in "Empire," Biocentrism supports the idea that we are, to repeat the film, "...humans...not this crude matter." And that life will continue far beyond the decay of our physical form.

"Life is an adventure that transcends our linear existence of time and space," said Robert Lanza. "We've been taught we're just a collection of cells. Lanza says, "When we die, we do so not in the random billion-ball-matrix but in the higher consciousness of the universe."

While the theory must be taken with a grain of salt, as it is a theory and not to be taken as the indisputable truth in the interest of preserving the integrity of scientific research and discovery, it is somewhat exciting to think that science may be unlocking the oldest question in the universe—the one concerning our mortality and how everything came to be. It's a question that has been explored for over 50 years through the science fiction series about a time-traveling alien with two hearts. Originally a concept to seamlessly replace the first namesake "Doctor," William Hartnell, who was having medical issues at the time of its airing in 1963, the nature of different faces and different personalities embodying the same person and existing in all points in time (written off by the showrunner as "wobbly wobbly, timey wimey...stuff") is very much inclusive of Biocentrism, whether it was intended to be or not. To put it another way, there is science behind the science-fiction, and the namesake character is a near-perfect representation of what Lanza is pursuing in his studies.

"It is not an accident that you happen to have the fortune of being alive now on the top of all infinity in all space," Lanza writes. "While you'll eventually exit this reality, you, the observer, will forever continue to collapse more and more "nows." Your consciousness will always be in the present—balanced between the infinite past and the indefinite future—moving intermittently between realities along the edge of time, having new adventures and meeting new (and rejoining old) friends."

How can we be sure it's all true as far as our physical beings go? As it is hard to get data from the dead, it would be nearly impossible to confirm or deny the truth behind a verifiable "skeptic." That is, said, we can take a lot of what Lanza has discovered with an open mind. Most of Lanza's experiments have occurred at the atomic level with particles, applying quantum mechanics to his fields of biology to explain a wider representation of humanity and life in general. Robert Lanza M.D. has written a book, "Biocentrism: How Life and Consciousness are the Keys to Understanding the True Nature of the Universe," in which he explores his theories further, and is a must-read for anyone looking for more credible information regarding the wonder of his pursuit of new discoveries.

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**Mind the Gap:**

**Biocentrism Attempts To Bridge a Connection Between Science & Religion**

**JOSEPH CIRILO**

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Bergen Community College is full of incredibly talented students and now they get a chance to show off those talents at an event called Open Mic Night. This event was originally started at Ender Hall. There is a sign-up sheet at 8:30 p.m. every Wednesday in the cafe where: Ender Hall Cyber Cafe. There is a sign-up sheet for performances. This event gives artists a chance to perform their material in front of the audience will be respectful and encourages everyone to come and watch. Family members are invited as well. We encourage everyone to come and support artists and encourage them to come and watch. Family members are invited as well. We encourage everyone to come and support artists and encourage them to come and watch. Family members are invited as well. We encourage everyone to come and support artists and encourage them to come and watch. Family members are invited as well.

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**Meet Art Club President, Makayla Davis**

**JESSICA RODRIGUEZ**

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Makayla Davis is the president of BCC’s Art Club. She has been serving as a president since Fall 2013 semester and is looking to expand the club by increasing its awareness on the campus.

Originally planned to be an architect or an interior designer, she realized that she didn’t enjoy “doing art.” Consequently, she stopped taking art classes and took art history classes instead. "Art doesn’t necessarily have to be," Davis says, "a canvas and acrylic paint," Davis says, "You can express yourself through writing, dance, or even math." She goes onto describing an artist, Wassily Kandinsky, who uses geometric shapes in order to visually express his mathematical perspective. "Art can involve anything as long as it is a way to express yourself," she proclaims, "I’m such a strong advocate for expressing yourself and being heard."

"Many people don’t know Art Club exists," Davis says, "I want Art Club to be something very prominent here on campus." She does not consider herself a visual artist, but she does feel that it is something very important to have in our lives as it is intertwined with culture. "It represents what our culture is going through and who we are as people."

