Award-Winning Tutoring Center Looks To The Future

EMANUELE CALIANNO STAFF WRITER

“Don’t Shoot, Hands Up!” “No Justice, No Peace!”

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The Mike Brown Shooting

JEFFREY A. CARBONE STAFF WRITER

The interview in it’s entirety can be seen at msnbc.com by going to the website and searching “Tiffany Mitchell.”

Michael was trying to get away from the officer and was believed to be surrendering, accompanied with the treatment of the body sent Ferguson residents to the streets.

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If you look at people wearing doo-rags, would you point out that they are from the ghetto, or that they are stating a simple fashion statement? In today's world, stereotypes are spread throughout communities and have become a global issue. The purpose of MTV's Look Different campaign is to create awareness of that issue and educate people, in hopes to end prejudice thinking. The movement informs people that society still looks at individuals based on the color of their skin, their appearance, their gender, and their sexuality. The campaign website uses an interactive layout with illustrations that hold symbols of everyday discrimination.

The Look Different website regulates on a system of “snap judgements”, a survey of tests that compare two people and what kind of job they have, based on looks. For example, Who is the Hip Hop Breakdancer, or Who is the Mathematician.

After all of the snap judgements, the site allows you to select an example that discusses the problem at hand. Look Different uses current events as examples and illustrates the dilemma behind what occurs. One example is the case of Jose Antonio Vargas. Vargas is a Pulitzer Prize-winning journalist who was detained by the Texas Border Patrol for being an undocumented immigrant. He was detained after visiting his family and when he told officials that he was in the country illegally. This is one of the countless examples that the website hands out.

Look Different revolves around three types of bias interfaces: racial bias, gender bias, and anti-lgbt bias. It gives an interesting outlook for those who do not normally see how people are depicted through articles and photos. The moral lesson that they provide is: look at others differently, based on merit rather than vanity.

Look Different is also operating a challenge for people around the ages of 16-29, to think of a creative idea that will help solve this prejudiced issue. The goal is to create a place for young people to share their painful or inspiring experiences and give courage to those who need it.

President’s Letter

Dear student body,

This year, as President of the Student Government Association, I challenge you to Exercise your Leadership and Cultivate your Community. Here at Bergen Community College, we are dedicated to your success and your commitment to completion. We believe that with the right education, advising, and guidance our students can reach their full potential and blossom.

Whether you are a leader in your family unit, classroom, or employment, the SGA encourages you to constantly put into effect the passion within you to lead others and to care for your community as it cares for you.

As one of the Governing bodies of the college, we are here to serve as your student representatives. Whether it is a soft whisper or a loud scream, we are composed of thirty five members who are here to allow your voice to be heard.

We are currently recruiting for senator positions, stop by in room A101 and join our team! I wish you the best as we all embark on this journey of commitment to completion and remember to "Exercise your Leadership and Cultivate your Community".

Sincerely,
Laura Hoyos

President of the Student Government Association, Laura Hoyos, at the student center entrance. Jessica Rodriguez // The Torch

JOIN THE TORCH
Meetings every Tues., 12:30 p.m., SC-111A
Health Concerns For Campus Pool and Facilities

BLAIR DELONG
NEWS EDITOR

“There is a health concern I must call to your attention - a dangerous lack of cleanliness regarding the horrendous, filthy condition in shower rooms and locker rooms at Bergen Community College’s Paramus campus, namely dirt, hair, and junk clogging the drains, and all around messy conditions!”

This was how a letter to New Jersey State Senator Loretta Weinberg began, the letter was from 86 year-old Patricia Corr, a BCC student of 36 years. The subject of BCC’s facilities were first brought up to the Board of Trustees during an emergency meeting held on May 12, 2014 by Ms. Corr. When no answer was given by Mr. William M. Corcoran, Vice President of Facilities, Planning, Operations and Public Safety as to why the state of the pool, namely its shower rooms and locker room, Ms. Corr took it upon herself to see the situation remedied.

Ms. Corr first spoke with the Bergen County Health Department in Hackensack. While the areas in question were inspected, she inquired about what was being done to clean the areas up. Ms. Corr said in her letter to Senator Weinberg: “it was out of their hands, and no further action could be taken because the President of the College assured the ‘inspector’ that it would be assigned to the Vice President but he resigned a few days later! This is now 2 months since my complaint- nothing has changed!”

On June 24, 2014, Ms. Corr received a letter from the office of Senator Weinberg, addressed to not only herself, but also to President Walter and Vice President Corcoran. Senator Weinberg wrote: “As you are probably aware, these unsanitary conditions can precipitate outbreak of illness, which would have deleterious impact on the over 15,600 students attending (BCC). Therefore, I am inquiring to learn what, if anything has been resolved since this Ms. Corr alerted you to this health complaint.” Senator Weinberg ended the letter by saying, “I hope you will have this matter resolved as soon as possible.”

On June 26, 2014, Vice President Corcoran wrote to Ms. Corr. He said in his letter: “I am in receipt of a copy of your letter to Senator Weinberg regarding the cleanliness of the locker and shower facilities at BCC. Honestly I was shocked and outraged. I have had all areas in question immediately cleaned and disinfected and assure you that this will not happen again. Corcoran also went onto say that he is in the process of making major changes to make sure this situation does not repeat.

While Ms. Corr has brought attention to the women’s facilities, several other issues have been brought to the Torch’s attention about the men’s locker room, shower, and the pool in general. A student who wished to remain anonymous for fear of retaliation as he called it said, “If you look at the bottom of the pool you can see these filter grates clogged with all types of [stuff], it’s disgusting.”

When trying to get a clarification on what else is being done to curtail a possible health hazard, Vice President Corcoran was unavailable for comments.

Robin Williams. A Retrospective

FELIX LYU
STAFF WRITER

According to numerous press reports, Robin Williams was diagnosed with ADD, Attention Deficit Disorder and had to deal with bullying throughout his childhood. As Williams stumbled from obesity to depression, he created voices to fight off his loneliness. When Williams graduated from high school, he was voted “least likely to succeed” and also “most humorous” in his high school yearbook. His depression and loneliness only got worse as he grew older, thus beginning his journey towards alcohol and drug addiction.

His career started off in San Francisco and Los Angeles as a stand-up comedian. Williams went on to play the alien character, Mork from Ork, on Happy Days and his appearance on the show became so popular, it began a spin-off series called Mork and Mindy. Robin Williams’ kick-off as a film actor, then started with his role, Airman Second Class Adrian Cronauer in Good Morning Vietnam. With that role, Robin Williams was nominated for an Academy Award and as a result, would launch a more prominent career with memorable films like, Mrs. Doubtfire, Hook, and Dead Poets Society.

For a man like Robin Williams, the memorials and tributes of him had been internationally constructed for the last few weeks. A makeshift memorial for his film Good Will Hunting was spotted in Boston. Another memorial was even built near the famous San Francisco home in Mrs. Doubtfire. The steps in the home have been blockaded by flowers from the community. Celebrities have made tributes, using vlogs, blogs, and twitter. President Obama made a Hook tribute, using “Bangarang” as a main focus.

Unfortunately, Williams’ family must deal with backlash from many infamous groups that are known to be spiteful with the loss of a loved one. As the family decided to have a private memorial service for Williams, the Westboro Baptist Church planned to picket the event. Even Zelda Williams, his daughter, had to deactivate her Twitter account because of the destructive tweets “internet trolls” were sending.

As the world struggles on the loss of Robin Williams, we must all remember that he was not only an entertainer, but also a humanitarian. So many of the charities he supported, include Love Our Children USA, Dogs Deserve Better, as well as the American Foundation for AIDS Research. Recent speculation shows that Williams’ suicide was not planned, however, it was spontaneously executed. Reasons are unknown at this time, but whatever Williams had to tackle, he left behind gifts of laughter and joy for the generation to come. His Twitter is still active and there are still a few films with Robin Williams that have not yet been released. Night at the Museum: Secret of the Tomb is scheduled for the generation to come. His Twitter is still active and there are still a few films with Robin Williams that have not yet been released. Night at the Museum: Secret of the Tomb is scheduled to premiere December 19, 2014.
JOSEPH CIRILO
STAFF WRITER

U.S. Army Maj. Gen. Harold Greene of upstate New York was killed on August 5, 2014, when a single gunman, identified as Rafiqullah by officials, opened fire at a training facility in Afghanistan with a NATO-issued assault rifle.

