Nestor Melendez Is Going Home

ADRIAN YLLATOPA
STAFF WRITER

When appointed as Director of Student Life and Judicial Affairs in September of 2009, Nestor Melendez may not have guessed that five years later he would be leaving Bergen Community College as the Dean of Student Life and Judicial Affairs. If you had just a few minutes to talk to him, you could see why he is held in such high regard among the students of Bergen. Melendez radiates a great attitude and social skills, which is only part of the reason why he became the Dean of Student Life and Judicial Affairs.

Arriving from Fairleigh Dickinson University as the Dean of Student Affairs, Melendez knew what he had to do to establish a good rapport with the student body. With this experience, he knows it's the connection with the students that makes the job all that much more important. After his five-year tenure at Bergen Community College, Melendez states, “We’ve been able to create a sense of community, of belonging, of something that people want to be a part of, and because of that the students have been wanting to give in their time and effort...we’ve doubled our output by 100 percent.” He credits the team he had for the great upswing in student affairs at Bergen.

Having attended high school in Brooklyn, he left at 17 to attend SUNY Oneonta. He has not been back to live in Brooklyn the way he has wanted to. Melendez is now headed to his old stomping ground to be the Dean of Students at a high school for at-risk students. The job will entail the goal of trying to prepare the troubled youth for college. His desire to go back to live in Brooklyn has always been there, but it took the perfect mix of an opportunity and the struggle between the administration and the faculty of Bergen.

“The battles that have been happening here, it detracts from the work that we have to do. It forces people to think about other things because instead of thinking about the job that you’re doing, you’re worried about ‘Am I going to have a job?’” said Melendez. For him, he says it was a matter of survival; not letting anyone tell him he does not have a job at Bergen anymore. But do not be fooled by all this, he says. He discredits inaccurate remarks of him leaving Bergen because of what is going on, and instead says it is a case of serendipity.

Latin Ambition According to Joe Torres

NOURA DAKKA
STAFF WRITER

For the past 20 years, Joe Torres has worked his way up from being a “one-man band” reporter to a premier street reporter in the nation’s top television market. Wherever the action is, Joe is on the spot. Whether it is politics, crime or business, Torres has covered it all, becoming New York’s one and only.

Today, Torres is the host of the show Tiempo on WABC, channel seven, where he discusses concerns in the Hispanic community. “Education to Latinos is critical,” Joe Torres, WABC-TV reporter said during his presentation for Latino Heritage month. He believes that education is the way to power. Torres is a genuine New Yorker. He was born and raised in Brooklyn until he moved at the age of six with his parents to North Westchester County, and later graduated from John Jay High School in Cross River. Torres attended SUNY Brockport NY State University, where he earned his Bachelor of Sciences degree in Communication. Currently, Joe lives with his wife and two sons in the town he grew up in.

Joe Torres visited Bergen Community College on Oct. 2, 2014 to devote a speech in honor of Latino Heritage month. He stressed mostly about how important education is to Latinos. Latin Americans should be determinant and focused on getting the

(continued on page 2)

(continued on page 5)
The Peer Mentor Program assigns over 24 Peer Mentors to assist first-year students through the fears and rigors of their first year with an additional third semester of support.

The Peer Mentor Drop-In Center, located in room B-220 in the Pitkin Education Building, provides students with a gregarious environment. Students can expect guidance with assignments, emotional support, conversations of diverse hot-topics, a lunch buddy, referrals as needed and many other experiences as we (students) continue to make progress towards our academic, personal, and career goals.

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In the September edition of The Torch, we ran a story on the cleanliness of the facilities on campus, and these issues have been addressed. New Vice President of Facilities, Planning, Operations and Public Safety, William Corcoran, has answered the challenge on literally cleaning up the school.

Not only is Corcoran in charge of Public Safety at Bergen Community College, BCC President B. Kaye Walter has given him new responsibilities concerning the buildings and grounds.

Corcoran said on his transition, “Part of the reason why Dr. Walter put me in charge is we have work to be done. I’ll be the first to say that. There are a lot of areas in this building that need to be cleaned.” On his transition to his new position as VP, Corcoran said, “I’m not the expert, I’m not the original thinker here. I talk to people, but if there is a better way of doing things… I’ll find it.”

For six years, the cafeteria had exempted people from taxes when they purchased food from Gourmet Dining. From 2007, pricing for every section in the cafeteria stayed the same. However this semester, the cafeteria decided to exempt only students from taxes and tax anyone else without active student identification.

Susan Rubin, Food Service Director said, “The statute clearly states that if a student has student ID, they are exempt from the taxes.”

According to the New Jersey Division of Taxation, “The Sales and Use Tax Act specifically exempts sales of prepared food and drink to students enrolled at elementary, secondary, and postsecondary schools (N.J.S.A. 54:32B-8.3). However, cafeterias and other eating establishments at colleges and universities must charge sales tax to teachers and others that do not have a student identification card (N.J.A.C. 18:24-12.5).”

Rubin said, “In 2007, President Ryan and Tim Dacey, we built all this, we painted, we invested money, we were working partners and we respected each other. We incorporated Nathan’s into the cafeteria, and before that, it was just a grill.”

Mike Laverna, a Health Sciences major, said “If I was a little bit less organized, if I didn’t keep my student ID I mean, that would be a problem, but I keep it in my wallet so it’s not really a problem.” He continued, “I mean, everything is taxed now, so I don’t really think that’s a problem.”

Some professors have expressed concerns, however, as New Jersey has skyrocketed with food taxes, Gourmet Dining has had no choice but to tax those without student ID. Without active verification of student ID with Bergen Community College, you cannot be exempt from the taxes. However, for six years, Gourmet Dining had ignored the statutes and must follow NJ state protocol.
Bergen Community College and Fairleigh Dickinson University are partnering to offer you a more affordable path to a bachelor’s degree. Graduate with your associate’s degree from BCC, and you will be eligible to transfer to a FDU bachelor’s program at a significant tuition discount. Benefits include:

**Opportunities for on-campus housing scholarships**

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

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

Learn more at fdu.edu/bcc-fdu
**States Now in Control of LGBT Rights**

The Supreme Court is stepping aside and letting the states make their own decisions on the issue of same-sex marriages. Jim Bungardner who runs Bergen Stages was very excited with what’s going on. “I couldn’t be more excited about the latest decision for the Supreme Court to refuse to hear recent cases against same marriage,” Bungardner said.

“This has made it possible for same-sex marriages to be allowed in 30 states and the District of Columbia. That doesn’t mean a few of these states won’t continue to fight this on appeals, but I truly believe same-sex marriage will be legal in all 50 states in the very near future. However, I am biased... I have been with my partner for 30 years now and we were legally married in Connecticut 5 years ago! Many students at Bergen support for the LGBT community and a lot of them are allies that support the community and see it as equal. The popularized version of LGBTQQA+ stands for Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Asexual/Aromantic, Allies, and Advocates according to the University of Nebraska-Lincoln.

