ADRIANNA CARABALLO
NEWS EDITOR

On November 16, Scarlett Lewis drove for three hours in the pouring rain to share her Choose Love Movement with BCC at the meadowslands campus. Scarlett Lewis is the mother of six-year-old Jesse Lewis, who was killed in the Sandy Hook elementary school shooting that occurred on December 14, 2012, in Newtown, Connecticut.

Jesse Lewis stood up to the gunman, she never thought this would be the last time she would ever see her son. That morning started like any other for me. We had to get up for school, she never thought this would be the last picture she would ever take of him. In the picture, Jesse was smiling wide, however, wax googly teeth blocked his smile. He wore them all the way around according to Scarlett. She said, Jessie loved a few things, in particular, wax teeth, yellow ducks, army men, and yellow ducks. The symbol for Scarlett’s choose love moment is a little yellow duck inside of a blue heart.

As the two of them excitedly talked about building the gingerbread houses later that night, Jessie had written a little message on her car when her back was turned. “I turned around to give him a hug goodbye and I had noticed he had written a message on my car with the frost. He wrote I love you, and drew hearts on all the windows. I just realized that was one of the life’s moments so, despite the fact that I was late, I ran into the house got my phone, came back out, positioned him next to the message and took the picture,” said Scarlett.

That was the last picture she would ever take of him. In the picture, Jesse was smiling wide, however, wax googly teeth blocked his smile. He wore them all the way according to Scarlett. She said, Jesse loved a few things, in particular, wax teeth, yellow ducks, army men, and yellow ducks. The symbol for Scarlett’s choose love moment is a little yellow duck inside of a blue heart.

The Choose Love Movement is centered around the idea of choosing love and forgiveness over anger and hostility. After her son’s death, Jesse Lewis went into a depression, as any mother would. She could not get what had happened to her son out of her mind.

“I thought I was gonna die, I didn’t think I was gonna live, I didn’t know how I was going In that deep sadness, Scarlett discovered the strength that she never knew she had,” said Scarlett.

“I realized for the first time in my entire life I was without fear. If you think about the manikins I had, they could never die, and feel and I didn’t care if I lived or died,” said Scarlett. She soon discovered PTG (post-traumatic growth), when an individual experiences a traumatic it reshapes their character in some form. Resilience and courage emerge through the suffering. After she acknowledged the inner strength she had gained from her loss, Scarlett Lewis put together the Choose Love Movement in Jesse’s name. She has gone around the country spreading her beliefs of choosing love and positive thoughts from kindergartens to prisons.

Since then she has been spreading those three simple words that her son lived by, Scarlett has three strong beliefs on why choosing love is the way to go. “We are all connected through suffering, we all want to love and be loved; it’s a universal need as important as water, and lastly we are all here to help one another.”

ADAM GRASSANI
FEATURES EDITOR

The Phi Theta Kappa Honor Society held their own Thanksgiving Day of Service at the Christ Church and Hackensack Shelter on November 24, 2016. Students who volunteered participated in a day where they prepared and served food to the homeless. Volunteers from PTK, The Stem Union Club and SGA began the day by sorting out beverages, including juices, waters and sodas. They followed up by carving a total of 15 trays of ham. Lastly, they prepared and carved the turkeys.

The Day of Service was not just a one-day event, however. It began with two turkey transports, one on Friday, November 18, and the other on Tuesday, November 22. With cooperation from Family Promise from Bergen County, the PTK had approximately 30 turkeys transported to Bergen from the culinary department. At Bergen, the turkeys were cooked and then transported to the shelter to be served.

“I think that it correlates in the sense that seeing the people line up, getting their food, helping them makes you feel thankful,” said Agatha Rodolfi, one of the Directors of Service at Phi Theta Kappa, when asked about how Thanksgiving and the event relate to each other. “For me it’s Thanksgiving. Giving back to the people and appreciating what you have as well as helping those who are in need.”

The Christ Church was decorated to fit Thanksgiving. The tables spread across the area with Thanksgiving themed centerpieces in the middle of each together, Jesse Lewis wrote I love you, and drew hearts on all the windows. She also had decorations on its windows and hanging from the roof.

“Like I can’t even imagine what it would be like to have a family,” said Agatha. “Considering that Bergen is number 1 in counties in New Jersey. So it really surprised me because there’s so many people that came here. Like 300 people I was so scared. I was like ‘Do we have many food? Do we have enough? Did we count it right? Is this right?’ At the end of the day, I just looked at it and it looked really great. Like you can really see the contrast from 7 am to 2 pm.

The evening ended with the group sharing a group hug. Students were also able to participate in karaoke and the group even did the manikin challenge. The group of volunteers then went on to serve the food to the homeless and asking if they needed anything else. The homeless people lined up with their families and were very thankful.

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Expressive political opinions have been something of a commodity within the people of the United States and beyond this year, especially due to (as well as the results) of the 2016 Presidential Election. With most people politically split between two major political agendas, tensions have risen dramatically due to the election of Donald Trump as President. Those who disagree with the promises or supporters of his campaign have showed disgust and disapproval of President-Elect Trump’s views on various political concerns, as well as his own personal character.

For the last few weeks, since the election of Trump, millions across the country have expressed disapproval of our President-Elect in various ways. Civil (as well as Violent) protests have emerged, Planned Parenthood volunteer applications and donations have been rising significantly in protest of Vice President-Elect Mike Pence’s views on defunding Planned Parenthood for providing abortion, and the hashtag #MyPresident has become a symbol of denouncing our President-Elect.

Whether or not one may agree with the electoral victory for Donald Trump, this election, directly or indirectly, affects every citizen, current and future. Some of those who have feared Trump’s presidency are those who have been felt discriminate because of Trump’s opposing views on immigration, economic, and racial descent, as well as Mexican origin of have immigrated to the United States illegally. Also fearing this Presidency are members of the LGBTQ community, who have complete disagreement with the campaign, edging them towards action. For those individuals who have that fear in their political future, a subtle but symbolically saying sign of protest, inspired by the Brexit, has emerged.

