Trustees Fire Walter, Install Interim President in Surprise Move

ADRIANNA CABARALLO Co-Editor

Michael Redmond was appointed as the college’s interim president on June 27, 2017 after B. Kaye Walter was fired. Not only were the students and faculty surprised by his appointment, but Redmond himself was as well. He offered the job not long before the BOT meeting.

"It happened very quickly," Redmond said.

Before this, Redmond was getting ready to settle down and retire in Delaware. That day he was planning to drive down to Delaware where he would meet his family and guests at what was planned to become his retirement home.

"It was funny that night (of the BOT meeting). My car was packed, I was on my way to Delaware where we’re planning to move eventually. We built our retirement home down there. We had a house full of guests," he said.

Redmond is unable to break free from BCC and does not have any real desire to do so just yet. He has a long and extensive history with BCC and has served multiple positions at the college.

Redmond started his working at Bergen Community College in 1981 as an adjunct professor. A few years later he became a lecturer and an assistant professor of Philosophy and Religion.

After that, his role at the school became more administrative. He became a dean, then the college’s first CIO, Chief Information Officer. He also became the college’s Executive Vice President, a position which no longer exists. One of his accomplishments was assisting in building West Hall.

In 2008 he stepped down from the Executive Vice President position to get back into teaching. He has been teaching online courses and wrote a few textbooks for his students. At that point, Redmond began to wind down his career, but the opportunity to be interim president had emerged.

"It’s part of my philosophy in life, opportunities present themselves, you don’t always have to go chasing them, they just seem to arise. The only choice is to take them or not," Redmond said.

This advice should be taken to heart by students who are thinking about their future, no matter who they are or where they come from.

"What I want to say to students is you’re starting a semester, and you may be coming to the semester with all kinds of attitudes and feelings. You might be scared, you might be unsure of yourself, but make the most of it," Redmond said.

During his time as the president of BCC, he believes he can make a change in the right way.

"I feel like I’m doing something that can make a difference if I do my job well, so in that sense, I feel pretty lucky right now, tired but lucky," Redmond said.

Redmond has a number of things planned; the main goal is to put the focus on students. He wants to raise more money for scholarships and create a year-long series of events for BCC’s 50th anniversary. It will take a lot of planning and effort, but he wishes to celebrate the college.

The biggest change Redmond is making is revamping the website, making it more user-friendly for students.

Redmond tried to register himself as a student and found it difficult. Navigating the website, in general, was a challenge. With the fall enrollment dropping, Redmond acknowledged that something had to be done.

"I said to my staff here, we have to do a better job," he said. Although it will take time, currently a splash page is up and running to make navigating the website a little easier for students.

"Tell them, we know about it, we’re hearing them and we’re trying to do something about it," Redmond said.

Board President Resumes, Buys Out Contract

LESHAY JONES Editor in Chief

On June 27, the Board of Trustees held a meeting in which they voted to fire President B. Kaye Walter. The reasoning behind the resignation is unclear seeing as there was “no cause,” according to the Board.

Walter, who had served as the head of the college since 2012, said that she was “surprised” when she found out that her contract was in danger. The board voted to buy out Walter’s contract, paying her 12 months of salary at around $225,000.

"The board thanks Dr. Walter for all of her service to the college. We will begin the search for a new president immediately," said chairwoman of the board of trustees, Carol Otis, in a prepared statement.

When Walter’s contract was last renewed in May 2014, the board received a lot of backlash from faculty members who did not agree with her style of management. Due to this, the union representatives of the faculty passed a no-confidence vote against Walter.

According to Faculty Senate chairman, Dr. Alan Kaufman, a contract with the faculty union had been settled amicably and fairly.

The board appointed Dr. Michael Redmond, a former administrator and philosophy and religion professor who has worked at the college since 1981, as the new interim president.

The board has full confidence that Dr. Redmond and the current administrators will push Bergen forward and beyond.

"We are entering an age of transition, and we will preserve what is and what always has been good about the college. To do that, we must work in tandem and in concord," Otis said.

After Walter’s termination, Redmond was put right to work and one of his first orders of business was placing a sign over the speaker button, where one had to request admittance through the adjacent one-way-glass door, that says “Please come in.”

Over the past few months, some notable changes have been made under Redmond’s administration; such as the new Bergen website splash page that is designed to make the navigation of the website easier for students.

The board is on the lookout for a new president that will help Bergen Community College continue to soar. In the meantime, Dr. Redmond must help lead the college towards greatness.
Nine years ago O.J. Simpson was sentenced for up to 33 years of imprisonment for armed robbery, assault with a weapon, and conspiracy to commit Kidnaping in Las Vegas, NV. He’s expected to go free on parole in early October of this year.

The former NFL star apologized in court for his role in the robbery in front of a Nevada parole board, which led to their decision to let Simpson go 24 years early. At the age of 70, Simpson is spending his fifth years behind bars. What’s the parole board Chairman Connie Bisbee said his associates misled him and turned him against his lawyer. During the Las Vegas robbery, he said his associates misled him and turned him in court.

Simpson was charged with the murders of Nicole Brown and Ronald Goldman. In a highly publicized trial, Simpson was convicted of first-degree murder and was sentenced to 33 years in jail. He claimed that he never wanted to hurt anyone in Las Vegas; he just needed to take back his personal things. Upon hearing the board’s decision, Simpson thanked them enthusiastically.

But not everyone was so happy with the merciful reaction. As Clarence Hill Jr., a sports writer at The Star-Telegram, tweeted, “One lesson O.J. taught us: People don’t change.”

On November 7, New Jersey will vote in its gubernatorial election for a new governor, one to replace Republican punch-line candidate Chris Christie. In yet another controversial race, the choices are split between the former Democratic Senator Bob Menendez and Republican Lt. Gov. Guadagno.

New Jersey is riddled with endemic problems not only of its own making. With New York City as its neighbor, it’s hard to escape the growing New York metropolitan region problems.

New Jersey bills could completely shift from the hardline conservative policies enacted by previous governors. A majority-Democratic state, New Jersey citizens are more enthusiastic toward liberal policies. According to random sampling polls from Quinnipiac University and Monmouth University, New Jerseyans support marijuana legalization and school reform, and oppose the proposed Republican healthcare plan by a margin of over 66 percent approval.

