Senator Menendez: Possible Corruption Charges

The Justice Department is preparing to indict New Jersey Senator Robert Menendez with corruption after completing a two-year investigation into allegations that Menendez supplied political favors in return for gifts and ultimately withdrew suspicion remained around the senator's relationship with Melgen. According to the New York Times, the two spent their holidays together at a gated home in the Dominican Republic. Though the claims were not proven under "normal lawmaking process" and are as such, shielded from investigation by the Constitution.

Menendez responded quickly to the impending charges, saying, "Let me be very, very clear. I have always conducted myself appropriately and in accordance with the law." Lawyers for Menendez have told the prosecution that the senator's dealings with Medicare officials fall under “normal lawmaking process” and are as such, shielded from investigation by the Constitution.

The federal inquiry began in 2013, after allegations were made that Melgen had supplied underprice prostitutes for Menendez during a trip to the Dominican Republic. Though the claims were not proven and ultimately withdrawn, suspicion remained around the senator's relationship with Melgen. According to CNN, Melgen had been in a protracted billing dispute with the federal government over alleged overbilling Medicare. Prosecutors are also looking into whether Menendez broke the law when he negotiated with the Dominican Republic government to assist a security detail for Melgen's business interests in the area.

NJ.com also reported on Menendez's failure to disclose multiple flights taken by the senator on Melgen's private jet. Menendez eventually paid Melgen $58,000 for the flights to "be done in [a] career, and be the primary caretaker of the family." In response to Davis' statistic, Ahn said she believes there is a "tragedy" that Women are expected to change their surnames after marriage, saying, "Nowadays women are really rebelling, you see the dichotomy of maintaining the tradition and being successful in this kind of generation."

The Women in Suburbia panel formed an open discussion that allowed the audience to answer the questions as well. Women who wear "the double shift," the limited availability of daycare, divorce, social media, the influence of the media on society, and the difference between living in the suburbs and living in a city, are topics that were discussed. Isolation is what the audience found to be the biggest issue about living in the suburbs. Social media allows people to put on a facade that is not genuine, but makes them seem happy. Suburban lifestyles can make it more susceptible for people to be judged and can create a society where they have to impress one another.

It is prevalent that there has been a change in perceptions and attitudes about a woman's role in society. It is a complex issue that has grown since the 1960s. Altogether, there has been a substantial change that has made women, whom Dr. Eubank calls the center of the family, important to a society. The "society" being the suburbs or the city where women seek to be happy without having a considerable "role" to play.

KRYSTIN BRUNO
STAFF WRITER

Women in Suburbia: What’s Your Role?

The panel consisted of speakers Professor Maureen Ellen Davis, Dr. Christine Eubank, and Dr. Mi Ahn. The question was, "How perceptions and attitudes changed since the 1960s and what's the 2015 view that women have? Is fulfillment only available to those who are married or mothers?"

Professor Davis started with a statistic on the changing of a surname after marriage. She calls it "an indication of your generation." She said, "Three percent of all of the women currently married today, who are 60 or older, have a surname different from their husband. Today, only nine percent change their surname when they get married." She said this idea that family is not different, but the statistic emphasizes that today, a couple can say "this is my share, this is your share" and still move forward. She explained the architecture of different homes such as those of the Victorian age, middle class, and the suburbs. So it all [plays] in, from the architecture to the social roles to everything," Davis said.

Eubank then spoke and said that permanent misconceptions have been made in society in which the men are the workers and the women are caregivers. She used an example of a photo that shows men at a train station at the end of a work day and the women waiting to pick them up in the car. "Families hadn't lived like that for a very long time, if ever, but it is an idea that has permeated American culture [and] it's very hard to break away from that," she said.

"I think that women as the primary caretaker is still existing," Dr. Mi Ahn replied.

Senator Menendez's allegations come at a time of increased public consciousness concerning political corruption in American politics. Women who wear "the double shift," the limited availability of daycare, divorce, social media, the influence of the media on society, and the difference between living in the suburbs and living in a city, are topics that were discussed. Isolation is what the audience found to be the biggest issue about living in the suburbs. Social media allows people to put on a facade that is not genuine, but makes them seem happy. Suburban lifestyles can make it more susceptible for people to be judged and can create a society where they have to impress one another.

It is prevalent that there has been a change in perceptions and attitudes about a woman's role in society. It is a complex issue that has grown since the 1960s. Altogether, there has been a substantial change that has made women, whom Dr. Eubank calls the center of the family, important to a society. The "society" being the suburbs or the city where women seek to be happy without having a considerable "role" to play.

BRANDON RENO
STAFF WRITER

Senator Menendez: Possible Corruption Charges

The Justice Department is preparing to indict New Jersey Senator Robert Menendez with corruption after completing a two-year investigation into allegations that Menendez supplied political favors in return for gifts and vacations from a private benefactor.

The news comes after documents were mistakenly unsealed, revealing a federal investigation into whether Menendez broke the law when he negotiated with the Dominican Republic government to assist a security detail for Melgen's business interests in the area.

NJ.com also reported on Menendez's failure to disclose multiple flights taken by the senator on Melgen's private jet. Menendez eventually paid Melgen $58,000 for the flights to "be done in [a] career, and be the primary caretaker of the family." In response to Davis' statistic, Ahn said she believes there is a "tragedy" that Women are expected to change their surnames after marriage, saying, "Nowadays women are really rebelling, you see the dichotomy of maintaining the tradition and being successful in this kind of generation."

The Women in Suburbia panel formed an open discussion that allowed the audience to answer the questions as well. Women who wear "the double shift," the limited availability of daycare, divorce, social media, the influence of the media on society, and the difference between living in the suburbs and living in a city, are topics that were discussed. Isolation is what the audience found to be the biggest issue about living in the suburbs. Social media allows people to put on a facade that is not genuine, but makes them seem happy. Suburban lifestyles can make it more susceptible for people to be judged and can create a society where they have to impress one another.

It is prevalent that there has been a change in perceptions and attitudes about a woman's role in society. It is a complex issue that has grown since the 1960s. Altogether, there has been a substantial change that has made women, whom Dr. Eubank calls the center of the family, important to a society. The "society" being the suburbs or the city where women seek to be happy without having a considerable "role" to play.

She said there is an irony to this idea. Women are taught to be "well educated, successful in [a] career, and be the primary caretaker of the family." In response to Davis' statistic, Ahn said she believes there is a "tragedy" that Women are expected to change their surnames after marriage, saying, "Nowadays women are really rebelling, you see the dichotomy of maintaining the tradition and being successful in this kind of generation."

The Women in Suburbia panel formed an open discussion that allowed the audience to answer the questions as well. Women who wear "the double shift," the limited availability of daycare, divorce, social media, the influence of the media on society, and the difference between living in the suburbs and living in a city, are topics that were discussed. Isolation is what the audience found to be the biggest issue about living in the suburbs. Social media allows people to put on a facade that is not genuine, but makes them seem happy. Suburban lifestyles can make it more susceptible for people to be judged and can create a society where they have to impress one another.

It is prevalent that there has been a change in perceptions and attitudes about a woman's role in society. It is a complex issue that has grown since the 1960s. Altogether, there has been a substantial change that has made women, whom Dr. Eubank calls the center of the family, important to a society. The "society" being the suburbs or the city where women seek to be happy without having a considerable "role" to play.
I Pledge Allegiance to ISIS

The Islamic State of Iraq and the Levant, better known as ISIL, has accepted a ‘pledge of allegiance’ sent by the militant Nigerian jihadist group, Boko Haram. In an audio tape released on ISIL’s Twitter page, ISIL accepted Boko Haram’s pledge as part of their “…expansion of the caliphate to West Africa.” However, many consider this alliance to be a desperate move by Boko Haram’s leader, Abubakar Shekau.

Boko Haram was founded in 2002, and has since been on a violent mission to install Sharia Law in the predominantly Muslim part of northern Nigeria. Only recently have their means of violence escalated. In 2011, they ordained their first suicide bombing, and in 2014 they garnered global notoriety after kidnapping almost 300 schoolgirls, kick-starting the #BringBackOurGirls campaign.

The Internal Displacement Monitoring Centre (IDMC) has estimated that the number of internally displaced people in Nigeria due to Boko Haram’s militancy is at 3.3 million. According to the Washington Post, at least 11,100 people have died since July 2009 as a result of the insurgency, more than in Afghanistan of the same year. Nigeria suffers the highest civilian casualty rate in African war zones, and many foresee the human toll continue to rise.

Boko Haram’s pledge of allegiance to the infamous ISIL caliphate prompted the official formation of a regional coalition. Cameroon, Niger, Chad and Benin have joined Nigeria in their fight against Boko Haram. Although the allied countries are forced to operate outside the borders of Nigeria, they have essentially contained Boko Haram’s chances of expansion.

With countries like France increasing their military presence in the region, and with Nigeria buffing up its forces by hiring South African mercenaries, and with the added pressure of a multinational coalition, Boko Haram’s future begins to blur.

The insurgency has already lost control of many of its occupied towns and villages, and they continue losing ground. Nigeria even aims to render them inoperable before their March 28, 2015 election. Because of this fact, many consider the insurgencies pledge of allegiance to ISIL as a cry for help. How the growing caliphate can help, however, remains clouded in speculation.

Who is Jihadi John?

For several years now, The Islamic State has produced many videos containing disturbing actions such as beheadings of several captives. Since 2014, a masked man by the name “Jihadi John” has been responsible for the beheadings of these people, including journalist James Foley and Steven Sotloff. Only his eyes are visible in the videos.