Enter the Safety Pin Movement, the muted, yet expressive way to defend the people that have been affected by the fear of recent political shifts. The premise is simple: attaching a safety pin to your shirt or jacket to signify that you are an ally to everyone who wants to be reached out. Simple, yet, powerful, the Safety Pin movement speaks louder than any aggressive statement, without saying a single word. It signifies acceptance to everyone, affected by public outrage or fear or not. But the chronicle of the Safety Pin Movement did not start in the United States after President-Elect Trump’s victory. In fact, the United States’ version of the moment took a page of inspiration of opposers of the Brexit results. In June 2016, the British population decided that it’s country should leave the European Union. This British Exit (aka the Brexit) has been commonly motivated for not only potential benefit in economical standpoint, but also in fear of outside involvement. In fact, since the Brexit, the nation experienced a 57 percent rise in reported xenophobic incidents. In response to these incidents, a woman who is identified on Twitter as @cheeals sent out a social media stand against these incidents, and made the suggestion of the Safety Pin Movement: “So I have an idea similar to #Ridewiththe to help protect those being abused as result of Brexit referendum - but I need your help...I’d like to come up with something that can be made by anybody anywhere to pin on their jacket or coat to signify that they are an ally...I quite like the idea of just putting a safety pin, empty of anything else, on your coat. A literal SAFETY pin!”

Shortly after, many of Britain’s opposers of Brexit xenophobia have tweeted out picture of themselves wearing safety pins including medical professionals, celebrities such as Patrick Stewart, along with everyday Britons, who are in collective support of those who have feared being feared. Since the election of Donald Trump, a Presidential Candidate who had supporters of racism, including a sponsorship from the KKK, many opposers of his election have been inspired by the Safety Pin Movement in Britain, and have decided to follow along in this silent stand for the fear collectives as well. Most notable to the American safety pin movement is its volume: this movement is certainly not consisting of loud chants and picket signs, but it does have its message, which is as loud. Some people who support the concept of the movement do not support the execution of a silent protest. One Reddit User, Kaitlin4473, wrote “I think the pin is another stupid trend to make people think that they’re taking a stand and being social. I’d love to wear a pin to fight oppression, we can do a lot more with just being visible.”

California Attempts to Secede From The US

CHRISTOPHER MOLINA

With the election results of Donald Trump becoming president of the United States, numerous protests across the country have come up, and California has experienced all the calls for the state to secede from the country. A state that has a GDP of over 2 trillion dollars, and if compared to countries in the rest of the world, will be 6th largest economy according to data compiled by Bloomberg. With regarding Trump’s harsh comments towards Mexicans, and released figures from the U.S. Census Bureau shows California holds a large Mexican population numbering at 14.99 million, edging out the 14.92 million whites as the largest ethnic group in the state. With many see as the backbone for why people are calling for to leave the union.

California is known for many years as a democratic stronghold, and since its formation in 1850 there have been 200 succession proposals. With a demographic different from the rest of the United States and a sustainable economy, California will be able to survive on its own. According to the campaign’s unofficial manifesto, the state suffers from the federals government’s trade policies and pays more in federal tax, than it receives in federal funding, all the while the state itself is in debt of $443 billion, where some state officials call it the “Wall of Debt”.

But even with the obstacles the state has, a succession is harder than it looks. This passage will require two- thirds of votes from congress, along with the approval of at least 38 states in favor. A possibility that experts say is unlikely. What’s more the YES California campaign is still considered to be small, with only about three thousand supporters. But the campaign has gained momentum since Trump was elected to office. With some twitter follower increasing from six hundred and fifty to just fifteen thousand in just a few months.

Most notably Hyperloop One cofounder Shervin Pishevar, who tweeted before the results of the presidential election saying that, “If Trump wins I am announcing and funding a legitimate campaign for California to become its own nation. Most patriotic thing to do is to questioning [sic] idea of a federation of states & calling a new constitutional convention for systemic change,” with that Campaigners are self-assured that their state’s secession is a real possibility.
Everyone knows the story and the news headlines that read “Donald Trump President Elect!” Many read those with mixed emotions. Some people are happy and excited, others sad and depressed. Little by little, we’re facing the side effects.

There have been reports of kindergarten students bullying some classmates for their different background. The children have been using offensive jokes with derogatory terms to accomplish this. There were even reports of children getting scared and concerned about their personal problems, whether they’re not going to see their parents again, which some reports shows some students are avoiding school and which made the children’s innocence fade away.

“It’s a sad listening and reading about this, we cannot tolerate this behavior anywhere, instead respect one another,” said Prof. Eileen Purcell.

Sadly, there’s been Police blotter reports that there has been serious accusations and serious incidents of racial profiling and hate crimes taking place nationwide. Bergen County Officer Mike Malakikis commented at the student centre “We take seriously of this terrible and atrocious actions.”

With so much horror, there’s been atrocity behavior especially on our neighboring Colleges and Universities reporting. “If you see any intolerance, and disrespectful behavior, whether it’s vandalism or verbally, please reported it to the school officials,” said Lieutenant Ed Zing of public safety.

While the Hillary Clinton supporter and the Democratic National Committee blame the third party supporters and the write-in ballots, while third party supporters blame the DNC for cheating and playing dirty, BCC Student and Hillary Clinton Supporter Daniel Ramos, stated “There’s no need to blame, the beauty of this country is democratic. You can vote for whomever you feel what’s in your conscience or if not, To bad!”

BCC student, Santos Garcia said “We have to be united! In these times of trouble, we cannot leave, we have to stay. If we leave, we will be cowards, we can’t give up!” Garcia went onto mention Trump's idea of building the wall. “There’s no need to run away and there’s no need to leave. The only way to stop some people that supported Trump and trying to threaten us is that we have to ignore them and to accomplish our goals; live with our lives, that’s the way we’re going to defeat them, with silence and live with our own lives without anybody interfering.”

Multicultural Robert McKnight commented of this serious situation “We have to be united in this tough times. Seeing this atrocities happening is making our beloved country backwards then forward.

But the fact that Donald Trump got elected shows there is a big problem in the USA.” Since, the President elect Donald Trump won the majority votes at the most impoverished neighborhoods in the Southern United State communities.

