



## Women in Suburbia: What's Your Role?

**KRYSTIN BRUNO**  
STAFF WRITER

The panel consisted of speakers Professor Maureen Ellen Davis, Dr. Christine Eubank, and Dr. Mi Ahn. The question was, “Have 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 wives 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.



Professor Davis, Dr. Eubank, and Dr. Ahn discuss the lifestyles of Women in Suburbia.  
Photos Courtesy of Robyn Bland.

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 it may have been sought out to be a “tradition” 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 question as well. Women who work “the double shift,” the limited availability of daycare, divorce, social media, the influence the elderly has 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.



Senator Menendez’s allegations come at a time of increased public consciousness concerning political corruption in American politics.  
Photo Courtesy of MCTcampus.com

## Senator Menendez: Possible Corruption Charges

**BRANDON RENO**  
STAFF WRITER

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 improperly persuaded Medicare officials to alter their reimbursement policy for Salomon Melgen, a Florida eye surgeon and long-time friend to Menendez. According to reporting from the New York Times, the two spent their holidays together at a gated home in the Dominican Republic, and Melgen had donated hundreds of thousands of dollars to both Menendez and the Democratic National Party.

Dr. Melgen is said to be one of the country’s largest recipients of Medicare funds, and Menendez’s

lobbying would have made the eye surgeon millions of dollars.

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 underage 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 airfare. The article commented further on whether Menendez received other non-disclosed gifts. Melanie Sloan, a former federal prosecutor and former executive director of Citizens for Responsibility and Ethics in Washington said, “What did he get? The Justice Department doesn’t like to go after people for campaign contributions.”

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Refugees from Damassak crossed the Nigerian border, and made camp in Gagamari.  
Photos Courtesy of Flickr.com//European Commission DG ECHO

# I Pledge Allegiance to ISIS

**GELBER CASTILLO**  
STAFF WRITER

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.



Left: Behind the mask lies the true identity of Jihadi John. Photo Courtesy of MCTcampus.com  
Above: "There is only one God, and Muhammad is the true messenger" - The flag of ISIS.

## Who is Jihadi John?

**NOURA DAKKA**  
PHOTO EDITOR

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 journalists 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.





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# NEWS

## The Torch

### Victory for Net Neutrality

**BRANDON RENO**  
STAFF WRITER

After years of debate and lobbying by pro-net neutrality groups, the Federal Communications Commission (FCC) has announced their 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 be removing so-called “internet fast lanes” where 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.

While the reclassification 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 ISP 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. Speta, 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 to be done by 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 old 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.



Big cable’s political vicegrip was not strong enough to thwart public outcry.  
Photo Courtesy of MCTcampus.com

### The CEED Program: What It Means to You

**BLAIR DELONG**  
EDITOR-IN-CHIEF

Young, wild and free; at least that’s how college students like to live. Paying attention to one’s health on the other hand, falls to the wayside for a multitude of reasons. Sometimes a student might not have insurance, or not enough of it to pay for yearly pelvic exams and PAP tests, or they could be without citizenship. Whatever the cause, Bergen County Health Services has women 21 and over covered with the Cancer Education and Early Detection Program (CEED).

CEED was started in 1996 and is funded at both the federal and state level. It offers a multitude of free services for women of all ages ranging from pelvic exams for females 21 and older, breast exams and mammograms for women 40 and older, and colorectal cancer screening tests for women 50 and older. With seven locations assisting in the program such as Holy Name Medical Center in Teaneck and St. Mary’s Hospital in Passaic, as well as Planned Parenthood in Englewood and Hackensack, CEED is there to help those who are in need both financially and medically.

According to the Center for Disease Control, 21 percent of cervical cancer cases were diagnosed in women 20-29 years old in 2011. With Bergen Community College serving a wide range of women of widely varying ages, the CEED program can be an absolute blessing. All of these age requirements for the programs are met by various students at BCC. Marta Sujdak, Outreach Coordinator for CEED said, “I want to reach out to students who can use our services. If you don’t have health insurance

or are underinsured you are eligible.” To get a free screening, there are a few other requirements a female student has to meet in order to qualify for the screenings. First you must fill out an application that can be found on bergenhealth.org, which asks about past medical problems as well as financial information as to ascertain if a student meets the sliding scale requirement to receive the free tests and services.

If a student is afraid to apply for an appointment because of questionable or non-existent citizenship, don’t worry. Sujdak said, “We’re not looking for legal citizenship, anyone can apply for the program.” CEED also offers interpretation services that help students break the language barrier. The interpreter services will help make an applicants appointments for them as well as help them at the appointment to understand what is going on. Sujdak said, “We have interpreters that speak Spanish, Korean and Polish and will help with making appointments and the entire process.” CEED not only offers these base programs, but also any additional diagnostic tests that may be required by results found. If these additional tests are needed, CEED will pay for those as well.

No matter what age you are, or how little money you make, there are always programs in place to help those that need them. CEED is there to help and is a win-win situation for those women in need. Don’t become a victim of these diseases, get yourself checked early and often for a longer and healthier life.



# Bergen To Provide Englewood Classes

GABE WANISSIAN  
SPORTS EDITOR

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 theres a definite possibility."

*BCC has emigrated, in part, to beautifully gothic Dwight Morrow High School.  
Iness Rabah// The Torch*

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The Solar Impulse airplane on display during a press conference at Moffett Air Field in Mountain View, California  
Photo Courtesy of MCT Campus.

# 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 from then on 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

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 5,070 pounds, just as much as a car, and has a wingspan of 72 meters and a top speed of 50 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 pilot did not receive immigration clearance fast enough, which has delayed the flight path schedule.

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.

## 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 closure in January, and has no other alternative but to shut its doors once and for all. Its two last shows, The Ringling Brothers and Barnum and Bailey were the closing act from March 19-23.