Samantha Perez, a student at Bergen, is a heterossexual female, and she is an ally to the LGBT community. Her thoughts on same sex marriage were very accepting. Many students at Bergen support for the LGBT community and a lot of them are allies that support the community and see it as equal. The popularized version of LGBTQQA+ stands for Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Asexual/Aromantic, Allies, and Advocates according to the University of Nebraska-Lincoln.

In the U.S. there are only 26 states that have lifted the ban on gay marriage. More than half the country has allowed gay marriage to be recognized, and those states have fought very hard to preserve gay couple’s constitutional rights. The Supreme Court has rejected to hear any case regarding same sex marriages, and now it’s up to the states to decide whether or not they will follow suit with the rest of the country.

With the Supreme Court now stepping aside, it brings a lot of hope to the LGBT community. It’s one step closer to making gays, lesbians, bisexuals and transgender people feel like they are accepted and wanted. These people are not different from anyone else so why should certain rights be taken away from them? Now it will be up to the states to fight, and this is a battle that the people of LGBT community are willing to fight for.

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**Joe Torres Comes To Bergen Celebrates Latino Heritage with future BCC leaders**

Continued from pg. 1

Joe Torres poses with BCC students

**From Mops to Flamin’ Hot Cheetos**

**NOURA DAKKA**

Ricardo Montanez came all the way from Los Angeles to give the students of Bergen Community College an inspirational speech for Latino Heritage Month. From a drop out student, he went from being a janitor at PepsiCo, to leading an international product for Frito-Lay; Flamin’ Hot Cheetos. This life changing experience made him want to give more than he has been given. With a heart full of generosity, Montanez wants to blow life into people. He calls that inspiration.

Fifty-one years ago, Montanez lived in a room apartent with his mother and siblings. Across the hallway happened to be the community kitchen, where he enjoyed breakfast with five other families. At the age of five, Montanez struggled to fit in at school. He could barely speak English, and he was discriminated against because of his race. Montanez tried hard to fit in with the “American” kids at school, and soon became very embarrassed to be Mexican. Finally one day he realized no one was created to fit in; everyone was meant to stand out. A little voice spoke to him saying: “It does not matter where you sit, what matters is what you think of yourself.” He then started standing up for himself, and learned he needed to fall in love with himself to be free.

“One revelation leads to a revolution,” Montanez explained in his speech at the Anna Maria Ciccone Theater on October 20. He took every opportunity that came his way, and never expected to reach the position he is in today. RichardMontanez decided to take them home and put some chilli powder on them. From this, Flamin’ Hot Cheetos were invented. With their famous cheese flavored dusting, so Montanez surprisingly managed to make it work.

“Flamin’ Hot Cheetos were invented. With their famous cheese flavored dusting, so Montanez surprisingly managed to make it work. There are about 54 million Latinos in the US - about 17 percent of the population. Plus, eight states in the US have a population of more than one million Latinos. California is known to have the largest population of 17 million. America is really a melting pot. Torres hopes the Latino heritage stays alive and the population keeps spreading.

Torres’ biggest challenge is making news interesting. He finds it arduous to approach all the different viewers, such as Facebook and Twitter users. It takes time away from his work to post updates on social networks to keep his followers riveted. Torres says being confident and bold when it comes to public speaking is what makes him able to communicate effectively, and that it contributes his success.

“If you can write, you can do just about anything,” Torres said. To him, it is very important that a person is professional with their work, especially writing. It makes him want to “jump out of his skin” when he notices a mistake.

Montanez’s CEO saw his abilities and saw an executive in him, and he was able to become the leader of Frito-Lay’s Multicultural Sales and Community Promotion Department without ever completing school.

“His took every opportunity that came his way, and never expected to reach the position he is in today. Richard said he never had a dream but success created a dream for him.”

While still working as a janitor, Montanez asked salesmen if he could join them during distribution, offering to help load and unload inventory. Montanez just wanted to experience the ride along. One day, a machine broke down in the factory, and some cheetos were missing their famous cheese flavored dusting, so Montanez decided to take them home and put some chilli powder on them. From this, Flamin’ Hot Cheetos were invented. With just two weeks to prepare a presentation for the company executives, Montanez surprisingly managed to make it work.

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Richard Montanez in BCC’s Anna Maria Ciccone Theater delivering his inspirational speech

Noura Dakka // The Torch
Remember, Remember the 11th of November

MELISSA PEREZ  
STAFF WRITER

November the 11, or as we know it, Veteran’s Day, came to be after World War I, when an armistice had been signed in the eleventh hour of the eleventh day of the eleventh month to put the violence of “The War To End All Wars” to a temporary rest. Due to that armistice, thousands of men – fathers, sons and brothers – were spared. Since then, we celebrate on November 11th with red poppy flowers and parades for the men and women who defend our nation’s freedom.

George Menoz, a Navy veteran who studies here at Bergen Community College said, “It is really a privilege to be a veteran.” November 11 is one of the days of the year that we can truly recognize and value the bravery and selflessness of such great individuals.

Veteran’s Day thanks our servicemen and women, but also serves as a reminder to never forget those who have fallen.

The poem “Flanders Field” by Colonel John McCrae exemplifies the sight of the “row on row” of graves of his men with red poppy flowers blooming alongside of the soldiers who gave their lives in the pursuit and protection of liberty and justice.

The poem represented the fallen soldiers and inspired two women, Anna E Guerin from France and Moina Michael from Georgia. Guerin and Michael had started selling artificial poppy flowers to raise money for orphans and those who have been affected by The Great War. With the sales the poppy flowers had became known as the Flower of Remembrance.

“Veteran’s Day means to me showing appreciation for our sacrifice,” said Ihsaan Smith, another veteran who studies at BCC.

“Everyday, we wake up in a free world where women vote and everyone has the right to an education, all thanks to our military. It is not only the sacrifice we made, but also I know others who are no longer here with us today - it is about their sacrifice too.” another veteran only known as AB pointed out.

Veteran’s Day is a day we say thank you to all that have served since before the World War I and for those who still serve and protect us. For we know America would be nothing if it were not for the sacrifices these men and women have made.

“Veteran’s Day thanks our servicemen and women, but also serves as a reminder to never forget those who have fallen.”

ADRIAN YLLATOPA  
STAFF WRITER

Adam Bucko: Occupy Spirituality

Spiritual director, activist and author, Adam Bucko of The Reciprocity Foundation gave three lectures at the Ciccone Theater on September 30. As it became aware to this writer that at least two of his lectures were different in content, I can only write about the lecture I attended.