“No matter if Hillary Clinton would had been elected or if Donald Trump was elected. They won’t solve our personal problems, our pay our student loans,” says Roberto Da Silva, BCC student, disagreeing on both candidates. “It’s been weeks and months of this nightmare for some people and for others “the change” has began. We Will See?” Da Silva concluded.

How should parents speak to their children about these concerns? Purcell commented wonderful, essential important keys if a child is feeling different.

“We have pay attention to our children and listen to them. If they pee in bed, if they give temper tantrums to avoid on going to school, if the children are eating less or doesn’t want to eat dinner or their not social as they use to be, there’s something wrong that we should talk to them,” Purcell said.

If the child mentioned a serious situation at school, speak with the school administration and principal on the next morning, reported to the school principal and school administration.” “Avoid talking about personal problems in front of children which make them more worried and concern than focusing on their school work and their activities.”
OPINIONS

Are you an Everlasting Child?

REBECCA KARPINSKI

You’d think that a college student who has a car, a job and good grades would have so much freedom and a thriving college life away from their home, right? The answer to this for many college students is “yes.”

In some cases, however, the answer is “no!” Students who may have been overly sheltered throughout their younger years often have difficulty in becoming trusted and responsible adults in their parents’ eyes. For instance, these students say they feel like a child in many ways still. They feel they have little to no life experience and come across as awkward in certain situations, like a little kid around “grown ups” whenever they are in different social settings with people their own age.

For many college students who commute to school, they start to feel like the house they live in becomes only a place where they just commute to and from school or work and it no longer feels like it is their “home” anymore. It’s just a place for them to sleep at night and a place for shelter.

According to a study in the 2013 Journal of Child and Family Studies, “College students who have very sheltering parents have been reported to have higher levels of depression and use of antidepressant medications.” The research indicates that this type of parenting often interferes with the development of independence and self-confidence. As a result, sheltering at this stage in their life can ultimately lead to increased dependence on their parents and a decreased ability to complete tasks without their parents hovering over their shoulder all the time.

Being overly sheltered doesn’t allow children to grow into trusted and self-reliant adults. Parents are supposed to be teaching their children to be useful adults, not to be everlasting children. Sheltered children also have a reputation for going wild once they are finally left off the leash. They can’t handle the freedoms they’re suddenly given because they have been sheltered for so long. They first need to learn how to handle their own money, sexuality, occupational responsibilities, alcohol consumption and so many other life lessons in order to deal with the realities of adulthood on their own and to become trusted individuals.

There are many ways you can gain your parents’ trust. This is something that can be very difficult to do, but it is still very possible. Here are three ways to help the situation:

You should talk to them about yourself. Be completely open and honest with your parents. Show them that you are responsible and mature enough to handle certain types of situations by talking to them about those situations and the decisions and actions you made about those situations. Over time they will trust you more and more each day and eventually all trust will be restored.

You should also talk to them about their parents. If they argue with you, give it more time. If you feel as though something they are saying or doing is unfair, simply speak up and explain to them their reasons and how you feel about it. If they argue with you, give it more time and try again later.

You might want to consider talking to a counselor. You can go by yourself or go with your parents and talk things out together in just a few short sessions. Respectfully share your opinion if you disagree, but don’t fight fire with fire by being confrontational. That never fixes anything. Odds are, they will listen to you because at the end of the day, they still love you and care about you and what you have to say.

If you believe you are a sheltered college student, please know that you are not alone and there are a lot more people out there that are just like you; more than you realize. The most important thing you need to know and keep reminding yourself of as you grow into adulthood is that all of this is only temporary. There will eventually come a day where you’ll be all moved out of your parents’ house and out on your own where you will have all the responsibilities and freedoms in the world that you desire. It may seem like forever from now, but it will come.

You are not alone.

SELF-PACED OR SELF-EFFORT

Depending on your math skills and major you may or may not take that many classes in mathematics. For those that struggle in mathematics you may end up taking a hybrid course in math. This class is half online and the other half is showing up for class to take notes and do homework for a certain amount of time. This is known as a self-paced class. Students have until late December to complete the class with five tests to complete. Go to class each week and keep working at home unless you finished early. Some of the chapters are very long and require a couple of hours to complete. This can be seen as a massive benefit to the class, you determine your grade. You could in theory, redo all an entire section just to get a 100 on the questions and on the chapter review and test. However, this is all just a theory and the only factor in this is time. Some of the few things that separate those from everyone else is how much time you put into the class not in the classroom but outside the classroom. It is recommend that you spend time outside the class to keep up so one doesn’t fall behind with all the work. It’s recommend but it feels as if it’s mandatory due to the amount of time necessary to keep up.

Another problem would be someone’s lack of prowess in math and being left behind with all the work. This is where all the extra time outside the class comes into play, one may spend an entire weekend and only get through a chapter or two. Furthermore, if you take too long and if you think that you’re going to fail the class, don’t worry. There is a “fail-safe” to speak, if you are able to pass the first three tests and have attended a majority of the classes you will get an extension of two or so weeks to finish up the class.

Now if you still by some odd miracle don’t pass the class this time then that is when you will fail the class.

Granted, the computer lab in the technology building where this class is held has another lab next to it where you can go whenever to get help and do the tests. Looking for other self paced classes are hard seeing that when I looked I was only able to find another class and that was writing 101 or writing 201. These two could be considered self pace but from what i was able to gather they aren’t at the same level as math self paced. So when you enroll into one one of these classes be mindful of what you’re getting into.
Hating Castro is My Heritage

GEORGE R. GUERRA

Fidel Castro existed in my life as a specter. He was something akin to the boogeyman; only spoken of in hushed whispers by my older relatives. I think the fondness of the man in that way stemmed in part from the fact that they felt there was no way that he could come to them. It was as if Fidel Castro had swept into Cuba overnight and taken all that they’d define their lives by. As a child, the message that I took away was that he had a beard, and when I pictured him, I envisioned a cartoon devil. I’m somewhat chagrined to say that, as I sit here now, I was about 14 years old. As time went by, I grew older and (I’d like to imagine) more mature. And with time came the deaths of many of my older Cuban relatives. One such relative was my great-aunt Angela “Mama Lina.” Mama Lina, who died early last month, was like a second mother to my father when he arrived in this country, as an 8-year-old in 1942. Towards the end of her life, she suffered from a shortness of breath that she wouldn’t wish on Fidel Castro. Apparently, she didn’t have to, since Castro died 23 days after her. Castro was, over 90 years old at the time of his death, as was Mama Lina. With Mama Lina’s passing, I felt as if I’d lost a piece of my heritage. She was a remnant of a Cuba that no more existed. A Cuba that I’d been culturally conditioned to hate is memory treated with the sort of wistful reverence one can only give the land that they used to call home. It’s a homeland I will never see, because it ever existed, soon it will only be in the memories of the dead, and the stories they shared with children like me.