On February 26, British officials identified this fanatic as Mohammed Emwazi, who was born in Kuwait and lived in West London. Emwazi graduated from the University of Westminster with a degree in computer programming. He is believed to have traveled to join the Islamic State of Iraq and the Levant in 2012. Many people who knew Emwazi described him to be a kind and gentle man. It is very confusing to them that such a person can turn to terrorism so easily.

Surprisingly, his friends confirm that the jihadist is indeed Emwazi. “I have no doubt that Mohammed is Jihadi John,” one of his close friends told the Washington Post, “He was like a brother to me...I am sure it is him,” he said. The British Government had identified Emwazi some time ago, but had not disclosed his name for operational reasons.

Emwazi first came to the British intelligence service in May of 2009, when he and his two friends were apprehended on account of British officials presuming they were headed to Somalia to fight with Shabab, another terrorist group, but he insisted that they were on “safari holiday.”

He then moved back to his country, Kuwait, to work for a computer company. During that time he had traveled to London twice. That had raised a question mark to the British counterterrorism officials, where they then detained him and prohibited him to return to Kuwait, according to emails sent to Amin Qureshi, a research director at CAGE, a British advocacy organization.
After years of debate and lobbying by pro-net neutrality groups, the Federal Communications Commission (FCC) announced its detailed plans for instituting Title II reform of internet service providers. Title II reform will allow the FCC to regulate the internet as a telecommunications service, rather than an informative service, would the internet as a telecommunications service, which ISPs can enhance access to their own content while crippling their competition. The new rules for ISPs set clear lines against throttling, blocking, and the prioritization of internet speeds, but also foregoes the typical price control seen with regular utilities. These rules will also apply to mobile devices, as NPR reports. Notably, consumer privacy protections were mentioned in the 313 page document, but were not detailed in full. Instead, the FCC will define any protections of privacy further down the road.

The subjective general conduct rule has been welcomed by pro-net neutrality groups like the Electronic Frontier Foundation, some of the provisions in the newly detailed plans have caused concern. A statement on their website says: “For example, the new rules include a general conduct rule” that will let the FCC take action against ISPs practices that don’t count as blocking, throttling, or paid prioritization. As we said last week and last year, vague rules are a problem.”

The subjective general conduct rule may eventually lead to long and protracted appeals by ISPs and businesses alike, says Roger Enter, lead analyst at Recon Analytics in Boston speaking in a New York Times piece. The general conduct rule “can be stretched like chewing gum,” he says. The provision is expected to open the door for litigation and alterations down the road.

James B. Speita, a law professor at Northwestern University, said about the potential lawsuits that would arise as a result of the general conduct rule, “Courts don’t usually get in the business of second-guessing an agency’s policy. They’re focused on whether the agency has authority, and I think they’re on firm footing.”

Republican lawmakers have been quick to respond to the FCC’s plans, stating their disapproval over the FCC’s alleged overreach. Representative Marsha Blackburn [R-TN] said in an interview with the New York Times, “If there are net neutrality rules, it’s something the 114th Congress, not the FCC. They’re on our turf and we need to reclaim it.” Ms. Blackburn introduced a bill to undo the reclassification and limit the FCC’s ability to regulate in the future.

Apple co-founder Steve Wozniak spoke out in favor of the FCC ruling, saying, “Money is power, money is choice, and as a consumer I want to be able to make a choice of what comes to me. I don’t want other people to make a choice for me just because they have more money.”

The new rules do nothing, however, to address the issue of access to broadband internet in the majority of the country. As reported by the Washington Post, while nearly 75 percent of individuals have the choice of at least two broadband ISPs, that figure is misleading. The old classification for broadband speeds was four mbps (megabytes per second), while the new figure is 25 mbps. A more recent article by The Verge reports that six percent of American households don’t have access to the standard, and 13 percent don’t have access to the new standard.

The Open Internet Order, as the FCC calls their reclassification plans, was passed in February by a 3-2 margin.

This reclassification follows a prior failed attempt in 2010, when the FCC was challenged by Verizon. The U.S. Court of Appeals for the D.C. Circuit ruled against the FCC at the time, stating that they did not have the authority to regulate the internet.

The new rules for net neutrality will take effect two months after they are published in The Federal Register, reports the New York Times. Lawsuits can be filed as soon as they are published, which could happen as early as late March.
No, that’s not a typo that you see on Webadvisor: Bergen Community College has added the city of Englewood as another location to provide courses for students. Approved by both the college and Englewood’s school board, a five year contract has been agreed upon, with the first classes beginning for the beginning of the Spring III semester on March 24.

“This partnership represents a key development in the College’s continued commitment to providing greater access to its programs,” Bergen President B. Kaye Walter said in a press release on Bergen’s website. “By providing Englewood residents with the opportunity to take Bergen classes in their hometown, it puts a college education within reach by knocking down barriers to learning.”

Originally granted access to hold the-classes in St.Cecilia’s School, complications of rent rates with the Archdiocese of Newark (with St. Cecilia’s being a private school), the location was switched over to Dwight Morrow High School on March 9.

Only three credited classes (Intro to Business, Criminal Justice and General Psychology) are available at the moment, as well as a handful of non-accredited courses for continuing education are available.

In the agreement made between the two parties, Bergen will not be responsible for paying rent or utility costs for the facility, but things such as furniture and tech equipment will be the college’s responsibility.

In an interview with NorthJersey.com, Englewood Trustee Member Stephen Brown welcomed the addition saying, “I’m very excited we’re doing this, it was a long time coming.”

In regards for plans to further expand the program by adding more available courses that will suit the needs for students preferring to take courses at Englewood Bergen, spokesperson Larry Llavenka said “As we roll out the program, we anticipate interest. We’ll have to see how much demand there is for the classes and the program, but there is a definite possibility.”

Bergen To Provide Englewood Classes

GABE WANISSIAN
SPORTS EDITOR

WHERE TRANSFER STUDENTS FINISH STRONG

When you transfer to Montclair State University, your credits are easily applied to your choice of over 300 academic programs. No matter what your goals, interests and passions, you can pursue them here. As a student, you’ll have access to a vast worldwide network of alumni, robust internship programs and on-campus resources.

Welcome to Montclair State University, where new beginnings lead to great achievements.

APPLY NOW
montclair.edu/transfer

Monclair State University
IT’S ALL HERE.
Meadowlands: New Commencement

JOSEPH COHEN
CONTRIBUTING WRITER

This semester, Bergen Community College graduates are going to be experiencing a graduation ceremony a bit different than their previous graduating classes. Usually, the graduation takes place at a stadium located in the Meadowlands known as the Izod Center, which has been the host to many major performers and sporting events over the course of the last 30 years including Queen, Michael Jackson, and the Stanley Cup Finals. After a recent $8.5 million deficit and a loss of three of its major tenants, Izod sought an immediate solution to its financial problems. "Izod was very difficult in adjusting the Expo Center to fit Bergen’s needs," said Fenkart regarding the area of the Expo Center.

Although the move is a major change, the relocation doesn’t really seem to faze Bergen students at all. “I really don’t care. I’m going to be honest, I don’t really care that much,” said Derek Diaz, a student graduating this year, whose sole concern about the commencement was whether or not it will measure up to last year’s in size and quality.

Menendez: Corruption

continued from pg. 1

The FBI also interviewed former Senator for corruption. Menendez has been trying to assist in defending Melgen’s Medicare billing dispute, as reported by Politico.

Menendez was defiant after the event in Englewood, saying, “I want to make it clear for you so you don’t have to waste your time asking. I’ve said everything I’m going to say about this issue last Friday. I’ve reiterated it to your outlets in Washington. There’s really nothing more I have to say beyond what I’ve said. We’ll see what unfolds.”

Solar Impulse 2 Continues Bold Journey

INESS RABAH
STAFF WRITER

The Solar Impulse 2, the second solar-powered aircraft with the mission of traveling around the world without even an ounce of fuel and the ability to fly day and night, has taken off on its 35,000-kilometer journey around the world. Its starting point was Abu Dhabi in the United Arab Emirates.

Running on solar power, the aircraft is a single-seater with alternating pilots Andre Borschberg and Bertrand Piccard, who privately funded the project. After Piccard’s circumnavigation of the globe in a hot air balloon, he promised that he would be there on his only use renewable energy. Their mission is to demonstrate the achievement of seemingly impossible feats by using a renewable energy source and modern technology.

The first Solar Impulse was a prototype built in 2009, with the goal of completing the first circumnavigation of the world. Its starting point was Abu Dhabi in the United Arab Emirates. The first Solar Impulse was a prototype built in 2009, with the goal of completing the first circumnavigation of a fixed-wing solar powered aircraft. In July 2010, Solar Impulse achieved the longest and highest manned solar-powered record-breaking flight in history of 26 hours.

Solar Impulse 2 has been built to be larger, lighter and more resilient in longer flights than its prototype, and has undergone a series of tests to ensure its power and efficiency. Whereas the Solar Impulse was built using existing technology, Solar Impulse 2 was built with new materials using new construction methods. The aircraft weighs about 3,070 pounds, just as much as a car, and has a wingspan of 72 meters and a top speed of 30 mph. There are four propellers, two under each wing. 17,000 solar cells built into the wing provide energy to the four electric motors. The solar cells charge lithium batteries during the day so that the aircraft can fly at night.

A new cockpit has also been built to ensure that it has the ability to keep a pilot inside for up to five days straight in areas with low oxygen levels. There is a whole team in the Mission Control Center monitoring the aircraft’s performance, so the pilot is not alone in doing this.