Perhaps it’s time for Jersey to take a break from the policies of Chris Christie, as they’re not working. The state is one of the most densely populated states, with the George Washington Bridge without any obstruction (Google “bridgegate”).

Christie is very up and down scandal, and a separate Monmouth University poll showed that once Christie spent a day on the beach after closing beaches and parks due to a government shutdown; Christie’s NJ approval rating sunk to a borderline-laughable 15%.

Before New Jerseyans vote on such a potential shift in state political power, it is paramount that they become acquainted to the two candidates: their policies, personal backgrounds and their plans for the Garden State.

America’s current political climate is akin to a MMA fight in well-presto-a-suit as politicians are consumed by rhetoric and traditional values that many Americans are blinded by party and fail to draw information from both sides of the aisle, and many policies that politicians enact are colored by their party.

New Jersey’s upcoming gubernatorial candidates, Murphy and current Lt. Guadagno, come from two different political backgrounds but still focus on similar issues, such as reforming NJ’s housing crisis, the tightening of gun ownership laws, and the eradication of corruption in Trenton. However, despite their similarities in what they focus on, the candidates differ on how they are planning on fixing these issues.

On November 7, the leadership in New Jersey could be subject to a massive change, and the state of New Jersey must do their research on who could be leading them before it’s time to cast the ballots.
PURNASREE SAHA  
**FEATURES EDITOR**

On Tuesday, August 22, 2017, Bergen Community College held Bulldog Welcome Day for new students, athletes and family members in the student center.

According to Ian Wolf, Coordinator of Student Development, the main purpose of having Bulldog Welcome Day was to help orient students with various aspects of campus life.

Students were capable of navigating through the campus and approach their first semester at BCC.

“Online orientation is going all the time and is mandatory for new students, but the on-campus orientation was an optional day for all new students,” said Greg Fenkart, Coordinator of Student Development.

Students were encouraged to attend Bulldog Day through social media, e-mails, with the work of the admissions office and after they completed the online orientation.

Rafaillah Naveed and Joseph Sanchez were student staff members to get students checked in.

According to Rafaillah Naveed, “a lot of the students who are attending Bulldog Day are high school students, so I want students to make sure that college life is different from high school.”

He also wanted new students to care for themselves and join clubs, which will give students information about BCC.

“The orientation is good for students who are coming in the fall because it will give students a knowledge and understanding about where their classes are located and it’s a week in advance before classes start,” said Naveed.

Getting involved on campus helped Joseph Sanchez become social and improve his etiquette.

“According to Joseph Sanchez, “Chances are you will never see the students again, so might as well say something.”

The thing that Sanchez liked about orientation was that he likes to see new faces, meet and experience new people and learn how to handle situations.

“Bulldog Day is similar to past orientations, but the format was different due to the guest speaker,” said Fenkart.

The guest speaker of the orientation was Geo Derice, who earned his Bachelor’s degree in sports management from Saint John’s University.

According to Geo Derice, “if you fully engage with school, college will be the time to succeed. The students were able to learn that shortcuts won’t lead to success.”

Taking shortcuts will create long-cuts to students, which will lead to frustration with the college experience.

After Geo Derice’s lecture, there was the “get connected” fair that brought the whole college together and this involved all the departments and organizations such as PTK, Registration, Financial Aid, Tutoring Center and Student Life.

According to Sibora Peca, the President of SGA, “I am aware that a lot of students at BCC are having a hard time with their financials, scheduling their classes and taking care of their family, so they need a place just like home and where they could get help.”

There are also a variety of programs and services that Phi Theta Kappa offers for new students, so the group as a chapter was encouraging new students to join the organization.

According to Marianna Maltsiev, Vice President of Recruitment, “PTK, the society, offers 90 million dollars worth of scholarship and explains leadership skills that students could gain through the program.”

New students are also capable of joining sports at BCC. Edgar Aguilar, the cross-country assistant coach showed the new students what sports are available during the fall season.

**A Split Nation Comes Together In The Moon’s Shadow**

REBECCA KARPINSKI  
**Photo Editor**

On Monday, August 21, for the first time in nearly a century, a total solar eclipse was visible throughout the United States from Oregon to South Carolina.

A solar eclipse only occurs when the moon passes between the Sun and the Earth so that the Sun is fully or partially covered by the moon. Here in New Jersey, we viewed a partial solar eclipse with the moon only covering 80% of the sun.

This is the first total eclipse of the sun visible in the United States, excluding Alaska and Hawaii, since February 26, 1979. The last time a total eclipse was visible from coast to coast was on June 8, 1918.

Thousands of people, all over the nation, of all different types of ethnicities, cultures, age groups, religions and backgrounds stopped for a single moment, looked up at the sky and forgot about hate.

For that short moment in time, people only focused on the sun, and not tearing each other down. For that single moment, the country was at peace.

Americans rarely come together to share a single event anymore, and when they do, usually political divisions take place. However, during the eclipse, millions of Americans set aside their differences and political standpoints to share in the wonder of a celestial event.

That’s what makes all of this so special. The sun and moon don’t discriminate. During a lifetime event, everyone no matter who they are could see this once-in-a-lifetime event.

Yes, New Jersey citizens only got a sliver of a view of the eclipse, but still many people were outside with their solar eclipse glasses that they most likely purchased from their local 7-Eleven, bonding with complete strangers, looking up, trying to view the Great American Eclipse.

Some people in areas such as New Jersey have said that if the Great American Eclipse does not come in 2017, it could quite possibly be the beginning of a fresh start for America.

Jim Bumgardner, professor of theater arts, and advisor of Bergen Stages, had a conversation with new students on how they could get involved in Bergen Stages. Students do not have to be a theater major in order to participate in Bergen Stages and they had the option of being an actor or working on the stage.

Since first time students are constantly coming to BCC, it is recommended that they attend Bulldog Day because they will get an overview of what the campus is like.

BCC Celebrates Bulldog Day

Thousands of people... stopped for a single moment, looked up at the sky and forgot about hate.