The lecture was mostly a film entitled Invisible: The Film produced by his organization, and was aired on the CW Network highlighting the troubles of a selected few homeless youths in New York City. Their troubled lives are turned around during through their own perseverance and determination. The film received an Emmy Nomination under the New York Chapter of National Academy of Television Arts and Sciences in 2011.

Afterwards, Adam engaged in deep and thoughtful conversation with several students in the Ciccone Theater. Conversations included the questions, “What makes you sad?” and, “What are your dreams?” as each student answered and received feedback from Adam. Some students replied with the desire to become a police officer, a nurse or a chef, he followed up the dreams of the students with how they can use their aspirations to help the homeless of the area. He also gave his insight on what made the students sad, giving insightful and thought-provoking responses.

Adam Bucko founded the Reciprocity Foundation in order to reach out to New York City’s homeless children. According to his website, the Foundation is “using an integrated approach--that combines contemplative and spiritual care with internships, job trainings, access to higher education, holistic health care services, and life-leadership development--the Reciprocity Foundation has helped hundreds of homeless youth reach their full potential.” The organization is nonprofit and it will be celebrating its ten year anniversary next year.
In a recent study, “A Matter of Degrees, Practices to Pathways,” published by the Center for Community College Student Engagement, authors describe why it is time to redesign higher education.

“What’s new on the horizon is that today’s nationwide focus on college completion is central to both individual and societal success. For individuals, obtaining a credential has become essential to earn a livable wage and support a family. In addition, as each person’s educational attainment increases, so does his or her capacity to contribute to the economy, his or her community, and the democratic process.”

The authors go on to describe the high-impact practices that improve student outcomes, including: Required Orientation and registration before classes begin, class attendance, alert and intervention, and structured group learning experiences.

These 14 best practices have been shown to assist students in meeting their goal of obtaining a credential. Along with these high-impact practices, key design features for redesigning the student experience are also shared, such as: Aligning levels of learning, coalescing arts and sciences with career and technical education, integrating student learning and support, connecting classroom learning to applied learning, merging curricular and co-curricular learning, and bridging the for-credit versus non-credit gap.

At Bergen Community College, we believe that all students should have the opportunity to attain an educational level that will allow them to earn a livable wage and support their families. For this reason, we support the implementation of high-impact practices that assist students in meeting these goals.

A review of the lists reveals that many of the practices and features are already at some stage of implementation at the college. In addition to our national award winning tutoring center, The Cerullo Learning Assistance Center, the faculty members in developmental English and math have adopted accelerated models, and we are currently running a very successful large-scale pilot of our student success course. We also instituted a no-late-registration policy that ensures that students are in class for the first day of instruction.

Plans for a mandatory orientation, a full scale learning communities program and a more robust first-year experience for students are all in the works. The recent academic reorganization and planning for new programs, such as fashion design, represent our attempt to further create stronger pathways for all students.

Why Student Success Matters

DR. B. KAYE WALTER & DR. WILLIAM MULLANEY
PRESIDENT OF BCC AND VICE PRESIDENT OF ACADEMIC AFFAIRS

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The Sun Will Kill Us One Day Anyway
Take Risks & Live Free Before Galactus Gets Here & Eats Everybody

With that being the case, we can not just leave things for tomorrow. We must grasp the future today and use what we have at our disposal in the manner to best propel us forward and achieve a life worth living.

Becoming Editor-In-Chief unexpectedly during the middle of a semester presented similar problems. It is an honor to be able to lead a group of like-minded individuals towards spreading truth and transparency, an honor that is usually only given to one student a semester.

When opportunity presents itself, you lose nothing by trying, but everything by letting it go.

This editor declined the idea of being EIC twice before luckily being presented the challenge again. Why? Because he was uncertain of what the future held and if he would be able to run the position in the way it deserves. However, when he was alone with his thoughts, all the reasons to why he couldn’t do it disappeared. Everything that was used as a barrier vanished, leaving only the truth. An amazing opportunity lost, because of fear and uncertainty.

Now he is beyond grateful for the opportunity, in a short two weeks, he shifted the course of events of his life and gained experience and knowledge that he will carry for the rest of his life, things he almost didn’t get to have.

Why is this story relatable? Because this is something that plagues students that don’t know where they’re going and who are not satisfied with the choices they’ve made. Students are currently going through a transitional period in their lives that is commonly full of uncertainty of the future, it’s easy for one to fold under pressure. Expectations are set high for us, “you are the generation that will lead the country one day,” or, “the future of the world is in your hands.” Those are mighty big shoes to fill, and we don’t want to make the wrong choices or disappoint. Sometimes we may have family members or peers that would judge us if we stray away from the “sure path.” Sometimes, these people are obstacles, preventing you from trying new things and discovering the passion that makes waking up in the morning not a nightmare.

When opportunity presents itself, you lose nothing by trying, but everything by letting it go. It’s similar to an athlete not competing in the sport they love because they fear getting hurt or never meeting new people because you’re scared of rejection. What you gain far surpasses the amount of troubles you must go through to achieve it. What you learn is priceless.

It’s impossible for you to know exactly what life will bring you. This is what I suggest; just do what everyone else is doing, “fake it, till you make it.” That way you may stumble upon a treasure you never thought you would consider gold. Give 100 percent of yourself in all of your endeavors, and sometimes, success will come to it, guaranteed.

Take advantage of this time, acquire all the knowledge you can, gain as much experience as possible, make as many mistakes as needed, but in the end, know you did all you could to achieve your dreams.
Uncle Blair: My Pen Is Sharper Than Your Sword

BLAIR DELONG
NEWS EDITOR

I never thought I would be in college at 30 years-old. I wanted to be a Marine for the rest of my life, bringing the fight to the scum and bullies of the world, but things change, unfortunately. Now, I’m not going to sit here and give you a sob story as to why I can no longer serve in the Corps that I love, but I will give you something much better.

So I had to trade my rifle for a pen. I no longer take the fight abroad, but now I have taken my fight to the Senate. This fight has been against a few key members of the Board of Trustees and their union negotiation team. Never in my life have I seen such blatant disrespect to those that are charged with the improvement of student’s educations by blocking the well deserved raises of the faculty that actually do care about the students.

I’ve seen the Chairman of the Board of Trustees, E. Carter Corriston, bully and talk down to the Student Government Association representatives of 2013 during a board meeting. I’ve seen Corriston try to intimidate and humiliate my predecessor, Pepe Romero, during yet another board meeting. I know which Romero asked the chairman to apologize for his unprofessional actions against the SGA and the student body as a whole.

In May, during another Board of Trustees meeting, Corriston attempted to silence the voice of the members of the audience by trying to keep anyone from speaking when the meeting was opened up to the public. Being a lawyer, you should have more sense than to even think about walking away.

