

“Truth, No Matter The Cost”

The Torch

BERGEN COMMUNITY COLLEGE STUDENT NEWSPAPER
IGNITING STUDENTS TO MAKE A DIFFERENCE
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TEDxBergen: Life In a World of Change

ADRIANNA CARABALLO
Co-EDITOR

On Tuesday, March 6, TEDx partnered up with Bergen Community College's Center of Peace, Justice and Reconciliation once again. The event ran from 8:15 am to 3:15 pm.

This year, the theme was "Life in a World of Change." How do we make change? How does change transform us and those around us? Can change create a better world?

These are all questions addressed by the speakers in this year's TEDx event.

Cornell Thomas, an author and motivational speaker, gave his short but powerful speech on why we are here and why we should be grateful for life.

"Do not sit here and tell me you do not have a purpose," said Thomas.

Thomas also gave a short anecdote about a man pouring money into the lottery every day, in hopes of winning.

"You are the lottery," Thomas said.

Another TED talk, by Steve Aguirre, focused on the power of questions. Aguirre made the point to remind the audience that we live in a world of social media. People feel the need to always to be the best and outdo those around them.

According to Aguirre, we would rather talk than listen, which causes a disconnect between ourselves and others.

"Be curious, ask questions," Aguirre said.

He believes that we lost our curiosity somewhere in our childhood because we are afraid to be vulnerable.

"What are the answers that will consume you?" Aguirre said.

He left the audience pondering their interactions with others and how they can change for the better to build stronger bonds.

Soon after, Terri Goldstein, founder and CEO of the Goldstein Group, gave her TED talk on how she turned a

weakness into her strength.

Goldstein suffers from dyslexia, a disorder that causes difficulty in reading and understanding words, which became beneficial to her.

Goldstein was able to see symbols and colors in a unique way, she described this as "the mind's eye."

Using those symbols, Goldstein and her company

created packages for various companies like Moon Pie, Icy Hot and Bayer.

Many others spoke briefly during the program, encouraging the students of BCC to make a change to better their lives and the lives of others.



Presenter Cornell Thomas shared his perspective at the annual summit. // Adriana Caraballo



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NJ Attorney General Grewal Visits Bergen

DAVID JOO
STAFF WRITER

As BCC is in the middle of its Asian-Pacific American Heritage Month, students and faculty members have been holding in-school events like a fashion show to celebrate and honor all types of Asian backgrounds and cultures.

On April 12, NJ Attorney General Gurbir Grewal held a presentation at the Ciccone Theatre discussing topics on Asian Americans living in the U.S.

Being the first Sikh-American Attorney General and the first Sikh-American county prosecutor in U.S. history, he was a great selection to have speak on behalf of BCC's Asian-Pacific American Heritage Month.

His topics of discussion ranged from racism in a workplace environment, increases in Asian populations in New Jersey towns, accomplishments and contributions by Asian and Pacific Americans and his personal life from working in law enforcement as the Bergen County prosecutor to becoming the sixty-first Attorney General of New Jersey.

He discussed that the

number of Asian Americans make up an exponentially larger population in America compared to that of 50 years ago. He also delved into New Jersey's large numbers of Asians and Pacific islanders in Bergen and Middlesex counties.

He moved on to discuss how numbers of Asian Americans having high-power positions such as CEOs of top companies have increased over the past few years.

Grewal spoke of how Asian Americans are continuing to work in all sorts of fields such as technology, education and

science. Asian Americans are continuously being well-represented in journalism, media and art.

However, he detailed the racial disparities he faces as a Sikh American Attorney General through news article comments and social media.

Grewal stated that users of these outlets would make extremely racist comments towards him like, "Ragheads are for target practice."

He used these examples to discuss how racism is still rampant in the U.S. because of the integration and accessibility of the internet. As a result, he

stated that increasing numbers of juveniles are engaging in racist conduct like spray-painting swastikas and bigoted comments in schools.

Grewal ended with inspiring commentary for other Asian Americans to pursue towards success in a more diverse America, adding that one of his reasons for working in a state, powerful position was to show that he can be himself while calling himself an American.

For the remainder of his time, Grewal held a Q&A with the audience, answering questions about terrorism, religion and other topics related to issues that Asian and Pacific Islanders face living in America.

His answers to questions drew from his own personal experiences as a county prosecutor and an attorney general, giving as much insight as he could by cases that he handled personally.

At the end of the Q&A, Grewal was given a commemorative plaque and a shawl by BCC staff as a gift for his appearance.