Hating Fidel Castro is a part of my heritage, but as I’ve matured, I’ve come to realize that Fidel Castro I’ve been culturally conditioned to hate is a fictional character. The Castro that I hate is a cartoon devil, a successful revolutionary, and a great big beard. I’ve learned to separate that image of Castro from the man himself. My feelings for the real Fidel Castro are mixed. He was a successful revolutionary, and there’s a romantic quality to this figure that, while somewhat idealistic, is too hard to be said for a man that can spend much of his time in the service of a higher power. It’s a thing that is tabulated by the world, and I think it’s something we should be viewing with a matter of perspective.

What Do Disney Princesses Mean to You?

LESHAY JONES

I don’t know about you but I have learned a lot of my life lessons from Walt Disney movies. “The Lion King” taught me that you can’t run from the past. Peter Pan taught me that all you need in life is faith, trust, and that good old pixie dust. No matter how cheesy and cute the movies are, there is always some kind of message that can be taken away. These messages are prevalent in a majority of Disney princesses just as many other kids’ movies provide a similar route in the message that it is okay to have a dream, and that sacrifices committed in the name of your dreams can be just as good, if not even better, than any other accomplishment. “Frozen” also took a similar route in the message that it is okay to have a dream. It’s a story of true love’s kiss thawing Anna’s frozen heart, it was her act of true love, saving her sister Elsa, that really saved her life. This taught us that you do not need a prince charming to have true love.

One thing that I find that stands consistent through all the Disney movies that I have seen is that everyone finds their true love. You know, that whole “they all lived happily ever after” bit. Even though these happily ever after’s are extremely unrealistic for a lot of people, I feel like a big chunk of us are still looking for it. We still subconsciously hope that these fairy tales somehow come true.

Think about it. I’d be a liar if I say that I have never thought about a Prince Charming sweeping me off of my feet and carrying me off into the sunset at some point. We take these lessons from these fairy tale princesses and apply them to our lives a lot of times. This just goes to show how much they influenced us.

Many young girls aspire to be like Disney princesses. //Rebecca Karpinski
Welcoming Back Noura Dakka

Noura Dakka is a BCC student and former Torch member that has a history of excellence in several editor positions, and is a winner of a New Jersey Press Foundation award for her opinion writing. Just as she assumed her long-time dream position of editor-in-chief, disaster struck. Dakka discovered that she had lung cancer.

Dakka was diagnosed with carcinoma in the lungs, a rare form of cancer. Being her best friend, I was the first person she told. I was in total shock when I received the call. I put on my bravest voice to calm her down and assure her that everything would be just fine. After all, our country has some of the best medical equipment and experts in the world, and our friends are the more supportive people we know.

“They were my family. If it weren’t for them I wouldn’t have recovered as fast as I did,” she said in regards to an operation in which she lost three-fourths of her left lung. “They were there every step of the way, I didn’t feel sick with them. They were always visiting me, bringing me gifts, and making sure I was comfortable. They went above and beyond to make sure I was going to be okay. I was so lucky to have them in my life.”

After a rather physically painful recovery, Dakka made the decision to go back to Lebanon, where her mother resided, so that she could help take care of her. That brought about uncertainty regarding the fate of the Torch.

“I was put in a position where I had to choose what was best for the Torch. I could have taken online classes to remain a student at BCC and continue to be EIC overseas, but that doesn’t do them justice. The Torch needed someone to be there in person and I wasn’t going to be able to do that, I was sad that I had to give it up, however, I knew it was in good hands.”

Dakka had an equally supportive group of people awaiting her in Lebanon. She has been trying out new restaurants, and is hopeful, waiting on reports on her effectiveness. After five long months, Dakka has come back to us, and will once again spread her beautiful charisma to everyone around her. When asked about her future with the paper, she replied, “I definitely plan on going back to the Torch. I mean I put my heart and soul into it. I’m not just going to leave it like that. Although I would have loved to have an editor’s position, I’m perfectly fine with being a staff writer and still write as much as I can.”

Dakka’s experiences, passion for journalism and overall inspirationally positive outlook will no doubt benefit not only the paper, but everyone who comes in contact with her. Welcome back Noura Dakka. You’ve been missed.
features

Santa Paws Comes to Town

Stephanie Cruz

Editor’s note: Most of us consider our cherished pets as family members. From dressing them up with elaborate costumes and accessories to taking them to weekly salon treatment, they demand more high maintenance than a 5-year old toddler. Truly, American culture values companionship with pets. So like any parent taking their precious kids to see Santa for the first time, pet parents were given the chance to get their beloved poohcoo-pooches to pose with the jolly old fellow last night.

All was merry and bright when over 40 furry creatures decked the halls of the Bergen County Animal Shelter in Hackensack, dressed up in their festive outfits. From Yorkies, Pugs, Maltipoos to Siberian Huskies and German Shepherds, pet owners brought in their four-legged children to cozy into Santa’s lap for a photo. They also get to snag a printed photo of their furry friend’s adorable moment with Santa for a small price,

The fundraiser was a wonderful way to get the community involved as some of the pets that dropped by were also either adopted from animal shelters or were rescued strays. Thousands of animals are being cared for in shelters every year instead of being left to survive on the streets. Others are being abandoned by former owners who can no longer secure a home for them. Shelters often struggle to accommodate all of these homeless pets that’s why their work is profound and critically important. The BCAS alone houses over 400 rescue dogs and cats and the event was a way to help raise funds for the shelter.