Additionally, another reason Davis is so passionate about art is that it is a tool that makes a difference. In the past, Davis was interested in becoming an English or an Art teacher because of the confusion she would see in young students. She noticed several schools did not offer music and writing programs, and strongly felt that having those programs would make a difference in a student’s path. "People need a creative outlet," Davis says, "Some day they can step away from reality for a moment and make a difference in who they can become."

It’s not too late to join BCC Art Club. Davis hopes to see Art Club grow in members. "With art, it’s all about perception and not about facts," she says, "I’ll respect different viewpoints."

Currently, Art Club’s main focus is planning social events as well as planning their student exhibit in April. “There is no theme as we want everyone to feel that their work is appreciated,” Davis says. Selected artworks will be displayed in West Hall’s Gallery for all to see.
Bergen Community College not only stands out because of its diversity, which includes cultures from around the world, but it is also home of many “fashionistas.” These students exemplify the idea that fashion is not a uniform world, but it is also home of many “fashionistas.” These of its diversity, which includes cultures from around the Bergen Community College not only stands out because of its diversity, which includes cultures from around the world, but it is also home of many “fashionistas.” These students exemplify the idea that fashion is not a uniform world, but it is also home of many “fashionistas.”

Features

magazines like “Vice” definitely a bargain.”

“I would have to say what inspires me the most are vintage magazines like “Vice” and also look books. Also I love the idea of recycled clothing. Thrift shops are definitely a bargain.”

“My style changes day to day. Sometimes it is ripped skinny jeans, sometimes it is plaid skirts. Really what inspires me is whatever I find at the local thrift shop.”

“My style is inspired by two famous dancers “Les Twins”- Larry and Laurent, Larry’s style is pretty like mine, and always growing up I wanted to be different, stand out and look the same like the rest.”

“My style is inspired by two famous dancers “Les Twins”- Larry and Laurent, Larry’s style is pretty like mine, and always growing up I wanted to be different, stand out and look the same like the rest.”

“I take a lot of my inspiration from Harajuku, a street in Japan. Everyone there dresses very unique and all of their stores are unbelievable, also I take a lot of my inspiration from the eighties, I love spikes and leather and really big fur coats. I pay attention to a lot of celebrities too, like sky Ferreira she dresses really nice, and also I like the way the Kardashians dress, they have an awesome style.”

“All over the country, men from are uniting to protest about a rather singular social issue. These individuals are claiming to have been violated by society, and having lost an essential element of their masculinity, are fervently dedicated to a mission of cure and prevention. What is it that they’re fighting for? It’s their foreskin.

Recently, groups like the National Organization for Restoring Men (NORM) or Brothers United for Future Foreskins (BUFF) have enjoyed a considerable increase in popularity. Their goal is simple: to help men get their foreskin back, and to save babies from losing it. Far from resigning to “amputee” status; some of these men resort to extreme measures in attempts to stimulate regrowth, such as wearing a painful mechanical clamp over the shaft for months or years at a time. The beliefs about its medical and hygienic benefits have been disproved by the American Academy of Pediatrics, and even from a social perspective, circumcision was practiced in the past to discourage masturbation in teens-- hardly the kind of preventive measures expected in a modern society.

Why these crazed gentlemen are so determined to cover up America’s glandes will be unclear to most -- especially women who have grown to appreciate an exposed dress, they have an awesome style.”

Pushing For(e)ward

EMANUELE CALIANNO

All over the country, men from are uniting to protest about a rather singular social issue. These individuals are claiming to have been violated by society, and having lost an essential element of their masculinity, are fervently dedicated to a mission of cure and prevention. What is it that they’re fighting for? It’s their foreskin.

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“Our Campus Is Their Runway

DOMENICA PAZMINO

“I take a lot of my inspiration from Harajuku, a street in Japan. Everyone there dresses very unique and all of their stores are unbelievable, also I take a lot of my inspiration from the eighties, I love spikes and leather and really big fur coats. I pay attention to a lot of celebrities too, like sky Ferreira she dresses really nice, and also I like the way the Kardashians dress, they have an awesome style.”