It’s hard to pinpoint where the aircraft will be on certain days at specific times because of the chance of delays with every stop, especially with bad weather. A major delay has occurred in Varanasi, India, because the plane lost its communication signal. The plane was forced to return to the starting point.

It will likely be another five months until Solar Impulse 2 returns to Abu Dhabi. With this phenomenon, the world is one step closer to saying goodbye to fossil fuels.
Phi Theta Kappa Sets Records

LUI S Lopez Wei // STAFF WRITER

This past year, Bergen Community College’s Phi Theta Kappa (PTK) chapter, Alpha Epsilon Phi, peeled itself right off the plate. At the PTK Middle States Convention, the chapter won the most awards of any chapter in the region and chapter member Noémie Brussoujour-Coutard was elected Middle States Regional President. BCC President Dr. Walter received the Regional Coordinator Award for demonstrating continued support of the people, programs and priorities of Phi Theta Kappa on the Chapter, Regional and International levels.

To add to the successes of AEP, from the convention, this semester they had their larger induction of PTK members to date. 381 members were welcomed into BCC’s PTK chapter, with around 700 friends and family in attendance to watch the ceremony. The chapter’s executive board and advisors expressed much pride in their accomplishments and the hard work of all the inductees.

The other awards AEP won at the Middle States Regional Convention include: the Distinguished Chapter Award, the Distinguished Chapter Officer Team Award, the Gold Chapter Award, the Five Stars Chapter Award, the Distinguished Honors in Action Project Award, the Honors In Action Theme Award, the Distinguished Member Award and Middle States Region Hall of Honor Chapter Member award, both of which went to Samuel Desind. Middle States Region Hall of Honor Chapter Officer Award which went to Rhonda Richardson and Kelsey Deeg and the Paragon Award for New Advisor, which went to Angie Goldszmidt, a BCC alumnus.

The convention took place from March 12-15. The theme was “Kappa Con,” a superhero theme, with the idea that those who attended were extraordinary students. AEP was one of the few PTK chapters who gave a workshop at the convention. They spoke about the College Project, the purpose of which is to address college needs while working with administration and focusing on incorporating student involvement on campus.

When asked about her thoughts on her work with PTK, professor Win Win Win mentioned, “One of my favorites is ‘Think before I click,’” Rossow mentioned. “So often people get in trouble by clicking on strange links.”

Dr. Rossow mentioned that the pledge’s main purpose is to remind students of the precautions necessary to keep their computers safe. “I have so many people to thank for this incredible opportunity, such as the Bergen Community College President Walter and our administrative advisor, by sharing ‘our story,’” said Brussoujour-Coutard, the new president of PTK Middle States Region. When asked what she attributes her success to, Brussoujour-Coutard explained the story of how she went to Honors Hall simply to ask for a recommendation letter and there she met Angie who got her involved in PTK. Brussoujour-Coutard introduced herself as a video producer and became Director of Social Media in a few months before deciding to run for Middle States Regional President. “If I had not met her at Honors Hall, who knows if I would have even discovered Phi Theta Kappa,” she asks herself, and she encourages students to visit Honors Hall and get involved.

BCC President Walter has been a proponent of and working with PTK for almost 30 years. “The students in PTK at Bergen are extraordinary people, and they are dedicated to making the world a better place. It’s just a great honor to get to work with them all the time,” President Walter said. “I was taken aback by the award I received because I really feel like the work that I do with them is a privilege and an honor for me, and so I don’t feel like I deserve any kind of an award for it,” she added.

President Walter, along with Brussoujour-Coutard and the executive board of Alpha Epsilon Phi, will attend the PTK International convention this month in San Antonio, Texas, where Brussoujour-Coutard and President Walter will be recognized.

Cybersecurity: Think Before You Click!

SAMUEL MCLAUGHLIN // STAFF WRITER

When it comes to the worldwide web, Bergen Community College is taking proactive measures to keep students safe and connected. Bergen’s new Information Security Officer, Peter Rossow, has realized the growing changes in the cyber world and the parallel need for the development of online safety. That is why Dr. Rossow has developed the Bergen Community College Cybersecurity Pledge. He published the pledge in February of 2015 in an effort to make students aware of the potentially hazardous links and risks that exist on the web.

The pledge is comprised of ten points of advice for anyone who uses the internet on a daily basis. 85 percent of Americans are connected to the Internet, and that percentage is increasing each day. Because of this, Dr. Rossow believes that now is the best time for everyone to be informed of how to safely maintain your internet devices.

Here are the ten points of the pledge:

Use a strong password or passphrase and never share it.
Never leave your computer unattended in public locations.
Keep your computer’s software up-to-date.
Safeguard Bergen Community College data and our own personal data.
Think before you click.
Use caution when dealing with email and other forms of electronic communication.
Treat my mobile device like any other computer.
Report suspected security concerns immediately.
Help promote cybersecurity awareness on campus.

“One of my favorites is ‘Think before I click,’” Rossow mentioned. “So often people get in trouble by clicking on strange links.”

Dr. Rossow mentioned that the pledge’s main purpose is to remind students of the precautions necessary to keep their computers safe. “I hope people will think about these during their day-to-day activities to protect themselves, their families and the college.”

Due to the rapid development that the Internet is undergoing, we cannot be too careful. Something as simple as clicking on a foreign link while connected to a public Wi-Fi network might cause serious damage to that network.

“Of the biggest dangers on the web today are online phishing scams,” Rossow added. “Phishing is a message that is targeted toward you as an individual and looks like it came from a legitimate place. But buried within that is an insecure link. Clicking on it is all it takes to compromise your computer and network.”

The biggest factor that has affected the growth of cyber connection in the last five years is the development of the smartphone. Because of the constant connection to the Internet in the palm of your hand, it can be easy to forget about how vast the risks may be to your personal information. Dr. Rossow’s advice on this issue is to simply keep your phone locked and be sure to review all of the sensitive information on your cell phone in an effort to decide whether or not it is a good place for storage.

Dr. Rossow wants to remind everyone at BCC that his office door is always open for any questions concerning cybersecurity. The new BCC Cybersecurity Pledge will be included in the 2015/2016 Student Handbook.
Dear Students,

On behalf of the Student Government Association (SGA), I want to welcome all members to BCC's national conference in Chicago. The annual conference centers around helping Latino youth build the skills necessary to take their place as United States leaders, and learn to organize politically and empower not only themselves, but their communities. Like President Andrade and the Scholarship Committee will be distributing SGA scholarship applications during the first week of April. The SGA scholarship is open to all students including past/current/future Latino students.

Please remember that the Student Government Association of U.S.H.L.I. has an open door policy. What does this mean? It means that we are here to help and assist you with all your student needs. If you have any questions or concerns please feel free to walk into Room A-101 and chat with us, or email me at PresidentSGABCC@gmail.com.

Sincerely,
Laura Hoyos

SGA President’s Letter to Students

From left to right: BCC students Kevin Calle, Natasha Prenos, USHLI President Juan Andrade, Laura Hoyos, Luis Ari Lopez Wei and former BCC BOT member Cid Wilson.

Hispanic Youth Leadership Goes to Chicago

"We were, we are," is the theme phrase that was repeated time and again during the United States Hispanic Leadership Institute USHLI national conference in Chicago. The annual conference centers around helping Latino youth build the skills necessary to take their place as United States leaders, and learn to organize politically and empower not only themselves, but their communities. Like President Andrade

Kevin Calle said, “It was inspirational to see a network of Latino Leaders form a community to empower future Hispanic leaders.”

After four days, participants were eager to head back to their respective communities, equipped with a lot more knowledge and leadership skills than they had begun the weekend with. Everyone returned with something they can use to improve and empower not only themselves, but their communities. Like President Andrade said, “It’s not how high you climb, but how wide you reach.”

Hispanic Youth Leadership Goes to Chicago

Luis Lopez Wei

SGA President Laura Hoyos

Inez Rabah// The Torch

SGA President's Letter to Students

Hispanic Youth Leadership Goes to Chicago

"We were, we are," is the theme phrase that was repeated time and again during the United States Hispanic Leadership Institute USHLI national conference in Chicago. The annual conference centers around helping Latino youth build the skills necessary to take their place as United States leaders, and learn to organize politically and empower not only themselves, but their communities. Like President Andrade

Kevin Calle said, “It was inspirational to see a network of Latino Leaders form a community to empower future Hispanic leaders.”

After four days, participants were eager to head back to their respective communities, equipped with a lot more knowledge and leadership skills than they had begun the weekend with. Everyone returned with something they can use to improve and empower not only themselves, but their communities. Like President Andrade said, “It’s not how high you climb, but how wide you reach.”

Hispanic Youth Leadership Goes to Chicago

Luis Lopez Wei

SGA President Laura Hoyos

Inez Rabah// The Torch
How Safe Do You Feel?

BLAIR DELONG
Editor-in-Chief

Besides education, what is most important at Bergen Community College? The food in the cafeteria, finding a parking spot or safety? I would have to say safety. There aren’t many policies in place to keep an institution as large as BCC totally safe for its students. On February 5, 2015, a female student at Rutgers University was attacked by a man wielding a “sharp object.” Thankfully, the young woman survived the attack and her assailant was apprehended. According to a Rutgers spokesperson, “The attacker was not a member of the [Rutgers] community.”