I stated previously, I might not carry a rifle anymore, but I carry something far more dangerous: A pen. Listen to me, and listen to me well, Corriston. You are a coward, you hide behind the power of your position and refuse to help those who need it; the faculty and staff. Mr. John Schepisi, BCC’s legal counsel, along with the negotiation team, are laughing at all of us as you lord over this school like some petty fiefdom. My tuition is quite literally the blood I have shed in order to better my life. But you’d rather use it to buy another round at the Graycliffs instead of giving it to the folks that deserve it. I for one think it’s time for you to step down and let someone else lead who has the best interests of the students in mind.

Alas, I know you won’t and you’ll mumble about how I’m personally attacking you and the rest of the old boys club. You are laughing at all of us as you lord over this school like some petty fiefdom. My tuition is quite literally the blood I have shed in order to better my life. But you’d rather use it to buy another round at the Graycliffs instead of giving it to the folks that deserve it. I for one think it’s time for you to step down and let someone else lead who has the best interests of the students in mind.

Don’t Tread On Me

DEVIN MERCADO
CONTRIBUTING EDITOR

Ebola, Ashes to Ashes
Do We All Fall Down?

Ebola has killed over 4,400 people, with over 8,500 cases since April 2014, the beginning of the most recent outbreak in West Africa. The World Health Organization (WHO) claims that 70 percent of Ebola cases become fatal. Anthony Bransbury, head of the US Mission for Ebola Response said to the UN Security Council via video-link from West Africa, “If we do not get ahead of the crisis, we do not reach our targets and the number of people who have the best interests of the students in mind.

The one that is infecting people recently is the Zaire strain; the most deadly of all strains. Ebola Hemorrhagic Fever (EHF) is a viral disease that creates a systemic infection in humans; meaning all organs and tissue, other than bones and skeleton, are under constant attack. It liquefies your organs, and flushes them from your body.

The symptoms of Ebola appear two to 21 days of exposure, and needs to be recognized within the first week for treatment to have a chance of being successful. Ebola can not be spread through skin contact, air, water, or food grown in the United States. Direct contact with bodily fluids of a person or animal with EHF can definitely give you EHF, as well as needles or medical equipment contaminated by Ebola.

Now, before you become afraid to leave your home, our system of containing the disease is extensive as well as it is expensive. Facebook creator Mark Zuckerberg and his wife, Priscilla Chan have donated $25 million to the Center of Disease Control to contain the outbreak of Ebola. They are currently testing a Canadian vaccine in Maryland on 40 human volunteers. Prior to this test, the vaccine has proven 100 percent effective preventing Ebola in primates and increases chances of survival for primates when given quickly after being exposed.

When asked, Dr. Irene Matejko, a professor at BCC what we could do to prevent the spread of Ebola, she said we should “wash our hands all the time...sanitize doorknobs...anything that people touch.” It’s the best thing we can possibly do, not just for Ebola, but for the prevention all disease.

ISIS is NOT Islam

pg. 11

OPINIONS

TheTorch

pg. 14
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ISIS is NOT Islamic

NOURA DAKKA
STAFF WRITER

Islam has faced a great deal of strident accusations for so long now. Being labeled as the religion of “terrorism,” it is like all people want it for it to vanish. A picture has been painted, showing one angle of the story; obviously not the truth. Islamic State of Iraq and Syria, also known as ISIS, has lead the world to believe that Islam is relentless. But, in reality, ISIS is demolishing the true meaning of Islam, “The Religion of Peace and Forgiveness.”

ISIS is a group of so called “Islamic Extremists,” running around the Middle East, slaughtering innocent people, claiming they represent Muslims. They are relentlessly beheading one person at a time, shooting young children and bombing houses. Videos have gone viral of ISIS members smiling and laughing as they execute Syrians and Iraqis. They are proud to easily be able to make Muslims look cruel. Unfortunately, the media has its own cut in supporting ISIS’ intentions.

News channels expose the awful actions of ISIS and call it “The Islamic State.” So now, all over the world, fingers are being pointed, saying Muslims are radicals. These accusations have set off conflict. Suddenly, every Muslim is assumed to practice the same religion as ISIS. People do not see that because they do not want to look in that direction. They are instead to stay brainwashed with all the deceits placed in their heads. Instead of following the leader, why don’t people follow the truth? It is clear, it does not need translation.

Muslims live all over the world, yet all this terror is happening in one place by a specific group. If Muslims were really as brutal as ISIS says they are, then every Muslim would be running around chopping people’s heads off. Plus, why would Muslims kill their own people? It just does not make sense. There are ruthless people everywhere, they do not have to be Muslims.

Moreover, ISIS is waving their flag with the interpreted imprints “No God, but one,” yelling out words from the Quran; changing the whole meaning of the book to expose the religion unjustly.

Even if ISIS claims to be Islamic, they are doing the complete opposite of what Islam represents. ISIS is a cliché, typically trying to fill the world with hate and fear. ISIS is not a group of Islamic extremists, but more of a group of sick ignorant savages. Muslims are, in fact, fully against them and just want to bring an end to their atrocities.
Keep Calm and Lead On – That Mantra was the cornerstone message given to the 36 students who attended Bergen’s “Leadership Weekend” Retreat. The saying was plastered everywhere; folder handouts, booklets, pens, and a cool t-shirt donned the catchy phrase. Of course, with the influx of “Keep Calm” memes that circulate throughout the internet, the material practically wrote itself like a Presidential campaign slogan. However, Bergen’s Student Life team consisting of Greg Fenkart (Coordinator of Student Life) and Juhi Bhatt (Coordinator of Judicial Affairs/CTE Counselor) did not orchestrate this event to help breed a slew of politicians and bosses; it was a facilitator to bring the leadership out of each individual.

“Greg and I work as a vessel work for the students to find the answers... It’s already inside of them” Bhatt passionately stated. A vessel indeed, as throughout the three-day stay at the Wyndham Hotel, students were encouraged to explore and share ideas on what truly makes a leader in today’s world.

There were various activities throughout, but the one common bond that was shared between them all was active participation. Ice breaker games involved student cooperation, speakers working symbiotically with the group as students shared ideas and questions throughout, and group discussions amongst their peers allowed for a more intrapersonal look into what qualities of leadership lie within each other.

Professor Mecheline Farhat’s “Boss vs Leaders,” themed seminar was an enlightening take on how traits of leadership are independent from holding a position of power; a concept that gets unknowingly combined all too often. In reality, “A boss is somebody who is feared, a leader is somebody who is respected” stated Farhat.

Students then explored their leadership traits at a much more thorough level during Gina Hermann’s and Juhi Bhatt’s workshops in which questionnaires were handed out to measure the various qualities in the individual. The final result lead to the classification of an animal such as a shark or an owl which represented their personality. Realistically, one cannot expect to be a single trait continuously, but “balancing all traits makes the best leader” states Bhatt.