As an alternative, BCC has chosen the Meadowlands Expo Center in Secaucus as the place for this year's ceremony. The primary differences between Izod and the Expo Center are the interior semblance and the capacity of individuals it is able to hold. According to Greg Fenkart, Coordinator of Student Life, there shouldn't be too much difficulty in adjusting the Expo Center to fit Bergen's needs. "The Expo is entirely in our control [in] how it's going to look, so we can set it up how we want." The planned establishment is an expo center and therefore, will be able to contain a large amount of people. "The maximum capacity is 5,500 which would be about 1,000 grads walking, with about four guests per student, approximately" said Fenkart regarding the area of the 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 ceremony 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 Senate majority leader Harry Reid [D-NV] about Menendez's solicitation for aid in assisting Melgen's Medicare billing dispute, as reported by Politico.

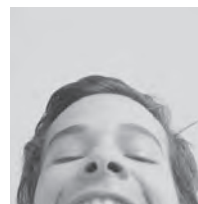
"It's a blow to Democrats and a blow to New Jersey," said Julian Zelizer, a professor of history and public affairs at Princeton University. "This turns attention away from public policy and the problems Republicans have faced on the Hill, toward the question of corruption within the Democratic Party. So right now, it's not what he, the state or the party were hoping for."

New Jersey Democratic leaders have shown nothing but support for the embattled senator. Menendez's partner in the Senate, Cory Booker, said at an event in Englewood, "I am the Robin to his Batman. The Starsky to his Hutch. On bad days, the Laverne to his Shirley."

While awaiting further developments in the possible case against him, Menendez has been busy on Capitol Hill and in New Jersey, participating in sessions to consider expanding President Obama's ability to wage war against ISIL, as well as attending an event in Englewood to expand the Hudson-Bergen Light Rail into Bergen County.

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."

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From left to right: PTK members and executive board alumna Ana Patricia Parra Vera, advisor Angie Goldszmidt, Kevin Calle, alumna Maria Valentina de Abreu, (upper) Noémie Broussoux-Coutard, Sam Desind (lower) Rhonda Richardsen, Masha Alibekova, Kelsey Deeg and Gerson Espinoza (not pictured).  
Luis Lopez Wei // The Torch

## Phi Theta Kappa Sets Records

LUIS LOPEZ WEI  
STAFF WRITER

This past year, Bergen Community College's Phi Theta Kappa (PTK) chapter, Alpha Epsilon Phi (AEP), really distinguished itself. At the PTK Middle States Convention, the chapter won the most awards of any chapter in the region and chapter member Noemie Broussoux-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 Richardsen and Kelsey Deeg and the Paragon Award for New Advisor, which went to Angie Goldszmidt, a BCC alumna.

The convention took place from March 12-15. The theme was "Kappa-Con," a superhero theme, with the idea that those who attended are 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 Kyi, the advisor to PTK at Bergen said, "Every second that I spend working with the

members, and the students and faculty, is a reminder to me, every moment, about my patriotic duty beyond the campus of Bergen Community College, beyond the geographical design of New Jersey." She spoke about the importance of committing to succeed, because to not succeed is a tragedy, seeing as so many people in the world do not have the opportunity to get an education. That's why her work with PTK is so serious to her.

"I have so many people to thank for this incredible opportunity, such as the Middle States Region and the Alpha Epsilon Phi chapter officer team, whom I am very proud and thankful to call my family, but I would like to focus on Angie Goldszmidt, our administrative advisor, by sharing 'our story,'" said Broussoux-Coutard, the new president of PTK Middle States region. When asked what she attributes her success to, Broussoux-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. Broussoux-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 Broussoux-Coutard and the executive board of Alpha Epsilon Phi, will attend the PTK International convention this month in San Antonio, Texas, where Broussoux-Coutard and President Walter will be recognized.



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 more 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 my computer unattended in public locations.
- Keep my computer's software up-to-date.
- Safeguard my computer with antivirus software and a personal firewall.
- Safeguard Bergen Community College data and my own personal data.
- Think before I 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.

"One 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 that could compromise your computer."

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.



# SGA President's Letter to Students

Dear Students,

On behalf of the Student Government Association (SGA), I want to wish everyone a warm welcome back from spring break. I hope that you all had a relaxing time and that you are ready to finish off the semester strong. Here are a few things you should look out for this month:

The SGA's Executive Board 2015 Elections are coming up! From April 6th to the 24th, the candidates for the President, Vice President, Chief of Staff and Treasurer positions will be campaigning all throughout the campus. Voting will take place during the week of April 27-May 1. All students will receive an email with a link that will allow them to vote once for each position. We will also arrange computers outside of Office A-101 for students to vote. Please take time to speak with the candidates during their campaign and ask questions about their current leadership roles and experience. Remember that your vote determines who your student representatives will be.

Also, the Scholarship Committee will be distributing SGA scholarship applications during the first week of April. The SGA scholarship is open to all students including part-time, full-time and international students. If you are interested, please pick up an application during the month of April in room A-101.

Lastly, we want to share that your concerns matter to us. On March 5, BCC's Facebook was filled with concerns from both parents and students about the college's decision to stay open during the snowstorm. As student body representatives, we found it necessary to bring up your concerns to our administration in order to avoid any future events that may put our students at risk. The SGA executive board and senate drafted a letter that was submitted to administration, and we hope to work together to ensure the safety of our students.

Please remember that the Student Government Association office 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 Laura Hoyos  
Iness Rabah// The Torch



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

## Hispanic Youth Leadership Goes to Chicago

LUIS LOPEZ WEI  
STAFF WRITER

"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 socially around civil rights, economic, education and labor issues. USHLI President Juan Andrade, who spoke of historic Latino leaders Cesar Chaves, Dolores Huerta, Reyes Lopez Tijerina and others who helped their communities achieve improved living circumstances said, "We are who these pioneers were, whose lives and work defined the last century. And... We are the dreamers whose lives and work will define this century."

USHLI's conference, held this year on February 13-15 at the Sheraton Hotel in downtown Chicago, has run for 33 years and is one of the country's biggest conferences for Latino youth. In previous years, Presidents Barack Obama and Bill Clinton have delivered keynote addresses, and this year's speakers included former New Mexico Governor Bill Richardson; Major General Angela Salinas, USMC Ret. and other current and former Latino politicians and business owners.