Attorney General Gurbir S. Grewal // nj.gov



Christine Zaggia, BCC's New Softball Coach

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NEWS

The Torch

BCC Hosts Speech Competitions

PURNASREE SAHA
SPORTS EDITOR

The Asian Heritage Committee held a speech competition for all currently, enrolled students at Bergen Community College. Another one was sponsored by communications professor Dr. Williams, and it was known as the 10th Annual Speech Competition.

“What is your story?” was this year’s theme that was held by the Asian Heritage Committee, and students had to write a brief summary about their story with 300-500 words.

After the story was written, it had to be emailed to Professor Mina Ahn by March 1. The qualified students were then notified by March 8, if they were to participate in the speech competition, which was on March 28.

“We want to provide an opportunity for BCC students to articulate their own ideas of success and share their stories. There were amazing stories that were told by the students,” said Professor Mina Ahn, Co-Chair of the Asian Heritage Committee.

The stories were based on how students were trying to get a college education, and due to the challenges that they were facing, the committee thought that it was a good idea to offer a scholarship opportunity.

“The 10th Annual Speech was giving students an opportunity to hone their public speaking skills in an academic setting. It helps build their confidence as speakers and assists them in developing the most sought after and highly valued skill of rhetorical competence,” said Williams.

This competition provided recognition to the high achieving students and was a direct assessment of student’s oral and written

communication skills. It also adds involvement in the college.

The first round of the competition took place on April 12, where there were five to six students in each competition room.

In the competition room, the judges filled out a ballot, that included the student’s ranks and number of speaker points.

Dr. Williams then tallied the scores of all the speakers and then notified the students after 48 hours, if they were qualified for the final round, which was on April 26.

During the first round, students were not allowed to use PowerPoint or other electronic visual aids.

In the speech competition that was held by the Asian Heritage Committee, the applying students had to answer

questions as a short essay and then send them to Professor Ahn. These questions were made available on the posters that were advertised throughout the campus.

“The financial aspect of the scholarship is of course helpful but more than that, I hope that telling their stories will be empowering for our students,” said Ahn.

The speech competition is beneficial to all students. If students engage in this competition it will reflect upon their own journey of life and lead to increased self-awareness.

“It could also be therapeutic to talk about their experience and listen to other’s stories,” said Ahn.

While listening to others’ stories, students could always learn from each other and feel empathetic towards

others when understanding that we are not alone in our way to success.

On March 28, students had to tell their story in the form of a speech competition for about three to five minutes. There were three separate levels of recognition.

The first place winner was awarded \$300, second place winner earned \$200 and third place winner got \$100. The winners were then invited to the annual Asian Recognition Luncheon that was on April 12. During the luncheon, the first place winner delivered their speech.

During the final round of the Communication Department’s 10th Annual Speech Competition, the top five students from the first round took part in it.

The awards ceremony also took place on the same day. The five contestants presented their speeches in front of the panel.

While the students were presenting, five professors who were either in communications or theater completed a ballot for each speaker. On the ballot, the judges determined who will be ranked 1st, 2nd, 3rd, 4th and 5th place.

The Office of the Vice President of Academic Affairs sponsored a total of \$2,500 in awards for the top five speakers. First place winner earned \$1,000, second place was \$700, third place was \$500, fourth place was \$200 and fifth place was \$100.

The Awards Ceremony followed a program of speakers such as Dean of Humanities Beatrice Bridgall, and Associate Professor Elin Schikler, Chair of the Communication Department. Awards were presented by Dr. Williams.



Students competed over the course of several rounds. // Joan Liu-Devizio

Trump Proposes Death Penalty for Drug Dealers

YOO RA KIM
FEATURES EDITOR

Donald Trump is arguably the world’s most controversial figure at the moment. It seems that whatever he says and does makes breaking news. This time around, the President of the United States expressed his personal belief that some drug dealers should be given the death penalty.

President Trump gave a speech in Manchester, New Hampshire on March 19.

He stated “If we don’t get tough on the drug dealers, we are wasting our time. And that toughness includes the death penalty. Dealers will kill thousands of people during their lifetime but won’t be punished for the carnage they cause.”

The death penalty in itself is quite controversial in nature. There is the view that justice is being served because the receiver of the penalty has caused harm to many.

However, there is also the viewpoint that the person should spend the rest of their days in prison, contemplating the wrongs they have committed.

Clearly, the president firmly believes in the first viewpoint. His take on the matter is rather radical, mostly because the crime does not seem to fit the punishment.

Focusing on preventing drug addiction is more important than cracking down on the drug dealers. The opioid epidemic is not something that can be easily solved like a cracked window or a cavity; the battle is long and ongoing.