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EMANUELE CALIANNO

All over the country, men from are uniting to protest about a rather singular social issue. These individuals are claiming to have been violated by society, and having lost an essential element of their masculinity, are fervently dedicated to a mission of cure and prevention. What is it that they’re fighting for? It’s their foreskin.

Recently, groups like the National Organization for Restoring Men (NORM) or Brothers United for Future Foreskins (BUFF) have enjoyed a considerable increase in popularity. Their goal is simple: to help men get their foreskin back, and to save babies from losing it. Far from resigning to “amputee” status; some of these men resort to extreme measures in attempts to stimulate regrowth, such as wearing a painful mechanical clamp over the shaft for months or years at a time. The beliefs about its medical and hygienic benefits have been disproved by the American Academy of Pediatrics, and even from a social perspective, circumcision was practiced in the past to discourage masturbation in teens-- hardly the kind of preventive measures expected in a modern society.

Why these crazed gentlemen are so determined to cover up America’s glandes will be unclear to most -- especially women who have grown to appreciate an exposed dress, they have an awesome style.”
Steam is a wonderful platform for PC gamers. Not only does it offer big triple A titles such as “Call of Duty,” “Grand Theft Auto,” and “Assassin’s Creed,” but it also offers small independent developers a chance to market their games to a wider audience. A recent phenomenon has gripped the gaming community.

Small independent developers are now offering early access to their games. Basically, early access is the ability to test a game before it’s release. The larger companies pay teams of testers peanuts to find the bugs and glitches that are inherent with the creation of a video game. As the process nears completion, the bigger company will have a more polished product in a faster manner than a small team working out of someone’s garage.

This is when early access comes into play. Right now one of the most popular games for early access on Steam is “Day Z: SA.” a game that was originally a mod for the popular military simulator ARMA II.

What brought the players to the game is the absolute hopelessness of your situation. The player is stranded, in a post-apocalyptic former Soviet country that features real world ballistic missiles. Another feature the players were drawn to was the

foot system; constantly having to scavange supplies and weapons to stay alive was a huge selling point and drove to the player’s interest in the game.

For $29.99 a player can purchase “Day Z: SA” and play what looks to be a complete game, but it isn’t complete. Weekly patches are applied by the development team, Bohemia Interactive as players are basically playing to test a game to its final product. While players do experience bugs and report them on the “Day Z: SA” message boards they take place in the creation process. The developers have even taken user advice and suggestions from the community and implemented these changes into the game.

The real question at hand though is, “Is this a viable model to sell a game; to be a part of the development process, but not be paid for it? Or is it a fly by night business model that will be forgotten?” That being said, “Day Z: SA” made $5.1 million the

Artist Spotlight: Away Away

Both in sound and style, alternative rockers Away Away are the quintessential Bergen County band. Where punk greats The Misfits have managed to give it a rougher edge, they fuse the suburban atmosphere and project it towards a sound that seems to pastiche the most typical elements of the area, rather matter-of-factly presenting a Jersey-brewed formula for Rock and Roll that is as obvious as it is wicked – leaves message to wonder why it hasn’t been done before. In every one of its features, the band reflects the style of frontman and guitarist Evan DeAugustine. Aside from the thick Jersey accent (seasoned with not a slight hint of Italian American), his upbringing in the shadow of New York City pours out through every song in their repertoire. The band’s strong influence from the Strokes, Ramones, Thin Lizzy, Creed, Television, and the New York post-punk scene.

There’s no ambitious secret behind their music. Despite paying tribute to some of the pioneers of the underground music scene, their songcraft is invariably based on the most conventional foundations of Rock and Roll; and not only do they see no problem with that, but they manage to make it undeniably fun and engaging.

Going to one of their shows is perhaps the best way to understand what they’re all about. Following their most inspired performance, one can approach Evan or fellow lead-saxophones Joe Micalelzi (lead guitar) or Silvano Dragone (bass) and ask how it all came to be. And once you hear of how they once found Joey Ramone’s shoe in a SoHo basement, or ask Silvano to join over a cappuccino and cannoli, everything will fall into place.