The attack started shortly after Rafiqullah, dressed in an Afghan army uniform, opened fire during a meeting at the Afghanistan National Military Academy, located at the Marshal Fahim National Defense University (at Camp Qargha), approximately 11 miles west of Kabul. Gen. Mohammad Zahir Azimi, a spokesperson for Afghanistan’s Defense Ministry, tweeted that day that the gunman was shot dead shortly after the firing began.

An Afghan intelligence source offered to NBC News that a high-level International Security Assistance Force (ISAF) delegation was visiting the academy when the shooter opened fire from a window, but there was no indication that Maj. Gen. Greene was specifically being targeted. The shooter is said to have been firing indiscriminately with his weapon set to automatic. The shooter opened fire from a window, but there was no indication that Maj. Gen. Greene was specifically being targeted. The source spoke on the condition of anonymity because he was reportedly not authorized to speak to the media.

Fourteen others were wounded in the attack, including three Afghan officers—two generals and another officer—Brigadier General Michael Bartscher, a retired Army General and former NATO Commander of German Bundeswehr (Federal Defence Forces of Germany), eight Americans, and two British soldiers according to the L.A. Times.

Rafiqullah hailed from Jani Khel district of Paktia province, an area known to be a base for the Pakistan-based Haqqani network and the Afghan Taliban, although there was no proof that he was affiliated with either group. His motives for the shooting remains unknown, and is likely to stay speculative given his death.

The NATO-led operation in Afghanistan is largely to train the some 350,000 security forces stationed there, especially as the U.S.-led coalition is preparing to hand over all operations by the end of 2014. Retired U.S. Army Col. Jack Jacobs said that the attack was “very disturbing in any case,” asserting that these attacks “usually take place near a base.”

Gen. Joseph Dunford of the U.S. Marine Corps asserted the confidence in our partnership with the Afghan military remains firm and that local forces appear to be holding their own against the Taliban. The White House released a statement that President Barack Obama was briefed about the shooting, and that himself and Defense Secretary Chuck Hagel both spoke with Gen. Dunford, who said a joint U.S.-Afghan investigation is currently underway.

Maj. Gen. Greene was the highest-ranking officer to be killed by hostile action since Lt. Gen. Timothy J. Maude was killed at the Pentagon on Sept. 11, 2001, and likewise to be killed on foreign ground since Rear Adm. Rembrand Cecil Robinison in Vietnam in May, 1972.

His decorations include the Legion of Merit with three oak leaf clusters, the Meritorious Service Medal with a silver cluster, the Army Commendation Medal with three oak leaf clusters, the Army Achievement Medal and the Army Superior Unit Award.


dquo;A spokesperson for the Taliban, Zabihullah Mujahid praised the soldier who carried out the attack but did not explicitly claim that they were responsible, although, in the past such actions have been encouraged."

Iraq’s Ongoing Turmoil

GABE WANISSIAN
SPORTS EDITOR

The location that was once ancient Babylon - now Iraq's capital Baghdad - has seen a great deal of violence in recent months. ISIS (Islamic State of Iraq and Syria) is the most recent group to contribute to the state of ongoing chaos in the region.

While Iraq has been littered with civil wars between various religions and political parties since the toppling of Saddam Hussein's regime, it was in January 2013, that ISIS started to make its presence known in the country. The same cannot be said for their conquest of the city of Kirkuk, which most of whom have either surrendered or felled. The city itself is known for having an abundance of land resources such as oil, which makes it a hot commodity for all parties involved.

In the midst of the fighting parties host a large number of minorities; they claim not to hold any form of favorism to any of the major parties at war, and it has lead to dangerous conditions for them. Human Rights Watch Middle East Director, Sarah Leah Whitson says, “Being a Turkman, a Shahab, a Yazidi or a Christian in ISIS territory can cost you your livelihood, your liberty, or even your life.” The grim statement was given after 270 Christians were murdered in Syria after ISIS officials warned that all must convert to Islam or face death.

Iraq's current state of affairs mirrors the hectic bloody free-for-all that has plagued Syria since 2011. Multiple parties on all sides with their entirely unique agendas are fighting for superiority, and civilians have unfortunately suffered at the hands of powerful military factions. While this has been prevalent in Iraq for many years, parties are becoming more adept in their armed forces, new military pressures such as ISIS have arisen; a peaceful resolve is not in the foreseeable future.

A few miles away, in Germany, a United Nations report has shown that 3,573 civilians have died in the last year in Iraq (2014 is currently on pace to double the Iraqi civilian death toll of 5,573 civilians have died in the last year in Iraq (2014 is currently on pace to double the Iraqi civilian death toll of 1,492), and almost 1.2 million Iraqis have been forced to flee their homes.

“ISIS is the most recent group to contribute to the state of ongoing chaos in the region. While Iraq has been littered with civil wars between various religions and political parties since the toppling of Saddam Hussein's regime, it was in January 2013, that ISIS started to make its presence known in the country. The same cannot be said for their conquest of the city of Kirkuk, which most of whom have either surrendered or felled. The city itself is known for having an abundance of land resources such as oil, which makes it a hot commodity for all parties involved.

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**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

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Divided Passions: A Retrospective View Of The 2014 World Cup

**JOSEPH CIRILO**

Fútbol is a religion. On the international scale, there is a reverence that is paid to this game, and the likes of which tend to incite conflict, and international rivalry. But when Brazil most recently took to the streets in response to their being named the next host for The World Cup by the Fédération Internationale de Football Association — known colloquially as FIFA — it was less in a chery broughaha than it was a protest against the game being held there.

The stadium alone, located in Manaus (a remote location accessible mostly by travel on the Amazon River) was estimated to cost $11.3 billion in public works to be spent. With this in mind, Brazil emphasized that the majority of infrastructure spending for the World Cup would go to general transportation, security, and communications with less than 25 percent being allotted to the stadium itself. The cost overruns at the sports venues increased stadium costs by 75 percent over the original estimates. With these figures and project delays, Brazil was forced to divert more resources away from general infrastructure projects. General infrastructure would have lent itself to better growth and stability potential in the long term. Instead, the country decided to focus all of its attention on getting a building that would be used a total of four times, and then largely abandoned as there are no teams in the area that are capable of filling it.

In response to the protests, especially those in the favelas or slums, many reporters suggested that Brazil would find an economic gain following the protests. Although, as(evt) is the only organization in this event, the data actually collects, and as well, they have exempt from all taxes. It was estimated that FIFA dodged nearly $250 million in these exemptions according to The Guardian, set forth by the organization. With a reported $14 billion in costs, the organization continues its tax exempt status, and has left Brazil in a deeper hole following every event.

The event cost much more than the dollars listed. However, it was reported by various news sites, including The Guardian, that at least seven people died while constructing the multi-million dollar stadium in São Paulo.

Perhaps the most distinguishing fault in the 2014 World Cup was FIFA’s lifting of an alcohol ban in fútbol stadiums that had been in place since 2003 in response to the enormous death toll following the events. Because Budweiser (beer company) was a sponsor of the organization, FIFA managed to pass a bill in Brazil that allowed for beer sales to be resumed in stadiums. “that’s something we will not negotiate,” Secretary General Jérôme Valcke said in an interview. “There will be, and there must be as part of the law, the fact that we have the right to sell beer.”

Heartbreaking as it was, Brazil lost the chance to compete in the final game, leading coach Luiz Felipe Scolari, of the national team to resign according to the Brazilian Football Confederation.

Where Brazil will go from here can only be known as time passes. How it will recover from its losses, whether its citizens will return to peaceful or radical protests against their government officials; and how the news will continue, if at all, to cover the events remains to be seen. The takeaway is this: The World Cup was in no way economically favorable to Brazil, and with FIFA now in decision to host the next game in Qatar, a Middle-Eastern country with its own set of economic and political problems, it seems only a matter of time before we’re having the same discussion again.

**EMANUELE CALIANNO**

In a recent survey by the Student Government Association (SGA), BCC students reported dissatisfaction and concerns with the transportation services provided to the school by NJ Transit.