Trump’s proposed policy takes the “War on Drugs” to a new level. // torange.biz

According to njtvonline.org, the rate of heroin overdose in New Jersey is three times the national average.

The website also stated that in the last decade, admission to drug treatment programs has risen 700 percent. In fact, this might be an issue that hits close to home for some.

Attorney General Jeff Sessions showed his support for Trump when he is reported to have said he will “seek

the death penalty when appropriate.” Unsurprisingly, Trump’s proposed plan has been met with an ample amount of opposition.

Jesselyn McCurdy, deputy director of the American Civil Liberties Union’s in the country’s capital, essentially gave the president’s plan a thumbs-down.

McCurdy argued that, “Drug trafficking is not an offense for which someone can receive the death penalty.”

She was referring to the Supreme Court precedent that restricts the death penalty from being used on individuals who have not killed.

Whatever your opinion may be on Trump’s radical proposal, one thing is for sure: he has an agenda and will use whatever political tools at his disposal to achieve it.

Self Service Saves the Day

KATY TEMPLE
STAFF WRITER

Registration season at BCC means three things: confusing emails from financial aid, excessively long wait times to talk to an advisor and an intimidatingly large cluster of students standing around the registrar office.

It would be nice to think that after hours upon hours of waiting around and being sent to five different offices we could take a deep breath and relax. However, we would then have to jump online and actually find the classes we need to take and register.

Once you actually get into WebAdvisor, pages upon pages of classes and sections with little to no visual representation of what your schedule actually looks like flood the screen.

It isn't until we hit that final register button that we realize that PSY101 overlaps with LIT210, and then we start the process all over.

If you're someone who has a tight schedule and has to fit all of their classes into a specific time frame, you know how much this dilemma could set you back. But Bergen has just launched the Self Service Menu to ease our pain.

The Self Service Menu is available through MyBergen.edu, underneath "WebAdvisor for Students."

On the main page, students have the opportunity to view their financial aid, missing documents, grades, tax information, student finances and perhaps the most impressive section - student planning.

Having tax information and financial aid documents so easily accessible will hopefully ease the entire financial aid process. It's rare to find a student who actually knows how financial aid works, but far less rare to find a student who is aggravated with financial aid and wished that it were easier to get things done.

Here in self service, students can

view their missing documents and easily print them out. View remaining balance, and availability of Pell Grants.

In the Student Planning section, students can view the progress in their degree program, plan their courses on a visual representation of their schedule, and register for classes, all in the same spot.

After searching for a class, you can add one section to the schedule. Even if classes overlap, they'll be added to the

schedule side-by-side so students can then click "view more sections" to pick an alternative time slot.

All of the classes on the calendar are also listed on the left-hand side, and classes can quickly be registered for or dropped with the click of a button.

With easy-to-find register buttons and the ability to send a quick message to advising, this entire platform provides a user friendly experience that helps students register for classes,

communicate with advising and get a handle on financial aid, without the hassle of spending extra time on campus.