Having released their debut LP Some “Things We’ll Never Know,” the band is finalizing the two fresh EP’s to come out this year, and preparing a series of accompanying shows. Check out their songs (suggested listeners: Pages, Word on the Street) on iTunes or Spotify, and follow their Facebook page for shows and future events.

Would You Pay To Test An Unfinished Game?

BLAIRE DELONG
NEWS EDITOR

Steam is a wonderful platform for PC gamers. Not only does it offer big triple A titles such as “Call of Duty,” “Grand Theft Auto,” and “Assassin’s Creed,” but it also offers small independent developers a chance to market their games to a wider audience. A recent phenomenon has gripped the gaming community.

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Oxymoron Review: Great Chapters, Good Story

GABE WANISSIAN
STAFF WRITER

On February 25th, the Top Dawg Entertainment takeover officially got kicked into high gear with the release of Schoolboy Q’s “Quincy.” Q’s first major label release, “Oxymoron.” After label-mate Kendrick Loshine’s “Section 80,” Cook the throne as best out through every song in their repertoire. The band’s strong influence from the Strokes, Ramones, Thin Lizzy, Creed, Television, and the New York post-punk scene.

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Green Metropolis, By David Owen

EMANUELE CALIANNO
STAFF WRITER

Imagine yourself in an environmental oasis; a community without conscious effort, has pollution rates that are the lowest in the country, gasoline use is equal to national levels in the 1920’s, and personal waste is minimal. A pleasant sight indeed, if however you saw yourself between traffic lights and a screaming hot dog vendor.

With “Green Metropolis,” David Owen of The New Yorker examines unobscured examples of green living all while challenging standard notions of environmentalism. A former Manhattanite, Owen promotes New York as a model of sustainability, and its features, so often viewed as murderous to the planet, as its greatest ecological assets. Not only this, but he points to the true culprits of environmental damage: the sprawling suburbs.

In Owen’s view densely populated communities living in small apartments and traveling on foot or by mass transit pollute significantly less than the suburbs. Inversely, he argues war against detached houses with heated pools, strip malls and commuter-infested highways.

More surprisingly, he denotes conventional practices devoted to sustainability like solar power and hybrid vehicles, believing them not only ineffective, but also inducing people to pet their cars without feeling guilty. And so by that logic, a composting Vermont family is little consolation knowing it consumes five times more gasoline than a New York state resident, and environmentally conscious cities like Portland are doing little to actually reach their goals.

“Green Metropolises” is a gem, and Owen does research like only a journalist can. His mild tone belies the weight of his words, which are admittedly defiant of traditional American values and will have to face the wrath of soccer moms and outdoorsmen alike. If anything though, we can now tell San Franciscans in hybrid cars that they have much to learn in sustainability from our old concrete jungle.

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The Olympics come and go every two years, alternating winter and summer games. This year, the Winter Games were held in the city of Sochi, Russia, located on the Eastern side of the Black Sea. This was the first time the Russian Federation has hosted the event since it was known as the Soviet Union in the 1980 Summer Olympics. They opened on February 6th, and ran through February 23rd, both ceremonies showing brilliant displays of lights, pyrotechnics, and giant 3-D animations.

This year, there were six new events added to the bill. They were: men's and women's ski halfpipe, women's ski jumping, biathlon mixed relay, figure skating team, and luge team relay. This was a large increase, considering only one event was added to the 2010 Olympics in Vancouver, Canada.

USA struck first in the medal department with Sage Kotsenburg winning gold in men's snowboard slopestyle, that being the only olympic event that he competed in. Also on the topic of snowboarding, X Games and Olympic superstar Shaun White dropped out of the slopestyle to focus on halfpipe, in which he proceeded to come in 4th place. There were many other snowboarding events, including halfpipe, parallel giant slalom, parallel slalom, and snowboard cross. The United States won the most medals with 3 gold and 2 bronze. Canada ran the games when it came to both men's and women's hockey, winning gold in both events. In women's, they beat America, who won silver. In men's, they beat America to enter the gold medal game versus Sweden, sending America to the bronze medal game, in which they subsequently lost to Finland.