What could have been done to prevent this type of attack? What would keep a situation like this from happening at a school such as BCC? Besides having Public Safety Officers patrolling the halls and parking lots and the added presence of the Bergen County Police Department Officers, what else can be done to keep our students safe? Fortunately, BCC has programs in place such as the Behavior Intervention Team (BIT) and the Violence Intervention Program (VIP), both of which are dedicated to preventing possible issues before they become a reality. BCC has also held training for students called “Run, Hide, Fight.” There are videos on Bergen.edu in the Public Safety section tab that illustrate the program.

Not only do these programs help the students of BCC identify a problem and report it to the correct authority, but they also lead to a sense of security, letting students worry about their studies and not having to watch for a knife in their backs. But what happens when the potential threat is not a student of BCC? All registered students are required to have ID cards on their person while on campus. Not only this, but a student’s car must have a parking decal to be able to use the parking facilities without getting ticketed.

Does true security lie behind the guise of an officer’s uniform? Or, are we on our own in this world?

The Torch offices are located in Room SC-111, 400 Paramus Road, Paramus, NJ 07652-1595
201.493.5006/5007
ecttorch@gmail.com

Follow Us

Does true security lie behind the guise of an officer’s uniform? Or, are we on our own in this world? 

NJPF
New Jersey Press Foundation

Winner for News Writing, Arts and Entertainment, Critical Writing, Feature Writing, Sports Writing, Overall Website, 2014-2015
New Jersey Press Foundation Better College Newspaper Contest

First Place Award: Society of Professional Journalists: Breaking News Editorial, Editorial Writing, Best All-Around, Non-Daily Student Newspaper

FOLLOW US

FB.com/bergertorch

@torchheadssays

Volume 23 Issue 7 | April 2015

Torch is to report on the events at BCC and the local community, and to offer the BCC community a forum for expression. The opinions expressed in THE TORCH are not necessarily those of THE TORCH. All the materials submitted to THE TORCH become property of THE TORCH.

BLAIR DELONG
Editor-in-Chief

JESSICA RODRIGUEZ
Co-Editor

CLIFFORD BOAN
Copy Editor

ADRIAN YLLATOPA
News Editor

JOSEPH CRILIO
Features Editor

GABE WANISSIAN
Sports Editor

AMBER TARIG
Online Editor

TANYA BOGHOSSIAN
ZACH MICOVITZ
Layout Editors

YADELLISE ROMAN
Ad Manager

NOURA DAKKA
Photo Editor

PROF. LEW WHEATON
Advisor

CORRECTIONS

The Torch strives for the highest journalistic standards and accuracy. Readers are encouraged to contact us if they find any mistakes in any edition of the Torch.

EDITORIAL AND OPINION PIECES

As an open public forum, The Torch welcomes guest opinion pieces and letters to the editor from any member of the Bergen Community College community. Materials should be submitted to eictorch@gmail.com or delivered to The Torch office, SC-111. Such submissions must include the writer’s name, contact information and affiliation with the college. Students should include their major; faculty and staff should include campus title or position. Opinion pieces are limited to 600 words and letters to the editor to 200 words. The Torch reserves the right to edit and to refuse publication of any submission.

The Torch offices are located in Room SC-111, 400 Paramus Road, Paramus, NJ 07652-1595. 201.493.5006/5007. ecttorch@gmail.com

Winner for News Writing, Arts and Entertainment, Critical Writing, Feature Writing, Sports Writing, Overall Website, 2014-2015
New Jersey Press Foundation Better College Newspaper Contest

First Place Award: Society of Professional Journalists: Breaking News Editorial, Editorial Writing, Best All-Around, Non-Daily Student Newspaper

Does true security lie behind the guise of an officer’s uniform? Or, are we on our own in this world?
For those who are not yet aware, BCC is planning to charge students for printing. This is not something that anyone should dismiss as a simple rumor floating around. It is actually something that is most likely going to occur sooner than you think. This proposal is an impulsive, outrageous, and excessive “solution” that should only be a last resort to the cutting down on material costs and waste, and raises an important question: Is the overprinting dilemma that serious, or is BCC just hungry for money?

A committee of people formed in the IT and library department created the proposal. Their aim is for students to pay 10 cents per black-and-white copy, and 25 cents per color copy. Before they brought the resolution to the board that approves or denies such proposals, they brought it to the Student Government Association.

“We tore them apart. Every senator spoke, and every senator gave their point of view, and nobody agreed to it,” SGA senator Andrew Fenwick tells The Torch. Senators not only opposed it, but also fully backed up their opinions. “They were speechless,” Fenwick adds. The committee then did not propose the idea to the board as they originally planned and are re-working it to make it more appealing. No matter what, we are almost certainly going to lose that privilege. The student government did a good job of delaying it.

“I was kind of mad because they should have told us first of all, or made a public announcement that they wanted to enforce this policy. Other than that, I’m disappointed because they already take so much money from us. More than average for a community college,” Naaz Ismailzadah, Secretary of Honors Association, tells the Torch.

There needs to be a middle ground. Almost no one at the school even knows that there is an overprinting problem and that the college is paying too much for it; not to mention all the trees we’re killing. Why should students automatically be punished for something they didn’t even know was going on? A good way to effectively limit printing would be to implement a system in which students have a number of pages that they can print free of cost, and then once they go over their limit for the month, they must pay for printing. In addition to this, posters can be put around to make students more mindful of how much they print and give students an environmentally friendly sensibility.

“We did the math and it doesn’t add up, they’d definitely be making a profit,” Fenwick said. Although there are other ways to approach this dilemma, this proposal would be the most effective way to make a profit, which might make this idea more appealing to the administration.

“How we’re thinking of fighting it is at first not with a protest. We have to show them that we’re civilized. We have to show them - if we treat them with respect, we’ll get respect back,” Fenwick stated on behalf of the Student Government Association.

So what should students do to try and fight this? As of now, surprisingly, no one has started a petition that BCC students can sign against this. There is also a lack of students at the Board of Trustees meetings, which makes no sense at all considering that important decisions are made on behalf of students during those meetings. SGA meetings are held every week and they deal with these types of problems. Instead of just complaining, do something about it. Let your voice be heard and make a change; both are open to the public. You can check on the date of an upcoming Board of Trustees meeting on the Bergen.edu website, under Board of Trustees.
A relationship is based on building a healthy foundation between two partners that could last a lifetime. Relationships are not just about loving and caring for each other, but also about trusting and being faithful to one another. Often times, many couples fall into infidelity.

Infidelity has become more common among people under 30. Experts believe the increase in cheating is due to having more options, and young teens and adults are developing the habit of having multiple sex partners before marriage. In recent studies, 57 percent of men and 54 percent of women admitted to infidelity in any relationship they’ve had, according to Statistic Brain. 74 percent of men and 68 percent of women said they would have an affair if they would never get caught. “Why do people cheat?” you may ask yourself. There is no easy way to say it, but many people often do it because they think they won’t get caught. Others cheat because they feel their current relationship is failing and there is no connection anymore. When someone cheats, their actions and behavior start to change toward their significant other. They begin to feel guilty because they know they’re doing something wrong and often start to accuse the other of cheating. There aren’t any definitive signs of changing, but if you have been cheated on before, you pretty much know.

There are two different types of cheating: physical and emotional. Physical infidelity means there is no emotional involvement. Emotional infidelity can inflict as much if not more hurt, pain and suffering. To make matters even worse, most infidelity involves both physical and emotional betrayal. The internet, email, chat rooms, and social media are making it a lot easier for people to engage in infidelity.

Many people often come forward to their significant other and admit they have cheated. Having gone through a similar experience myself, it’s hard to forgive someone once the trust has been broken. Once someone has cheated and betrayed your trust, it’s hard to pick up all the pieces and have the power to forgive and forget. It takes a toll on the relationship and to the other partner who has been cheated on. Often people become bitter and bring the hurt and pain to their next relationship because it’s hard to trust anyone with their heart again.

The initial decision to be unfaithful is rarely ever a rational choice; infidelity is usually driven by circumstances and one’s emotions. Many people are often surprised and shocked by their actions and behavior at the start of an affair. Advice to people who have been cheated on or don’t know if they are currently being cheating on, always be alert and pay attention to your partner’s behavior and actions toward you. Think long and hard about the situation and if you want to choose to stay with them or let them go. Relationships aren’t easy, but you should be prepared for the worst and have a plan of action in case you go through this. You have to love and trust yourself before you can love and trust another with your heart and soul. If you feel that temptation to cheat, just get out of your relationship if you’re not happy in it. Don’t put someone through pain and anguish and make it hard for them to ever trust a man or woman again. If you really care and love that person, let them go and let them be happy with someone else.
Our greatest strength is helping you find yours. Will. Power.

It’s not too late to transfer for Fall 2015!
Apply now at wpunj.edu/apply
Visit our Wayne campus this spring and we’ll waive your $50 application fee.

Immediate Decision Days
Friday, April 24 • Wednesday, May 27
Wednesday, June 10
Transfer Student Tours available. Reservation required.

Schedule your visit today:
wpunj.edu/campusvisit • 973.720.2125
A Focus On Adult Learners

We are Saint Peter’s University: a place where students ready to advance are taught by people who understand the adult learner. Our Englewood Cliffs campus is located just five minutes north of the George Washington Bridge.

Students who are interested in advancing their degrees can earn a bachelor’s in business, nursing, humanities and more on a campus with programs designed especially for them.

Take advantage of our tuition grant specifically for community college students…visit or call us to learn more!