- Rebecca Karpinski

People used special glasses to safely view the eclipse. // Photo by Rebecca Karpinski

A Split Nation Comes Together In The Moon’s Shadow

Though not all were in the path of totality, those who were had a once in a lifetime view // Takeshi Kuboki

BCC Celebrates Bulldog Day

www.Hebday.com

Bullen stew everything in the path of totality goes dark and anyone can look up and see the eclipse. All humans, animals, bugs and plants, Democrats and Republicans, Mets and Yankees fans, everyone no matter who they were got to see this once-in-a-lifetime event.

Yes, New Jersey citizens only got a sliver of a view of the sky and not complete darkness, nor did we get a full solar eclipse, but still so many people were outside with their solar eclipse glasses that they most likely purchased from their local 7-Eleven, bonding with complete strangers, looking up, trying to view the Great American Eclipse.

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Keeping Up with Trump

LESWAY JONES  
Editor-in-Chief

Every time you turn on TV or open up the news app on your phone, nine times out of ten you will see President Donald Trump’s name sprawled across the screen in big, bold letters.

I never go a day without seeing his name in my Twitter, Instagram and Facebook feeds. Trump is everywhere and he probably wouldn’t have it any other way, being the reality TV star that he once was and arguably still is.

I know you have probably heard it 101 times, but I am going to tell you for the 102nd time that the media is extremely important in this day and age.

With the constant updates on Trump, his administration and their “alternative facts”, it is important for media outlets to double-check their own facts before putting something out there.

Print media has it way worse than online outlets such as Buzzfeed, because once it is out there, there is no going back and changing it, and with things in the White House constantly changing, it can be frustrating trying to keep up.

Whenever I read or write something about Trump and his administration, I make sure that I get a second or third source for confirmation, because we all know that this is the era of fake news.

It is no secret that the President is a reality TV star that he once was, and I never go a day without tuning into his Instagram and Facebook feed.

Now, I did not trust the man before this instance, however, whatever little trust I did have for him completely diminished and it made realize that I have to be even more careful and conscious of what’s going on in the White House.

Dear Student Body,

On behalf of the Student Government Association, I would like to give you a warm welcome to Bergen Community College. I am Sibora Peca and this year I am honored to serve as your Student Government President.

I know you have probably heard of choosing a major, the struggle of attending college, the struggle of finding money to pay for college and I know the struggle of finding a place to belong, the struggle of official policy put into place. Now, I did not trust the man before this instance, however, whatever little trust I did have for him completely diminished and it made realize that I have to be even more careful and conscious of what’s going on in the White House.

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I would describe myself as an optimistic individual who believes that every experience is a chance to leave a mark and expose the hidden beauty in everyone.

I know the struggle of coming as a new student to college, the struggle of finding a place to belong, the struggle of choosing a major, the struggle of finding money to pay for college and I know the struggle of attending college while you have to take care of your family.

I also know that there is a solution for all of these obstacles. Know that at Bergen, we have amazing programs and diverse resources that help us succeed. We have an amazing faculty and staff that is here to hold our hand and direct us to better opportunities. What is most amazing is that among students you see in hallways and in your class, there are incredible individuals who are full of spirit and inspiration to help you turn your time here into a life learning experience.

My main goal is to create ways to share all the necessary information that will help you throughout your journey here at Bergen. Please, do not hesitate to come visit me at the Torch offices located in Room SC-111D, 400 Paramus Road Paramus, NJ 07652-1595 201.493.5006/5007 eictorch@gmail.com

The new SGA President, Sibora Peca. // bergen.edu

Have a wonderful semester, Sibora Peca
Work That Fro

Once upon a time, many of the girls you saw would have straight silky hair, despite their natural texture. Many African American girls were willing to put harmful chemicals into their hair in order to give it that look.

Then one day, these women traded in their flat irons for scissors so they could see their natural curls. People were noticing the harmful effects of relaxers and texturizers. Suddenly, they wanted to embrace their natural kinks and curls.

Today, natural hair is more prominent than ever, and African American women could not be more proud of their kinky curls.

If I had a dollar for every time someone called my hair “nappy,” I would be a billionaire by now. Going natural in the middle of 8th grade, when a lot of black girls were still getting perms and texturizers, I was an easy target.

Looking back, it seems like these girls were trying so hard to ignore their roots and assimilate into white American culture and because I went against the grain, I was not one of them.

At first, I only went natural because my older sister went natural, and, although I would never admit this to her, I wanted to be just like her at that age. It wasn’t until I went to high school when I started to realize that my natural hair went much further than the roots on my head.

When I walked the halls at school, people didn’t even give my hair a second glance; in fact, people would compliment it.

As I went through high school, more and more girls started to go natural and I started to become more confident with my hair. I’d be lying if there weren’t times when I wanted to throw in a texturizer, put a flat iron to my hair, but these urges went away the more I fell in love with my hair.

There were still the comments about my hair being nappy but they were not coming from my African American peers anymore. My Caucasian classmates would use my hair as an insult.

Comments like, “that’s why your hair is nappy,” or questions like, “why does your hair look like that?” became constant.

However, for every comment like that, I got five positive comments about my hair. Now, I will get girls stopping me in the halls at school and at the store asking me what I put in my hair and how and what curls to look the way that they do. After a while those comments became jokes to me because I knew that my curls were beautiful and knowing that made me stronger and more confident.

Once upon a time, black girls with natural hair were something that was negative and considered to be ugly. Now, we couldn’t be more happy with our “nappy” heads.

Owen McCloskey
Copy Editor

The Islamic State, ISIS, The various names of the abhorrent group have unfortunately become household, and nearly everyone on Earth has a microscope on the group attributed to a slew of recent terror attacks across the globe.

Through black market oil sales, ISIS, only a year after their inception, would generate some $1 billion through black market oil sales. Videos and accounts of captured Americans, Europeans and Syrians being beheaded were circulated online and on-the-air, CNN.

ISIS fortunately hasn’t made headlines lately. Iraqi Security Forces and Kurdish Peshmerga, backed by the United States, have retaken the war-torn city of Mosul earlier this year, and Raqqa – another Iraqi stronghold formerly under ISIS control - is well on the way to being recaptured. Pockets of ISIS resistance are still lost much of their territory in the Middle East, but any radicalized person with a weapon, no matter their geological location, could joins ranks or commit atrocities in their name.