This year's conference attracted over 1,500 attendees, with most students hailing from the Midwest states; New Jersey being represented by four students from Bergen Community College. The exhibition show on Thursday night gave students the chance to casually network, learn about different organizations interested in supporting Latino youth and learn about internship possibilities offered by private and public sector organizations. Celebrity guest Wilmer Valderrama – Fez, from *That 70's Show* – spoke about the importance of figuring out what your passion is and what you want to be, so you feel happy waking up in the morning to do what you love. Valderrama also encouraged young people to get involved with the political process, register to vote, get an education, and become involved with local and national community issues

and actions. Valderrama didn't learn English until he was 18. Not long afterwards, he landed his dream job working on *That 70's Show* and after eight years, he went on to establish a successful business. "The dream was, to never ask somebody permission to do something," he said.

Friday morning, some of the more prominent speakers at the Latina Empowerment breakfast were news anchor Anabel Monge, and keynote speaker and Assemblywoman Lorena Gonzalez. Assemblywoman Gonzalez shared her family story: her father was an illegal immigrant, her mother a nurse from East Los Angeles and she, despite being a single, unwed mother, attended law school and became a lawyer. She stressed the importance of not only registering to vote, but actually voting, so Latinos can have representation in government. Echoing the conference theme, Ms. Gonzalez said, "You can't forget where you came from."

Next was Macy's 'Styling for Your Career Fashion Show,' showcasing fashion promoting the concept: "Dress not for the job you have, but the job you want." Friday and Saturday, the agenda was full of fora on various topics and dances at night. Forum topics ranged from leadership skills to education, politics, how to dress for job interviews, immigration law, Latino and Jewish commonalities and even one workshop entitled: "What do Hispanics and Rabbits Have In Common?"

When asked how he felt about the conference, BCC's Phi Theta Kappa VP, 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."



## The Torch

THE TORCH, a member of the Associated Collegiate Press and the College Media Association, is the official student newspaper of Bergen Community College. The purpose of THE 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.

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### 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](mailto: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 [eictorch@gmail.com](mailto:eictorch@gmail.com)

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Does true security lie behind the guise of an officer's uniform? Or, are we on our own in this world?  
Photo Courtesy of MCTampus.com

# 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](http://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 ticket.

This begs the question of how a non-student is able to gain access to a campus facility while not having to show ID or pass any type of security check. As of right now, many students do not carry their IDs with them. Emmanuel Barzaga, a Professional Science major said, "I carry my ID on me so when I get a coffee I don't have to pay that extra fee." Now, if this is why a student is going to carry an ID, wouldn't that mean all students carry them? Unfortunately, this isn't the case. Many students don't carry their IDs at all times, myself included. What could the administration or the Student Government Association do to combat this? Require that IDs be displayed at all times? This could help in identifying students, but what if the ID is expired or was taken from someone else, what then? Maybe another solution, albeit costly, would be to have card readers on doors that can control movement of students, staff and faculty into campus buildings and facilities. While card readers on doors would be quite expensive, it would be well worth the cost. But seeing that the school is now going to charge students to use the printers in the library, BCC would be hard pressed to find the funds for such a program.

All we can do as students is trust in Public Safety and Bergen County Officers as well as ourselves. Here is a quick bit of advice. Always stay aware of your surroundings: If you see something, say something! Don't sit there on your phone recording a fight, find someone to break it up; do the right thing and above all else, always protect yourself and your fellow students. You never know when you will need their help.

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New Jersey Press Foundation Better College Newspaper Contest

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







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# OPINIONS

## The Torch



Iness Rabah// The Torch

# Student Backlash Against Pay-to-Print Proposal

**INESS RABAH**  
STAFF WRITER

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](http://Bergen.edu) website, under Board of Trustees.

## JOIN THE TORCH

Meetings every Tues., 12:30 p.m., SC-111C-D





Idle hands are the devil's play-things. Be careful where your intentions lie. Tania Boghossian // The Torch

## THE TRUTH ABOUT INFIDELITY

HELEN MAFINEJAD  
STAFF WRITER

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.



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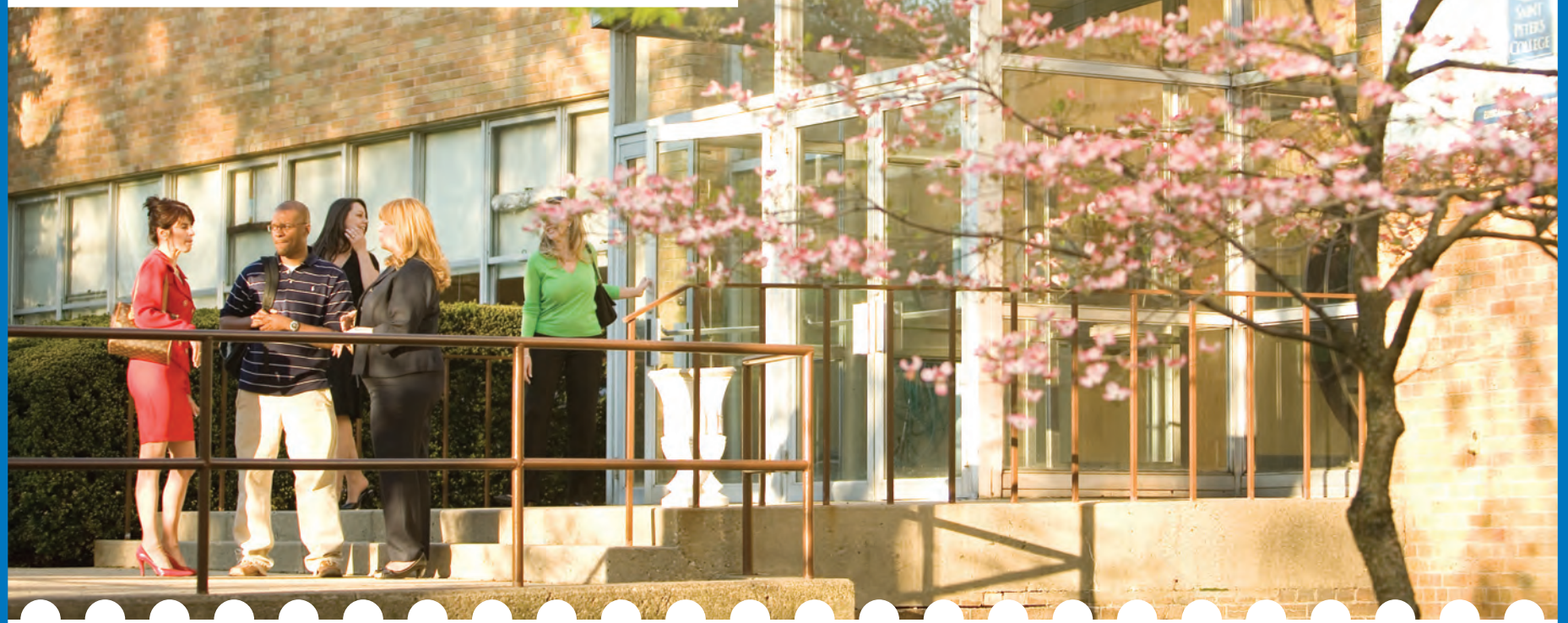
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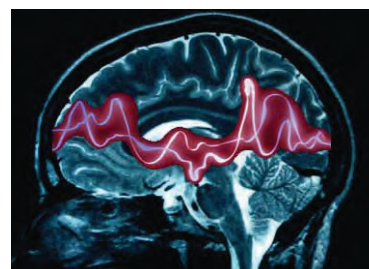