Discussion brought forth by the facilitators of Leadership Weekend were some of the most sobering times of the retreat. Each of them were chosen to lead a smaller group through periods of speaking together. Led by Student Government Association Executive...
tive Board Members Laura Hoyos, Natasha Pineros, and Michelle Perez along with Student life members Jenny Gamez and Alex Nunez, the style of conversation was at a relatable and personable level that almost felt nostalgic; harkening back to when listening and interacting wasn’t interrupted by smartphone use.

That very sense of individualism in today’s culture is what Student life’s Joli Nelson spoke of, when she focused on one of the most overlooked aspects of leadership, compassion. Using the story of the compassionate elephant was the perfect segue into painting the picture of how a leader must move forward with empathy and objectivity at once. The understanding of knowing that one is a part of something bigger than oneself is what separates the selflessness of a Leader from the self-centeredness of a boss.

Professor Win Win Kyi has been prevalent in Bergen’s Leadership Weekend for many years, essentially delved into how to live the catchphrase that was used throughout the event. “Meditate and take 5 minutes, contemplate what you eat, the air you breathe,” stated Win Win as she encouraged a life of Balance of “Yin-Yang.” To some she is considered to be Bergen’s Yoda, and in that regard she responded with “You are the master, the Yoda in your life.”

The final practice acted as a sort of seal to the experience that was Leadership Weekend; a group participation act called “Touch Someone.” The practice let people know through anonymity just how much they are looked at in a high regard by their peers. It was a genuinely moving experience that did not leave a single dry eye in the room. Leadership Weekend made it clear that its that loving kindness that today’s leader must exemplify if we are to move on into the next generation. The retreat may have facilitated an epiphany for some of the students, while some it may have just been a point in the right direction. The take home message resounded with all as every individual has the capability to lead in their own right.

“The world is your oyster”
- Joli Nelson

“Make Bergen what it is; or make it what it is not”
- Win-Win Kyi
Student Center Overrun with Brilliance

MELISSA PEREZ
STAFF WRITER

The STEM Club grasped the student body’s attention last month by filling the Student Center with devices that can change a society. STEM (Science, Technology, Engineering and Math) club held a science fair Oct. 16, combining their efforts with the Math Club and Phi Theta Kappa to present an exhibit of the projects the club has developed. Colorful, bright booths lined up and down the Student Center, and to top it off, there was a short film that the STEM club projected onto the black curtains displaying the club’s activities from the previous year.

The fair incorporated all mediums of science, from biology and environmental to engineering science. All of the projects featured were monumental for Bergen Community College and society as a whole with the power to make a positive difference.

The members of STEM created and presented inventions such as a vertical wind turbine, a solar concentrator, drones and more. A majority of the inventions concentrated on environmental science, their main objective being refining engineering for the production of renewable energy.

One booth presented a project that might not have been the most eco-friendly, but certainly life changing. Amazon was the company that originally brought drones into the concept of everyday use for making deliveries easier and faster. BCC’s STEM club has not only created their own drones, but they plan to use their drones to make a 3D map our of campus and document the construction of the highly anticipated medical arts facility.

STEM has many ideas and aspirations for the oncoming future for Bergen Community College. “Our goal is to achieve and increase the number of students who get involved with science and technology and engineering and mathematics majors, and have fun and learn in the process,” President Jorge L. Roldan commented.

Overall, the STEM science fair was a rousing success, proving that science can be anything but boring, and the students who make up the club are dedicated, intelligent individuals striving towards great change in the modern world.

“The fair incorporated all mediums of science, from biology and environmental to engineering science. All of the projects featured were monumental for Bergen Community College and society as a whole with the power to make a positive difference.”

Cousin Ricky’s and Uncle Blair’s Controversial Cartoon Corner:

Pasteurization: Heating a liquid to get rid of all the germs.

Uncle Blair knows his science; and so does The Torch.
Yik Yak Is Where It’s At!

HECTOR TORRES
STAFF WRITER

Imagine this: The ability to carry out all of your secrets online anonymously. A new app by the name of Yik Yak does just that. It has developed into the latest trend since Vine. The app has increased its popularity, targeting campuses nationwide.

When two graduates from Furman University, CEO Tyler Droll and college friend and COO Brooks Buffington, launched the app in 2013, they did not expect such a large outcome and a large response. Developers have said, “At some of the universities, as many as 10,000 students are on it and 100 new messages are posted every ten minutes.” Developers are investing into updating the app on both iOS and Android systems.

Unlike other social media apps like Facebook and Twitter, where you’re obligated to give your personal information, all it takes is one simple click to download and you’re ready to start the anonymous posting fiasco. Yik Yak developers only allow users to post text words; similar to how Instagram only allows pictures and videos. The user, however, can only view posts within a 1.5 mile radius. For example, if the user is in Bergen Community College, he or she is only able to see the posts about BCC.

Users can have fun by posting their thoughts and earning Yakarma points; for everyone to be involved in ending the “man-hating,” and concentrate on working together as one.

Watson added: “I decided I was a feminist and this seemed uncomplicated to me. But my recent research has shown me that feminism has become an unpopular word. Apparently, I am among the ranks of women whose expressions are seen as too strong, too aggressive, isolating, anti-men and, unattractive.” What she clarifies is that feminism is not about hating men, but rather about fighting for women equality together.

She invited everyone to join in by ending her speech saying, “We are struggling for a uniting word but the good news is we have a uniting movement. It is called HeForShe. I am inviting you to step forward, to be seen, to speak up, to be the ‘he’ for ‘she’, and to ask yourself if not me, who? If not now, when?”

Anyone can join this movement by taking action and encouraging men and boys to take action against the inequalities that girls and women face globally. To find more information about this campaign go to www.heforshe.org, where you will also be allowed to sign a petition and agree to help improve this movement. Everyone can help spread the word by uploading a picture of yourself or someone else with the #HeForShe hashtag on social media sites.

(continued on page 17)
NASA and various private industry companies, like Northrop Grumman and Tinsley Laboratories, are building a space telescope called the James Webb Space Telescope, or JWST for short.

Originally called the Next Generation Space Telescope, in September of 2002, NASA renamed the telescope after legendary NASA administrator James E. Webb. Webb was the administrator for NASA from 1961 to 1968 when the agency was preparing its first space shuttle to send a man to the moon. He even had connections to John F. Kennedy, whose “Decision to go to the Moon” speech followed the founding of NASA in the same place.

Space telescopes like the Hubble and James Webb are not only capable of registering visible colors, but also use wavelengths outside the visible color spectrum to reveal the secrets of the universe. Hubble used ultraviolet waves, and now James Webb will use infrared waves to study nebulae (star nurseries), galaxies and exoplanets (planets outside the solar system).