Many analysis have drawn parallels between the ongoing Middle-Eastern conflict and the Vietnam War; and, there are many parallels: the proxy war between Western and Eastern superpowers, the guerrilla warfare used by the NVA and North Vietnamese military and advanced weapon, but their ideology can spur violence nearly anywhere there is a susceptible mind that could be warped. ISIS may have lost much of their territory in the Middle East, but any radicalized person with a weapon, no matter their geological location, could joins ranks or commit atrocities in their name.

Analysis: An Islamic State of Iraq and Syria (ISIS) is a separatist or rebel group, denouncing the existing political order. The group is led by its charismatic leader, Abu Bakr al-Baghdadi, and operates primarily in Iraq and Syria. ISIS is considered a terrorist organization by many governments around the world.

ISIS is difficult to pinpoint and, therefore, destroy. They operate in small, decentralized cells, making it challenging for security forces to identify and disrupt their activities.

The group has succeeded in recruiting a significant number of followers, particularly from Syria and Iraq, but also from other parts of the Middle East, Europe, and the wider Islamic world. While ISIS has suffered setbacks in its territorial control, its ideology continues to attract supporters and inspire acts of violence.

The group’s ultimate goal is to establish a caliphate encompassing the territories it has seized, where Sharia law is enforced and the group’s political and religious principles are implemented. This ambition is a significant threat to regional and international security, as ISIS seeks to expand its influence and establish a global presence.

ISIS is an ideological movement that seeks to impose its interpretation of Islamic law, or Sharia, on non-Muslim populations. The group uses a wide range of tactics, including bombings, assassinations, and hostage-taking, to further its objectives.

The group’s ideology is rooted in a puritanical interpretation of Islam, which it seeks to impose on societies around the world. It promotes a strict moral code, which it sees as the only way to achieve true religious purity.

As with many extremist groups, ISIS uses social media to spread its message and recruit new members. It has a sophisticated online presence, using social media platforms to disseminate propaganda, recruit new followers, and coordinate attacks.

The group is known for its use of advanced weaponry, including tanks, drones, and guided missiles. It also uses traditional tactics, such as ambushes, car bombs, and assassinations, to carry out its attacks.

The group’s ideology and tactics have made it a significant threat to global security, and the international community has worked to disrupt its activities and prevent it from achieving its goals. However, the group remains a significant challenge, and its eradication will require sustained and coordinated efforts from governments, security forces, and the wider international community.

However, the religious tension and spread of the Islamic State’s ideology could prove more potent than that of the Communist sentiments propagated by the NVA. To start, governmental and theological ideologies are completely averse.

Though a serious threat, ISIS is difficult to pinpoint and, therefore, destroy. It is not a physical entity like a military or political group, but rather an idea that can influence and inspire individuals to carry out violent acts.

The Islamic State’s system of beliefs resides within the broader scope of Islam, and its poisonous rhetoric taints the reputation of Islam as a whole. Uninformed people can be convinced that Islam as a whole is a violent and harmful religion.

However, the group’s ideology is a complex and nuanced one, and it is not simply a matter of religion or politics. The group’s ideology is a reflection of the broader geopolitical and ideological struggles that have shaped the modern Middle East.

The group is rooted in the post-colonial situation in the region, where many nations have been left to fend for themselves in the wake of the collapse of colonial powers. The group seeks to use its ideology to re-assert a sense of belonging and purpose among those who feel marginalized and disempowered.

The group’s ideology is also a product of the modern economy, which has created a new class of wealthy and powerful individuals who seek to dominate the region.

The group’s ideology is also a reflection of the broader struggle between Western and Eastern models of governance, with the West seeking to impose its values and ideas on the rest of the world.

The group’s ideology is also a reflection of the broader struggle between the secular and the religious, with the group seeking to impose its strict interpretation of Islamic law on non-Muslim populations.

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ISIS is Intangible

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In contrast to the Communist ideals of the NVA and North Vietnamese government, the Sunni-Shiite conflict is more theologically-based. This means that the conflict arose from centuries of religious strife between two opposing sectarian ideals of Islam, not solely a federally-sponsored ideology.

ISIS was able to control such an immense swath of land because of the adversarial relationship between Iraq and Syria’s two main religious groups: the Sunni and Shiite Muslims. The pro-Shiite regimes of Iraq and Syria oppressed the Sunni population for years, a population that included radicalized Sunnis who would later form the Islamic State.

Enthusiastic for any change in leadership, a faction of down trodden Sunnis embraced ISIS ideology. After all, the al-Assad and al-Malaki regimes were brutal toward the citizens of Iraq and Syria, citizens who were unaware that the law under the Islamic State’s caliphate would be even more vicious.

Though the pro-Shiite Iraqi and Syrian governments bombarded the population with their philosophies, ISIS was born out of conflict. While the NVA was supported heavily by the North Vietnamese government, the Islamic State had been subject to war with the governments of their countries of origin. Because of this, ISIS would behave much like a separatist or rebel group, denouncing other government without fear of sanctioning or condemnation.

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Every day that you choose to go on living in this world, there is another chance to affect someone’s life in a positive way. Your life story has the potential to change the lives of others, however, it may be difficult. Your life choices have been lived, scarred and angry you feel, the fact of the matter is that deep down within you is the ability to create just a small amount of negative energy toward positivity.

Negative emotions require you to use more strength and energy and perpetuate this cycle of strength. The world is full of people who are suffering, but you know what you can do to help them and are overcoming it.

You are stronger than you know. How do I know? I have always been plagued by demons of self-hate. I am still tormented by the ruthlessness of my own self-degradation every single day, but I choose to use it as motivation.

I channel that anger and use that energy to keep on working towards the goals that I want to achieve. I get pissed off and work harder to prove myself and everyone who doubts me.

I decided that there are only two types of people in the world; those who decide their own destiny, and those who simply stem up. One simple rule that can decide what their destiny will be like.

The only type of people who will try to control your mood is a person who may be a leader or who is the people who can be controlled. This is why they try to drag you down. Why they do this can be answered by one question.

Those kind of people do not want to see you rise above them in your life and start making the progress in ways that make you happy, they have no choice but to look up to you. They also know that the higher you rise, the smaller they look in your eyes.

In a study conducted by Emory University, the study shows that the rate of suicide jumps from 1.6 deaths per 100,000 among college students. The study also states that suicide is the second-leading cause of death among people aged 25 to 34 and the third-leading cause of death among people aged 15 to 24.