Handed out during the spring semester of 2014, the survey was organized by the association’s NJ Transit Committee, with a sample size of 100 students. Students were asked to list frequency of bus use, most common routes, typical waiting time, and to rate punctuality and bus safety, as well as to list major concerns and issues with the service.

Results show the biggest difficulty encountered by students relying on public transportation to be punctuality, listed as the most common major issue and with 61 percent of the sample, rating it with a five. 38 percent listed a four, 10 or below. 69 percent of students reported an average waiting time of at least 15 minutes, with 36 percent listing a wait of over 20 minutes.

Binah Ezra, current SGA executive assistant and former chairwoman of the NJ Transit Committee, says the survey was a response to numerous complaints that came to the committee’s attention. “We had a lot of people coming into the office to complain about the buses, and we received many emails and letters,” she said.

Ms. Ezra also commented on the ratings of bus safety coming from the survey. Although a majority 58 percent of students rated it with an eight out of 10 or above, she says an unexpected and worrisome number in the remaining 42 percent gave marks between a five and a three.

After analysis of the results, SGA had intended to share the survey and call on officials to discuss possible solutions. Ezra has been in the process of organizing a meeting with NJ Transit executives and members of the school’s SGA and administration, but was told that previous meetings with the school had resulted in a lack of preparation to make significant changes.

Nestor Melendez, Dean of Student Life and Judicial Affairs, says that collaboration between the school and the company has been occurring regularly since his arrival at Bergen five years ago. “NJ Transit sends professional services people to the campus every six months; they want to know what the students are thinking, and ensure services people to the campus every six months; they want to know what the students are thinking, and ensure

Students, in an explosion of euphoria waiting for the bus

Courtesy of MCTCampus.com

future” he said.

In the past five years, several ideas were laid out between the school and the company, analyzing the geographical location of the student body and the options available to them in reaching the school. “The last conversation I remember with NJ Transit involved making BCC a hub, a major departure and arrival point with more routes reaching across the state. The difficulty is in changing the physical structure of the campus. It is something that goes beyond the administration, and requires political action from the student body,” Melendez said. He also noted that changes have been made particularly difficult by the frequent change in administrative personnel in recent years. “Bergen has been in transition in the past five years, and projects like these need a team of constant figures overseeing the development over time.”

SGA’s NJ Transit Committee will reform once again this fall with new members, as per norm. Ezra said she does not yet know what the new committee will attempt to do.

R “There is not a great deal of patience for these things,” said Melendez. “Collaboration with NJ Transit is happening and it will continue to happen— but you’re not going to get radical change overnight. What comes out of it is that there is constant awareness for the needs and difficulties of students commuting to campus.”
Welcome to Bergen Community College, Making Better Members of Society

Welcome to Bergen! I am sure many of you are new to Bergen and many are returning students. We have all been led to this place for one reason or another. For my part, I am here to advance, grow, mature, and develop. I would like to congratulate you all for officially becoming a part of our Bergen Community College family.

I am assuming many of you have experienced one of the most annoying questions I have personally ever confronted, and that is: where are you going to school next year? The annoying question that makes you think twice: Am I supposed to say I am going to a community college and begin explaining why? Or should I just say it in a proud manner and act as though there is no problem about it?

As a Cresskill High School graduate, beginning my third semester here at Bergen, and entering into my Sophomore year of college, I can confidently say that until today, I used to get a slight cringe in my stomach when people asked what school I attended. People wonder and ask, well why would you want to stay around and not get the “full experience of being a college student?” My answer to them and myself is that going to Bergen Community College is the most realistic “college experience” to me.

We might all commute, we might miss out on big parties, we aren’t members of fraternities or sororities, we don’t get to move away from home and live on campus, and we sure don’t get THAT type of a college experience. But in all honesty, who said that is the right way to experience the life of a college student? Isn’t the whole point of attending college to become educated?

After finding myself telling a teacher at my high school that I was to attend Bergen and receiving the old but very commonly seen response of, “Oh, well good luck...” I realized it was stupid to let those comments bring me down. Ever since my first day as a student on this campus, all I have done is grow and mature. There is nothing wrong with sticking around, finding a job, living at home, and commuting to school. We aren’t missing out on much on all those drunk “Thirsty Thursdays” and the sleepless weekends. We are not forced to go to class every morning, we could stay home if we choose to, but we don’t. We are strong individuals that attend us to become educated.

As a community college student, I can confidently say that we truly value our education. We see it from a different perspective. We respect our institution and attend it to accomplish one main thing: becoming educated. We do not go to Bergen Community College because it was “The best party school” and we don’t go there because of its “crazy frat parties.” We go here to grow, mature, and become educated young adults.

I believe Bergen is a beautiful place. It gives people a second chance, it allows everyone to feel equal regardless of their financial needs, background, previous school you attended, or the people you used to be friends with, and it promotes education. Our campus is flooded with outstanding professors and doctors and some really special people. The key to success in college is not becoming popular, or being the absolute best football player, it’s to become an educated part of our society.

To all incoming students, please remember you are here to strive. Take advantage of anything that comes your way. Our school offers many services other institutions would never be able to offer. Join clubs and become active, become a part of our big and warming community. Become an active athlete, a dancer, a performing artist, a painter, a photographer, a tutor, or anything else you can accomplish at this place. It is important to realize that there is nothing wrong with sticking around, nothing wrong with being a community college student and working full time. We are here to become smarter, more advanced people that we will be proud to present ourselves as in the future.

So don’t let stupid remarks or teasing comments about you sticking around bring you down. Remember, there are over 17,000 other students just like you. Students that believe Bergen is a special place, and students who know Bergen is the true college experience to us.


Uncle Blair: No Apologies

BLAIR DELONG
NEWS EDITOR

I would first like to welcome all the new students attending BCC this Fall Semester. I would also like to warn you, you’re walking into quite a mess. Maybe you’re coming from high school, or transferring from another institute of higher education, but you must know this one thing while walking these halls: you’re nothing but a number here; this one thing while walking these halls; you must know that your own money being used for speaking out and even went so far as to threaten to take away their yearly retreat. Without them, the BOT and administration will try and control you just as they tried to control the last members of your positions. Don’t be afraid of them, this goes for the students as well. Don’t be afraid, we are the majority here. Let’s start this semester right and put our best collective foot forward. Don’t be pushed around, let your voice be heard. Vote in the election for County Freeholder, get informed. Don’t get pushed to the side like so many others have before you. As for me, if I’ve gone too far and crossed a line that shouldn’t have been crossed, oh well. It’s time someone told the truth, no matter the cost. Frag out.

RICARDO MONTERO
LAYOUT EDITOR

“The Enemy Syndrome” could be blamed for the majority of historical atrocities. It dictates that the enemy of a country is faceless, no motives and no humanity, in essence, that the enemy is absolute evil,” said Diana Uribe, Colombian historian and philosopher.

Unfortunately for the human race, some countries feel the need to always have an enemy to feel complete in their operation. It’s funny, while some of the faculty members remember a very stupid intimidation tactic she disguised as an “olive branch” during a faculty senate meeting, she really doesn’t have a clue. She probably can’t even see the strings attached to her as she stares blankly into the distance during Board of Trustee’s meetings.

Now don’t be fooled, ladies and gentlemen. They are a sly bunch, led by yet another lawyer, who during the May Board of Trustees Meeting forgot even one of most important rights afforded to citizens of the United States, the freedom of speech.

A word of warning to the new members of SGA, watch your backs. Last semester your predecessors were called “unruly children” by President Walter, after they voiced concerns over the Honors Hall relocation. In her recent “This Week at Bergen” address, President Walters said, “... I encourage you to attend and voice your opinions. With that in mind, let’s examine the power of your voice. Last year, some disagreed with the decision to relocate Phi Theta Kappa offices and the Judith K. Winn School of Honors office to its current location near Paramus Road— and that’s fine, discourse is healthy.” This is coming from the woman who dragged the previous SGA into an ambush meeting to reprimand them for speaking out and even went so far as to threaten to take away their yearly retreat.