Saint Peter’s University offers:

• Flexible 8-week, summer and winter intersession terms.
• Hybrid programs (classroom and online) with evening and weekend courses that include face-to-face meetings.
• A beautiful campus dedicated to the adult learner with plenty of free, convenient parking.
• Comprehensive services including admission, transcript evaluation, student-centric advisement and registration.
• Lower net tuition than other area private, four-year schools.

Programs offered:

Business Administration
Criminal Justice
Coming Fall 2015
General Studies
Humanities
Nursing (RN to BSN)
Social Sciences

 Attend an Instant Decision Admission Event: Tuesday, April 21 from 5:00 to 7:00 pm RSVP at saintpeters.edu/RSVP

Call us at (201) 761-6470 or visit us online at saintpeters.edu
As you all may know, Women’s Appreciation Day is the eighth of March. Thousands of events are held throughout the world to influence women and honor their achievements. Bergen Community College’s Muslim Student Association (MSA) decided to join Islam Awareness Week and Women’s Appreciation Week at BCC and share an enlightening event: Wear a Hijab Day.

In the Student center on March 11, MSA set a cultural scene where they had students try on the traditional hijab. Girls of all colors and religions took a seat and had a hijabi girl dress her with a headscarf. Fatima and Basima Abdel Salam -- president and vice president of MSA -- took this opportunity to shed light on what wearing a hijab actually means. “Life isn’t about showing how you are on the outside,” explained Basima.

In the Muslim religion, the hijab is a symbol of respect and preservation. A lady loves the hijab, but she doesn’t wear it for a serious reason. “You feel like you don’t belong to the community, you feel scared,” explained Aicha.

Sadly, what was suppose to be a symbol of modesty is now a symbol of terror. A lady can’t be comfortable wearing her hijab the way she should be in public. People stare at her like she is an alien- even a terrorist.

MSA’s objective was to teach people the real meaning of the hijab and hopefully change the mistaken concept.

EID-EH SHOMA MOBARAK

The United Nations International Day of Nowruz celebrates the start of the Persian spring festival on March 21 every year. On Friday, March 20 at the The Fiesta in Woodridge, there was a Nowruz party being held for hundreds of Iranians and their friends and family. When you walked into the banquet room, you could see the traditional haft-sin table set up and guests taking pictures and admiring how beautiful it looked. The party started with the host thanking everyone for coming and wishing us all a happy and healthy new year, and to enjoy the night. Soon after the host spoke, the party started with the DJ playing the Iranian national anthem to which the whole crowd stood up and sang along.

The Nowruz festival is a public holiday in some countries, such as Iran. About 300 million Iranians worldwide celebrate Nowruz, with traditions and rituals which are particularly strong in the Balkans, the Black Sea and Caspian Sea regions; the Caucasus, Central and South Asia and the Middle East. Events that are coordinated include folk dancing, special concerts, and tree planting ceremonies.

Nowruz is an ancestral festivity marking the first day of spring and the renewal of nature. It was proclaimed as an official UN observance because it promotes peace and solidarity, especially in families. The day also focuses on reconciliation and neighborliness, contributing to cultural diversity and friendship among people and different communities. On the last Wednesday of the year, the night Chahar Shanbe Suri is celebrated in order to symbolically get rid of all the misfortunes and bad luck of the last year.

People light small bonfires and jump over the flames shouting “Zardie man az to, sorkhie to az man,” which means, “May my sickly pallor be yours and your red glow be mine.” The exact moment of the new year is called Tahvil, and it last 12 days in Iran. In Iran, when we say Happy New Year, we recite “Eid-eh Shoma Mobarak.”

There is a traditional table display that is set up in every household called sofreh-ye haft-sin (cloth of seven... (continued on pg. 16)
We all know the well-known saying, “An apple a day keeps the doctor away.” Recently, some scientists have begun the journey of supporting the claim that sex isn’t just good, it’s good for you. Many scientists have been studying the benefits of sperm that reach beyond the necessity for creating life.

Swallowing sperm has many health benefits both inside and outside the body. Yes, they also reach beyond the pleasure and ecstasy of reaching an orgasm.

As you may have heard, ejaculate is a complex mixture of protein, calcium, vitamins B-12 and C, fructose, zinc and many other components, compounds, proteins and blood antigens. In fact, according to several scientific journals, semen has well over 40 different vitamins, minerals and compounds, making semen a “human-specific multi-vitamin.” Although semen won’t replace a protein-rich diet, it will give you a boost. Contrary to popular belief, one teaspoon of semen is only about five to seven calories.

The benefits of ejaculate go beyond just a daily dose of protein. A recent Dutch study proved that women who swallow their partners’ semen during pregnancy, had a lower risk of preeclampsia; a potentially dangerous pregnancy complication characterized by high blood pressure. The hormones secreted by the woman and the mixture of semen, lowered the woman’s blood pressure, lowering her risk of preeclampsia.

Some recent studies, still in progress, begin to develop the idea that women who have difficulty in becoming pregnant, should ingest their partners’ semen to facilitate pregnancy. Typically, when a woman is having difficulty becoming pregnant, it is due to her body’s immune system fighting her partners’ foreign cells. Research is beginning to show that women who regularly introduce their partners’ cells, in the form of swallowing their semen, helps buffer the body to accepting the foreign cells.

Alyssa W., a student at Bergen Community College said, “I never heard that swallowing semen had any health benefits. I would not swallow, but I may consider it to facilitate getting pregnant.”

Semen is also a great source of endorphins and neurotransmitters such as serotonin. These are not only found in the semen, but are also released by both the men and women during an orgasm. Serotonin is normally found in antidepressant medications such as Lexapro, Zoloft, Paxil and Prozac. A study done at SUNY Albany states that orgasms and semen are great natural antidepressants. The authors state, “This data is consistent with the possibility that semen may antagonize depressive symptoms.”

Found in the tail of sperm is a crystalline polyamine called spermine. Spermine is a known antioxidant that diminishes wrinkles, smoothes skin, tones and prevents acne. Bioforskning, a Norwegian cosmetic company, has synthesised spermine and uses it in their face cream. According to the company, spermine is 30 times more effective than vitamin E in delaying ageing. In lab tests, spermine in the blood repairs and strengthens your body against autophagy, or the process we call ageing, at the cellular level.

When BCC students were asked if they knew the benefits of swallowing sperm, some had and some had not. Dimitriy H. stated, “I’ve heard about the health benefits of swallowing semen. However, I would never swallow.” There were definitely mixed feelings about the topic among students. Steph C., a BCC Student said, “I recently heard the benefits of swallowing semen from a friend. However, I am still fearful about swallowing it.” Another BCC student, Khristian M. said, “I’ve heard that frequent ejaculation and semen help lower your risk of prostate cancer, and yeah, of course I want my partner to swallow!”

So guys, the next time you want her, or him, to swallow, be sure to remind your partner that it’s not only fun, but it is healthy for you. Also, keep in mind, some people just really prefer not to, so no forcing. As always, make sure you are comfortable with your partner. Never have unprotected sex and be sure to get tested regularly!
Urinary Tract Infection (UTIs), are defined, by the Center for Disease Control (CDC), as an infection in any part of the urinary system. This includes, but is not limited to, the urethra and kidneys. According to the Mayo Clinic, UTIs are caused typically by Escherichia coli (E. coli) bacteria which is found in the gastrointestinal (GI) tract that find their way up the urethra and into the urinary tract. The most common UTIs occur in the lower portion of the urinary tract - the bladder and urethra. Most UTIs are easily treated if caught early, while others get more complicated if the infection spreads to other portions of the urinary tract. Unfortunately, for women, the risk of a UTI is significantly greater than in men. Experts say that the odds of a woman getting a UTI in her lifetime are one in two.

Dr. Moore says, “There is an active ingredient in cranberries that can prevent adherence of bacteria to the bladder, particularly E.coli. But most of the studies have shown that juice and supplements don’t have enough of this active ingredient, A-type proanthocyanidins (PACs), to prevent bacteria from sticking to the urinary bladder, particularly E.coli.”

Some experts even say to drink plenty of cranberry juice to prevent or cure a UTI. Experts say that the odds of a woman getting a UTI in her lifetime are one in two.

However, over cleanliness can also cause an infection. Your body has natural flora that live symbiotically with your body. This bacteria help us in our digestive and other symptoms. These bacteria can be beneficial to us, but if it is removed, could be replaced with other bacteria that could be dangerous to your body. These include Clostridium difficile, or C-diff, and yeast infections. C-diff, is a normal flora that live symbiotically with your body. This bacteria help us in our digestive and other symptoms. These bacteria can be beneficial to us, but if it is removed, could be replaced with other bacteria that could be dangerous to your body. These include Clostridium difficile, or C-diff, and yeast infections. C-diff, is a normal

Women also have a high risk of recurrent infections. According to Schaeffer’s article in Campbell’s Urology, with each infection, the risk of a woman will continue having recurrent UTIs increases. Some women have as many as three or more infections a year. Typically, women have a period of one to two years of frequent infections, then the recurrent infections cease.

Men have a lower risk of getting a UTI simply because of anatomy. A female’s urethra is shorter, allowing bacteria to invade the bladder more easily. However, when men develop a UTI he is likely to have another bacteria hidden deep in his prostate tissue, according to the National Kidney Foundation.

There is one definitive way to prevent a UTI: hygiene. Cleanliness and good personal hygiene are key to preventing a UTI. Also, women were taught to always wipe front to back. This is key to preventing cross contamination of the bacteria from your feces entering the urinary tract. Also, peeing after sex, for both men and women, can help by flushing out the bacteria that may have been pushed into the urethra during intercourse.