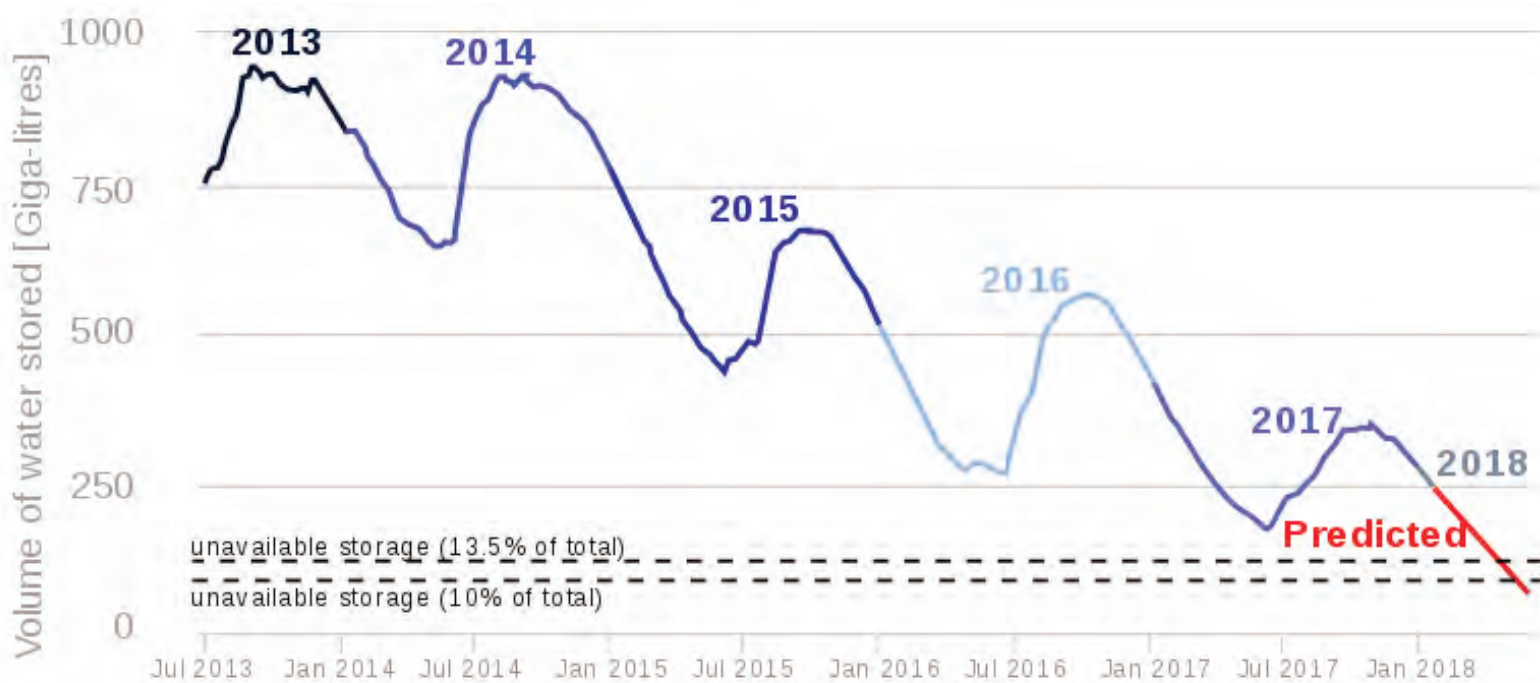
Finals are stressful enough, students don't need to be stressing about registration or financial aid either.

So sit back, relax and enjoy your time exploring this new feature, it'll save a lot of time, energy and distress.



BCC encourages students to register with the new system. // Edriel Fimbres

South Africa's Cape Town Faces Water Crisis



A chart mapping declining water stores in South Africa over the past five years. // Wikimedia Commons

JEREMY NIFRAS
STAFF WRITER

Cape Town, the second-largest city in South Africa, is currently facing the most extreme water crisis in the city's history.

This lack of accessible drinking water can be attributed to two reasons: a recent growth in population, and a record drought, the latter of which is thought to be caused by climate change.

South African leaders have announced the city will soon face what they call "Day Zero," or the projected date where water taps will be shut off from homes and businesses in Cape Town, due to the city's critically low reservoirs.

"Day Zero" was initially projected

for mid-April, but was recently pushed back to mid-July, due to several measures undertaken by local fruit growers and government committees. Despite this, the event of "Day Zero" seems inevitable.

Cape Town has been frantically preparing for when "Day Zero" finally arrives, such as setting up approximately 200 water stations, which city officials say would serve around 20,000 people.

The city also asked residents to heavily cut back on their water usage, but these pleas remained largely ignored. In cases where residents overuse water, the city plans to install Water Management Devices (WMDs)

in order to force citizens to use less water.

Some claim that the Democratic Alliance — the city's leading political party — and the African National Congress were to blame for the worsening of the crisis. According to experts, these political groups knew about the impending crisis, but did not expect for it to escalate as quickly as it did.