The event was sponsored by Bergen Community College in collaboration with Parisian Beauty Academy as an animal charity fundraiser. All donations and proceeds went to the BCAS and the Ramapo Bergen Animal Refuge.

Santahood

The Barefoot Man: An Interview With Bergen Community College’s Foot Nudist

Thea Oh

There is a rumor in town: somewhere, wandering the halls of Bergen Community College, is a guy who never wears shoes. Occasionally, students might catch a glimpse of him and say “it’s that barefoot guy.”

Daniel Sztetmiklosy is his name, and from the ankles up, he looks like any other nineteen year-old college kid: curly brown hair, half-trimmed glasses, a zip-up hoodie and a worn-in pair of blue jeans. He has keen eyes and a gleeful smile that reaches his temples.

As he is scanning his feet, they are indeed as naked as the rumors say. Though it had been raining all afternoon, Daniel is unfazed by the dampness of the ground. Heat and cold pose little challenge to his feet, tempered into a tough hide of the ground. Heat and cold or sandals make occasional appearances in his life, like a time when it is raining or snowing. He wears shoes while working, and socks or sandals make occasional appearances in his life, like when it is raining or snowing. “It’s a common sense thing, right?”

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As he is scanning his feet, they are indeed as naked as the rumors say. Though it had been raining all afternoon, Daniel is unfazed by the dampness of the ground. Heat and cold pose little challenge to his feet, tempered into a tough hide of the ground. Heat and cold or sandals make occasional appearances in his life, like a time when it is raining or snowing. He wears shoes while working, and socks or sandals make occasional appearances in his life, like when it is raining or snowing. “It’s a common sense thing, right?”

“Barefoot Man: An Interview With Bergen Community College’s Foot Nudist

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Transgender Awareness Day Comforts BCC

“I’d rather be in danger than be someone I’m not and that doesn’t always translate to other people.”

-Charlie Leppert, P.R.I.D.E Club Secretary

STEPHANIE CRUZ

From limited job opportunities and harassment to violence and discrimination, the transgender and gender non-conforming people are among the most vulnerable communities in the country. In a collaborative effort to highlight and address the issues that the community faces, the Third Annual Transgender Awareness Day was held at Bergen Community College (BCC) last November 17, 2016.

The second panel discussion in the afternoon involved a representation of students from the transgender community on campus. They voiced out their inputs on what’s working and not working for them at the College as a transgender.

Charlie Leppert, P.R.I.D.E Club secretary and BCC student said that there are great resources on campus like the P.R.I.D.E. Club and the gender neutral bathrooms are a plus. He also pointed out how certain professors would misgender him, and would continuously correct him, and would continuously correct them every time.

There are also documented adverse effects that the therapy entails and for Nikki Sprieser, it’s almost as if she had a female brain and was forced to live a life that was not who she really was. “That was more prone to cause severe depression.” She continues, “I would say now, I’m not anything near that. Life’s beautiful. Why would you want to end it?”

Society can put pressure to an already emotionally challenging whirlpool of issues and complications. “I feel that what transgender people do recall the things that they do not wish to share with anyone, nor do they wish to share with everyone.”

After taking the big step of coming out or exploring your identity in your own time and not getting the support from her mother when she finally came out. “She was not supportive not for any religious reasons, but she was scared about what the world could do.”

Whether intentional or unintentional, they often get questions that may or may not be comfortable to them. Some people genuinely care and support but don’t know the appropriate questions or statements. Then there are questions that are too sensitive to disclose especially if you barely know the other person.

Sprieser said, “you can’t really invite someone in, you can’t really invite yourself into someone’s private area and expect them to give you a positive feedback.” She continues, “I went from being a master manipulator that will ultimately stop you from living to the fullest.” She continued, “I overcame that fear, I’m not in that place anymore. It’s been a heartening that it happened this year.”

Bergen Community College is teeming with support groups and departments that offer resources and information to anyone who needs them. Barthold wants students who wants to come out to be honest with themselves. “Know that at least in Bergen Community College, there’s a great support system here that you can find and have easy access to.”

It’s important for gender non-conforming people transitioning to have encouragement that will enable them to advance in their educational goals especially in the current social climate that we’re in. Schiebe said, “It can be scary but you have your right to come out or explore your identity in your own pace.”

Being authentic to your true selves all starts with that decision of letting fear go, Spruisse said, “stay away from fear with anything in life because that is the master manipulator that will ultimately stop you from living to the fullest.” She continued, “I overcame that fear, I’m not in that place anymore. It’s been a heartening that it happened this year.”

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Native American Heritage Month

November is referred to as the Native American Heritage Month for American Indian and Alaska Native people. This is when Native people celebrate their diverse and rich traditions and cultures that represent their important contribution. About 100 years ago, Natives and non-Natives were urged to get permanently designated by the nation to have a special tradition in this month. Which will help honor the sacrifices, achievements, contributions, cultural and historical legacy and this is now part of the United States and the descendants who are Native Americans and Alaska Natives.

Starting in the early 20th century, there was a quest for a national honoring of Native Americans. The nation’s American Indian and Alaska Native was celebrated during the late 1970s due to the legislation that was enacted by the Congress and annual proclamations which were designating a day, month or a week. The annual proclamations were issued by subsequent presidents. President’s signature of legislation and the pass of legislation by Congress allowed “Native American Heritage Day” every year on Thanksgiving day.

During the past years, there were also many advocates who honored citizenship for the American Indians. Dr. Arthur Caswell Parker who was a noted anthropologist, historian, author, and director of the Rochester Museum in New York honored Native Americans after 1912. He was also one of the first presidents of Society for American Archeology from 1935-1936. The National Congress of American Indians, which began in 1944, and the Society of American Indian which started in 1911 were the two American Indian rights organizations in which Dr. Parker was a founder of and this is when he allowed the Native Americans to earn U.S. citizenship.

Reverend Red Fox James, who was also known as, Red Fox Shikusha, was another Native’s rights advocate during the spring of 1914. James started a 4,000 mile trek on a horse to Washington DC because he wanted the President to represent for an “Indian’s Day.” Therefore, the year after, James travelled by horse to different states wanting to press upon congress for US citizenship that will cause an extension to most Native Americans.