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My Truth About Gaza

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LAYOUT EDITOR

“My Truth About Gaza

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Unfortunately for the human race, some countries feel the need to always have an enemy to feel complete in their own existence, and mix the syndrome with nationalism or religious views, which turns a conflict into a mixture of discrimination and hatred towards the opposing nations, and loosens ties with personal ethics and morals.

This flaw in our society has brought forth uncountable deaths and conflicts, and presently, it has given us the Israeli-Palestinian war.

Biased international and local media have done nothing more than confuse the public and create propaganda. In the case of the United States, some so-called professional journalists, who have accepted political sway and continue to promote and defame one country over the other have benefited Israel. Although not all media have been infected by this journalistically unethical epidemic, there are many that continue to misinform the American people and gain supporters for a war they should not take part of. While some other forms of U.S. media omit information and publish badly researched pieces, benefitting Palestine.

One thing about any conflict is that neither side is innocent. It is expected that opposing sides disagree, but in the case of the Israelis and the...
Is Our One Stop Shop Really a One Stop Shop?

YAIDELISSE ROMAN  
STAFF WRITER

During this past summer, the One-Stop Shop has started up and helped a lot of students. The One-Stop Shop was made to help speed up the admissions process, but is the process actually as fast as it was promised to be?

Talking to some students on-line in front of the One-Stop shop, it’s been made clear that the One-Stop shop has made some progress. Speaking with returning student, Anthony Vargas, majoring in Professional studies in Science, had a quick and easy process working with the One-Stop Shop. Vargas said, “Even though it was a busy day, the service was quick.” The One-Stop Shop has also helped him with his classes and admissions process. Vergas said the service was really helpful with getting him reacquainted to the school system and the workers were very patient with him as well.

On the other hand, there are still some dysfunctional parts that need fixing. For new student Anastasia Murray, the process has been really frustrating. She was on-line for almost an hour waiting just to ask a few questions. She called the school to get some answers prior to going to the college, but the phones were never answered. As a previous Health Care Studies student, transferring to Bergen Community College with an undecided major, the experience wasn’t pleasant, she explained. Although, Murray did go to the One-Stop Shop before and the service was a lot faster. It’s safe to say that the service of the One-Stop Shop is still working out its kinks and still breaking in the new techniques. From the look of things on a busy day, it seems a bit disorganized and messy. Students didn’t know where to go, standing in wrong lines looking completely lost; even some of the staff helping out were a bit confused. Hopefully by the end of September, the confusion will be cleared up and they can get students in and out of the offices in the timely and efficient manner that was originally proposed.

A LOOK INTO AARON WEST AND THE ROARING TWENTIES

ADRIAN YLLATOPA  
STAFF WRITER

In an era where concept albums are a rarity, it’s intriguing to see an artist create a character and play under a complete backstory of the alter ego. Add this to an album’s worth of songs that tell the story of said character, and you get Aaron West and the Roaring Twenties.

Major staple pop-punk outfit The Wonder Years, frontman Dan “Soupy” Campbell, announced Aaron West and the Roaring Twenties earlier this year. With a name like that, nobody knew what to expect. The idea came about when Campbell wanted to expand as an artist and as a songwriter. The album We Don’t Have Each Other tells the story of Aaron West and the worst year of his life, set in the modern day in Brooklyn.

With The Wonder Years, you get fast, heart-stopping, personal songs that sound like excerpts from a diary. With Aaron West, the songs are acoustic and folky, and sometimes even get too personal in how detailed Campbell goes into the character, his troubles, and the people around him. But yet, these songs still have that kick to the face in how hard the words can hit you, just like in The Wonder Years. “I’m outside my comfort zone,” said Campbell on the project in an interview with Alternative Press.

Through each song, Aaron West is put through the wringer, dealing with loneliness, a crippling divorce, a miscarriage, the loss of a parent, and other tragedies. A lot of Aaron West’s pains in the record are thoroughly remembering the past and having to now deal with the bleak future that lies ahead of him.

Despite this project being something Campbell could do on the side, it has loads of potential. With a rare act such as Aaron West and the Roaring Twenties, many other roads are opened for him and the character.

Seeking P/T workers for the post of Account Rep-BOOKKEEPER, PAYROLL/PAY RECEIVER. Our relationships with top companies ensure that our employees enjoy competitive pay, For more information send email to: rochakorey@gmail.com
Palestinians, it is much more than political disagreement; it has become a question of discrimination, religious intolerance, vengeance and hatred.

As of September 1, 2,104 Palestinian and 72 Israeli casualties have taken place in a period of two weeks, according to Gaza Health Ministry officials and “The Times of Israel.” The majority of these casualties have been civilians.

The main reason for the difference in casualties is Israel’s “Iron Dome,” a missile tracking device that stands at the border of Israel. It identifies Hamas rockets, predicts their zone of impact and trajectory in seconds with radar technology, and shoots a high speed projectile towards the missile, destroying it in midair. More than 4,500 homemade rockets have been fired from Gaza, with the Iron Dome stopping 85 percent of its targets, a military spokesman said, preventing major innocent casualties.

Given how inaccurate homemade rockets are, made from bathroom pipes and home appliances, most rockets miss their mark or are easily detected by the Iron Dome, saving countless Israeli lives.

As counter-attacks, Israel has carried out airstrikes, naval blockades and drone attacks regularly, amongst other military tactical attacks. The Israeli military claims that targets for air strikes are acquired by following the trajectory of the rocket back to its original position. Unfortunately, most rockets are fired from homes and residential areas, making it difficult to discriminate between civilized civilians and the enemy.

Military strategy alone, Israel is better equipped than the Hamas, has much more resources and the living standards are way higher.Hamas, apart from the homemade rockets and few weapons smuggled in from Egypt, don’t have much arsenal, but they have Palestine, which makes it difficult for Israel to dethrone them.

Air units are called upon to prevent infantry and other ground assets to be sent in, that way saving more Israelis and Palestinian lives. However, from a militaristic standpoint, Hamas are so spread out and are harder to recognize by a missile, making precise kills very difficult.

A better way to save innocent lives would have been to send in ground troops first, that way carry out search and destroy operations on Hamas territory and eliminate the terrorist threats.

On the other hand is the Hamas. Aware that they are outmatched, they have resorted to guerrilla tactics and using civilians as human shields. Attacking Israel day and night, then covering away while the air strikes are called and their Palestinian brothers and sisters die for their pathetic effort at a war.

It is childish of nations to keep covering their ears and deny any sort of diplomatic resolution. It is true, treaties have not worked in the past and promises have been broken, but peace was kept, even if it was only temporary and unstable. The only conclusion from a possible explosion on a crowd or a bullet being fired into a soldier’s chest is death, not victory.

If the conflict continues like it has, it will end in the extermination of Palestine and the deaths of innocent Israelis, while another shameful and bloody page in the history of humanity will be added. One thing that the world has to remember, is that Hamas is NOT Palestine.

Eliminating the “Enemy Complex” that these two nations have is optimal for the survival of innocents, and the quest for peace. Understanding that bombing quadrants is the same as bombing people, and finding a peaceful way for an effortless war is not a way to lead by example, or teach the new generations what peace actually means. Honor stands, not on how you treat your friends, but in how you treat your enemies.

There is no reason for discrimination and prejudice, there is no need for hatred. War is an absolute evil that will not benefit anyone. Chaos for the sake of chaos is infectious and parasitic in the souls of those who know about the war. The whole world is affected by this conflict, and we continue to fuel it with our own personal conflicts and judgement.

If this continues without a reasonable resolution, it will never end. It has become a vicious cycle of vengeance and hatred that will continue until both countries see their hands covered in blood, that will not be cleaned off on the burnt clothes of their victims.

On Thursday, August 21st, Bergen Students, their families, and staff attended the Blue Man Group show in New York City. We walked into an off-Broadway theatre, a much smaller space than what I had expected. The theatre could only hold about one-hundred people, allowing the performance to feel intimate and warm. We all sat down with anticipation, scanning the stage for any hints of what the show was going to have in store for us. On the stage there was a drum set that was tangled together. Above that entrance and displayed it on a screen and a cameraman recorded their whole show to display it on a screen when two people walked in late. The spotlight was pointed towards their faces and a cameraman recorded their whole show. A man sang in the background that the two individuals were late.