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# FEATURES

## The Torch

### EID-EH SHOMA MOBARAK

HELEN MAFINEJAD  
STAFF WRITER

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-sinn (cloth of seven



Traditional Haft-Sin table setting for the Persian New Year.  
Helen Mafinejad//The Torch

(continued on pg. 16)



NOURA DAKKA  
PHOTO EDITOR

# WEAR A HIJAB!



Right: Isra Eldosougi, student, shows her support for the event.  
Left: Fatima and Basima Abdel Salam, President and Vice President of MSA, organized "Wear A Hijab" day in the student center.  
Iness Rabah//The Torch

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 wears a hijab to hide her outer beauty in order for people to only see her inner beauty. It is believed that women should be respected and seen for who they truly are and not judged by their

outer appearance. The hijab isn't only a headscarf - it is also the way a woman dresses, and how she acts.

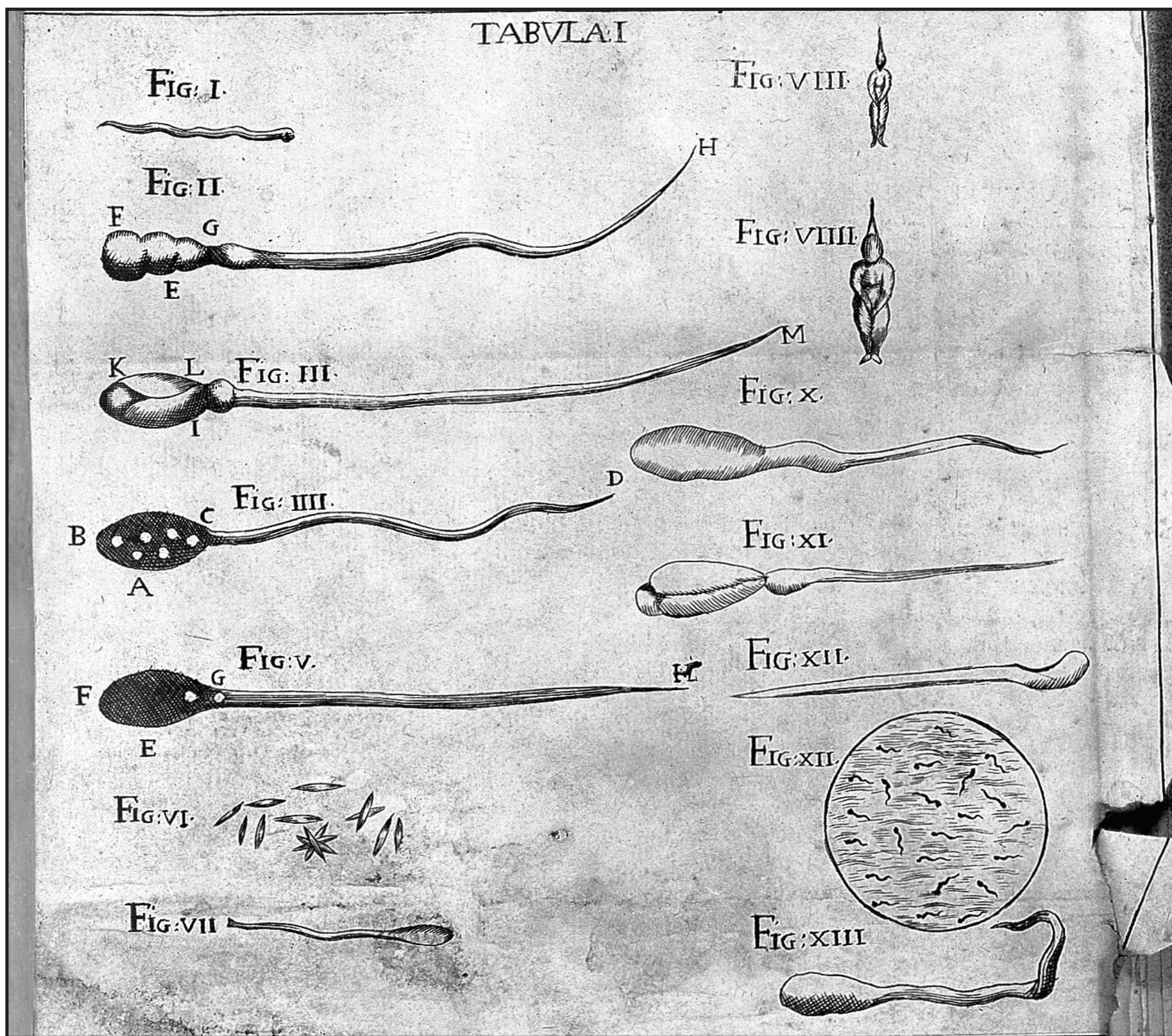
Besides wearing a headscarf, you must also cover the rest of your body properly. The Islamic religion requires a lady to dress in a way where she is not too unveiled. No foreign man should see her body before marriage. Also, a hijabi lady must act with decency and respect. She is a role model to other ladies. Her hijab is her power.