However, over cleanliness can also cause an infection. Your body has natural flora that live symbiotically with your body. This bacteria help us in our digestive and other symptoms. These bacteria can be beneficial to us, but if it is removed, could be replaced with other bacteria that could be dangerous to your body. These include Clostridium difficile, or C-diff, and yeast infections. C-diff, is a normal bacteria in the digestive tract, but when growing out of control, releases toxins that cause mild to severe abdominal pain and diarrhea.

The usual signs and symptoms of a UTI include, but are not limited to, abdominal pain, pain in your bladder area, pelvic pain and painful urination. Frequent urination, blood in the urine, cloudy urine and leakage are common as well. People may experience fever, malaise or a general feeling of illness and discomfort, and fatigue. Some even experience irritability, irritation, burning, cramping and regional tenderness.

If you begin experiencing these symptoms, you should be proactive in seeking help. Being proactive in seeking medical care will help lower your risk for a more complicated infection that travels to other portions of the urinary tract. The medical professional will ask you questions like “When did the pain start?”; “Where does it hurt?”; “Are you pregnant?”; “Are you sexually active?” and many others. Being proactive in writing these down will help your medical professional diagnose and properly treat your infection. The most common treatment for a UTI is antibiotics. These usually include amoxicillin, ciprofloxacin, leviquin and many others.

As usual, it is extremely important to be sure you finish the antibiotic cycle. Be sure to finish the WHOLE bottle and not just stop when you feel better. This ensures that the bacteria that are resistant to the antibiotics, will be eliminated and not just begin to re-multiply.

Make sure to stay calm and stay hydrated. Drink plenty of water throughout the infection. This will help to flush the infection from your body. Probiotics, both oral and vaginal, are recommended while taking an antibiotic. Probiotics work by keeping the natural balance of organisms (microflora) in the body’s GI tract. Yogurts are not a great option. Urologist Courtenay Moore, MD, states, “Not all yogurt brands have probiotics in them, and you’d have to eat about seven a day to get what you need.”

Some experts even say to drink plenty of cranberry juice to prevent or cure a UTI. Dr. Moore says, “There is an active ingredient in cranberries that can prevent adherence of bacteria to the bladder, particularly E.coli.” But most of the studies have shown that juice and supplements don’t have enough of this active ingredient.

A-type proanthocyanidins (PACs), to prevent bacteria from sticking to the urinary tract. With cranberries, however, you need to be careful. Cranberries have an effect of how warfarin, anticoagulants such as Coumadin or Jantoven, drugs work. Confer with your doctor before using cranberries while treating a UTI.
My Struggle With Epilepsy: A Chronic Illness

AMBER JASMINE TARIQ

Managing Editor

Epilepsy is an intrusive and intense condition, but epileptics experience full lives. Photo courtesy of dreamart.com/ Licensed under Creative Commons.

Going about a normal day, then ending up in the hospital later with no idea what happened isn’t fun. That is what I had experienced when I was diagnosed with epilepsy. It is a medical condition that is classified by seizures, or random abnormal acts of electrical activity in the brain. It’s also labeled under the list of chronic illnesses. When the words ‘Chronic Illness’ come up, most people think of asthma, cancer or diabetes. A chronic illness is a condition that can be controlled but cannot be cured. It can either be hereditary, or it can just be developed over time, with no family history of the disease. In my case, there is no trace of epilepsy in my family. A seizure can happen at any given time, with no warning signs. My first seizure was Christmas morning 2011. It wasn’t fun to spend Christmas in the hospital, especially after opening up my presents. My second seizure happened two weeks later. I was diagnosed with epilepsy then, as it takes two seizures to be diagnosed with the condition. The only way to control the seizures is with medications.

I had been taking Lexapro every single day for the last three years. Since starting them, I’ve only had one seizure.

Around the end of February, I was given a 24-hour Electroencephalography, also known as an EEG, which monitors electrical activity in the brain by placing electrodes on the scalp. It was to see if there was any seizure activity in my brain. Going about a normal day while having wires attached to your scalp isn’t the best thing, but at least I don’t have any activity in my brain.

Even though I have epilepsy, it has not taken over my life. I can still do things I normal people could do before I was diagnosed. That is the best way to go about having any disease. Even if you are affected by it, you cannot let it control your life, and you will be able to live a normal life like I do.

The traditional dinner for Nowruz is called “Sabzi Polo Mahi”, a rice dish with whitefish and green herbs like parsley, coriander, chives, dill and fenugreek. After 13 days, Sizdeh Bedar is celebrated, which means getting rid of the 13th. Families throw green sprouts into rivers or lakes to symbolize the plant’s return to nature and to conclude the festivities for the year.

The layout and decorations of the party all had touches of Iran, such as having green tablecloths and red and white napkins on each table resembling the colors of the Iranian flag. Designers and food caterers followed the theme and the guests got onto the dance floor.

The guests got into the music that they formed big circles of dance offs and threw money in the air.

About a half an hour after everyone finished their dinner, the staff at the Fesla formed around the dance floor with sparkling candles while a gentleman brought a table out to the dance floor with a bowl of fruit and poured sweet syrup into it and lit it in flames, then took the flaming fruit and poured it onto ice cream for dessert, the guest were amazed by the flames and applauded in excitement.

To all the millions of Iranians celebrating Nowruz around the world, Eid-Eh Shoma Moharam.
St. Thomas Aquinas College
Can Help You Make College Affordable!

UP TO 50% TUITION SCHOLARSHIP*
For BCC Students
*based on your GPA

BEST. YOU. EVER.

READY TO GET STARTED?
Join us for a campus visit and take advantage of on-the-spot credit and scholarship evaluations!

OPEN HOUSE: Saturday, April 25 at 1PM
With a special session for transfers!
Register Online at www.stac.edu/events

100+ Academic & Career Programs in the School of Arts & Sciences, School of Business and School of Education
18 NCAA DII Sports
40+ Student Activities and Clubs
Military Friendly School® - Yellow Ribbon Program Participant

ST. THOMAS AQUINAS COLLEGE
125 Route 340, Sparkill, NY 10976 | 845.398.4100 | www.stac.edu
A U.S. News & World Report Top-Tier Institution
As the set for Bergenstages’ rendition of William Gibson’s “The Miracle Worker” was taken down after a sold out closing night, the aura of energy that hovered on the stage from a week of impactful performances remained. Long time director Mary Clifford brought together a group of young actors that took the crowd on an emotional rollercoaster. By the end of the nearly three-hour show, one felt as if they built an emotional connection with the characters themselves.

It’s not hard to envision the show being such a gripping tale, as the story of Helen Keller (played by Katelynn Bailey), while at the surface seems like a tale of a deaf and blind girl learning to cope with her disabilities, the play truly ends up being a contemplative episode on what it truly means to cope with internal struggles within a family, and within oneself.

Sophia Lee, a second-year Theatre Major who plays Keller’s young teacher Annie Sullivan, saw how crucial her character was in portraying that hardship. “I was really interested into who Annie Sullivan was and how she got Helen to learn Sign Language,” she said to Bergenstages TV.

Sullivan, only 20 years old, brings her own personal demons to the table, as she herself suffered from blindness as a child until she managed to grow out of it. Sullivan’s experience with visual impairment made her the perfect candidate in the eyes of Keller’s parents Captain (played by Dakota Librescu) and Kate (Played by Elizabeth Stawicki).

Helen’s journey into learning sign language is not a smooth sailing one due to her spoiled nature, which leads to plenty of violent conflicts with her teacher throughout the two intermission containing show. It is in these scenes that the show excels the most, the chemistry between Lee and Bailey made for some scenes that were uncomfortable to watch for all the right reasons; most notably the 10-minute scuffle that occurs two-thirds into the show. The soon to be high schooler Bailey described her experiences during rehearsal for scenes saying: “We used protective gear during rehearsal, and I would blindfold myself at home and walk around the house. I would bump into things...[I would say to family] I can’t talk I’m practicing!”

Bailey, performing in her first ever play brought a sense of raw vitality to the role that was refreshing to see. Meanwhile, veteran actors, such as Zach McDevitt presiding over the role as Doctor and Elizabeth Stawicki playing Helen’s mother, added much needed established stage presence.

The set design and lighting was kept relatively to a minimum, and while, at first, it took away from the immersion of the show, it became clearer as the show went on that the stripped back presentation gave us a peek into Helen’s perspective of her surroundings.

It all merged together cohesively, and provided one of the most hard hitting performances given by Bergenstages. Real life Helen Keller stated once “When we do the best we can, we never know what miracle is wrought in our life,” - In this case, it was a show that sold out every night: no miracle was needed.
There’s no escaping color; you see it, wear it, eat it and dream it. Color has the ability to calm people down, rile them up, and even make them feel hungry. As crazy as it sounds, color psychology is a part of psychology that explores the effects of color on human behavior.

One of the first things people learn when studying art are the warm colors and the cool colors. Red, orange and yellow are examples of warm colors. Blue, green and purple are examples of cool colors. So why are they called that?

Dale Russel wrote three books, the Colorworks 1, “The Red Book”, 2, “The Blue Book”, and 3, “The Yellow Book”, that make up “The Designer’s Ultimate Guide to Working with Color,” for graphic artists. All information in this article is from these books.

Red: angry, passionate, sexy, danger, fire. The common expressions “I saw red” and “cought red handed” stem from the psychological effects of this color. This strong, bold color is used for packaging and advertising because it attracts the eye of the consumer. It gives people energetic vibes. “Red has such a strong association with heat that it is possible to feel warmer when in a red environment even though the temperature has not changed,” Russell states in the Red Book. Culturally, it can mean something different to each person. In China, it means good luck, but can also mean jealousy. In India, it represents chivalry.