In other research, they found that girls are particularly at risk for depression and attempt are male, while, and under the age of 21. This research also states shows that 1/10 college students have made a plan for suicide. Suicidal thoughts, making plans for suicide, and suicide attempts are higher among adults aged 18 to 25 than among adults over the age of 26 and longer thoughts of attempting suicide are reported to occur among 5 percent of graduate students and 18 percent of undergraduates.

In all honesty, I could go into sage mode and hit you with enough philosophical quotes from history’s most prolific thinkers. I could fill up a book with quotes to try and inspire you to keep fighting for the amazing destiny that is waiting for you. However, you will only keep fighting if you never give up and always believe in yourself.

What it all really boils down to is one simple truth: that you are valuable because you possess the ability to affect the lives of others in a positive way. You are - you and you are alive.

Just like I am attempting to do for you right now through this article. As I fight to see through tear filled eyes and pick up these words from my heart, I fight to see through tear filled eyes and pick up these words from my heart. You that I feel so passionately about. Everyone is fighting a battle. No one is better than anyone else. You are stronger than you know. You are stronger than you know.

The study also shows that 1/10 college students have made a plan for suicide. Suicide thoughts, making plans for suicide, and suicide attempts are higher among adults aged 18 to 25 than among adults over the age of 26 and longer thoughts of attempting suicide are reported to occur among 5 percent of graduate students and 18 percent of undergraduates.

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I know you're probably reading this right now thinking, “what can this article tell me about weed that I don’t already know?” Well you’ll be surprised by what comes next.

Cannabis, better known to the public as marijuana or weed, has made its groundbreaking return to the main stage, and this time - it’s legally recreational.

The first state to make weed legal medically was California in 1996 under Proposition 215. This proposition stated that anyone who lives in California with an illness can engage in the use of marijuana if their physician deems it beneficial. California then went on to make the use of recreational weed legal in 2016.

Since then, many states seem to have followed California’s lead. New Jersey became one of them but with very strict laws.

In New Jersey the patient must suffer from at least one of the following in order to be eligible:

Amyotrophic Lateral Sclerosis Multiple Sclerosis Terminal Cancer Muscular Dystrophy

What many people don’t know is that weed does more than give me a sensational high. It can help with settling many other illnesses.

Side Effects: Munchies

In 2012, CNN reported on a story about six-year-old, Jayden David, who had seizures. Jayden couldn’t walk, eat solid foods or take a bath as most children do. Jayden began taking a liquid form of weed and his seizures stopped. He does everything a young child loves to do like playing at the park and swimming with his friends.

As mentioned before the way, Jayden David took it was as a liquid. Jayden couldn’t walk, eat solid foods or take a bath as most children do. Jayden began taking a liquid form of weed and his seizures stopped. He does everything a young child loves to do like playing at the park and swimming with his friends.

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Every Internet user - which, I assume, pretty much includes everyone - has seen hilariously-edited photoshopped of outlandish creatures on the side of their browser, usually accompanied by a flashing banner that might read something along the lines of: has science gone too far?

Humanity has accomplished some remarkable achievements, but genetically crossbreeding a chicken with a fish or reviving a fossilized creature aren’t things crossed off of our bucket list.

However, competition in agriculture and an exploding demand for food due to a booming population have led to farmers creating some astounding experiments in the field of genetics. The image above might look photoshopped, but this widely circulated picture was taken in 2010 and depicts an actual breed of cattle known as the Belgian Blue, whose ancestors from the 1850s were crossbred generationally in an upper region of Belgium. The cattle are still being crossbred today, according to the Animal Science Department of Oklahoma State University, and in the reference of Lejeune in Belgium by Professor Hanset of the Al Center.

The females of this breed can reach over 7 feet in height and can reach a staggering 1,700 lbs - or just short of a ton.

According to The Cold Springs Laboratory Press, a science editorial, the growth of these cows are caused by the disruption of a gene called myostatin, which is done through a medicinal style of crossbreeding. Myostatin regulates muscle growth and, makes sure one’s body keeps the muscles growing.

The success of the experiments made it clear that suppressing myostatin across a number of species can lead to an extreme development in muscle growth. But doesn’t this cause these bovines and mice (don’t worry lab mice, you’re not forgotten) an immense amount of pain and reduced quality of life?

Although the breeding of these cows and bullocks may seem a bankable venture, the repercussions on the livestock are horrific. PETA correspondent, Angela Henderson, reports that the Belgian Blue cattle have serious difficulty with pregnancy due to their size, and the animals nearly always require a cesarean section to deliver their offspring. The calves may have a number of birth defects, including enlarged tongues, which obstructs nursing. They may also suffer from respiratory, bone, and joint problems. Usually, these gargantuan animals die prematurely.

Belgian Blues aren’t the only animals that are tampered with. Everything from chickens, sheep and pigs to carp and silkworms are genetically modified to prevent diseases and improve their agricultural output.

There are even reports of featherless chicken which are bred in Tel Aviv, Israel. These chickens suffer from reduced mating and susceptibility to cold temperatures.

Naturally, a philosophy sets in: do the obvious moral objections of putting livestock through these deplorable conditions outweigh the benefits of having a larger and more lucrative livestock industry?

GMO-tinkering with vegetables obviously has its own issues regarding bacterial strengthening and pesticide use. No crossbreeding nor animals poses an entirely separate set of moral issues.

Past the point of the morality, double-muscling could pose some economic problems. The shortened lifespan of these Belgian cattle could render them useless, not to mention the problems regarding the birth of the livestock. The issues with the upkeep of these enormous cattle may not even be worth the continuation of their breeding.

However, there are arguments on the side of selective breeding of cattle. The world population will reach 10 billion by 2050, and start up in 2005, National Geographic found that half of the Earth’s surface is already dedicated to agriculture. With space running out and not enough food for the growing population, perhaps GMO-tinkering is an adept response to the impending population boom.

Could genetic modification save humanity? Is the cost of ruining the natural ecosystem of Earth worth the continuation of these enormous cattle? The livestock industry?

“Are you hurting my feelings,” my father said. He caused the room to chuckle, breaking them out of that somber mood. He carried on and my father and I were escorted out of the area.