James gave a presentation to the White House which was based on the endorsements of 24 governors in 1915 and then on 1919 an Indian holiday was designated on the fourth Saturday in September due to the petition of State Washington.

In the year 1992 there was a celebration for an official day with the help of President George Bush, who assigned the Proclamation 6407. There were people who started to allow marks of American Indian responses in the anniversary. Conclusively, in the community it was seen as a special, long year opportunity, which held celebrations for the survival of native people, ancestral sacrifices to America, and public education events that will help educate the general public about tribes.
Bergen Community College and Fairleigh Dickinson University are partnering to offer you a more affordable path to a bachelor’s degree. Graduate with your associate’s degree from BCC, and you will be eligible to transfer to a FDU bachelor’s program at a significant tuition discount. Benefits include:

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

Learn more at fdu.edu/bcc-fdu.
Suppose it is nighttime and you see a drunk girl stumbling alone in the dark. Two strange men approach her and start to pull her towards their car. What do you do?

"Many, if not most, would choose not to get involved. Bystander apathy is a powerful force, one that, sadly, drives us to turn a blind eye to the distress of others, even as it unfolds right in front of us."

The Green Dot Committee of Bergen Community College, however, challenges students to take action when faced with potentially victimizing behavior. Any active choice to curb violence and harm, according to Deborah Ajagbe, Green Dot coordinator and facilitator of the Violence Prevention Intervention (VIP) Center of BCC, is called a “green dot”. The philosophy behind the nationwide Green Dot movement rests on the idea that positive action is contagious. The more people help, the more others will inevitably want to join in.

Entering December, the VIP and Green Dot chapter of BCC have centered their focus on educating students about power-based violence, which encompasses such predatory behaviors as sexual harassment, sexual assault, domestic abuse, and stalking. Students can visit the VIP Center, located in room A-126 of the Pitkin Building, to learn about safety planning, violence prevention, and strategies for intervention. Additionally, on-site facilitators like Ajagbe and Green Dot coordinator Sonia Wadhwani, are available to guide anyone in need of help, to confidential counseling, emergency services, medical assistance, housing, and legal advocacy.

"Creating" a green dot can be as simple as making an disapproving remark to disarm the woman threatening her boyfriend in the supermarket checkout line. It can be divisive, like "accidentally" dropping a pile of papers to distract two would-be fighters, or yelling "police" at a house party gone wrong. Meanwhile, other situations might demand more direct intervention, like talking to the stumbling drunk girl in the above scenario and escorting her away from potential danger, calling a guy out for tampering with a girl’s drink, breaking up an act of aggression, or even asking for help when the situation is more serious than you’re equipped to deal with. Keep in mind, says Ajagbe, “your safety is always first”.

You create a green dot whenever you choose to speak up or act to help others. A red dot is, by contrast, any action that seeks to inflict harm or violence against another. Think of a map, covered in green and red dots, with a sea of neutral zones in between. The mission of the Green Dot Committee is to turn the map green, or to inspire a more widespread culture of solidarity against violence through prevention awareness.

There is a distinct optimism in Ajagbe's voice as she impasses, “When I think of violence prevention, I think of hope”. Hope, she explains, that that victims of violence will see better days, and that there is enough empathy and courage in bystanders to overcome the apathy, hesitation, fear, or embarrassment that too often stifles action. “Care for one another,” says Ajagbe, “not because they are family, friends, or people you know, but because we are all in this together”.

As a social movement, Green Dot can only grow with the support of the communities it serves. That means that, at the end of the day, cultural change starts with you.

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Choose from over 40 majors. Learn from dedicated professors who care about their students. Be the first to use the state-of-the-art Patricia R. Guerrini Academic Commons. Enjoy nearby shops and restaurants with friends. Ride your bike downtown. Engage in internships and research to be "job-ready" when you graduate. Explore the world.

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**HX: THE HOTEL EXPERIENCE’ – Rooms to Restaurants**

**ANDREW SUNG BONG KIM**

HX: The Hotel Experience is North America’s largest trade event for hotel and food service owners, executives, directors, and GMs from across the hospitality spectrum as well as manufacturers and marketers of all things hospitality. It is held annually and 2016’s edition was held November 13-15 at the Jacob K. Javits Convention Center in New York City.

HX welcomed over 12,000 attendees to a show floor saturated with approximately 400 or more exhibitors. This unique and diverse collection of hoteliers and suppliers from the hospitality, food-and-beverage and technology industries was another “number one” for “excellence in hospitality.” Exhibition items included cleaning and maintenance materials, fixtures, kitchen design elements, housekeeping and laundry equipment, lighting, bedding and more back and front-of-house enhancements. The expansive show setting gave attendees an array of business-building opportunities as they connected with leaders behind present and future hospitality solutions.

“This hotel show is actually annual convention of the American Hotel and Lodging Association and is the largest hotel convention in the country and probably in the world,” said D. E. Chadwick, the professor of the Hospitality Management at Bergen Community College. “Hundreds companies come and display their products. Many students in Colleges and Universities come to the show. This show provides new products and new services. Participants can discuss pending issues and problems through attending seminars and can meet employees who are working in different fields. Actually, I have been to this show about 44 years. I think that this show is very important hotel industry show because members get to come and see new products and new services. They get to learn new ideas and new concepts. I know that tens of thousands of people come to the show every year.” He was very proud of this hotel show.

In fact, the professor highly recommended that all students who are studying in Hospitality Management in Bergen Community College should attend this hotel show as one of the curriculum offerings. It was easier to wander around the hall because the exhibition hall was not crowded and was quiet. One of the interesting things shown was making chocolates in a seminar. The hotel show with some alcohol and refreshments that were provided in exhibition for people to enjoy.