BCC student, Aicha Drame is a muslim herself. She 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.





An archaic diagram of various homonculi and spermatozoa in semen.  
Photo Courtesy of Wellcome Library, London, UK.

# YOUR DAILY DOSE OF "PROTEIN"

ADRIANA SZABOOVA  
STAFF WRITER

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."

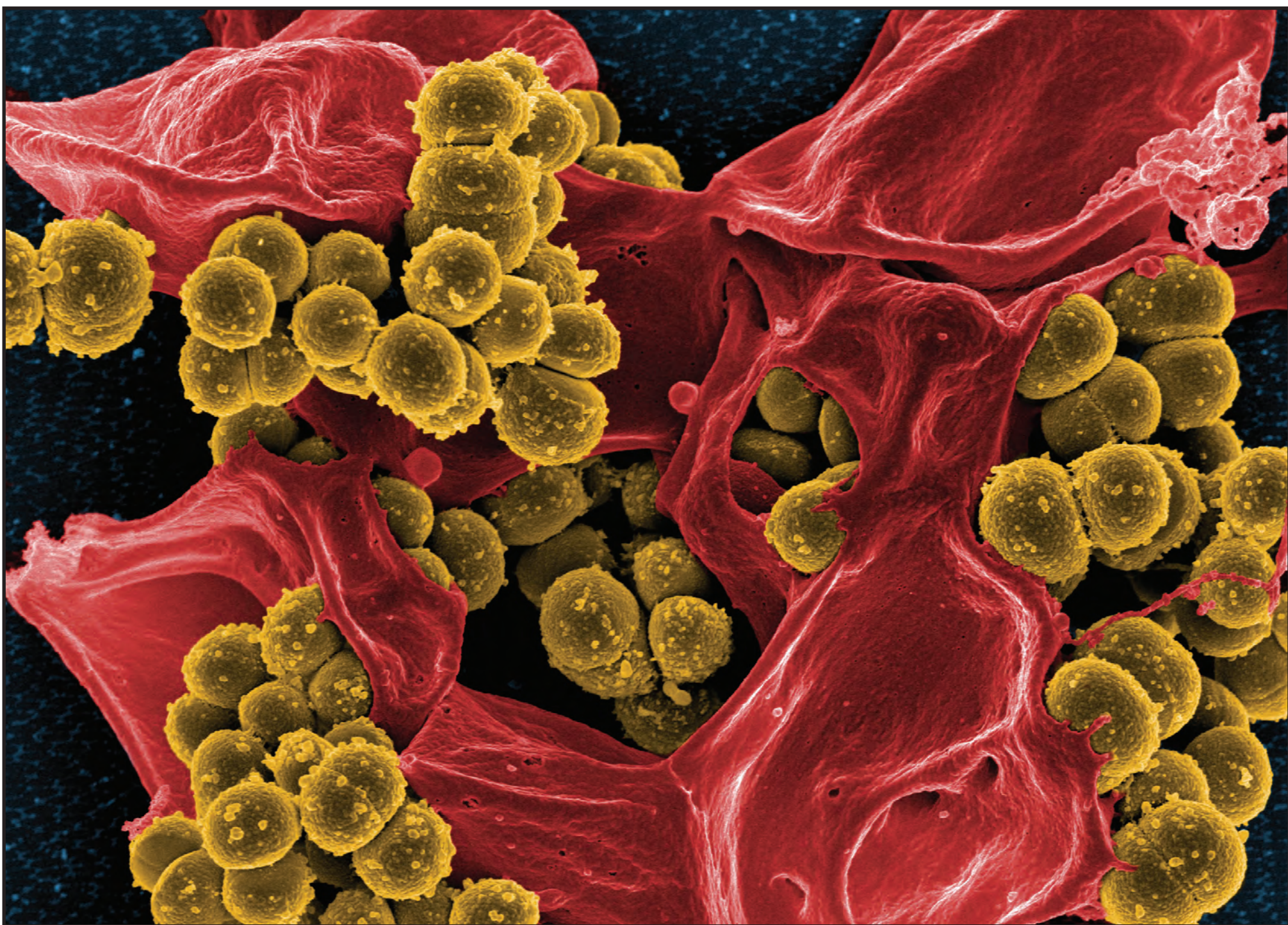
Semen is also a great source of endorphins and neurotransmitters such as serotonin. These are not only found in the semen, but are also released by both the men and women during an orgasm. Serotonin is normally found in antidepressant medications such as Lexapro, Zoloft, Paxil and Prozac. A study done 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 synthesized 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. Dimitry 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!





Scanning electron micrograph of methicillin-resistant *Staphylococcus aureus*- a bacterium commonly linked to UTIs- and a dead human neutrophil. Photo Courtesy of NIAID/Wikimedia Commons.

# Preventing and Treating a Urinary Tract Infection

ADRIANA SZABOOVA  
STAFF WRITER

Urinary Tract Infections (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. This risk of infection is increased if a female, uses certain forms of birth control or a urinary catheter, or if the person is more sexually active. These forms of birth control include using spermicidal products and diaphragms, a dome shaped flexible cup that when properly placed, cover the cervix.

Women also have a high risk of recurrent infections. According to Schaeffer's article in Campbell's Urology, with each infection, the risk that 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, pelvis 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.