“We are not supposed to be in here, however, my father wouldn’t allow the man to get away with being rude. “Sir, you’re hurting my feelings,” my father said. He caused the room to chuckle, breaking them out of that somber mood. He carried on and my father and I were escorted out of the area.

I don’t see why people need to feel fearful or why they need to be handled in a rough manner. Respect is not exclusive to those who hold U.S. citizenships. It is hard to believe that a country made up of immigrants has such hostility towards them.

Now more than ever America is lashing out on immigrants, blaming them for not taking jobs and not being patriotic. This belief is enforced by the current leader of the country, President Donald Trump.

Trump has faced much backlash for his anti-immigrant rhetoric, but many Americans still support him in his effort to build a wall and deport illegal immigrants. Immigrants are not the source of evil that Trump believes them to be.

Many are struggling families or single mothers with children. When I was in USCIS I saw many single mothers with children.

I urge you to educate yourselves on immigrants, who are they and what their purpose is. I would also urge you to treat them with the same respect you would give any human being.

Gene Manipulation: A Moral Standpoint

OWEN MCCLOSKEY

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On June 19, 2017, Dr. Waldon Joseph Hagan was appointed Vice President of Student Affairs at Bergen Community College.

Prior to coming to Bergen, Hagan served as Vice President of Student Development and Success at Mt. Hood Community College in Oregon. Hagan earned a Bachelor’s degree in English at the University of Louisiana in Lafayette.

As an undergraduate, Hagan started working in student affairs as a resident assistant in 1987, so he has been in the student affairs field for 30 years. In addition, Hagan was highly involved in several student organizations/activities, including sports and the Greek letter charity group, Alpha Phi Alpha Fraternity, Inc. After completing his undergraduate studies, Hagan went on to earn both a Master of Science in counseling and a Ph.D. in educational research and psychology from the University of Memphis.

“It’s exciting because I get to work with a wonderfully talented group of professionals in advancing the mission of the college: student access, persistence and success,” Hagan said.

He jokingly adds that BCC likes him so much that they are allowing him to serve as BCC’s Title IX Coordinator, a role he has held at other higher education institutions.

Hagan and his team also work continually on creating a student-centered culture. As the VPSA, he provides leadership to the offices of Admissions, Student Activities, Registrar, One-Stop, Enrollment Management, Student Rights and Responsibilities, Athletics and Veterans Affairs.

Essentially, as VPSA, Hagan focuses on providing executive-level leadership for programming, policy development, human resources, facilities, fiscal resource management, strategic planning, oversight and coordination.

“Staying organized and managing my time wisely are big challenges. So much goes on in a day and a week—meeting with various people, departments and divisions at the college to keep things operating smoothly. All these activities demand that I stay organized and carve out time to do the work that will well position the College for meeting its goals and objectives,” Hagan said.

On any given day, Hagan might be in a meeting providing leadership and guidance for the development and implementation of high quality and student-centered approaches to support student success or collaborating with Academic Affairs to support student learning or championing student-centered decision making throughout the institution.

Vice President of Student Affairs, Dr. Waldon Joseph Hagan does a lot and it is good to know that his philosophy is to put students first always so that we will have a campus culture dedicated to helping students meet their goals and realize their dreams.

The Torch

Chester Bennington, Linkin Park Legend

Chester Bennington, who was the lead singer and songwriting of the band Linkin Park, committed suicide on July 20th, 2017 at the age of 41. He hung himself in his home in Palos Verdes Estates, California, just two months after his best friend, Chris Cornell, also committed suicide. He leaves behind his wife, Talinda Ann Bentley, and his six children.

Bennington was born in Phoenix, Arizona on March 20, 1976. His death shocked and saddened many people around the world.

“Shortly after 9am in the morning, we were notified by law enforcement of a death,” Brian Elias, chief of operations for the Los Angeles County Department of Medical Examiner, said. Bennington's feeling of loneliness and experiences that led him to become a multi-platinum American rock singer. His father was a police detective and his mother was a nurse, and they got divorced when Bennington was 11 years old.

After Bennington's parents were separated, he was sexually abused, and eventually, he became addicted to drugs. He began abusing cocaine, marijuana, alcohol, opium, and methamphetamine. At age 17, Bennington’s mother found out about his habits and refused to let him leave the house. Many of his fellow high school students also bullied him for looking skinny and different, which further led to feelings of isolation.

Before becoming a professional singer, Bennington worked part-time at Burger King just to earn a living. Meanwhile, he read poetry, wrote songs and drew to feed his artistic solace.

In 1993, he joined the band Sean Dowdell and His Friend and later Grey Daze and recorded three albums.

Bennington's first marriage was with Samantha Marie Olit in 1996. Two years after tying the knot with Olit, he decided to leave Grey Daze because of Jeff Smith, the vice-president of A&R at Zomba Music.

He allowed Bennington to audition as a lead singer for the group Linkin Park. In 2000, Linkin Park released their debut album known as Hybrid Theory, which achieved a lot of success and was considered to be the best selling album of the year.

Meteora, released under Warner Bros., was a Linkin Park’s next album in 2003. It was launched to No.1 in the U.S. charts and No.2 in Australia right after it was released. The hit song " numb" was found on this album.

In 2005, Bennington created a new a rock band named Dead by Sunrise. Their songs did not sync well with Linkin Park’s style, but they were well-written and were considered to be successful. Bennington then released the album "Out Of Ashes" in 2009 with Dead by Sunrise. In the year he founded the new band, Bennington split up with Olit and married Playboy model Talinda Bentley.

Regarding his divorce from Olit, Bennington said during an interview in 2009, “The difficult part was losing all my money, starting my life over and having to pay the person I didn’t want to be around in the first place.”

A Thousand Suns, which was released in 2010, was Linkin Park’s fourth album and it received many positive reviews. Once again, Bennington took the lead of vocals and lyrics. This album was multi-concept because it highlighted the pretexts of nuclear warfare.

After singing for Linkin Park, Bennington stopped drinking and taking drugs for a stretch. He even dabbed in Hollywood, playing roles in films such as Saw 3D.

Bennington’s final public work was One More Light with Linkin Park this past May. The band was scheduled to go on tour, but concerts were cancelled as news of Bennington’s suicide trickled through the music world.
Navigating college can be a difficult and stressful experience/ Rebecca Karpinski

College can be exciting to many students, but it can also be scary for those who are not familiar with the campus. By using these nine steps, students don’t have to worry; they will have everything that they need to help them tackle their first year of college with ease.