**The Game Awards Light it Up**

**DAVID PEREZ**

Every year there are a few things that come as a standard, Christmas, the 4th of July, Thanksgiving, and if you are a gamer, you’ve got The Game Awards. This year was different than last for several reasons and one of them was that this was the first time The Game Awards were live streamed to China. Another noteworthy point would be that this would be the first time the Awards were streamed via Virtual Reality. The 2 hour show began by Hideo Kojima operating a secret network of tracks and them, which was a trailer for different, as he was happy for V: The Phantom Pain. It was allowed to receive the Best Industry Icon award. The show began with Hideo Kojima via Virtual Reality. The 2 hour show was live streamed to China as well as streaming on Virtual Reality. The winner of the award he went on a tearful campaign. There were other World Premiers that also followed and were scattered throughout the two hour show. Some of them include Halo Wars 2, The Walking Dead: A New Frontier, and Prey. There was also new gameplay footage for the upcoming games The Legend of Zelda: Breath Of The Wild and Mass Effect: Andromeda, the former winning Most Anticipated Game. Overall there were 14 award categories that were mentioned or given at the entire show floor when presented. One of the more emotional categories and that was Games for Impact. The award was given to That Dragon, Cancer. The person who went up to receive the award for the game was the father of the child of which the game’s story was based about. After receiving the award he went on a tearful and sincere thank you for the fact that the journey in the game is the story of his family dealing and coping with his son’s cancer.

In other areas Uncharted 4: A Thief’s End won two awards and was nominated for three categories. Sadly enough Naughty Dog was not able to secure Game of the Year, which went to Overwatch, seeing that this is the last game in the Uncharted series. However, they were able to receive Best Narrative for the campaign. Another event that happened was the appearance of Michael Phelps and him presenting Best Esports Player. The winner of this award would be Marcelo “Coldzera” David for his time playing Counter-Strike: GO. Overall, the game awards this year was interesting for showing the awards and for the first time streaming to China as well as streaming on Virtual Reality. The Game Awards is always a great time for gamers, and this year was no exception.

**Colson Whitehead’s The Underground Railroad**

**FERNANDO VAZQUEZ**

Colson Whitehead’s tragic-fiction novel interprets one of the most atrocious historic moments of all humankind and in the history of the United States from the era of slavery. Whitehead’s tragic-fiction novel illustrates on this with the protagonist of the novel, Cora, a slave on a cotton plantation in Georgia. Life is painful for all the slaves but especially for Cora, an exile even among her fellow African; she is coming to womanhood, where even greater pain awaits. When Caesar, a recent arrival from Virginia, tells her about the Underground Railroad, they decide to take a terrifying risk and plan the escape. The plan of escape is frustrating and yet they manage to find a station and head north, while they are being hunted.

In Whitehead’s representation, the Underground Railroad is no minor metaphor as the astonishing adventure which explains in Cora’s eyes, engineers and conductors operate a secret network of tracks and tunnels beneath the Southern Cora and Caesar’s first stop is South Carolina, in a city that initially seems like a haven. However, the city’s easygoing ambience masks and dangerous plan designed for its black inhabitants. Even the worse, Ridgeway, the relentless slave catcher, is close on their moves. Forced to flee again, Cora enters on a traumatic flight, state by state, seeking true freedom.

In conclusion, Whitehead wisely recreates the story with the atrocious and unique terrors from the black people in the pre-Civil War era. Whitehead’s narrative smoothly interprets the story from the Americas of the brutal importation of Africans to the disappointment and broken promises of the present day. The Underground Railroad is a portrayed adventure of one woman’s brutal and dangerous will to escape the horrors of bondage and a shattering, powerful meditation on the history we all share. Whitehead’s tragic-fiction novel illustrates on this novel with a powerful message which it’s better to find out in the book.
THE FIRST RUMBLE IN NYC 2016: UFC 205!

FERNANDO VAZQUEZ  STAFF WRITER

More than 20 years since New York State banned professional mixed martial arts from its arenas, a world martial arts event has arrived in New York City for the first time in history. On November 12, Madison Square Garden hosted UFC 205, one of the most highly anticipated events of UFC franchise, with its interesting undercard consisting anywhere between $1000 and $25,000. The first time an official event was held in the state was September 8, 1995, at the former Memorial Auditorium in Buffalo, New York. Headlining the night was the main fight card, UFC 205, which pitted Irish featherweight champion Conor McGregor against the Philadelphia former UFC lightweight champion Eddie Alvarez. According to Ticket City, the median ticket price on the secondary market for UFC 205 was for $971, more than $300 more than UFC 200, which had previously held the record for median price at $657. With UFC 205 included, four of the 14 sports most thrilling events in the world are currently held in New York City, especially one of the Holy Grails of Sports and Concert Venues in the USA and around the world, Madison Square Garden.

The 2016 season of baseball has ended, however the most thrilling Series anyone has ever seen. The baseball world has waited 108 years to see the World Series. The Chicago Cubs are World Series champions. They defeated the Cleveland Indians in seven games, coming back from being down 3-1, to win their first Commissioner’s Trophy in 108 years. Baseball history to hold two belts at the same time when he defeated lightweight champ Eddie Alvarez. McGregor now holds four of the UFC’s top six gates of all time, including Saturday night’s record.

The Chicago Cubs celebrate after winning their first World Series championship in 108 years. //Wikimedia

What The 2016 World Series Means To Baseball

ADAM GRASSANI  FEATURES EDITOR

The 2016 World Series will go down as arguably the greatest one of our generation. With two teams getting a chance to end franchise haunting droughts, a Game 7 that dominated the ratings, and most of all, a blueprint being laid out to baseball executives everywhere, this year’s World Series was most definitely a beautiful things for baseball.

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LESHAY JONES  
**STAFF WRITER**  
Throughout the years, people have created hundreds of crazy internet trends and challenges. One of the newest trending challenges to make its way not only on the internet, but also into the locker rooms of athletes across the country, is the mannequin challenge. The mannequin challenge is when a scene is set and everyone strikes a pose, standing completely still while the song, Black Beatles, plays in the background. Though there weren’t many of the only ones killing the mannequin challenge in sports. Hundreds of teams, fans and sports executives have thrown their hats in the ring, attempting to make the best mannequin challenge on the internet.