The concept of using infrared light to study the universe is extremely significant and is one of the major improvements from the Hubble, which was launched into low Earth orbit over 20 years ago in 1990. Infrared light allows scientists to see the oldest galaxies. By seeing those ancient galaxies, they see into the early stages of the universe. The farthest the telescope has traveled is 13.4 billion light years away. Using infrared waves will allow us to look at those far galaxies eons old.

Some other improvements that the JWST will make from it’s predecessor Hubble, is a larger mirror surface area divided into multiple subsections instead of one big mirror like Hubble. The JWST will also have better stability than Hubble because of a more efficient and less damaging gyroscope, and it’ll be launched a million miles away from earth, instead of orbiting like the Hubble. The JWST will also have better heat resistance and better manufacturing materials, like Beryllium, for the telescope’s mirror instead of regular glass like the Hubble has.

The JWST will be launched in 2018 in French Guiana from the European Spaceport. NASA will use the Ariane 5 rocket (a European rocket) to launch the telescope. This is an exciting time for exploration. With constant advances in aerospace and other technologies, humanity is getting closer to answering the heart wrenching existential questions that have plagued man for thousands of years. Where are we going? Where did we come from? And are we alone? Until those questions can be answered or until space travel is developed, people will just have to, in the words of famous astrophysicist Neil Degrasse Tyson, “Keep Looking Up.”

THE TORCH

Dennis Pearson Jr.
Staff Writer

For the month of October, Bergen filled the calendar full of events/activities, from introducing Latino Heritage guest speakers, to zumba day and Music Mondays. This month was a success in getting students involved.

As October has come to an end, Halloween arrived and was celebrated here on campus. The Student Activities Board held their Fall Fest that took place in the student center. From boom plaster to classic sumo wrestling, students were greatly participating while enjoying candy apples and other delicious desserts that were being sold. All proceeds went to Bergen County Family Promise in Ridgewood.

Another event that took place was the Halloween Party held by 123-Connect and the Latin American Student Association, in the Tech Building on October 30, 2014. The environment lacked imagination and creativity. Decorations included fake webs and orange twinkly lights, which were a nice touch. Of the decorations, the best one was the projected clips displayed behind the DJ booth. These clips including favorite classic Halloween shows like the Adams Family and The Bride of Frankenstein. In addition to decorations, food and beverages were served, and who doesn’t like free food?

Adams Family and The Bride of Frankenstein. In addition to decorations, food and the DJ booth. These clips including favorite classic Halloween shows like the Adams Family and The Bride of Frankenstein. In addition to decorations, food and beverages were served, and who doesn’t like free food?

Another activity that followed up was the costume contest. Whomever chose to dress up to school was considered for best costume. Students got creative from dressing up as Rafiki from the Lion King to Harry Potter and Hermione, as well as some classic spooky looks. Given the fact that LASA assisted in organizing the Halloween party, the music appealed to the great amount of Latino and Hispanic students who attended.

The festivites carried on to Halloween morning when Student Life held a “Mummy Morning” which took place in the student center. Students were given the opportunity to participate with a friend and wrap the other person up in toilet paper for the best mummy look. Another activity that followed up was the costume contest. Whomever chose to dress up to school was considered for best costume.

Bergen Community College did an overall good job in welcoming Fall to the student body.
**A Look Inside of Destiny**

Amber Jasmine

Yik Yak Is Where It’s At!

**Know Where is What, but not Who is Who**

Continued from pg. 15

Patron Of The Art: Save Local Music

Joseph Cirilo

It’s only natural to believe that the music industry as a whole is currently on the decline. You wouldn’t be wrong in that assumption, mostly because actual music is a dying artform, and real artists are almost an extinct species.

Way back between 2004 and ‘05, at the height of trends coming and going through places like Crossroads of Columbus in Lyndhurst, where musicians like 181 To Weenakwen, Patent Pending (before their big break), Van Atta High sold out more quickly than anyone was prepared for. A predominantly screamo/punk record, which admittedly scored a few bag-acts, Van Atta High sold out more quickly than anyone was prepared for. A predominantly screamo/punk record, which admittedly scored a few few.

There are three types of guardians: Titans, Warlocks and Hunters; all with their own distinct playstyle and abilities. ‘The three playable species are Human, Awoken, and Exo, all bring just cosmetic choices, as the only time you can see your chosen race is when you are at the Tower, the central social hub of the game. Once you choose a species to create your guardian you are able to start the game after a short tutorial. There are five different types of game modes: Story, Patrols, Strikes, Raids and the Crucible. There are three different areas, or planets, that can be explored, which include Earth, Venus, and Mars, with the Moon also making an appearance.

Destiny is that type of game where its not too fun playing on your own. Even though I’m a level 21 Titan a class that specializes in defense of their teammates or an unstoppable bruiser, I personally prefer playing with my friends than on my own. It makes it easier, since for each story mission, you can pick your own difficulty, and each mission ends with a boss battle of varying difficulty. I recommend not doing Phogoth on Moon, or Valus Ta’aurc on Mars on your own. To me, those are the hardest battles, and it takes forever to defeat them, even with a group of people.

With its graphics and gameplay, I would give Destiny a shot. Come be a part of the 3.2 million people who, including myself, play the game everyday.

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With its graphics and gameplay, I would give Destiny a shot. Come be a part of the 3.2 million people who, including myself, play the game everyday.
Hope came in the form of thousands of people of all ages and races with over 200 teams meeting at Bergen Community College to walk to end Alzheimer's. The walk took place on Oct. 26, 2014 and was the first time it was held at BCC, organized by the Alzheimer's Association New Jersey branch and ran from 9 a.m. to 12 p.m. Many participants came with their entire families and even their dogs. Other schools also came to show their support.

Behind the tech building there was an ocean of people registering and preparing for the walk. As participants headed to the meeting spot behind the tech building, the air vibrated with loud thunderous cheers and chants from schools and teams. It was obvious people were very proud of their teams and the effort they put into their fundraising.

An envelopment of smoke rose from one of the booths as cooks were hard at work, making hot dogs and burgers. Sponsors of the event like Sunrise Senior Living and Daughters of Miriam were selling merchandise and giving out information. A DJ played popular music on top of an outside stage and clowns entertained the kids. There was also a booth that provided information about Alzheimer's.

One special part of the walk was the holding of flower shaped windmills. There were four different colored windmills and each windmill represented a different part of the Alzheimer's struggle. People that have Alzheimer's carried the blue windmill, those that support the cause carried the orange windmill, people that are caregivers of Alzheimer's patients carried the yellow windmill and those who have lost a loved one to Alzheimer's carried the purple windmill, which is the Alzheimer’s Association’s official color. The diversity of colors people carried matched the diversity of the people. The day of the walk was beautiful and extremely windy which caused the windmills to spin with an intensity and determination that matched those walking.