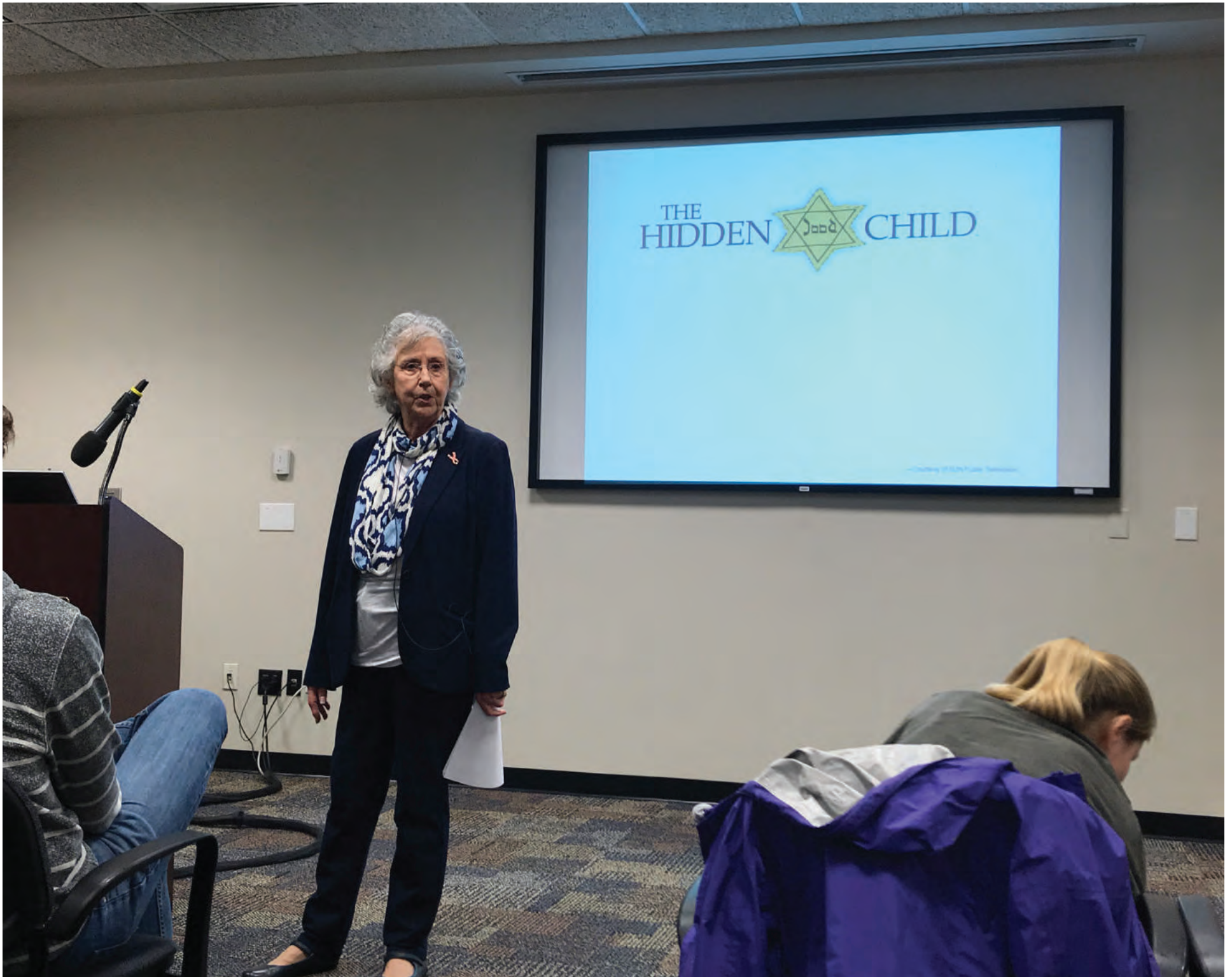
Unfortunately, Cape Town is not the only major world city facing issues with accessible drinking water. Many residents in Mexico City only have enough running water to last them part of the day.

The city of Melbourne, Australia claimed that they could run out of water in slightly over a decade. Reservoirs in Sao Paulo, Brazil reached immensely low levels in 2015, leading to mud-filled pipes, and the looting of several emergency water vehicles.

For now, Cape Town plans to dig many new water wells, and a liquid sewage purification plant is currently under construction.

Despite the predictions, it's not entirely certain when "Day Zero" will come, but in case it arrives soon, the city is bracing for the worst.

Holocaust Survivor Visits BCC: Reflects on Being a Hidden Child



Maud Dahme was one of many "hidden children." // Derrian Douglas

DERRIAN DOUGLAS
NEWS EDITOR

On April 4, Maud Dahme stood in front of an audience at Bergen Community College and told her story of survival in remembrance of the Holocaust.

Maud Dahme refused to speak about the three years she hid from the Nazis that occupied her home country of the Netherlands until the 1980s.

She saw a fan letter written to 60 Minutes about a segment they had done about Raoul Wallenberg, a Swedish architect who famously saved many Hungarian Jews during the Holocaust.

The portion of the letter shared on 60 Minutes the following week said, "The Jews of Europe were not exterminated in gas chambers. The gas chambers were war-time propaganda fantasies."

She was floored. She learned English so that she could tell her story. She didn't want people to forget the truth of the Holocaust. To thicken the blow, she knew the person who wrote the letter.

In her hour long talk, Dahme shared that she was 4-years-old when Hitler invaded the Netherlands in 1940.

The Dutch surrendered on the fifth day of the Hitler's invasion after the bombing of their biggest import cities, and the roundup of Jews began.

In 1942, letters from the German command were sent to all the Jewish people living in Amersfoort, her hometown.

They were ordered to go to the train station on a specific day and get on a

train that the command claimed was going east to get the Jews away from the bombings in their country. Suspicious of the letter, Dahme's parents asked a Christian friend of theirs what to do.