Initially, I thought this was a creative and hilarious performance but it was not just that. The setting changed when three giant iPhones were lowered from the ceiling into the stage and the men began to act their parts on the phone. The apps eventually opened to a slide full of facts which highlighted how the apps work and how our phones causes a huge impact in our learning ability and overall intelligence. Each app on the giant iPhone was subliminally meant to make you less educated.

The Blue Men’s ability to educate the audience in an innovative and intriguing way was plain genius! Bringing in apps to represent how our phones contribute to a slide full of facts which highlighted how the apps work and how our phones causes a huge impact in our learning ability and overall intelligence. Each app on the giant iPhone was subliminally meant to make you less educated.

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New students come to Bergen to either get a degree or earn enough credits to transfer. Regardless, there are a few things every new student should know about BCC before mid-semester.

First off, relax. Starting college is a big step for everyone, and it can sometimes be stressful. The BCC has a great tutoring center. The college also provides online tutoring, guides on how to study better, a website with practice tests and center papers when needed, and so much more. Do not fret, there is always a way to overcome those super tough classes.

The BCC Academic advising office, located in room A118, is a great place to go when you do not know how to work the BCC portal and register for classes online. They also help students figure out schedules, check financial aid status, go on for online classes and your school email.

Students, always remember to give yourself a break. Planning classes back to back can sometimes be a hassle. Take a break and go eat some food and watch a movie on your phone. The apps eventually opened to a slide full of facts which highlighted how the apps work and how our phones causes a huge impact in our learning ability and overall intelligence. Each app on the giant iPhone was subliminally meant to make you less educated.

There is also the Athletic department. The Athletic department of the college is responsible for all sports on the Bergen Campus. Bergen offers Volleyball, M/W Tennis, Baseball, Softball, M/W Basketball, M/W Soccer, Track and Field, Cross Country and Golf. If you play any of these sports, it would be a really big contribution if you could come out and play for a team, Bergen is a school that offers a lot of opportunities and has a lot to offer. So do not be afraid to participate.

If you are still not sure about the hang of the school is to go to the registration office, located in room A-128, and one of the student-workers can give you a tour of all the buildings and places of importance like the financial aid and academic advising offices.

Laura Hoyos
Contributing Writer

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Contributing Writer
Picture this: free music concert on a Sunday afternoon with fun amenities, tasty and affordable food, fantastic summer weather, and killer performances by both Bergen students and some notable local acts. Sounds like a sure-fire way to attract hordes of broke college students looking to have a good time, doesn’t it? The problem is, there was no Paul Revere to relay the message to fellow Bergen classmates; no promotional posters, only sparingly were there posts on social media. It seemed as though unless you heard it from a friend, or if you just so happened to pass by the campus that week to see the announcement board, you would not have had knowledge of this event.

It’s quite a shame actually, I, as somebody who had a three day stay in New York City to enjoy the Governors Ball Music Festival, can say that this had moments when it was just as, if not more enjoyable than the juggernaut music festival; a concert that had names such as Outkast, Jack White, and The Strokes. The set up for the event was done very well, and there was plenty to do there; flea market stores, a spot for kids to get air-sprayed tattoos done, and several top notch food trucks to keep listeners bellies stuffed. There was general seating as well as seats further away for listeners that preferred to maintain their eardrums intact. All seats were shaded by tents as well; a welcomed addition for an outdoor event on a hot summer day.

The performances here were plenty and of great quality. Starting off was the young members of the Waldwick School Of Rock school who played their hearts out. These kids are superbly talented, and they showed variety by playing songs from Muse, Led Zeppelin, Awolnation, The Cranberries, and Rage Against the Machine. Tim Holt’s rendition of “Bulls On Parade” and Hanna Gemand’s cover of “Whole Lotta Love” would have made both Zach de la Rocha and Robert Plant proud. Bergen students/alumni took the stage as well and did not disappoint. Charly Conklin - a favorite at Bergen’s Open Mic Nights - performed “Sunny Daze”; a song that she personally composed. Alumni Laura Madera brought some flavor to the stage with her rendition of Marc Anthony’s “Vivir Mi Vida”.

Bergen faculty also didn’t shy away from the stage, as Dan Sheehan, Andy Kirkun, and Sony Tiwari tore the house down with their rap/rock/ska fusion style bolstered by their heavy political messages. Tiwari, who also hosted the event, showed funny wit and was an entertaining interlude for performances. However, he also spit a few rap bars that absolutely caught the crowd off guard - easily one of the highlights of the day.

Bergen didn’t shy away from booking some notable local acts that had some songs that reached the charts. 90’s R&B artists such as Alyson Williams and Blue Magic brought nostalgia and good vibes for the crowd on hand. There was a little bit of everything there, and for the people that did attend this event - it was a blast. It’s a travesty that a bigger crowd wasn’t on hand - the performers deserved it, and so did the people who put the event together. The potential for this to be a mainstay for our school is there, but it needs to be marketed properly. Hopefully, we see this again next year - with the seats full.
EMANUELE CALIANNO
STAFF WRITER

The accomplishments of Alyson Ann Cina, a class of 2012 alumna, are more than a source of self-indulgent reporting for the college newspaper she was a part of; they’re a celebration of the STEM culture in its entirety.

During her time at Bergen, Ms. Cina distinguished herself through her academic achievements and extracurricular involvement to a level that few can boast. As part of Phi Theta Kappa, the school’s honor society, Ms. Cina decorated her transcript with involvement in Model UN, the Student Government Association, and The Torch. Involvement in the world around her seems to have always been an essential part of her identity. “I’ve lived in Australia and Canada when I was young. I also spent time volunteering in Egypt, Thailand and Macedonia,” she says. It was this cosmopolitan spirit that likely earned her the chance to study abroad while at Bergen.

As the school’s first ever recipient of the Benjamin A. Gilman International Scholarship, a grant sponsored by the U.S. Department of State, she chose Morocco as her destination. Perhaps not the most popular of locations, shadowed by the masses of students taking to European or Asian cities, but she says the times were calmer, too witness and enjoy the culture.

It was 2011, and Northern Africa was being taken by storm by the Arab Spring. While studying Islamic Civilizations at Al-Akhawayn University in the Moroccan Middle Atlas Mountains, Ms. Cina would often venture out to visit historical sites or the capital, Rabat, located a few hours away. “I knew from my travels that Arab cultures tend to be very hospitable,” she says. “Plus, when people thought of the Arab Spring, they thought of Egypt or Libya, but there was a lot going on in Morocco.”

During her time at the university, thousands were organizing themselves in the country and coming together to demand constitutional change from King Mohammed VI. As a contributing writer for The Torch, she assumed duty as the paper’s first ever foreign correspondent, writing her experiences in a monthly column titled “Dispatches From The Maghreb.”

The column told very personal accounts of her time there, detailing both the major changes taking place in Morocco as well as the challenges of a BCC student in a new setting. “I saw people taking to the streets and protest, witnessed police brutalize schoolchildren who were striking,” she says. In her articles, she detailed the role advances in media and communications played in the cultural shift she witnessed. “The protests were being organized by young people, who were connecting through the internet, and reading information online,” she recalls.

By the end of her time there, Mohammed VI began making changes to the constitution, providing more equality among classes and genders, and a fairer treatment of Moroccan citizens. As Ms. Cina wrote, “I’ve been witness to the beginning birth pangs of political change in this old and established kingdom.”

Today, she is studying International Affairs at George Washington University in the District of Columbia. She tells us that she plans to work in communal development in Palestine or Egypt, assisting refugee communities.

“Dispatches from the Maghreb” ran during the spring 2011 semester. The column was recipient of an award in a state contest held by the Society of Professional Journalists, earning the recognition in the first edition of the contest. But from Cina’s words, whose latest adventure involved her studying Arabic in Jordan through another Department of State scholarship during this past summer, there was more satisfaction and accomplishment in branching out to another corner of the world.
Ingress, created by Niantic Labs for Google, is an alternate-reality massive multiplayer online pervasive game. Simply put, throughout the game you live a different life, either as a member of the Enlightened, who seek to dominate humanity, or the Resistance, who are trying to keep humanity’s minds free through a substance called “Exotic Matter”; which has an effect over humans’ minds, either by using it to control or free a person’s mind.