Blue: relaxing, clean, purity, safety, depression, ice. Whereas red is energetic, blue is the opposite. “Feeling blue,” and singing the “blues” both associate with sadness. The calming feeling it evokes may stem from its association with the sky and sea. Blue is used in finance and transportation because it gives off the aura of safety and trust. Banks and transportation companies such as NJ Transit and Chase use this color in their logos. This information can be found in “The Blue Book.”

So why is it important to understand color psychology? Well, because it can help enhance an impression you’re trying to make, and also help you promote something. Royal blue is a color that represents loyalty and therefore is the best color to make speeches and to interview for jobs in. Black often represents authority, so, of course, it is used in most police uniforms, and one can use it when leading a group, or babysitting an overactive child. Purple is a color rarely found in nature, so it represents creativity and uniqueness which can help people when trying to set themselves apart from others in a competition for example. Big name companies always use color psychology to their advantage. Fast food restaurants use red and yellow in their advertising because those two colors, especially together, induce hunger more than any other colors.

Color psychology can clearly and easily be used to anyone’s advantage, if one learns to use it well. After all, a picture’s worth a thousand words, and “color” happens to be one of them.

Tattoos; Can You Land the Job?

Beyond the rebellious act of teenagers to make their parents angry, tattoos have become almost a fashion statement. From celebrities like Kat Von D, Jessie James and even clean-cut front man of Maroon 5, Adam Levine, tattoos have become a staple in American media. So if your idols can have ink, why not you? Well, to be frank, you probably aren’t going to be famous and will be working in a career field that is a lot more conservative in its views than Hollywood.

While tattoos have become more accepted in the last 20 years, there is still a stigma cast over them, but even now it seems to be breaking. Ferris Morris, spokeswoman for Bank of America said, “We have no formal policy about tattoos because we value our differences and recognize that diversity and inclusion are good for our business and make our company stronger.” If a company like Bank of America will allow its employees to have visible tattoos, what makes having a tattoo taboo?

The first impression is the only impression, as they say. Professor and Career Counselor, Gene Calderon, spoke about that very first interview with a possible employer. Calderon said, “You don’t want [the tattoo] to be a distraction. You want [the interviewer] to be paying attention to you and what you can offer their company, and not your tattoo.” Calderon continued by saying, “It’s much like perfume or aftershave - some folks will appreciate it, some won’t.”

Tara Mutillo, Senior Secretary at the Center for Student Success, who has a few visible tattoos herself, said, “The people I work with have zero problems with my tattoos. I’ve actually gotten compliments for them, some even from some of the older staff.”

Since there are so many different attitudes and views on tattoos in American society, it’s hard to say which route a specific potential employer will go when hiring a tattooed candidate. Calderon said, “On the first interview, try to be conservative...You never know who will be interviewing you and what their views are...and most of all, research your potential employer. Some companies have policies against tattoos and piercings.”

Ready To Transfer? Think NJIT

• Offers Degrees in the Hottest Fields
• Transferring is Easy - seamless credit transfer, junior standing with an Associate's Degree, advising support
• Access to high paying internship and co-op programs
• Connect to over 22,800 job postings through Career Development Services

Take the Next Step JOIN US FOR Instant Decision Day - njit.edu/transfer OR Apply Now - njit.edu/apply

Questions? Call 800-925-NJIT

Always On
I have a confession to make; Captain Black was not always a Mets fan. For the first 11 years of my fat, “Why did I eat all those Oreos” life, I grew up a Yankee fan; and a passionate one at that. If Baseball was a religion, Yankee stadium was my church, the Yes Network was my “700 Club” (a religious TV show in case you didn’t know); the minute I saw Aaron Boone demolish the Red Sox in the 2003 ALCS became my ‘Pearl Harbor.’

I almost want to go back in time to 1977 and tell Bucky Dent that his career defining homerun would be wasted on a generation of heartless millionaires who have single handedly sapped the excitement and vigor out of a storied rivalry. I’m a Met fan, but I’ll keep on rewatching the July 1, 2004 Yanks and Sox bout as Derek Jeter dives into the stands, and arises from the crowd commotion with a bruised battered face like a fighter who’s just defeated his sworn nemesis.

Josh Hamilton, outfielder for the Los Angeles Angels of Anaheim, has come under fire for another substance abuse relapse. Hamilton has been known to turn to alcohol and cocaine in the past - having failed multiple drug tests during his minor and major league careers. Hamilton was drafted straight out of high school by the Tampa Bay Devil Rays in 1999, having the throwing arm strength and hitting power of team scouts’ dreams. He got off to a poor start, getting injured multiple times early on. During his rehabilitation time after a car accident in 2001, he had turned to drugs and alcohol. In an interview with ESPN Magazine, Hamilton had said, “I had my first drink of alcohol and did my first time of cocaine in the same night,” according to the crowd he had been hanging around with at the time. It continued to go downhill from that point.

Hamilton had not played baseball for almost seven years after July 2002 for various reasons. He had missed spring training games in 2003, and decided to take the season off for personal reasons. In 2004, he had failed three drug tests, and was suspended for the entirety of the season. Hamilton had been arrested prior to the 2005 season, and he had failed another drug test in 2006, and was suspended for those two seasons as well.

After coming clean and finding solace through his Christian faith, Hamilton was taken by the Chicago Cubs in the 2006 Rule 5 Draft, then traded to the Cincinnati Reds. One of the trade’s conditions stated that Hamilton had to stay on the MLB 25-man roster for the 2007 season, making that his first major league year. He batted under .300, and hit 19 home runs in his 90 games played. He was traded to the Texas Rangers that December.

In 2009, Deadspin.com posted pictures of Hamilton in a bar, with quotes of people saying that he was asking where to find cocaine. Another relapse occurred in 2012 for which he had immediately apologized.

It is unclear how long his suspension will be for his most recent relapse. First-violation players will typically be suspended 15-25 games; second violation would be 25-50; third-time violators go at least a year, but it is at commissioner Bud Selig’s discretion. It is unclear with Hamilton because he had re-entered the league in 2007 batted which may allow for this to be his first “hard” drug relapse in the league - depending on how the reinstatement contract was worded, and what the punishment schedule is like.
CONTINUE YOUR TRACK TOWARDS A HIGHER DEGREE AT A LOWER COST.

BCC + FDU

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 master degrees at FDU

Additional scholarships available for PTK, NJSTARS and students graduating with a 3.5+ GPA

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

[fdu.edu/bcc-fdu](http://fdu.edu/bcc-fdu)
Derrick Rose: Stardom in Jeopardy

LOU KISHKO
CONTRIBUTING WRITER

Wasn't it too long ago that Chicago Bulls' point guard and former number one overall pick, Derrick Rose, was one of the best players in basketball. Rose was an instant sensation and took home rookie of the year honors in 2009. Rose's career peaked in 2011 when he was named the NBA's most valuable player and led Chicago to the Eastern Conference Finals, where they ended up losing to the Miami Heat. In the first game of the first round of the 2012 NBA playoffs, Rose's career took a turn for the worst when he tore his ACL against Philadelphia. Chicago went on to lose that series, and Rose missed the entire next season. After months of rehab, Rose returned to the court in the fall of 2013. He returned and played well until he tore his meniscus, which required season-ending surgery.

This season, Derrick Rose came back and played in 46 games; it looked as if he was returning to his MVP form. However, on February 24, it was announced that Rose will, yet again, undergo surgery on his right knee and his status for the rest of the season is in jeopardy.

The Bulls' franchise player recently spoke out on his urgency to get back on the court and how hard he tried to rehabilitate during his first two injuries, "It was all about getting back on the court. It was something they had to take out. At the time, I really didn't care. I wasn't worried about the future. I didn't think that far ahead. I just wanted it out. Be able to walk right, and get to rehab right away," he said.

The Bulls head coach, Tom Thibodeau, was quoted as saying, "As you can imagine, it's not an easy thing to deal with." He continued, "Our reality is that the games are going to keep coming. We've been through it before."

The Bulls center, Pau Gasol, and Bulls guard, Kirk Hinrich, called Rose's latest injury "heartbreaking.

Rose is the face of basketball in Chicago at only 26 years-old, but after three major injuries, it is a huge concern if he will ever return to his old form. This most recent injury has certainly put a damper on Chicago's championship aspirations. Originally being favorites to win the Eastern Conference, it now appears unlikely that they will make a deep run in the 2015 playoffs. But, the long term question that will be discussed among Bulls fans is what kind of player Rose will be for the rest of his career. Rose is still young, but it is difficult to imagine him being an all-star ever again.

The story of Derrick Rose is one of those classic "What if?" sports stories. It's sad to imagine how different his career would be if it wasn't for his string of horrific injuries. As for the Chicago Bulls, a franchise that has been searching for a championship ever since Michael Jordan left in 1998, it looks like they will have to wait another year for that. The injury to Derrick Rose has altered his career, the state of the Bulls' franchise, and has broken the hearts of many fans in Chicago.
Track Team Eager to Start Weather-Delayed Season

"Frustrating" is the best word to describe this year’s seemingly non-existing track season at BCC. Due to the severe weather, the team has yet to have their first meet of the season, making it the latest start in Head Coach Erica Czujko’s five-year coaching career.