The friend worked for the Dutch resistance and told Dahme's parents that he had a family that would hide their daughters. The train was bringing Jews to transit camps before sending them off to concentration camps.

Dahme was 6- years-old at the time, her younger sister was 4. Their parents told them that they'd be going on vacation to a farm for a few weeks, and then they'd return back home and be reunited with their parents again.

Almost overnight, Dahme and her sister were brought to a house of someone they didn't know the owners of. This family helped them get out of the city.

In the middle of the night, Dahme, her sister, and the family trekked through the woods until they made it to the train station in the next town. Their father was too well-known in their town for them to leave from their own train station.

From there, the girls headed to the countryside and hid at the home of an older, poor farming couple for three years.

They took on a new identity. They were the nieces of the farm couple and their family had been bombed out of their hometown. They were not allowed to leave the house until they memorized their new names and story.

At six and a half, she was confronted with the realization that this was not a vacation, and she prayed every night that she'd survive the next day.

When she was 7-years-old, she was almost caught by German soldiers and killed. As she came up from a trap door hidden in the barn after feeding another hidden child, she saw six German soldiers waiting for her.

She was terrified, "I knew I had to turn around and walk away, and pray because I knew I was going to be shot." But nobody ever returned to take them away.

She knew that not all the soldiers were bad people, "amongst all this evil that existed, these were soldiers that had been drafted, I guess, and they never told anyone."

Soon after, Dahme, her sister and their "aunt" were almost caught. Luckily, they were tipped off by a neighbor, and the neighbor took Dahme and her sister to another family. Their new family lived in a fishing village.

One day, Dahme and her sister were walking to a neighbor to beg for food. By this time the German command was starving the country.

People were doing anything they could for food. The Allied Forces air raided the house Dahme and her sister were heading to.

On April 19, 1945, the northern part of the Netherlands was freed. Canadian tanks, and trucks carrying the Dutch resistance fighters arrived and freed the town.

Dahme's voice changed as she held back tears she said, "even now, so many years later, it's still very touching to me."

Dahme remembered that people were cheering and climbing on the tanks.

Dahme later wrote a book entitled *Chocolate, the Taste of Freedom*. When Allied Forces came to free her village, one of the Canadian soldiers offered her a chocolate bar.

Being in hiding for so many years, she had never eaten chocolate. But on the day her country was liberated, chocolate was the first thing she ate.

Dahme returned to the farming town and her "aunt." Her "uncle" had died on January 20, 1944. There, she found out her parents had also survived.

They were hidden by another family friend. Dahme, her sister and their parents returned to Amersfoort. Dahme and her family moved to New Jersey in 1950 after, her extended family perished in the concentration camps.

She worked for Pan American, and met her husband. Maud Dahme is an advocate of Holocaust education. She was featured in a PBS documentary in which she revisited many of the places from her time in hiding.

She is featured in the Holocaust Museum in Washington D.C., and has been a member of the New Jersey Commission on Holocaust Education since 1982.

China Teleports Particles into Orbit

ROBERT C. MCDERMOTT
Ad Manager

According to a report published by the Cornell University Library, Chinese researchers and scientists have successfully teleported a photon from Earth to 500 kilometers, just over 300 miles above into orbit.

The launch took place in the Gobi Desert, located in northern China. It was the first time any group of scientists were able to teleport anything to orbit.

Only photons, particles that represent quantum light or radiation, have been launched by the team, but this is already the beginning of what almost seems like a science fiction program.

Although science has not progressed to the point where we can

beam people from place to place like in Star Trek, it is still a fascinating beginning to where quantum physics can take us.

The method used for the teleportation is called quantum entanglement. This is enabled by creating pairs or groups of particles that react with one another so that they are dependent on each other.

Even if the particles are separated by a very long distance, the particles will still react the same way. If scientists made one particle spin in a clockwise motion, the other would also spin, but instead in a counterclockwise motion.

This would be similar to transmitting information via teleportation.

Information could potentially be sent very fast and whatever information was put into the original particle would also have affected the second, or "cloned", particle.

Famous scientists such as Albert Einstein and Erwin Schrodinger were not happy with the concept of entanglement as it violated the theory of relativity due to the speed in which information could be sent through this method.

Many scientists believe this could be used for a new communication network. Entangled photons could carry information that would be in a quantum state.