Being a mobile game, it was originally released for Android mobile devices, it just recently became available for iOS in July of 2014. Unlike most video games, you can’t sit around and play; you’ve got to get up and explore. The point of the game is to capture “points” throughout our real world, which can be historical sites, art, or important landmarks. Since Ingress is powered by Google, you can submit your own ideas for portals to sites that should be set to have a portal. So not only are you able to play the game, but you can shape it at the same time.

As you play, you need to walk. Let me say that again, you need to walk! You need to actually come within range of a portal with your phone, or scanner, to interact with the portals. If a portal belongs to an opposing faction you can use your store of XM, Exotic Matter, to power weapons in order to help bring down the controlled portal and take it over by playing a resonator, then think of a marker for your faction in that now empty portal.

With Ingress, not only are you playing a game against others, but you’re also getting out of the house and exercising a bit as well, making this game almost built around being used during the summer and beautiful fall days to come. An added bonus of getting to play a game and getting some fresh air, is the ability to visit places you might never have visited before, either because you didn’t know they existed, or because you never had the need or drive to go see them. Also, one of the best parts is that it’s free. How can you turn such a prospect down? So get on your app stores and choose a side. It’s time to discover!

It’s 12:35 p.m., your next class doesn’t start for another hour or so, and you’ve been here since 8:00 am. Amidst the student center chatter, you realize that your stomach is practically reciting angry Eminem verses at you for leaving it dissatisfied from that half of a granola bar this morning. You’re hungry! Where are you going to find something relatively inexpensive and appetizing?

You could start with Dunkin Donuts on the first floor of the Pitkin building, but who wants a pre-made breakfast burrito for lunch? There’s also Bergen Pizza, located adjacent to Dunkin Donuts, serving the typical mozzarella sticks or buffalo wings, as well as extensive amounts of pizza, sandwiches, fries, and beverages. If you make a turn toward the C wing on the second floor you’ll find the cafeteria with everything your grumbling tummy could ask for. This includes: Nathan’s, paninis and wraps, Subway, Tex Mex, soup, chinese food, chips, yogurt, vegan food, a salad bar, an entree made by Gourmet Dining, sushi, and more. On an average day, you may spend anywhere from $2 to over $10, but that’s the way the cookie crumbles.

If you happen to be in Ender Hall, you may find that the cafe is a nice getaway from the rush of noise in the Pitkin building, but who wants a pre-made breakfast burrito for lunch? There’s also Bergen Pizza, located adjacent to Dunkin Donuts, serving the typical mozzarella sticks or buffalo wings, as well as extensive amounts of pizza, sandwiches, fries, and beverages. If you make a turn toward the C wing on the second floor you’ll find the cafeteria with everything your grumbling tummy could ask for. This includes: Nathan’s, paninis and wraps, Subway, Tex Mex, soup, chinese food, chips, yogurt, vegan food, a salad bar, an entree made by Gourmet Dining, sushi, and more. On an average day, you may spend anywhere from $2 to over $10, but that’s the way the cookie crumbles.

The best part of Ender Hall, is on specified nights, you can get an inexpensive dinner made by culinary students whom you may know! Be sure to check your BergenDaily for updates on dinner times. Students who attend class in the Meadowlands campus could also find a cafeteria (that’s pretty fowl). Though, if worse comes to worst you can always check out one of our vending machines in nearly every part of all three campuses.
“There was sweat on my skin at all times, experience; this is my story: crowds and judging everything in sight. A scene for all three days, elbowing through the blaring bass of 68 bands and artists of all ages and sweaty entertainment. He was three days of pure music, raw mayhem, and the reason I requested that they introduce themselves to delight ears, and eyes alike.

Meeting on Randall’s Island, New York City, met friends and met fans around North America for years in anticipation for this release. “One evening in early 2011 I surprised my friends who were having a party a few miles from my house with a laptop and a usb mic. I cornered a few of them and asked them to speak about their most life changing realizations. I was not prepared for what they had to say,” John said in a very personal interview.

The entire album is a work that I hope individuals will feel extremely personal about, that is the reason I requested that they introduce themselves as John Gold. I wanted to make it clear to those who listen to this album that they have the full right to make themselves the main character, these are your songs, and your ideas, this is your album, and your pathway to accomplish with his music. But as time passed, and the road at age 17, after a brief tour in England, I understood that have changed drastically since he began touring. The former being the tale of a near-death experience while we waited. Apart from the already-known Gold’s Songs And Stories, this is your album, and your pathway to freedom for two hours; which was still better than Bastille.

To wash off all the Bastille goo off my dull and just cringeworthily awful it was. $11 Cheese Steak for lunch and didn’t let by the ridiculous prices, I settled for an immediate and you were surprised when the artist previous to Tyler, Half Moon Run, caught our attention and made us go home and download their interesting and original percussion-based music, legally of course. Then Tyler, Earl, Taco and Jasper Dolphin skipped onto the stage. Damn, that is all I can say. That concert was just way too much. I was front row, and I walked out of there with a bloody nose, bruised ribs, broken glasses and a swollen lip. The amount of punches to the face and elbows to the ribs that I received was over 9000. Even as beat up as I was, it was one of the greatest concerts I’ve ever been to.”
While it may be obvious that a job is necessary for most students to financially survive, have you ever considered working right here? Bergen Community College provides jobs to hundreds of students, and you can be one of them - but how? It all depends on your financial aid status. There are two types of jobs available to students here on campus: federal work study and non-federal work study. What's the difference? By definition according to the U.S. Department of Education, “The (Federal Work Study) Program provides funds for part-time employment to help needy students to finance the costs of postsecondary education.” This essentially means that if you filled out your FAFSA and you are currently receiving financial aid, then you may be able to apply to the many federal work study jobs available on campus. If you don’t know if you are eligible for this, go to the Financial Aid office in room A-128 to find out.

However, if you are not one of the fortunate few who receive assistance, you would need to search for non-federal work study jobs. In this case, your options have been limited to the following: note taking for the Office of Specialized Services, lifeguard for the BCC swimming pool, tutoring in the Tutoring Center, the bookstore, or working in the computer labs. All you have to do is go to the Career and Workforce Development Center (which is located in the Pitkin Education Center in room A-123) and ask what jobs are hiring on campus! There is always someone there to help; all you have to do is ask.

If you aren’t looking for campus work, there are also counselors available to help you build and critique your resume, find internships, and even take a career test to determine what path you may want to follow to your future. Another great work option, no matter what kind of financial aid you have, is working for this student newspaper and get paid! We are always looking for writers, photographers, and cartoonists. Come to the Torch office in room SC-111 to find out more. At the end of the day, no matter who you are, you can make money just by coming to school.

MICHELLE PEREZ

Staff Writer

Need Money? Get On Your BCC Grind

Why did you choose to wear this outfit for the first day of school?

SEAN HOLLERAN

“I am wearing short shorts, Doc Martens, socks, and a t-shirt with a pocket. I chose to put this outfit on because it was the first thing I saw.”

DOMENICA PASMINO

“I basically dressed like this because I went to work first this morning and I work at a law firm so I have to wear something proper and also make sure it is appropriate for the weather, since it’s so hot.”

LAURA HOYOS

“I choose to wear this outfit on the first day of school because I believe it is simple and I wanted to wear something that makes me look professional but at the same time approachable. Being the president of SGA, I want students to feel comfortable.”

PROFESSOR WILLIAM SKIP HUSKING

“It’s 93 degrees out and I don’t think what I’m wearing is disrespectful, it’s just a day at the beach. I like to think of my Business classes as fun and as a day at the beach.”
OPEN HOUSE WEEKEND

UNDERGRADUATE: Saturday, September 27
GRADUATE: Sunday, September 28

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Relief for the Big Three Student Stressors

Heather Craig
Contributing Writer

A recent poll had asked Bergen students to pinpoint some of the common issues they face. The results showed that sleep deprivation, time management, and what to do after graduation are the three biggest issues that they have to face. Understandably, students bear a lot of weight on their shoulders. They have to juggle classes, assignments, and at many times a job as well. Finding a balance between their personal lives and these things can be tough at times. But it is no secret that stress is a major part of a student’s life, there are several small steps that can be taken to ease the strain.