NBA All-Time Three Point Leader Ray Allen Calling it a Career

**BRYAN SUAREZ  **  
**STAFF WRITER**

At the age of 41 after 18 spectacular seasons, with four teams and two NBA championships, shaving guard and ten time all-star, Ray Allen is finally deciding to call it a career. Allen’s career began in 1996, where he was drafted fifth overall by the Milwaukee Bucks. He played seven and a half seasons with the Bucks before being traded to the Seattle SuperSonics in the 2002-2003. After four full seasons with Seattle and averaging a career high with 26.4 points per game in the 2006 season, Allen then would get traded to the Boston Celtics where he would win his first championship. Allen may be remembered best in Boston where he teamed up with stars Kevin Garnett and longtime Celtic, Paul Pierce to form their own “big three.” In five seasons with the Celtics, Allen averaged 16.5 points per game, and passed all-time three point record which currently sits at 2,973. There are only three other players with over 2,000 threes in NBA history, former teammate Pierce and veteran Jason Terry are the only active.

Allen will also be remembered for his part in “He Got Game”, where he played “Jesus Shuttlesworth,” directed by Spike Lee which featured star actor Denzel Washington.

Before Allen’s retirement on Nov. 1st, he eyed a possible return with championship aspirations teams, but ultimately decided to retire. He goes into retirement as arguably the greatest shooter of all time.
It’s Deja Vu Taking the Region XIX championship after a 1-0 win over Harrisburg College by storm and earning a trip to the NJCAA Division III National Championships, the Bulldogs are champions again // Bergen Community College Sports

ANTHONY KHELIL
SPORTS EDITOR

Republican Presidential nominee Donald Trump won the 2016 presidential election Tuesday November 8th, against Democratic nominee Hillary Clinton. The results were announced early Wednesday morning, and the sports world had mixed reactions regarding the results.

NBA stars took to twitter to publically display their surprise and displeasure with the outcome. Chicago Bulls star guard Dwayne Wade tweeted a gif of a dog wagging its head with the caption of the phone saying, “Do not want.” Oklahoma City Thunder Center tweeted out a picture of the American Flag, in which the usual stars on the flag were replaced with the infamous Crying Jordan face meme, along with the photo Kurter tweeted, “Mood.” Kings center Demarcus Cousins tweeted out a crying face emoji and Knicks center Joakim Noah tweeted, “How?!!” Former Quarterback Joe Theismann tweeted, “This is a night that u can tell ur kids about. This will create a worldwide tidal wave.” Former Major League Baseball player Vernon Wells took to twitter asking his followers to, “Pray for our country and our leadership,” after he had seen that Trump took control of the Presidential race.

Not all reactions from current and former athletes involved shock or anger as others used social media to make the best of the situation. Chris Betts of the Tampa Bay Rays organization tweeted that game seven between the Cubs and Indians was better, bringing some humor to a somewhat negative social media feed. Tyler Danish of the Chicago White Sox organization took a patriotic approach to the election results tweeting, “No matter the outcome tonight...Everyone needs to remember we live in the greatest country in the world!” Dallas Mavericks owner Mark Cuban also took a patriotic approach when he said, “I’m an American Citizen First. Last, Alwayz.”

Stephen Curry responded to Van Jones an analyst for CNN discussing the election outcome saying, “It’s hard to be a parent tonight. You tell your kids they can’t be a bully and then have this outcome.” NBA MVP Stephen Curry responded to Van Jones with a tweet saying, “Van Jones...Nothing but respect” Minnesota Timberwolves guard Ricky Rubio and Christopher American finished back to back immediately after Silver finished.

The Men’s Cross Country team, not only did they win their Region Championship, they finished third out of 25 teams at the 2016 NJCAA National Meet. Daniel Silver lead the team, finishing 29th out of the 182 total runners with a time of 30:43:0. The rest of the team followed Silver’s lead, as Andy Japarsaad and Christopher American finished back to back immediately after Silver finished. "This is not our first year at nationals," said Deana Dedovitch, “This is my third year of coaching. We’ve gone every year since the team was quickly dispatched at the beginning of another great year for the Bergen Bulldogs athletic program.

The Sports World reacts to Trump Winning Presidency

Many athletes within sports share their mixed reactions to presidential election results. // Pictures by Samantha Kaminsky, Joe Theismann, and Anthony Khehil

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SPORTS

MEN’S SOCCER, CROSS COUNTRY TEAM BACK TO BACK CHAMPIONS

ADAM GRASSANI
FEATURES EDITOR

Brian Sanchez played just as big of a role in the Bulldogs success this season. He posted a 1.33 Goals Against Average and a .750 save percentage, earning a trip to the NJCAA Division III National Championships, where they lost 3-0 in the quarterfinals to Richland, then 5-1 to Nassau in the consolation game, sending the soccer Bulldogs to the Nationals for the second year in a row.

Unfortunately, the Men’s Soccer team was quickly dispatched at the National Championships, where they lost 3-0 in the quarterfinals to Richland, then 5-1 to Nassau in the consolation match, and were officially eliminated from the tournament.

That, however, does not devalue the consistent performance Bergen was able to deliver this season. Midfielder Brayan Taberes played a big role in the playoff run, and was named the “Offensive Player of the Region Tournament.” Goalkeeper Brian Sanchez played just as big of a role in the Bulldogs success this season; he posted a 1.33 Goals Against Average and a .750 save percentage, as additionally played the ninth-most minutes in the nation with 1487:00. In the Region Tournament, he did not allow a goal in all three games, which earned him the “Defensive Player of the Region Tournament” award. Lastly, for the second year in a row, Bulldogs coach Freddy Herrera was named the 2016 Region XIX DI Men’s Soccer “Coach of the Year.”

Looking at the Men’s Cross Country team, not only did they win their Region Championship, they finished third out of 25 teams at the 2016 NJCAA National Meet. Daniel Silver lead the team, finishing 29th out of the 182 total runners with a time of 30:43:0. The rest of the team followed Silver’s lead, as Andy Japarsaad and Christopher American finished back to back immediately after Silver finished. "This is not our first year at nationals,” said Deana Dedovitch, “This is my third year of coaching. We’ve gone every year since the team was quickly dispatched at the beginning of another great year for the Bergen Bulldogs athletic program.

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