Before the walk, representatives of the Alzheimer's Association like NJ chapter CEO Kenneth Zaentz and politicians like Bergen County Executive Kathleen Donovan spoke to the crowd. They spoke about how Alzheimer’s has affected them, the need for Washington to be aware of the seriousness of this disease and that they need to act. They thanked the sponsors each by name and they thanked the volunteers of the walk.

As people walked, they took the time to bond and talk about their experiences and their struggles relating to the disease. Kids raced, people took group pictures and essentially found a positive side to their suffering; the community involved with the disease.

Three participants were asked to give their thoughts on the walk. Lois Sieklik from Denville, NJ is a caregiver to Alzheimer's patients and has lost people to Alzheimer's. She's a part of “Outdoor Single Friends” which was one of the teams and is an Alzheimer’s support group in Morris County. It was her first year doing the walk and she thought “It went very well,” Sieklik said. “I enjoyed the concessions and flowers and thought it was well organized,” she said.

Yessi Cardozo from Elizabeth, NJ has been doing the Alzheimer's walk since 2011 and was a part of Team Castillo who was honoring two people that died of Alzheimer's. Cardozo said, “I didn’t really care for this year’s walk and thought that things were more distant”. She said, “in previous years more people attended the walks”.

Glynis Sanders also from Elizabeth, NJ has been doing the walk for two years. She was a part of a team called the Arden Courts housed in West Orange and was volunteering her time for a church initiative honoring her pastor’s mother who died of Alzheimer's. She said, “the walk was nice and organized but short. The people were pleasant and I enjoyed the candy and events of the walk. This year had a bigger turnout than last year and there were more younger people attending the walk this year”.

The walk raised over $300,000 out of a $437,000 goal. “This is our first year at BCC and we’re thrilled to be here. We hope that BCC will become the new home for the Alzheimer’s Association walk,” said CEO Kenneth Zaentz. It’s a magical thing having thousands of people of all backgrounds work together for one cause.

“ When we are young, we learn to walk for ourselves; when grown up, we learn to walk for other people.”

DENNIS PEARSON

“Features 18

DEPARTMENT OF SCIENCE

SUNRISE SENIOR LIVING

SUNRISE SENIOR LIVING

DEPARTMENT OF SCIENCE

SUNRISE SENIOR LIVING

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SUNRISE SENIOR LIVING
Neil Simon's love letter to his upbringing, "Brighton Beach Memoirs", was brought to life by BergenStages. Directed by veteran Ken Bonnaffons, the retelling of the 1983 semi-autobiographical play managed to capture what makes a Neil Simon show so engaging; the down to earth wit and personality that shines in his storytelling that makes his work so iconic.

The first in a trilogy that follows the main character Eugene Jerome (Max Rispoli), Brighton explores the 15-year-old's growth into manhood during the 1930s as he longs to be a writer and New York Yankee Ballplayer. All the while his Brooklyn native Jewish family, which consists of his mother Kate (Maritza Garcia), father Jack (Ray Parente) and brother Stanley (Dakota Librescu) deal with the struggles of a working class family. Eugene's aunt Blanche (Jessie Jones) along with his two cousins Laurie (Eliana Arias) and Nora (Brenda Garcia) are also living in the same household due to the passing away of their father. The mixing of old and new issues leads to family growing pains.

On the surface it sounds like a family growing pains. The performance opened on Oct. 24 with the last show premiering on Nov. 1 in Ender Hall's Lab Theatre, and it was a hit with the crowd, selling out all but one night of performances. Tom O'Neill's work on constructing the stage allowed complete immersion for the viewer to delve into the '30s Brooklyn time period. The design had a warmth to it, and the musical score complemented that, invoking a sense of nostalgia.

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Brighton never aims to be a full fledged comedy, nor is it a melodramatic epic either. It does however incorporate traits of both humor and sincere storytelling, and Bergen's rendition of Simon's personal tale captures those very traits.

The Big Event offered a workshop every week. Each workshop focused on a group of students in Bergen Community College that have a low graduation rate. The groups of students they focused on were Veterans, Latinos/Hispanics, Non-traditional, and Progressive Males.

The third workshop was for Progressive Males. In this workshop they discussed the importance for Black and Latino male students to stay in school and graduate. For that week of the workshop they helped out with the food pantry.

The final workshop was for Non-Traditional Students. In this workshop a small amount of students showed up and they did express some interest in the guest speakers, especially John Moreno-Escobar. Moreno-Escobar was one of the outside guest speakers from The City University of New York. The service event for that week was The Alzheimer's Walk. The walk's attendance numbers have grown so much that it was moved to BCC.

The Big Event gave PTK the chance to reach out to students and invite them to change the world.
Global Business School

An innovative global program that prepares students for the world of international business. Kean’s Global Business School will provide you with global perspectives and cultural interactions while developing your leadership skills in the global arena. Located in a new, state-of-the-art facility, this program emphasizes a curriculum focused on:

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- New curriculum that prepares students for the global workforce

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Why is society so bloodthirsty? UFC, football, MMA, lacrosse: sports that can potentially kill someone, yet we love and support each one. Violence has officially become a part of American sports culture.

Violence is craved by the majority of America’s sports industry; in hockey, football and even baseball, brawls have become not only an accepted part of the game but a celebrated one.

Why are you hitting yourself?

Society’s Obsession with Violent Sports

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Concussions are amongst the most common injuries in the dangerous world of sports, so why do we still keep overlooking them?

According to the Centers for Disease Control and Prevention, "a concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works." Furthermore, it is an injury to the nervous tissue of the brain which can leave long-lasting injuries and could affect the nervous system in catastrophic ways; in extreme situations, concussions can result in death.

These injuries are easily overlooked by athletes who are used to physical activity and contact sports, yet it could be underestimated and remain untreated, leading to unprecedented and unexpected consequences.

Bergen Community College offers basketball, baseball, soccer, and wrestling; these sports are within the top 10 most dangerous sports as ranked by livescience.com and also within the top 10 sports most prone to concussions. Whenever a serious blow to the head occurs, an athlete should immediately seek assistance from a health care professional. It is easy to stop doing whatever sport it is that they are doing, drop to the ground, and wait for Herman Castano, BCC's Athletic Trainer, to examine them.

It is important to examine them, to determine if it is a concussion," said Castano. The basic procedure to diagnose a concussion involves an immediate "quiz," which poses basic questions after the accident, determining the players state of mind following the injury.

If a concussion has taken place, the athlete will be taken to a medical facility and determine how serious the brain injury is through a CT Scan examination.

To treat the concussion, the health professional will attempt to control the physical symptoms first, so apparent. Rufo added "We are young and we have a lot to learn, but Coach[Guillen] has reminded us that tennis can be very consistent. Winning and losing comes in bunches so he tells us to not let mess ups continue."

For the Bulldogs Womens Tennis team at face value may seem floundering at the moment due to its unsatisfactory record; but thats fine as unripe fruits aren't meant to taste good anyways.