With papers to write, deadlines to stay on top of, and exams to study for, it is common for a student to pull the infamous “all-nighter.” Surely it is a good way to get work done on time but unfortunately, it is likely to fall below par. Psychology by Saundra K. Ciccarelli and J. Noland White makes it clear that not having enough sleep (seven to nine hours a night) wreaks havoc on memory and thought processes. Setting and keeping up with a regular sleep schedule can make a major difference between an overly stressed student and one who is functioning at their best. In conclusion, good time management will make it easier to stick to a regular sleep schedule among other things.

The BCC website offers many helpful tips on how to manage time efficiently. It includes suggestions like working on tougher tasks first and earlier in the day, as the mind is more focused than it is in later hours, making flashcards to study from while one has spare time or is in waiting periods, and making a to-do list each day while accounting for flexibility and errands. The rest of these tips can be found on the Bergen website by typing “time management” into the search bar.

Don’t forget to make time for relaxation! Generally, a ten minute break for every 50 minutes of work time is ideal. Becoming more efficient with ones time will, in turn, leave more room for a good night’s sleep!

A concern that will reach a large number of students near the end of their Bergen career is graduation. It can be a scary thing. Many students experience the phenomenon of “Well, what now?” Allowing oneself to enjoy some time off has been earned! Going on a vacation or even having a ‘staycation’ are great methods for relieving the mind of stress. Aside from that, the time after graduation can be used to consider and prepare for attending a four year school.

It is great as well to do volunteer work or find a job that will offer experience; these could be a good addition to a resume. Building a network is important for future opportunities. Keeping a list of goals is a fantastic way to keep track of advances and gives a sense of achievement when the goals are met.

All of these concerns pile stress on top of the already heavy burden that students bear. When dealing with everything that comes with being a student, it is easy to overlook simple and speedy ways of alleviating that stress. Getting regular sleep, managing time efficiently, and knowing there is an abundant number of proactive things to do after graduation, are tools that will always come in handy when coping with the pressures of college life. Above all else, be proud of yourself for coming this far and take time to care for yourself for it is you that is on this journey!

BLAIR DELONG
News Editor

Novel adaptations are nothing new to Hollywood. If a book sells well and can hit an audience’s wallet with a hammer, they will make it into a film. The Fault In Our Stars by John Green focuses on the budding love between two teens with cancer. According to the Washington Post, 10.5 million copies were sold, so of course Hollywood would make a film adaptation.

Having both read the novel and seen the movie, I’ve noticed a few portions that are missing between the two; some of which have been maddening because they brought more emotion to an already emotional story, but also because they would have worked well to help the film’s flow along as well. Now if you haven’t seen the film, nor read the book, SPOILERS MIGHT BE PRESENT BELOW.

Hazel, the book’s primary focus, has cancer and needs to have an oxygen tank with her to supplement her oxygen intake. This is expressed in a scene in the novel and book when at a mall, Hazel lets a young girl try on her oxygen tubes. In the movie however, Hazel just explains to Jackie, the young girl, that she needs to have it with her at all times. As this scene could have been cut to keep time down, I thought it was more effective to SHOW someone why they need something, not just explain it.

One of the most shining examples of missing content from the book to film is Augustus’s, Hazel’s love and desire to get work done on time, and sometimes the hiccups don’t make the best decisions when it comes to what stays and what goes. As an audience, all we can do is read the book, watch the movie, and decide for ourselves which had the greater impact.

Parents are sceptical of a cancer survivor dating a “grenade,” what Hazel refers to herself as due to Stage 4 cancer, having Augustus reveal and talk about Caroline would have brought a bit more emotion to the screen instead of leaving her out.

Though I could go on for days on the amount of scenes that were left on the cutting room floor, I would be spoiling both a great novel and film. As aforementioned, Hollywood needs to cut movies for time, and sometimes the hiccups don’t make the best decisions when it comes to what stays and what goes. As an audience, all we can do is read the book, watch the movie, and decide for ourselves which had the greater impact.
The Dr. Is In: Apple’s Acquisition of Beats Music and Electronics

JOSEPH CIRILO
STAFF WRITER

Just on the cusp of Summer, Apple announced its acquisition of the critically acclaimed subscription streaming music service Beats Music, and Beats Electronics, the makers of the very popular Beats headphones. Dr. Dre and Jimmy Iovine have come onboard to work with Apple directly now, but what does this mean for you, the consumer?

For one thing, the Doc and Iovine are known as wild pioneers in the chaos of what’s become the music industry. With Beats under Apple’s command, it can only indicate more user-friendly streaming services than we’ve previously seen through iOS. However, Beats are notorious for being exponentially expensive, and with iPhone prices already rising upwards of $500 on the ever-growing market of “no-contract plans,” we can only expect the price to rise with it. With this deal closing, it can only mean that Apple will abandon the generic earbud headphones they’ve shipped with their products for years, and begin marketing package deals that include Beats instead. Considering they’ve invested $3 billion in this, it’s a safe bet to assume these costs will be weighed on consumers’ shoulders, or, in an effort to reduce the cost of the product, quality will be greatly sacrificed.

One could argue that iPhones are fairly overpriced, fragile, and unreliable, but what about Beats themselves? Is there some merit to their popularity? From a tech standpoint, there isn’t. In the grand scheme of things, the Doc has marketed his product extremely well, but that’s about it. You’re paying for the brand. It’s no coincidence that many artists have created a “signature” of these things; can you say celebrity endorsement to distract from the practicality of the device?

Negatively talking about Beats headphones has become commonplace on the internet, especially in saying that they’ve got “too much bass.” That isn’t the problem though, the real issue is that there’s no quality in that bass. Delivery on Beats headphones is minimal when it comes to low and middle-end, with the treble and gain being ignored almost completely. What you get is a poorly conceived equalization of the lower end; a boom-tastic bombshell of loud pulses, but no clarity or definition. Any bass player will tell you that’s not what you’re going for when you’re holding up the back end. Ultimately, what you’re paying for when you invest the total sum of your hard earned paychecks is a set of headphones that don’t nearly give you what you asked for in your music.

At the end of the day, Beats headphones may not have a huge bearing on whether you, the consumer, switches or upgrades from your current model, but as Forbes has suggested, Apple may one day do away with the 3.5mm jack entirely, and that’s a decision people have to live with as long as they continue to sit under their wing. So maybe Beats aren’t entirely worth the price tag, and maybe under Apple’s command they’ll actually improve, or perhaps all the negativity in opinions, albeit fairly educated ones, is best left to reviewing the individual experience yourself. Ultimately what you do with that information is up to you.

What we can tell is that the long-anticipated iPhone 6 may be shipping with The Doc’s special brand. In the interest of increasing navigating the intense music scene and ramping up quality, or simply pulling in a popular household name for the sake of sales is up for the users to decide when further announcements are made.
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Sex’s Effect On Athletic Performance

JESSIE CASTELLANOS
CO-EDITOR

Do you believe that sex increases athletic performance? Or do you think it hinders it? You may be surprised to find out there’s really not much to it. Research has yet to find sufficient evidence to give a definite answer, if it’s good or bad. There’s some information that may sway you one way or another, but really, it’s miniscule when compared to training, nutrition, and recovery.

Muhammad Ali believed it was detrimental to have sex and would not have sex within six weeks of his matches, but it’s safe to say one night in the sack wouldn’t have cost him his fame. He is not the only one of this belief, many people believe that you lose testosterone after having sex. Actually, studies have shown that sexual activities increase testosterone levels.

People believe this so much that in division one football in Mexico, coaches used to give nitrate salt (a potassium nitrate substance that is used to prevent erections) to their players, so they would have no sexual desire. When actually going without ejaculation for three months will reduce your testosterone levels - that of a child.

So what about it is physically tiring you? Contrary to popular belief, average couples only burn 50 calories per sex session, drink a third of a can of most sodas and you already replace four hours of rest with that energy.

Sex the night before an athletic event has also shown no decrease in strength, endurance, or power. In a study done for the Journal Of Sex Research, it was found that men that had sex in six days did no better in strength test than those who had it the night before. One thing that can be slightly beneficial is that sex has been found to trigger the release of pain-blocking endorphins in the brain for 24 hours.