Curling was the sport with the second most events in the games, only second to speed skating. Canada came up big and swept the competition in both men's and women's, winning gold over Great Britain and Sweden, respectively. One of the more dangerous, and short, events Olympic skeleton, USA won two medals, but no gold. In women's, Noelle Pikus-Pace took silver home, while Matthew Antoine took bronze in the men's event.

In the biathlon, which is a combination of skiing (ranging from 6km to 20km) and shooting, Norway took six medals, consisting of three gold, one silver, and two bronze. Despite having ten athletes competing, America was unable to get any medals in this event.

The biggest male breadwinner to come home from the Olympic games was Russian Victor An, who won three gold and one bronze in the short track for speed-skating. There were a couple of women to win three gold medals as well, but the big winner for females would have to be Ireen Wust from the Netherlands, who, similarly to An, competed in speed skating events, and brought two gold and three silver.

Overall, Russia kept the most medals in their home country, with 13 gold, 11 silver, and 9 bronze, for a total of 33 medals. Norway came in second with 26 medals: 11 gold, 5 silver, and 10 bronze. Canada, the big winner in 2010, would receive a bronze medal, if they gave out medals for winning medals. They totaled 25, with 10 gold and silver each, and 5 bronze medals. Although the United States won more total medals than Canada and Norway (26), their placement was brought down to fourth because they had only won 9 gold.
Yankees Poised For Success

Consecutive seasons of missing the playoffs is something that has not happened in 20 years for the New York Yankees, and they have done everything in their power to prevent such a thing of repeating itself during the busy offseason.

This off season is highly reminiscent of the last time the Yankees missed the postseason in 2008, the off season which saw them acquire Mark Teixeira, AJ Burnett, and CC Sabathia. In one offseason and three acquisitions, the Yankees spent $423 million and went on to win the 2009 World Series.

The Yankees look to repeat that magic, spending an even greater $471 million this offseason acquiring the likes of Jacoby Ellsbury, Carlos Beltran, Brian McCann, and the promising overseas import Masahiro Tanaka – who signed the 5th largest contract in a Major League history in (7 Years $155 million-4th year opt out.)

It almost came from a place of necessity, after losing their best position player in Robinson Cano, who decided to take his talents to the Seattle Mariners. Other factors include the retirement of the greatest closer of all time in Mariano Rivera, Derek Jeter’s deteriorating health and planned retirement after 2014, and the PED cloud that hovers over the individuals who suspended Alex Rodriguez.

With so much uncertainty going in to the 2014 season, the Yankees plan to cut the budget down to the threshold of $189 million had to be discarded and acquisitions needed to be made. They did just that, as plenty has been done in coping with these ordeals, and it has set the team up to be one of the top competitors in the league.

Barring the question marks with the bullpen and infield, many of the teams concerns have been remedied. Ellsbury and Beltran fill outfield needs, Brian McCann was much needed offense and leadership to the backstop, and Masahiro Tanaka, the 25 year old Japanese righty who is off of a 24-0 season looks to fill the much needed Ace of the pitching staff.

The season’s right around the corner, and if this season is anything like 2009, The Bronx Bombers might be looking at championship number 28.

Stay Fit: Get A Workout & Also Earn College Credit

Domenica Pazmino
Staff Writer

Finding it difficult to squeeze in some exercise into your busy schedule? Sure students at BCC are all busy handling school, homework, work, and multiple priorities every day, which leaves us with a lack of time to get in that workout that we need. Squeezing in just a few minutes of physical exercise a day has major benefits on your health; it also gives you energy and perks up your mood.

Therefore, stress no more, Bergen Community College offers a wide range of wellness and exercise classes for all of us. It does not necessarily have to be a gym that is included in your major. You could simply take it as a free elective, meaning that those two credits you were missing can be filled in with some of these classes that the College offers.

According to the Harvard Medical School “Exercise is the best-kept secret in preventive medicine, and it also provides essential protection against many diseases, including heart attack, stroke, diabetes and obesity.” The key to exercising is doing it enough and doing it often.