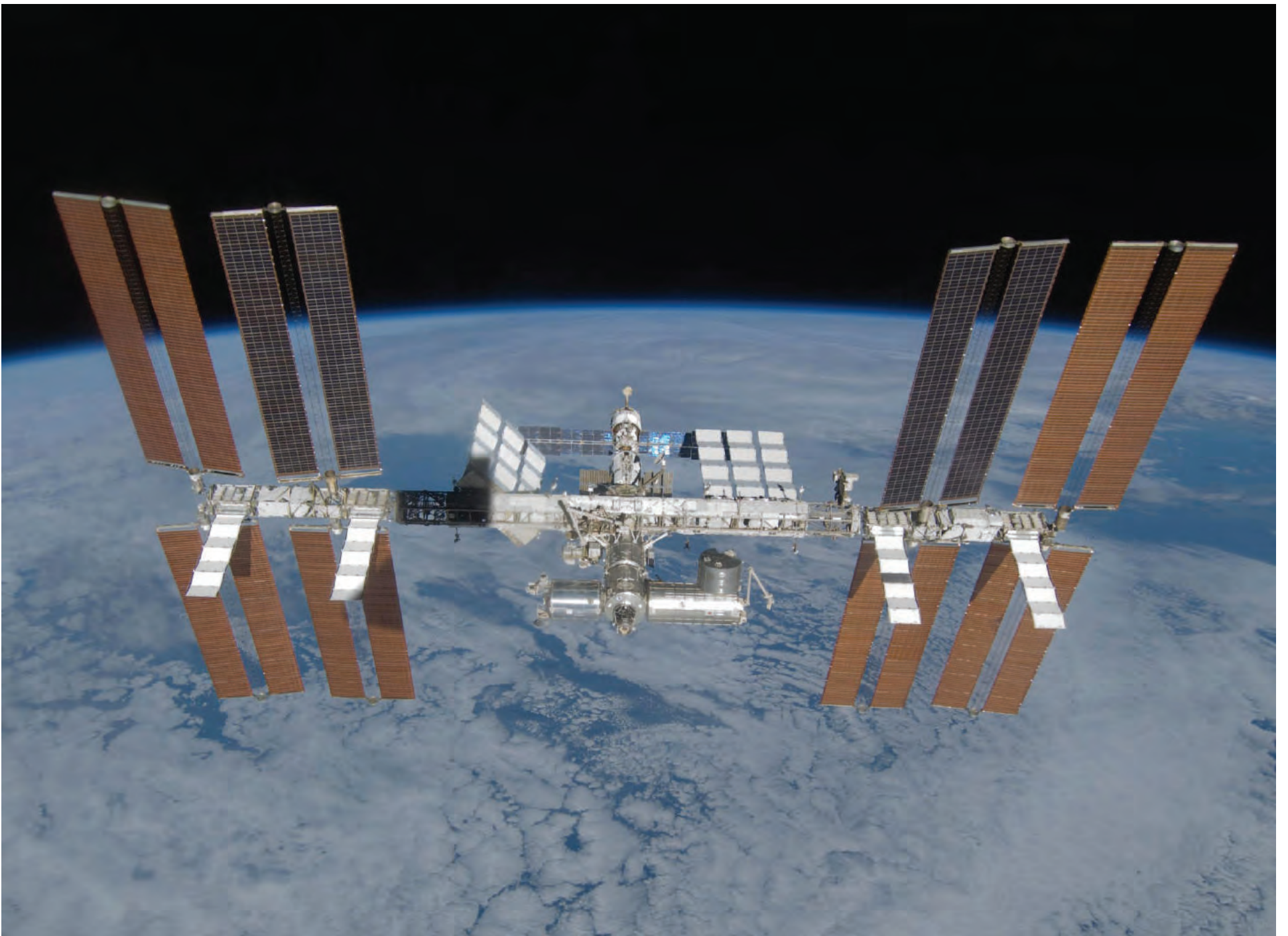
This would make it less likely to

get hacked and could be better than binary code, which is made up of zeros and ones.

The team of scientists sent millions of photons later into space. Sending them into space is a harder task than sending them to Earth from space due to turbulence.

Other countries in Europe are working on the same experiment, but so far China is leading this new technological revolution.

It is unknown if America will follow suit in this field, but the future of the internet seems to have to do with quantum physics.



The International Space Station // Wikimedia Commons

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OPINIONS

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As an open public forum, The Torch welcomes guest opinion pieces and letters to the editor from any member of the Bergen Community College community. Materials should be submitted to eictorch@gmail.com or delivered to The Torch office, SC-111.

Such submissions must include the writer's name, contact information and affiliation with the college. Students should include their major; faculty and staff should include campus title or position. Opinion pieces are limited to 600 words and letters to the editor to 200 words. The Torch reserves the right to edit and to refuse publication of any submission.