Psychological aspects may have the greatest effect. While sex may reduce anxiety in an athlete, if you’re up all night trying to get some, that may leave you with a lot less energy to perform and remain alert the following morning.

This may be most beneficial to those who believe abstinence is the key to greater athletic performance. As well, it won’t be too detrimental to those who thought it gave them an edge. Regardless, always strive to get better; always aim to win.
One on One with
Robert De Leon

Wanissian: “Tell me a little bit about yourself? Background? Your Major, your plans for the future?”

De Leon: “I play basketball for Bergen. I wanna be a gym teacher when i graduate, I’m from the Dominican Republic.”

Wanissian: “DR? That’s a country that’s known for its baseball, as well, did you play?”

De Leon: “I used to play baseball when I was little, but no, basketball is where it’s at, it’s my life now.”

Wanissian: “How did basketball come into your life?”

De Leon: “In the fifth grade I moved from DR here. Every year from then on I started to Play Basketball everyday. The court was next to my house and the rest happened naturally.”

Wanissian: “Almost like fate, right?”

De Leon: “Yeah definitely.”

Wanissian: “What’s your favorite aspects on the game?”

De Leon: “Everything”

Wanissian: “[Do you] Prefer offensive or defensive?”

De Leon: “Both. You have to play both sides of the ball soundly; there’s offensive or defensive?”

Wanissian: “What do you do to improve yourself with your game?”

De Leon: “We’re lifting, and as you can tell from last years results we finish what’s required to train. We train very hard and we try to improve everyday.”

Wanissian: “How do you prepare yourself mentally/physically before a game?”

De Leon: “You have to calm yourself. It’s just you and the game, you got to block the outside world, no matter what happens, you gotta do to just block it when it comes to game time.”

Wanissian: “Is basketball therapy in a way?”

De Leon: “Yes, it’s an escape.”

Wanissian: “What do you expect this season?”

De Leon: “I expect a lot from us. Very good this season, the new people that are coming in, I’m very good, they play with a lot of heart. Last year you could tell we played with a lot of heart, and this season will only be better.”

Wanissian: “What are the strong points?”

De Leon: “We play hard every possession, even if we don’t know each other yet, we play through it and stay on the same page.”

Wanissian: “Any competition to watch out for?”

De Leon: “Yeah there’s some teams out there, this season they have to watch out for us.”

Wanissian: “Will I see you in the NBA?”

De Leon: “Hopefully man! (Laughing)”

PGA Barclays: In our Backyard

GABE WANISSIAN
SPORTS EDITOR

If you were attempting to get to the school’s campus anytime during the last week of August, traffic jams, construction detours, and impossible-to-find parking surely impacted your arrival. The Barclays golf tournament was in town(Tiger woods free) and the Golf fanatics around the tristate area flocked to the Ridgewood Country Club to witness PGA’s first playoff event of the season.

Throughout the 4 days, there were 18 holes to walk and one on one approached the entrance, one sensed the grandiosity of the event. Pennants of previous victors of the Barclays event were held up across the catwalk entrance -Jack nicklaus, Arnold Palmer, and Ernie were notable stars that stood out. There was a lot on hand for a Golf aficionado to see smell taste and hear. Pros such as Rory McIlroy, Phil Mickelson, and Vijay Singh, to free dunkin donut coffee as Rory McIlroy, Phil Mickelson, and Vijay Singh, to free dunkin donut coffee samples that frequently saved the lives of college journalists, concession stands, extravagant Port-a-potties that resembled the bathroom of a 5 star hotel lobby.

There were 18 holes to walk and explore to and due to the weather forecast being thankfully miscalculated, it was a mostly pleasurable experience to follow golfers, not at each hole, Spectators who stayed at the 5th hole got to witness one of the more entertaining moments of the event, with Phil Mickelson having to take a shot from the hospitality area near the 5th hole. Oddballs that were seated had clear way for the Golf hall of Famer, and once he made his shot, laughs and cheers and smiles spread throughout the location.

Rory McIlroy - considered to be the world’s best golfer today- admittedly was suffering from a sort of “Hangover” after winning both the PGA championship and The Open. After havign a subpar performance the first three days of play, he returned to form by finishing 3 with his overall score, ranking 22nd. Former British winner Sergio Garcia and Vijay Singh were even more disappointing, scoring 6 and 5 respectively.

Throughout the 4 days, there seemed to be a three way race to the top between Jim Furyk, Hunter Mahan, and Jason Day. It was Hunter Mahan who was victorious at the end with his masterful -14 score. His four days were flawless; unless you acknowledge his post victory celebration in which he broke his trophy by accident. Hopefully that doesn’t end up being a bad omen.

From the Torch perspective, there were plenty of highlights and lasting impressions that would make even the most extreme Golf detractor leave satisfied. Valerie Batista, who worked at the 18th hole Pavilion, said “Golf...not a sport I expected to enjoy. Working the Barclays definitely gave me a glimpse of how awesome the sport can be. I even signed up for a golf course at Bergen)” Torch Staff writer Michelle Perez stated “It was exhausting but it was a good time, I met some some great players while i bussed tables such as Phil Mickelson and [Hunter]Mahan which was really cool.” Perhaps our most exciting(still potentially career making) incident was when Features Editor Jessica Rodriguez and Sports Editor Managed to snag a few words with The best golfer in the world, Rory McIlroy. We attempted to grab an interview with the golf superstar, and while he declined the offer, he did politely so, and not without greeting us first.

Almost famous would be an accurate description of the emotions felt by the two Torch members. But nothing was unsure about the success that was the PGA Barclays tour for the Paramount, Bergen Community College area. Full parking means full pockets- Just ask the $8 million richer Barclays champion Hunter Mahan.
Bergen Baseball Tryouts: A Showcase for All

GABE WANISSIAN
SPORTS EDITOR

Batters Up! Starting August 14th through 16th, Bergen Community College held their Baseball tryouts in which young athletes showcased their abilities on the field playing for a roster spot. The weather was sound, the coaches were eagerly scouting the talent on hand, and with excitement growing over the ever-improving Bulldogs squad, a solid crowd watched from the bleachers throughout the three days of player evaluation.

August 14th was the smallest turnout, in which only Pitchers and Catchers were required to show up. Pitchers rotated on and off the mound, presenting their repertoire of fastballs and off speed pitches. Pickoff moves to first base were also performed, as a pitcher must also be adept with his glove; once the ball leaves his hand, he becomes another fielder.

The second day of practices saw the largest turnout of players, consisting mostly of position players. The baseball season doesn’t start until the spring, but one can argue that there are no days off, as off season training is what separates you from the rest of the pack. Dylan Hebek, who made the cut, stated “I’ve been lifting to get a little stronger because the fences here are higher and farther. I’ve been working on conditions to get in better shape, as well as to improve my speed.” Jose Polanco also insisted that preparation the day of tryouts can make a huge impact too. “I had a good breakfast, listened to a lot of songs all day, especially on my way over here, but also stay pretty relaxed.”

After a session of Infield/Outfield drills, throwing drills, and several cuts at the plate, coaches got together and assessed over the talent that they saw. The players that they took a liking to were called back for a third day of practice. This consisted of simulated games in which players were broken up into teams in order for them to perform in situations that mirror the real thing.

In three days, players from all around the surrounding area that are going to be attending Bergen Community College gave it their all on the field. Some made the team, whilst some were sent home; all made an impact. Competition brings out the best in everybody, and that mentality is what is going to take Bergen Bulldogs Athletics to the next level.

Bulldogs On The Loose

YADELISSE ROMAN
STAFF WRITER

With our newly named Bulldog, Bandit, Bergen Community College is ready to kick-start the season with a bang. All fall sports teams are getting prepped up for the upcoming season, and the freshmen are rolling in with the dream of playing on a team!

Bergen provides some of the top coaches from around the state. Although winning games really falls on the players playing the game, the coaches have their own techniques presented when teaching the students how to play the game, encourage them to have fun, and win!

For freshmen starting out, you should be warned. For the upcoming season, the freshmen are starting to practice early to ensure they have a really successful season this upcoming spring. Let’s cheer on the teams and hope they all have the best season - LET'S GO BULLDOGS!