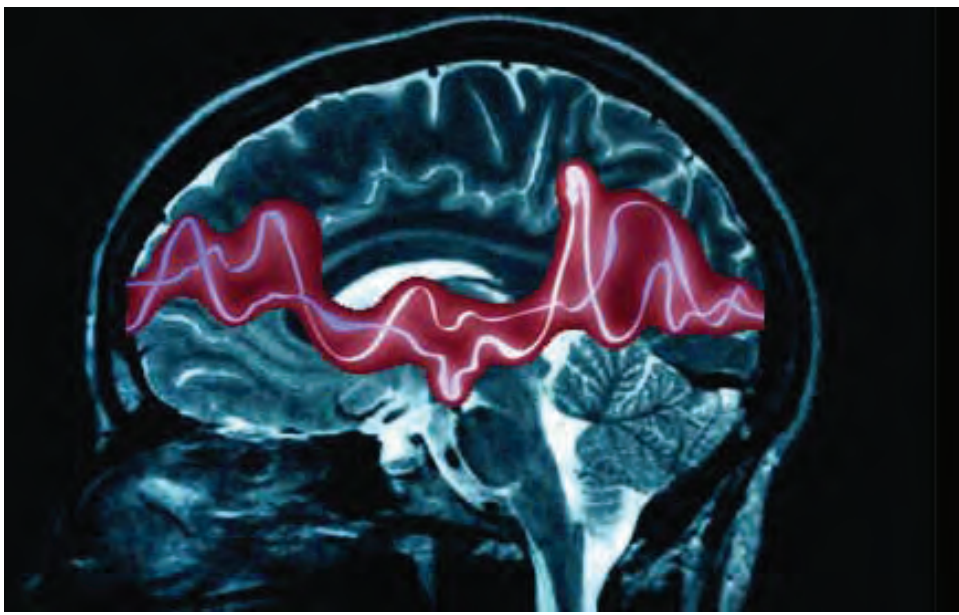
The medical professional will ask you questions like "When did the pain start?"; "Where does it hurt?"; "Are you pregnant?"; "Are you sexually active?" and many others. Being proactive in writing these down will help your medical professional diagnose and properly treat your infection. The most common treatment for a UTI is antibiotics. These usually include amoxicillin, ciprofloxacin, levaquin 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.





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

## My Struggle With Epilepsy: A Chronic Illness

AMBER JASMINE TARIQ  
ONLINE EDITOR

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.

Epilepsy is a neurological 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 have been taking medications every single day for the last three years. Since starting them, I've only had one seizure.

Around the ending of this 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 wasn'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 normally would 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.

## EID-EH SHOMA

continued from pg. 13

dishes). The table is set up with either a holy or poem book, flowers, a bowl of goldfish, a mirror, candles and painted eggs and seven traditional foods starting with the letter "s" in Farsi. The seven traditional foods are: sabzeh which is lentil or barley growing in a dish symbolizing renewal, samanū is a sweet thick pudding made from wheat germ symbolizing affluence, senjed is a dry fruit from a lotus tree symbolizing love, sir (seer) which is garlic symbolizing medicine, sib (seeb) is an apple symbolizing health and beauty, somaq are sumac berries symbolizing sunrise and serkeh is vinegar symbolizing age and patience. The traditional table remains in the home for thirteen days after the start of the holiday.



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 until next 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. There were fresh rolls and a fruit platter set on the table to start off.

There was a live band and a DJ who played a variety of different genres of music consisting from Persian, Arabic, Spanish, house, and even rap. The music was great and had everyone having a good time on the dance floor, including myself. At times, the guests got so into the music that they formed big circles of dance offs and threw money in the air.

About half an hour after everyone finished their dinner, the staff at the Fiesta 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 guests were amazed by the flames and applauded in excitement.

To all the millions of Iranians celebrating Nowruz around the world, Eid-eh Shoma Mobarak.

## A RETURN TO SOUTH BEACH:

BRANDON RENO  
STAFF WRITER

There are plenty of video games available for purchase today that have some sort of violent component to them, but none of them relish it in quite the same way as Hotline Miami 2: Wrong Number does. The grim and brutish conclusion to the Hotline Miami series, the ultra-violent, hallucinogenic murder simulator has a tough reputation to live up to. The hyper-stylized recreation of a late 80s Miami, awash in the glow of hazy neon and punctuated by pulsating bass beats, shocked and surprised gamers in late 2012 with a rarely seen confidence.

In addition to its unique visual style, Hotline Miami is known for its intense, fast-paced gameplay and eclectic soundtrack, which adds a considerable amount of tension and adrenaline to its levels. It is hard to qualify this mixture of senses into words, but one look at the game explains everything there is to know about this series and what you can expect from it.

All of that setup aside, how does the sequel compare? The answer to that question is quite well, but with some reservations about the level design. The original game's level design was noticeably tight and deliberately structured in these relatively small environments, which allowed for you to plan your movements completely in advance, effectively making each stage a difficult, yet reasonable puzzle.

With Hotline Miami 2, the small scope of environments has been done away with, replaced by wide open spaces with many enemies completely outside your field of view. This results in considerably more trial and error, along with baiting tactics to get more enemies to come at you instead of taking the fight to them. One cannot help but get the sense that they are exploiting the game's AI and pathfinding weaknesses, rather than conquering its carefully crafted interiors.

The game's promotional art reflects its lurid, semi-psychedelic, high-octane content.  
Photo Courtesy of deviantart.com//Licensed under Creative Commons.



New characters provide an interesting wrinkle to the tried and true formula. A tandem of chainsaw and pistol wielding makes for the most unique addition, as the player grapples with lining up pistol shots from the back character while reacting to oncoming threats with the front character's chainsaw. As well, a new dual-wielding submachine gun character allows for more free-aiming, though his usefulness is sporadically used. Other characters, such as one with a roll dodge, are frustrating as their special moves are contextualized with other actions, resulting in frustrating mistakes when you try to finish an enemy off, and instead roll right past them.

The soundtrack, while quite good, does not hit the same highs as often as the original did. Returning artists MOON, Jasper Byrne and Perturbator all contribute solid tracks to the game, but they do not elicit the same heart-pounding response it did in the original. Still, there is plenty to enjoy out of the over three hour soundtrack, which is available for purchase alongside the game, but is not included in the base game purchase.

The widely anticipated sequel has seen its share of controversy in the weeks before its release. The Australian Classification Board refused to classify the game under its rating standards, effectively banning it from sale in the country. The board cited an opening scene where the player character strikes and knocks a female to the ground, where then control is taken from the player and the female is raped. Though the scene is immediately revealed to be contextualized as a movie shooting, the scene has nonetheless sparked criticism from journalists about the use of sexual assault in video games.

In response to the ban, Jonatan Söderström, one half of the development team behind the Hotline series, called on Australian gamers to simply pirate the game if they wanted to play it.

Hotline Miami 2: Wrong Number is, at its core, a very strong refinement of what made Hotline Miami as great as it was, though it is not without its own share of issues. Though perhaps a bit more frustrating due to different design choices, this is still the same addictive game that captivated gamers just a few years ago. It may not do enough differently to inspire the same sort of awe and awards that the original did, but this is definitely a great game to play in 2015.