If you are a full time student, you are missing that one course that you need, and also want to get some exercise into your life why not try one of the many classes Bergen offers, such as Aerobic Conditioning, Body Conditioning, Swimming for Conditioning, and Weight Training. Sports such as golf, tennis, volleyball, and swimming are also part of this program.

Self-defense provides the opportunity to learn basic techniques in judo, karate, and jujitsu, providing you with the introduction to the practice of yoga with emphasis on flow and energy, and if you are looking for a class that integrates the principles of yoga with the fundamentals of dance, Bergen also offers yoga dance, such as that students will develop awareness, experience the flow of energy, and improve alignment, and core strength. Lastly BCC also offers Scuba Diving, which is the opportunity to get certified in scuba diving that will provide them with many other opportunities.

All of these courses are equivalent to one credit, so go ahead and complete that one credit that you need by staying active and learning new things. All of the complete information and class descriptions can be found in the BCC course catalog.

Photo Courtesy of MCTcampus

GRZEGORZ KOCIUBINSKI
Staff Writer

Everyone has at least one friend, or perhaps relative, that shivers at the idea of driving on the highway, dreading the thought of being stuck in traffic. Everyone has at least one friend, or perhaps relative, that shivers at the idea of driving on the highway, dreading the idea of being stuck in traffic.

From here, the sport branched out into numerous areas, moving on from simple cruising around. First up, and probably most popular, is downhill racing. Downhill racing consists of longboarders reaching car-level speeds on terrains such as hills and mountain roads in an attempt to pass each other. Once you start getting into more competitive races, rather than backyard ones, speeds of 30 and 40 miles per hour are no longer the average, but the absolute minimum to even get a good placement.

Next up is sliding, which is exactly how it sounds: The board slides along the ground. Variations include doing 90, 360, and 720 degree turns while sliding, the only limitations being how much a rider can keep sliding his board in circles. World records include Rob Laing performing a slide of 200 feet and Patrick Switzer performing one at 60 miles per hour.

Then come the less dangerous, though equally challenging, areas of the sport. ‘Dancing’ involves doing old-school tricks, such as flips, and incorporates them with literally dancing on the board itself. Pirouettes, different types of step, and precariously hanging off the board are all part of the package. Finally, comes slalom; No, that is not a typo. Slalom is where riders compete by weaving in and out of obstacles, points being scored for being the fastest or hitting the least amount of objects. It is all about Knowing the exact time when to move one hips and thrust.

All in all, longboarding has evolved a lot since it began in all aspects, from how longboards are constructed to what the exact sport consisted of. It started as a way of having fun while getting some exercise in, and it has turned into a sport that is a way to experience a thrill like no other and to have fun while doing it. So with spring right around the corner, why not go to a nearby skate shop, pick one up, and give longboarding a try?
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WrestleMania 30 Preview

In a month's time, the Mercedes-Benz Superdome in New Orleans will be host to the grandest stage of all of them all in the world of professional wrestling, WrestleMania 30. The showcase of immortals looks to bring forth large caliber matches, including arguably the biggest wrestler of all time, Hulk Hogan, as the host.

Fresh off of winning both the WWE and World Heavyweight Titles at the end of last year, Randy Orton came into 2014 billed as “The Face of the WWE”. Former WWE Champion Batista made his return to the company after a 4 year hiatus. Soon after, the fellow Evolution member won the opportunity to challenge Orton for the WWE World Heavyweight title by winning the Royal Rumble event in January.

This has received mixed reactions from fans due to what seems to be a rehash of the same performers used in the main event spot countless times, but the company seems confident in sticking with this match as one of Pay-Per-View’s main events. It will be interesting to see how WWE copes to prevent what could possibly be a scene of 70,000 rowdy fans booing the match into oblivion, but there is always a chance for last minute tweaks to be done that will catch everybody by surprise.

The bout between The Undertaker and Brock Lesnar could possibly be seen as the most anticipated match of the night. The Undertaker, boasting a 21-0 record at the annual event, could possibly be facing his most brutal opponent yet, Lesnar. Making a return to the WWE after competing in the UFC, Lesnar has made select appearances throughout his tenure so far. The fellow Evolution member won the opportunity to challenge Orton for the WWE World Heavyweight title by winning the Royal Rumble event in January.