The Lloyd Sigler meet at Salisbury College in Maryland was supposed to be the first meet of the season to have taken place on March 7, but it was cancelled due to a snow storm. The second meet was supposed to be held at Queensborough College on March 14, however the melted snow flooded the track, rendering it unsuitable for running. "We’ve been in the weight room since December," Coach Czujko said, airing out her discontentment. When asked whether the situation was frustrating, Czujko responded, "Yes it is, especially with runners that need to be on the track...It’s a rough season. Last year was bad, but we still started on time."

The team has only just begun to practice outside with the weather starting to warm up a bit. "I’m kind of excited that we’re outside for the first time. I can actually see some sun instead of working inside all the time. Actually get some throws in with the hammer," says first-year thrower, Manny Familia. The greatest disadvantage of training inside is not having that feeling of comfort and reliability of training outside in an area similar to that of track meets.

Raner Vincent Maresca was asked how the team was dealing with these cancellations and said, "Well, not having a meet so far gives an advantage to the team. We are practicing more and are extra-prepared for upcoming meets. The disadvantage, however, is that the team does not yet have their times on the record whether he or she is a runner or a thrower. Frankly, the weather has not helped us much."

Alexandra Raffa who is also a thrower, told The Torch about her transition from basketball last season to track. "I thought I was in good shape, but when I started working out, I got really sore because I’m working out different muscles." When asked her preference, Raffa responded, "It’s more of a pain in the butt, but track’s definitely my favorite."

The upside to all of this is that the team will be able to prepare themselves and go in headstrong for their first challenge. With the ability to bring that field experience with them for future meets, they have the chance to really prove themselves. "I have no doubt in my mind that the first meet we’ll have a couple qualified for nationals," said Coach Czujko. Their next meet is at Wagner Invitational on March 28.

"I’m kind of excited that we’re outside for the first time, I can actually see some sun instead of working inside all the time."

Softball: Lady Bulldogs Off Their Leashes

Aceing through nearly every inning, the girls of Bergen softball have started their season off with a bang. The team took on Union Community College on March 24 on our home turf in a double-header. With 43 degree weather and a setting sun as their only light, our Bulldogs were unfazed and dominated the field.

The girls sent balls flying, arching high over the field and were stealing bases left and right. In a matter of minutes in the first inning of the first game against UCC, the team had built a 9-1 lead. The girls were supportive and focused, chanting each other on loudly from the dugout. "...We’re playing our hearts out and just relaxing. We’re playing to our best ability and just playing how we do in every game," stated Sophomore Outfielder Brianna Montenegro. Pitchers, Linzi Reginald, Megan Hamlett and Sarah Briden, ending innings in minutes, their pitches quick and sharp. The sound of their pitches crashing against mitts echoed through the entire field.

After four innings, the affair ended in a dominant 24-1 victory. "I think it is a great group ladies. We have a very strong defense up the middle, which is very important. We have two new pitchers who I think will carry us through, hopefully to the playoffs," said Manager and sports director Jorge Hernandez, who came to support the team.

Right off the bat of the second game, tensions were high; one could feel the hunger for the win radiating off of the players. Despite the field getting darker and quickly losing light, the players persevered by diving into slides, running quicker and hitting harder. However, nightfall came, and officials ended the second game earlier than planned; the team finished the shortened game with an 18-2 win.

"In the second game I think we’re playing really hard, considering the weather conditions. It is really cold but our players are trying everything and playing through, but trying to stay warm the best they can," Coach Mallorie Gilbride commented. He continued, "They are playing to the best of their abilities and in both games trying the best that they can.

Although their first two games in a doubleheader against Cumberland Community College were losses, (0-8) and (5-6), they have completely turned the tables and rebounded against Atlantic Cape Community College (doubleheader wins 9-5 and 8-0); the 3-2 record sets them up to do damage in the future.

Brianna Montenegro gave her honest opinion about their season so far, "I thought everybody should get a second, third, fourth chance. If it was me, I would want to be forgiven and make that $30 million. He's a human being, and he screwed up royally, but c'mon! Lets move on!"

"I think everybody should get a second, third, fourth chance. If it was me, I would want to be forgiven and make that $30 million. He's a human being, and he screwed up royally, but c'mon! Let's move on!"

Right off the bat of the second game, tensions were high; one could feel the hunger for the win radiating off of the players.

"I think should be forgiven because he did his time. He did what he had to do and he's trying to play. The Yankees are treating him like any other player on the team, to earn a spot at spring training. Just let him be, man."

"I think should be forgiven because he did his time. He did what he had to do and he's trying to play. The Yankees are treating him like any other player on the team, to earn a spot at spring training. Just let him be, man."

"Definitely not. He knew what he was getting himself into for taking PEDs. Just because he's big in baseball, doesn't excuse him from doing illegal stuff."

" Definitely not. He knew what he was getting himself into for taking PEDs. Just because he's big in baseball, doesn't excuse him from doing illegal stuff."

"Yes, because him doing steroids, while was cheating, he was trying to make himself better, therefore making the team better. It didn't come from a bad place."

"Yes, because him doing steroids, while was cheating, he was trying to make himself better, therefore making the team better. It didn't come from a bad place."
Take a good, hard look at the baseball field next time you make that grueling trip to Ender Hall; you’re bound to see a Bulldog squad that looks more like a militant force than a mere ballclub. Their 4-4 season-opening trip that took place down at beautiful Myrtle Beach has come to a conclusion, and the uplifting rays of sun have been replaced with the murky, bone chilling weather of Northern Jersey. Coach Steven Mimms’ methodical, yet encouraging approach to the game of baseball has not been compromised by the seemingly bipolar weather.

“We are practicing outside [while other teams] are still inside the gym. Cold weather or not, we are still out here - and that gives us the edge,” said left fielder Jim Fitzgerald after their three-hour practice that consisted of running, fielding, and hitting drills that were completed with meticulous execution.

It appears the Bulldogs have indeed taken a step ahead of the pack, as Cumberland Community College (nationally ranked ninth by the NJCAA) went from being last year’s fearful foe, to Bergen’s target practice in the second game of a doubleheader, with a dominating 10-1 victory, thanks in part to Freshman prospect Blake Smith hurling a complete game with five strikeouts and zero earned runs (which earned him the Garden State Athletic Conference baseball player of the week award). “[Cumberland] is good, but we showed them that we belong here and that we deserve to be ranked in this country,” said Fitzgerald.

Smith, along with RHP Joe Guercio and RHP Matt Van Riper (who threw a 1-run CG with 9 Strikeouts in a 6-1 win vs. Mohawk Valley) have been the formidable top of the rotation threats that have provided Bergen with one of their better pitching staffs in recent years.

The pitching staff was further boosted by the acquisition of first year players Ryan Dragone and “Southpaw” Sean Rietz. Dubbed the “Secaucus Duo” for their success achieved at the high school level, the young players have worked on trying to acclimate to the stiffer competition found in college ball.

“The intensity level is totally different in college, everything moves quicker,” said Reitz. “[In highschool], we’d be practicing an hour tops, and here we are practicing 3 to 4 hours,” he added. Dragone, who was at first seen as a utility player by providing solid pitching depth, whilst being a viable option to play second base, has developed into a dependable arm out of the bullpen. The Secaucus native found the teams building chemistry as a crucial aspect to his player development.

“[Leaving high school] was scary at first, but then coming here and meeting with a whole bunch of guys and seeing everybody in school, it built friendship,” said Dragone.

This sense of camaraderie amongst teammates is enhanced by Coach Mimms’ enthusiastic approach to encourage excellence to emerge from the team.

“It’s not uncommon to hear Mimms, in his fourth year as head coach, being vocally blunt with his players to hustle and maintain stellar mechanics at a ‘game ready’ standard throughout the practice; an approach that Mimms learned through his own experience as a ballplayer.

“I’ve had coaches that were laid back that got results and coaches that were sticklers that got results, and I also know how it made me feel as a player,” said Mimms. “I learned through that to know what works, I consider myself a ‘players coach’, but at the same time the players know where the line is drawn,” he added.

Bergen has also drawn the line for their opponents, their 5-5 record as of April 1 may seem average on paper, but in a game in which failing 70 percent of the time means you are great, the team knows that there is more to the team than the wins and losses.

“These are a well played 5-5,” said Mimms; the team walks with the confidence of a top of the division group that they know they can be.

“When you go into the gymnasium, you don’t see a baseball banner, do you? Well, we want one,” declared Reitz.

[Leaving high school] was scary at first, but then coming here and meeting with a whole bunch of guys and seeing everybody in school, it built friendship,” said Dragone.

This sense of camaraderie amongst teammates is enhanced by Coach Mimms’ enthusiastic approach to encourage excellence to emerge from the team.

It’s not uncommon to hear Mimms, in his fourth year as head coach, being vocally blunt with his players to hustle and maintain stellar mechanics at a ‘game ready’ standard throughout the practice; an approach that Mimms learned through his own experience as a ballplayer.

“I’ve had coaches that were laid back that got results and coaches that were sticklers that got results, and I also know how it made me feel as a player,” said Mimms. “I learned through that to know what works, I consider myself a ‘players coach’, but at the same time the players know where the line is drawn,” he added.

Bergen has also drawn the line for their opponents, their 5-5 record as of April 1 may seem average on paper, but in a game in which failing 70 percent of the time means you are great, the team knows that there is more to the team than the wins and losses.

“These are a well played 5-5,” said Mimms; the team walks with the confidence of a top of the division group that they know they can be.

“When you go into the gymnasium you don’t see a baseball banner, do you? Well, we want one,” declared Reitz. Long after we go home after our semester ends in May, Bergen Baseball looks to remain on the diamond and make history.