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# The 'Miracle' Inside Ender Hall



**GABE WANISSIAN**  
SPORTS EDITOR

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.



Clockwise, from the top:

Kate (Stawicki) and Helen Keller (Bailey) embrace, in one of many emotionally wrenching moments.

The Keller family (Allen Garcia, Librescu, Stawicki) observes Annie Sullivan's first meeting with Helen.

Annie Sullivan (Lee) and Helen connected after the famously moving Water Pump scene, where Helen finally speaks.

Bailey and Lee during one of the notoriously brutal Annie-Helen fight scenes, which often exhaust.

Photos Courtesy of Bergenstages.



# Seeing Red or Feeling Blue?

INESS RABAH  
STAFF WRITER

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 that sounds, color psychology is a part of psychology that explores the effects of color on human behaviour.

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 Russell 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 "caught 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?



While progressivism is changing social perceptions of tattoos, there is still much to be remedied.  
Photo Courtesy of MCTcampus.com

BLAIR DELONG  
EDITOR-IN-CHIEF

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."

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# CAPTAIN'S CORNER: WHAT HAPPENED TO THE YANKEES-RED SOX RIVALRY?



Where has the passionate, love-hate-hate relationship between fans and players alike gone? Where's the conflict to push the story forward?

**GABE WANISSIAN**  
SPORTS EDITOR

Jessica Rodriguez//The Torch

I have a confession to make; Captain Black was not always a Mets fan. For the first 11 years of my life, "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' dreams of finally breaking the curse of the Bambino (I'll get to 2004 in a second..), I became baptized in pinstripe glory.

Or maybe I was overcome with the spirit of the Great Bambino (Babe Ruth for you non-sports fans). The 86-year curse that plagued the Red Sox franchise was like a blood sucking leech that fed us fat, spoiled yankees; and boy did I like it that way!

It was the BrawnxBawmbers and the Bahstin Red Sawx rivalry and it was damn good.

I was indoctrinated with war propaganda footage of Yankee documentaries; moments such as watching D-Bag Pedro Martinez throw down the poor old man, bench coach Don Zimmer, into the ground during the 2003 ALCS became my 'Pearl Harbor.'

My oh my, have things changed; the days of seeing Alex Rodriguez and then Sox captain Jason Varitek exchange heymakers in a bench clearing brawl, seemed to have come to an end when the Red Sox did the unthinkable by conquering the curse that plagued their franchise for nearly a century.

The Red Sox embarrassed the choking Yankees in the ALCS and became the 2004 World Series

Champions - the official neutering of the dual franchise rivalry.

I now see these soft players playing "buddy buddy" with each other on the field as they exchange high 5's with the opposing team; the players have become overpaid, overfed gluttons with no heart or fighting spirit.

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 CONTINUES BATTLE WITH ADDICTION

**CLIFFORD BOAN**

COPY EDITOR

Hamilton gazes at the field- perhaps longingly- from the dugout.  
Photo Courtesy of MCTcampus.com



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 line of cocaine in the same night," accrediting his actions 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 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 just 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-timers face 50-75; fourth-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, 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.



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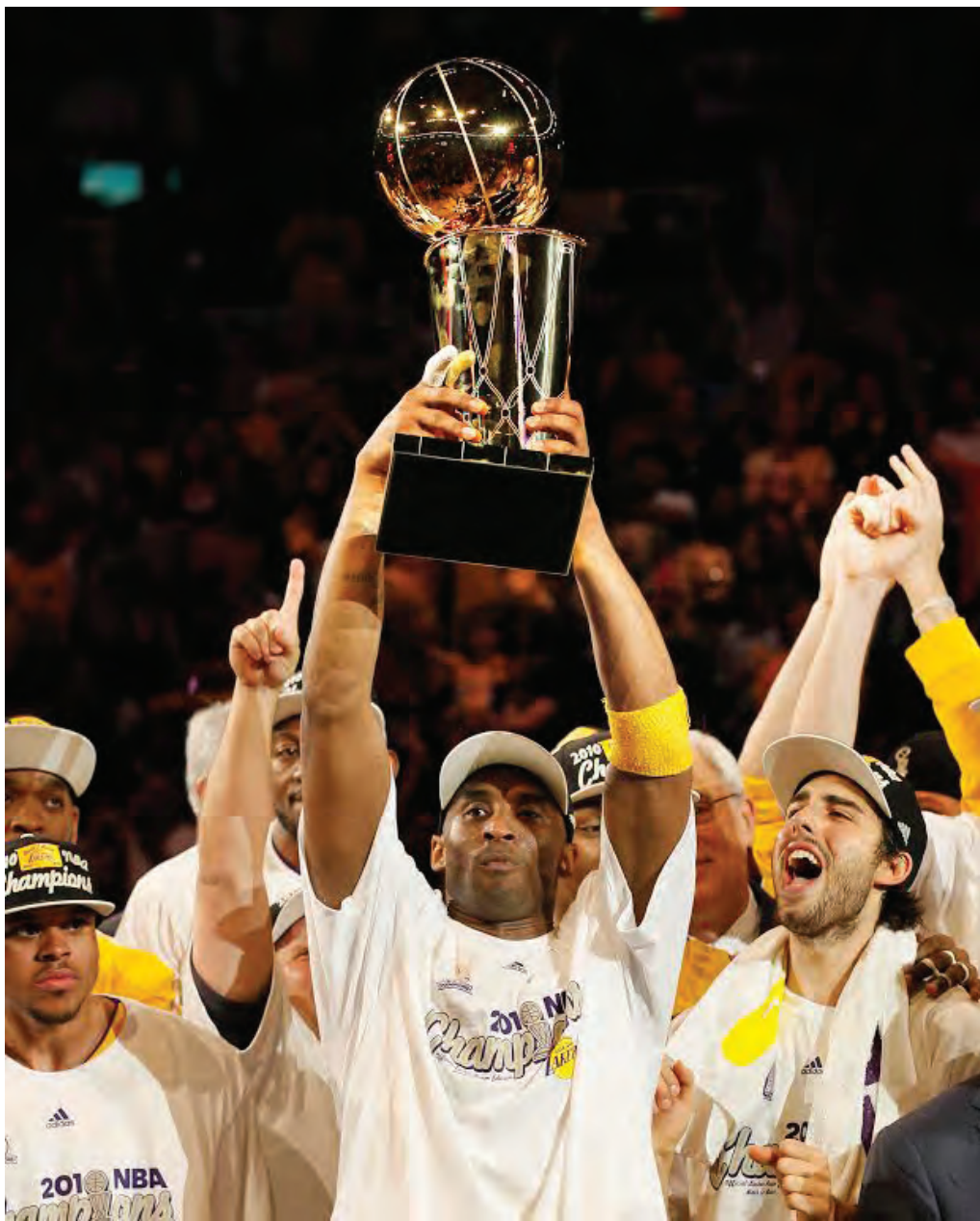
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# THE TWILIGHT OF KOBE BRYANT