Lesnar was on the receiving end of a chokeslam onto a table. Given Undertaker’s endurance and Lesnar’s brute strength, this match could really push these two men to the test.

The freakishly interesting “Cape Fear”-esque character of Bray Wyatt and his followers Luke Harper and Erick Rowan have taken the WWE Universe by storm. The WWE poster boy John Cena found himself in a predicament attack on February 24th’s edition of Monday Night Raw, confronting the Wyatt Family after losing two opportunities at headlining WrestleMania due to the actions of the Wyatts.

The story between these two parties is that the Wyatts are continuing on their mission of knocking off the best of the best in the WWE, and they have made their way through John Cena. For a seasoned veteran like Cena, this would be the opportunity for him to give Wyatt and his followers the momentum to become one of bigger stars of the WWE.

Match makers are concocting the exciting match fares the bearded wrestling workhorse behind the “YES!” phenomenon in Daniel Bryan, going against Triple H. The feud between these two dates back to SummerSlam 2013, when Bryan tasted a brief glimpse of glory after beating Cena for the WWE Championship. Orton then cashed his “Money in the Bank” contract, taking advantage of the Triple H sneak attack on Bryan, after he was the active special guest referee in the match. Things got shaken up and a few months ago, the forecast looked to have Triple H take on CM Punk, however in real life circumstances CM Punk decided to quit the company, causing WWE to find a makeshift opponent for Triple H at Mania.

The card looks to bring forth closure to many chapters, and potentially open new ones in the WWE. The matches seem to be fairly safe choices that will definitely deliver big names and big moments, if not slightly predictable. Bryan fans are still clamoring for his big break and whether that leads to him being inserted to the title match, or not last minute remains to be seen. Nonetheless, regardless of the outcomes there will be plenty of WrestleMania moments that will be etched in the memories of fans for years to come.

Why Schleep?

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 its a concept that can’t really be explained because we have no grasp of it when we are asleep. What we do have is 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 its from high stress from adult life or being excited for some sort of insomnia in their lives. Whether its from high stress from adult life or being excited for something, we have all found ourselves lying awake at night and toting 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 effect is the reduction of energy, cognitive function, and glycogen that you need to endure events. After several consecutive days with little to no sleep, you can suffer hallucinations. Other issues include your hormones changing as well as an increase the level of cortisol, which slows down healing, increases risks of injury and diminishes memory. Prolonged sleep deficiency may cause heart disease, kidney disease, high blood pressure, diabetes, and strokes.

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 weight and fertility. You should 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.

This 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 lights 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 round 10 and wake up around 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 directly connected to cortisol, one really knows what it is even though we are in it for 1/3 of our lives. All we know is that it happens for a reason and that reason is beneficial to being an optimal human being.

Photos Courtesy of MCTcampus
BCC Mens Basketball Review

YAIDELLESE ROMAN
STAFF WRITER

The Bulldogs fought a great battle unfortunately we lost the war. The Men’s Basketball team has a total of 30 games but only won about 10. The Bulldogs went up against the Bronx Community College for their first official game and took home the first loss of the season.

The losing was heavy when it started off going back to back and they got their first win on Nov. 21st against Rockland Community College. After Rockland they suffered 2 more losses but got a win-loss at the RoadRunner Classics on Dec. 6th at Gloucester CC.

The boys had their first back-to-back postponed games against Ocean CC and Union CC. The bulldogs earned 2 more losses and 2 more wins before their 4 loss streak. They picked up the streak with their straight wins against Raritan Valley CC and Camden CC and against Union CC but lost all 3 games. Ultimately the boys had 3 games left for the season, 1 was postponed and placed 1st place in the Long Island Region XIX Honors. Each boy has an average of 12 points each game they played. They played a good season but lets hope next year we get a lucky shoot!

As we wrap up the winter sports, we enter into the spring season of Golf, Softball, Baseball, Track and Field, and Tennis for Bergen Community. This year they have big shoes to fill in from last year, in hope to go to Nationals.