1. Utilize Campus Resources:

There are various types of resources on campus that can help students tremendously in the academic world of college. The library is a perfect place where students can study, relax, and work on their assignments. It is open on Monday through Friday from 7:40 a.m. to 10:40 p.m. and Saturdays from 9:00 a.m. to 4:00 p.m. during the Fall and Spring semester. The library can be found on the second floor around the corner from the cafeteria and straight ahead if taking the elevator by the public safety desk.

Next, The Cerullo Learning Assistance Center is one of the top tutoring centers in the country, which provides one on one tutoring to guide students in any subject, but students need to schedule an appointment to use it. The Writing Center and the Math and Science Walk in Center also provide one-on-one tutoring, but no appointments have to be scheduled.

Lastly, the Testing Center is where students with accommodations can receive extra time on an exam. In order to enter the testing center on the first day or any day they desire, students need to sign a form stating that they should adhere to the rules and responsibilities of the Testing Center. The testing center is located in Room S127, right across from the gymnasium.

2. Accommodations:

Accommodations help students with disabilities, so they can take their classes with ease. Students are able to take extra time on an exam in any subject and have calculator usage for their math classes. To get accommodations, the Office of Specialized Services in Room L-115 sends out email notifications with a sheet attached, which would allow students to print out and sign. This will help the students accommodate toward their classes and be able to learn the same coursework as the other students surrounding them, but with assistance from these resources.

3. Take a Study Break:

If students are doing difficult assignments for their classes on campus, taking a study break is crucial for them. If students feel overwhelmed, they should stop by the cafeteria, which is located on the second floor after exiting the elevator or by taking the stairs by the registration windows which is past the Student Center. Other food establishments are Dunkin Donuts and Bergen Pizza, which can be found in the Student Center to the right after entering the doors of the main building.

4. Getting Involved:

College may be all about work, but it can also be fun by getting involved in numerous clubs and organizations on campus. Students can join: Bergen PRIDE, Alpha & Omega Club, Environmental Club, F-WORD Club, Anime Club, The Torch Student Newspaper, Softball, and many other clubs and organizations. As students participate in these activities on Campus, they can build friendships, expand their knowledge on an issue in our community, participate in bake sales, and Fun trips, or even look for a possible career choice.

5. Show School Spirit:

College is the best place to show off school spirit. Attending events on campus such as: sports games, plays, workshops or even helping a club raise money by buying a baked good can help students get their self out there. It is also a great way to break the ice with others who share the same common goal.

6. Be Prepared:

When looking for school materials, go the Bookstore, which is located past the registration desk. Students can find textbooks, pens, pencils, post-its and other items that they may need for their classes. They can also buy t-shirts, sweatshirts, or sweatpants that are comfortable and supports their school.

7. Dropping Classes:

If there is a class that is too hard for students or if they are in danger of failing, then they can drop that class by going to the kiosk outside of Room A-118. There, they can select the Add/ Drop Classes tab button and then put in their student ID number and phone number. Students will then receive a ticket with a wait time and the section they have searched for. By dropping their class with this kiosk, they can add another class to fill that void.

8. Are Students Lost? We can Help:

It is normal to get lost on a big campus during their first year of college. However, with assistance from the Information Desk, which is located in the Student Center by the doors of the main building, informed students will direct students to any location inside or outside the Campus. Other ways students can get guidance would be to ask other students on Campus, Public Safety or their classmates. Lastly, they can check the nearest map of the Campus on any of the three floors of BCC.

9. Get to Know BCC Shuttle:

For students who take the shuttle to and from the Campus, it is a free service that allows them to travel Monday through Friday that picks up and drops off in front of the Pitkin Education Center. Though, this service is available for current students, they can see the shuttle through the doors of the Pitkin Building and check the schedule of the BCC shuttle. The schedule is found on the BCC website and in front of the Information Desk. As the year progresses, students will be able to ride this shuttle to and from the Campus.

By using these steps during the first year of college, it will help students become successful at BCC and help create many experiences throughout the year. Good luck, study well and have fun.
On July 23rd and 24th, London’s very own West End and Broadway actor Ramin Karimloo married the captivating show tunes of Broadway with the sweet beckonings of bluegrass music at B. B. Kings Blues Club and Grill.

Known as one of the most formidable talents in the theater world, Karimloo was known for his portrayal of leading roles such as Prisoner 24601, Jean Valjean in Les Miserables (which granted him a Tony nomination in the 2014 Broadway revival), as the Viscount Raoul Vicomte de Changy and as the Phantom in Phantom of the Opera.

At Karimloo’s B. B. Kings performance, he performed a wide arrangement of various songs from Broadway classics such as “Bring Him Home” from Les Miserables, and “Oh, What A Beautiful Mornin’” from Oklahoma along with some original songs such as “Broken”, “She Is Loved (Wings)” and “Traveller’s Eyes”.

“I was honestly shocked at the impact and the amount of emotion in his voice,” said audience member and theater lover Kayla Drozdowski, “he turned classic Broadway show tunes into folk-like songs. I loved every minute of it.”

Karimloo was bitten by the acting bug when he was a twelve-year-old while living in Peterborough, Canada when he attended a school field trip with his school to see Phantom of the Opera in Toronto starring Colm Wilkinson, who later became his biggest inspiration.

Karimloo originally did not want to see the musical, however, he viewed this field trip as a day off from school. As Karimloo grew up, he was very much into country music. His family didn’t grow up on Disney films or musical theatre. Still to this day Karimloo has not seen the Wizard of Oz. While his peers would listen to pop music, hip hop and rock and roll, Karimloo would prefer to listen to Johnny Cash, Tracy Chapman and Kenny Rogers.

He loved the emotion in their voices and how there was a story and life behind all their music. Karimloo felt the same way with the music from Phantom of the Opera and even thought it would be interesting to combine the two unique sounds together and create what he and previous Phantom co-star Hadley Fraser called “Broadgrass” music.