BRADNON RENO

STAFF WRITER



Kobe Bryant has been an essential cog in of the development of the recent Lakers dynasty.  
Photo Courtesy of MCTcampus.com

What can be said about Kobe Bryant that has not already been repeated at length by sportswriters around the globe? His work ethic has become the stuff of legend, inspiring countless anecdotal stories about him putting up shots and studying film from dawn to dusk, hoping to squeeze out any competitive edge he can, even in his 18th season. He is one of the last of the ultra-competitive stars the NBA has to offer, and after a second consecutive season-ending injury, NBA fans are slowly coming to terms with the fact that Kobe does not have much left in the tank.

Of course, Kobe would strongly disagree with any notion of giving up at any stage. The man who cultivated the "Black Mamba" personality, who modeled his entire skill set after Michael Jordan, would have you believe he is going to fight until the very end. His 'invincible' persona on and off the court would lead one to believe that nothing can stop Kobe, but the sad reality is that one of the greatest stars the NBA ever had, has long since begun to fade away.

Before being shut down in late January due to a torn rotator cuff, Kobe shot the lowest percentages of his career from all spots on the court, leading the Lakers to a 12-31 record, according to stats from basketball-reference.com. In an analytic piece on ESPN in late December, writer Ryan Feldman said that Kobe was, "... having one of the most inefficient seasons for a high volume shooter in NBA history."

Since their embarrassing loss in the 2011 NBA Playoffs to the Dallas Mavericks, the Lakers have performed terribly. Foregoing the 2011-2012 lockout shortened season, the Lakers have gone 88-138, and have fallen from grace as one of the NBA's most successful franchises, at least on the court.

In recent days, ESPN has placed the blame for this downward trend on Kobe, saying in a preseason piece that Bryant was, "...destroying [The Lakers] from within." The article, written by Henry Abbott for ESPN The Magazine, featured numerous anonymous quotes from high-level NBA executives and sports agents, saying that Bryant's ultra-competitive nature repelled other players from joining the Lakers. They pointed towards Bryant's well-publicized difficulties with Shaquille O'Neal in the mid-2000s and Dwight Howard in 2012 as premier examples of why free agents were avoiding the Lakers.

All of this, as well as Bryant's often maligned \$48.5 million contract through 2016, paints a picture of an egotistical athlete well past his prime searching for one last payday at the expense of the team. With that in mind, one has to ask, "Why bother with him at all?"

But then fans sat in awe of his 81 point performance against the Toronto Raptors, firmly believing the Lakers had the single-best player on the planet. When the Lakers were down one with the clock ticking away, there was no doubt in their minds who would take the last shot. Advanced stats and analytics may look at Kobe unkindly in the future, but Laker fans, and basketball fans in general, will remember Kobe as the fearless, invincible player that would do everything to take the team on his back and will the team to victory.

The legend of Kobe Bryant may have its share of hyperbole and exaggeration, and perhaps he is to blame, partly, for the Lakers current woes. Nevertheless, basketball fans will remember Kobe Bryant as a tireless, ruthless competitor that continues to captivate NBA fans as the curtain makes its final descent.

## DERRICK ROSE: STARDOM IN JEOPARDY

LOU KISHKO  
CONTRIBUTING WRITER

Whether Rose's Injuries will be so great as to hinder his incredible momentum is yet to be determined.  
Photo Courtesy of MCTcampus.com

It wasn't 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 this 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.





## Sydney Hoffmann Student



"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."

# ROVING REPORTER: Should We Forgive A-Rod?

## Mike D'Ambrosio Student



"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."

## Tom O'Neill Professor



"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! Lets move on!"

## John Georgiades Counselor

"Yes we should, because he was wrong, he broke the rules, and he paid for what he did. Now let's see if he can play baseball, that's the bottom line."



## Jorge Ivan Wei Alumni

"I think he 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."



Photos by Iness Rabah/The Torch

## Track Team Eager to Start Weather-Delayed Season

INESS RABAH  
STAFF WRITER

"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 was cancelled due to a snow storm. The second meet was supposed to be at Queensborough College on March 14, however the melted snow flooded the track; rendering it unsuitable for running. "We've been in the weightroom 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 out 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 relatability of training outside in an area similar to that of track meets.

Runner 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 at all."

Alexandria 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

MELISSA PEREZ  
STAFF WRITER

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 Brading, ended 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 Managing 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 two first 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, "[The season has been] really good. Our first game [against Cumberland] we did really well, a little shaky in the beginning. It was our first time seeing the field, but overall we had a good game. We're gonna be good this season." The season has only just begun, and the team is already aiming for the playoffs. If the girls keep playing like they did on March 24, making the playoffs is a sure bet.

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

Iness Rabah/The Torch





# SPORTS



## WET WEATHER DOESN'T STOP FIERY BULLDOGS

**GABE WANISSIAN**  
SPORTS EDITOR

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 8-1 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 Reitz. Dubbed the "Secaucus Duo" for their success achieved at the



Bergen players, united in "Bulldog Bravado", have procured a 7-2 regional record.  
Claudette Alcober/iHigh

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.

**"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.

"Those 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.



Left: Bulldogs restore the ballfield to playing conditions. Iness Rabah//The Torch  
Below: Van Riper's pitching has provided 3 wins for Bergen. Claudette Alcober/iHigh