Theres a reason why the overused saying of "Patience is a virtue" holds merit - its a truthful statement. The Womens Tennis team will work on this offseason, and hopefully in 2015,
Everyone loves a David and Goliath story, and for Abdel Kader Sardena, his conquering of Tennis embodies that very same tale. A Biology major with a 3.9 GPA and aspirations to go to Med School, Sardena is among the very best Tennis players that Bergen has to offer, but that wasn’t always the case. Sardena’s love affair with Tennis began in Garfield High School when he unsuccessfully tried out for the tennis team during his Freshman year. The next year fared better for Sardena as he managed to make the team, but not without putting in the work that reached Rocky-esque proportions. “I practiced and practiced and practiced every day, even nights if I could.” He said confidently.

Drill repetitions of Serving, Backhands, and footwork exponentially improved his skillset, and by Sophomore years end, he managed to win his first tournament at the Hackensack Commons Invitational. “I was facing Juniors and Seniors as a Sophomore so I had to step my game up, and by the time I became a Senior, I started to break some school records.”

The work that Sardena put into his game to reach that level came from various sources; for one, his love for the game from all aspects makes his play enjoyable. “I enjoy all parts of the game both offensive and defensive, but I love the mental aspect of the game most of all!” he later added that “I have lost games to people worse than me due to my mindset, and I have beaten people better than me due to how I approached things mentally too.”

In that very same mentality is where Sardena finds even more inspiration through his loved ones, notably two of his close friends, Michael Kabai and Allen Everett, who both tragically passed away. Sardena stated “I looked up to them, and they were great guys. They also gave me hope and motivation. If my friend[Allen] who was battling cancer at the time and still winning in tennis, then there were no excuses to be made.”

Moving on into the future, Sardena looks to take his talents into a Division 1 or 2 school, but not without having aspirations to win championships here at Bergen as a Bulldog. Sardena has overcome obstacles before, and he looks to demolish the blockades one serve at a time. With his father’s words of wisdom given to him as a child that encouraged action, “There’s no reason for you to not climb the ladder, there’s no ‘why?’ you either do it or you don’t.” are words that act as a call to arms for the young tennis player who is no longer the underdog, but a Bulldog.

Bergen’s very own volleyball team kickstarted the season on Aug. 26 with their first scrimmage which unfortunately ended in a tie (0-0) against Hostos Community College. The girls went up against Hostos once again on Sept. 4th, and won (3-1).

On Sept. 6th, The Bulldogs went to Lackawanna College for a tournament against Cecil College and won (2-0), then suffered 2 losses against Lackawanna College (2-0) and Queensborough College (2-1).

They redeemed themselves when they won two consecutive games against the Community College of Philadelphia (3-0), Union County College (3-1).

During their Union CC & CC Morris Tri-Match, they won against Tri-County (3-0), but lost against Union (3-1).

On Sept. 16th, 18th and 20th the girls had 3 wins against Middlesex CC(3-0), Passaic CC(3-1), and Raritan Valley CC (3-0). The streak was once again broken by Bergen’s biggest obstacle this season, Ocean CC (4-1). On Oct. 8th the girls went against Bronx CC and won (3-0).

Although, the times for the Region tournament start on Oct. 18th are still “To Be Announced” the girls are putting up a good fight. On October 6, Egnatia “Nadia” Vaso was announced student athlete of the month of September, due to a spectacular beginning of the season. Nadia Vaso earned herself the title through hard work and perspiration, with a .306 assist in 15 games, she ranks 34th in the nation and 29th in the nation for assist per set at 6.24. During this season, Vaso brought her team to 11 victories, a 6-2 conference in the region, and an 11-4 overall score for the volleyball team. The record of 11-4 has landed Bergen in second and clinched them a playoff berth. With Head Coach Helene Liaci in her 5th season and the third campaign as assistant coach Charles Bell, let’s hope the girls make it to nationals and win! LET’S GO BULLDOGS!


**Basketball Season Starts Off**

The Bergen Community College basketball season is about to commence. The men's team will be coached by Carlos Quinteros, and will be led by returning All-Garden State Athletic Conference Second-team player Ruben Acosta. The team will be looking to build off of its strong finish from last season, in which they won 8 of their final 13 games, beating worthwhile competition such as the third-place Union Owls (19-9) and fifth-place Middlesex Colts (16-11). With both of these teams looming on their 2014-15 schedule, Bergen will have its work cut out for them as they look to build upon their strong finish and find a way into the Region XIX playoffs. Eight players from their 10-16 team will return to the fold for this season, including leading scorer and assist-man Ruben Acosta and leading rebounder Jason-Fred Miasvivuluki.

The team begins their season with an away scrimmage against Mercer Community College on Saturday Oct. 25th and begin their season with a home game against Borough of Manhattan Community College on Tuesday November 4th. Optimism is aplenty in the Bulldogs' locker room as they strongly feel they have a chance to win the entire conference and denthe reigning conference champion Brookdale (31-2). With a strong core group of returning players and a confident demeanor due to overall team experience and last year's strong finish, the Bulldogs certainly may be able to justify their optimism on the court and in the standings.

The Women's Basketball team will be led by Coach Tracy Warren who has been at the helm for the past 4 years. The Bulldogs had an up and down 2013-14 season, starting the season 4-7 before rattling off 3 consecutive wins. The streak was short-lived, losing 5 of their last 8 and finishing 1 win shy of a berth in the Region XIX playoffs. Last year's 2nd team All-Garden and All-Region center, Mary Haines, as well as guards Ariel Mann-Harper and Alessandra Long return to the fold. In all, the team returns 8 starters from their 13-14 campaign, adding newcomers in Brittany Levario and Shannon Movy.

Last year's conference champion Brookdale (17-1-1) appears on the schedule twice with the first meeting on Thursday January 15th. Last years team held up nicely against the division champs and truly showed they are capable of playing with the best.

They begin their season with five of their first eight games at home which indicates that a strong start may not be out of the question. Also, with many returning starters, a veteran backcourt and one of the best centers in the conference a strong season may be exactly what the Bulldogs can look forward to in this upcoming season.

When asked what contributed to their comeback win streak, Coach Di ienno said, "...We definitely played with our hearts a bit more. When we forget that the game is a team sport, we suffer a little bit. They all have individual skills and sometimes we want the world to see them. But I think that we're beginning to realize that the more they play relying on each other, the better they do."

The team comes from a diverse mix of backgrounds and skill levels, and although they have their differences, when they come together and create a true union, which shows. Both Bulldogs teams have true potential and will have their heads held high and their cleats closeby going into the playoffs this year.

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- Di Jenno

Mens: Bergen goes on the offensive during a home game against Camden Women's: Melissa Esposto pushes through the Middlesex defense

**DEVIN MERCADO**

**ANTHONY GIORDANO**

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