Karimloo is not the stereotypical guy you would picture being a Broadway actor with his sleeve tattoo, Harley-Davidson motorcycle and his love for mixed martial arts and cage fighting. He is one hell of a show man who will make any audience fall head over heels in love with him and his captivating, powerful voice.
Conspiracy Theories Popular, Though Bizarre

A conspiracy theory is defined as a theory which explains an event that is the result of a plot from a covert group or an organization. Many people across the globe who truly believe in these theories are known to be “conspiracy theorists.”

At the top of the list for most popular conspiracy theories in most recent years is the Mandela Effect. This theory has been popping up all over social media. The name comes from many people who think that Nelson Mandela, former president of South Africa, died during the ‘80s when he was a prisoner, but in reality, he died on Dec. 5, 2013. The theory he created is basically defined as people who remember only one thing, when in reality, their memory is “wrong.”

Here are a few things that people remember while being one way when it is really another: “Oscar Meyer” is really “Oscar Mayer,” “Chic-fil-A” is really “Chick-fil-A,” The Berenstein Bears is in fact “The Berenstain Bears,” “Sex in the City” is actually “Sex and the City” and there has never been a peanut butter called “Jiffy.” These are just a few among the long list of items that people remember but had never existed.

There is another conspiracy theory concerning one of the biggest and saddest events in American history - the September 11th attacks. As history explains it, 9/11 was known to be a terrorist attack, but conspiracy theorists think otherwise.

One theory behind 9/11s that President Bush and his administration were behind the attacks to secure oil reserves. Another theory was that the Illuminati was behind all of this. The Illuminati is a conspiracy theory in and of itself. An overwhelming amount of people around the world believe that there is a more powerful government than their own that controls the entire world.

Many say that the U.S. government is under control of the Illuminati.

Many American anime brands have a style of art and genres of entertainment. Above is a mash-up of Disney princesses with popular Anime series, Sailor Moon. // flickr.com

Anime in America Culture

Many say that the U.S. government is under control of the Illuminati.

I also remember watching Naruto and Dragon Ball Z, which was around grade school. Dragon Ball would have even an impact for me in high school. What do I mean by this? Some people who were into athletics in school were heavily into Dragon Ball Z, and would regularly argue over who would beat whom in a hypothetical fight.

Other times, they would wonder who would be which character in the show, and they agreed I would be Mr. Satan. Other than DC and the Transformers series, these were their obsessions.

There was even a time where one of my classmates and his friend were dressed up as Goku and Vegeta from the Dragonball series. Now it seems that it has come to be a normal thing in America to watch anime, and even stores like Hot Topic allow you to buy anime related t-shirts.
BCC Men's Soccer Coach hired by FC DALLAS

CHRISTOPHER MOLINA

Many people from Bergen County, including its sports department, are proud to know that Freddy Herrera, Head Men's Soccer Coach, was hired in late May to be the video analyst for a Major League Soccer team, FC Dallas.

Coach Herrera left Bergen after back-to-back Region XIX titles, confident that he left the soccer team in a better state than ever before. Herrera was head coach for four years at BCC, where his record was an impactful one with a 46-28-3 record.

In the postseason, Herrera led in wins with a record of 6-4 in the NJCAA National Soccer Tournament. As a former Bulldog and an All-Region XIX student-athlete himself, Coach Herrera has made it his mission to get Bergen's first Region XIX Soccer championship title in 50 years.

In 2015 that mission was completed, when they won the region title by penalty kicks. But that desire to win a Region title didn't go away, and he and the program were still at it last year that wasn't going to be enough, and with that he won Bergen's its first title for the second year in a row.

Now, with the back-to-back titles, Herrera has moved on to the men's soccer team's national recognition in the Top Ten NJCAA DII ranking polls.

"It was great having a passionate coach who handled everything professionally." - Nikola Nikoloski

College's Athletic Department congratulate Herrera on his hire and wish their bright alumni the best of luck as he moves up the professional coaching ladder.

He graduated from the National Soccer Coaches Association in 2014 with a professional soccer degree. Herrera held an assistant coaching job before beginning his managerial career in 2014 with Bergen Community College of New Jersey. As he moves up the coaching ladder many people here at Bergen aren't going to forget the progress made during his tenure. Despite that, the program will continue its progress on and off the field.

BCC Men's Soccer Season Update

CHRISTOPHER MOLINA

It's always a challenge for sports teams who have rookies on the majority of their rosters. It can sometimes be challenging to teach new players the style of the game at the college level.

On the Bergen men's soccer team, there are fifteen rookies, as compared to the seven veterans. Head Coach Giovanni Soto, along with his players, are determined push forward in their season.

The first two weeks of practice has been progressive for the sophomores coming in because they're all accustomed to the system. For the freshmen, "It's a little bit different but they were grasping the idea," said Head Coach Giovanni Soto.

Many of the freshmen are shaken by the challenges ahead, especially the kind of challenges that occur when adjusting to a different environment compared to high school.

"When you're facing many players with college-level experience and the game is much faster, it's different, but you know you get along with the teammates quick, you get to know them [and] they're cool so we have good chemistry going on," said freshman Joyce Alias.

Coach Soto also stressed challenges many of the freshman are still facing with much of what will be waiting for them this upcoming season.

"[There are] a lot of things that we are gonna have to teach mostly the freshman because they're new to the program but in terms of play definitely a lot of the tactical portion we already went over with the sophomores from last year, so they already know," said Soto, "so for the freshman it's a whole new program for them; they come with their own types of ideas of the game and we just have to try to gel all of those ideas into one idea so that the team has chemistry.'

Many of the players are looking forward for the season as well as developing as a team. A lot of the attention is going to be on the captain to be the sort of leader that many expect, and at the same time leading the team into the season.

Madison Wisconsin, in 12th place. The Blue Devils met for the first time this season, the other top corps.

The sister corps of the DCI 10x World Champion Cadets, The Cadets2 from Allentown, Pennsylvania who are also the current reigning 2016 DCA World Champions.

Also marching in the circuit is the 14x DCA World Champion Reading Buccaneers from Reading, and at the 8th place. The New York Skyliners, Atlanta CV, Carolina Gold and all the way from the United Kingdom, The Kidsgrove Scouts.

And even though the DCI season is not over yet, it's sure going to be as exciting as the season progresses.

When will be on top? Will Cadets2 and Blue Devils steal the crown back? Will Cadets2 win best guard for the third year in a row or will Fusion Core nab the caption? Only time will tell for the Marching Music's Major League.