Golf

One of Bergen’s low key sports, coached by Tom McGovern in 7th season. Returning golfer Zach O’Connor who last year received 3rd team All Region XIX Golf honors. He placed 12th overall in the region XIX Tournament scoring a 173.

Softball

Coach Mallorie Gilbride will be returning for her second season as head coach. Last year she had a very successful first season with a 9-5 record in the Garden State Athletic Conference. 12-2 for the Region XIX and overall record of 14-18. Bergen made it to Playoffs as the 6th seed to play Middlesex the 3rd seed to have their season end. In addition to a successful season Rebecca Carlone, Sarah Stefan, Lauren Hozak, and Caroline Wilks made Third Team All Region while for Second Team All-GSAC Rebecca Carlone, Sarah Stefan, Lauren Hozak and Marissa Varon was honored. Coach Mallorie had this to say about the upcoming season “We have a great mix of freshmen and sophomores this year. With our returning two pitchers and strong leadership, I believe we will be a very strong this year and be very successful on and off the field”. They will kick off their season starting March 25 away at Middlesex to return favor from last season.

As for Baseball, they will start off their season in a couple of days against Raritan Valley CC and then Hudson Valley CC before they go to Myrtle Beach to play in nice warm weather. Coached by Steve Minnis which is in his 6th season with the bulldogs and 3rd season as Head coach brought his team to playoffs as the 7th seed in Region XIX Tournament. Unfortunately, losing the first round to Luterin CC they ended their season 18-18. Like wise, baseball’s Joey Mazzo received Second team All Region and Second Team All-GSAC. Accent Martinez took Third Team All Region and Third Team All - GSAC and Tom Pelice also for Third Team All - GSAC.

Another very outstanding team is our Track and Field team. Last year had four people, Patrick McGrath, Yaniri Jiminez, Gina Pettigiano, and Shauntierah Douglas make it to nationals. Three of them were ranked which was Yaniri Jiminez coming in 3rd place for Shot Put Coaches All- American, Gina Pettigiano gets 8th place for Hammer All American and 2nd place in the Javelin All American and Shauntierah Douglas who also broke the National NJCAA record, 1st place in 100 meter All American, 2nd place for Shot Put All American and 3rd place in Long Jump Coaches All American.

Overall the Women’s Track team scored 47 points finishing 5th at Nationals. Ran by Coach Yarka Czajko. This is her 8th year in the program and her 4th year as head coach. Coach Czajko says “Our team goal for this year is to place in the top 3 in districts to bring home a plaque and to have the whole team qualify for nationals. Winners are made during the season champions are made during the off season”. Alongside her is coach Angel Solis with one returning runner

As for Tennis, they will start off their season on March 15th at Queensborough with a bunch of new faces ready to win. Last but not least our beloved men’s Tennis team coached by Sal Gilliam. Last year was a great year for our men’s tennis team as they dominated throughout the season with a 9 - 2 record they also went to win the 2013 Region XIX Championship in a neck to neck match against Gloucester CC. After this they traveled to national’s in Texas where they finished in 3rd place which is the highest place men’s tennis has gotten in Bergen history. Returning player Sophomore Ezeio Cecere said “This year’s team has an assortment of talent with returning players and new players to fill our spots. I feel we have a chance to defend our region title and get back to Texas.” Not only did the tennis team accomplished all that, they had seven First Team All-Region Honors, Kyle Fligel as 3rd Singles, Jabo He as 4th Singles, Eric Sapiro as 5th Singles, Carlos Munoz and Eroz Cecere as 2nd doubles and Dan Winters and Eric Sapiro as 3rd doubles. As for second team All-Region Honors we had, Rich Mills as 6th singles and for All-GSAC Jabo He as 4th Singles, Rich Mills as 6th Singles, Carlos Munoz and Eroz Cecere as 2nd Doubles and Dan Winters and Eric Sapiro as 3rd Doubles. With such a great last season we hope they start it off just as great on March 19th Home against Suffolk CC.

These five teams will all be fighting to win this spring and have all be training hard these last couple weeks. I wish everyone the best of luck and hope they make Bergen proud. GO BULLDOGS!