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What I Learned Being a Leader

LESHAY JONES
EDITOR-IN-CHIEF

After being the Editor-in-Chief of The Torch for the past year, there are a lot of things that I have learned; one of the main things is that it is not easy being a leader.

Many people believe that it is ideal to be your own boss and be able to have the final say, and admittedly, that kind of power is satisfying.

However, I have learned that these decisions are not all that easy to make.

I have talked before about leading with compassion and how that is my preferred style of leadership. However, there were times where I had to put my foot down.

Those times were some of the hardest because I didn't want to be that person; the one who yelled at people for their shortcomings rather than praising them for their hard work.

There were times where I had to be that person and

tell someone that they had to get their act together. There were times where I had to tell people to hit the road, and those times were hard for me.

One of the hardest things for me was delegation. Sure each editor has his or her job, but there were times where I put a lot of work on myself to fill in for some of the times we fell short.

When things go wrong the first person they all turn to is you because you are the leader, and at times it can be overwhelming.

I am very blessed to have the team that I have because they are all hard workers and they all helped where they could.

I have worked with many different personalities, some easier to deal with than others. I had to learn to remain professional with people who weren't particularly easy to work with.

I've learned that as a leader, you cannot be afraid to speak your mind. I used to be the type of person who wasn't very good at voicing my opinion to people I wasn't comfortable with.

Being in this position taught me that it is important to speak out and that everyone's opinion is important, even if it differs from your own. This helped my writing as well.

I've learned that patience is key. There are going to be times that you get frustrated because things aren't going the way they're supposed to, but being patient helps things to go a little smoother.

I've learned that people change, for the better and the worst. I've learned that there are people who will just walk out and quit.

The best way to deal with that is to just work harder and know that some way and

somehow, everything will work out (when I find a better way, I'll let you know).

I've learned that you cannot please everyone, and if you try to, you will make yourself miserable.

Most importantly, I learned more about myself than I ever had before. I found new things that make me tick and new things that make me smile or laugh.

I've learned that I really do want to be a journalist and not a public relations specialist because I can make more money.

There are so many things that The Torch has taught me; there are so many things that Bergen has taught me. I have learned to be a leader and I will continue learning to be a leader.

I've learned that although it is not easy, I love being a leader.



Leadership is often a difficult concept to define. // pxhere.com

Why You Should Be a Feminist

TIFFANY MARIE VELEZ
STAFF WRITER

It is simply impossible to walk into a clothing store today and not see a shirt that reads "girl power," but what about "boy power?"

Many people confuse the idea of feminism with just being about girls, but they're sorely mistaken! To be a feminist, you have to support the idea of wanting equal rights for both men and women.

You may be a feminist and not even know it! It's such an easy concept, everyone just seems to complicate it.

Some men are baffled by feminism. They don't see the point of it, and they think it's stupid.

But again, this is only some men. It's really important for someone to understand feminism because if you're not a feminist, then what are you? Who doesn't want equal rights for both sexes?

Either this percentage of men are extremely uninformed or just plain arrogant. For a man to oppose feminism, he's got to be tremendously insecure if it shakes his facade of masculinity to the core.

We must also shed light



Rosie the Riveter // Pixabay.com

on the percentage of men who do support feminism, and they must be appreciated.

In 1963, Betty Friedan wrote a book called The

Feminine Mystique. She helped shatter the glass ceiling for women in the 1960s and still today in 2018. Men believed that their wives

belonged in the kitchen.

Women had to stay home and care for the children and put dinner on the table. Women in the 1960s weren't allowed to follow their dreams, pursue a higher education or get a good job in the workforce.

Betty Friedan didn't approve of this. Women around the world resonated with this book, and in 1963, The Feminine Mystique became a bestseller. The novel was a hit because it spoke about what every woman wanted to say, but didn't have the courage to.

"Women, as well as men, can only find their identity in work that uses their full capacities," said Betty Friedan. Even from the beginning, it was never just about women.

In 2018, women are supporting women. Women are running for office, becoming CEOs, police officers, football players, authors, artists, teachers, doctors, filling student government positions and the list goes on and on.

Notice, we are running towards what we want, not away from it anymore.

On the March For Our Lives as an American Interested in Change

NICHOLAS CONTRERAS
STAFF WRITER

In 1795, the German philosopher Immanuel Kant had written and published a philosophical essay titled Perpetual Peace. The essay, essentially, would list all the ideas and doctrines of what Kant and Kantians concluded to be the rules for establishing peace and moral governance across Europe.

One of those ideas is disarmament: relinquishing our means of war and destruction, instead allowing change of laws and legislation through arbitration overseen by a neutral "peace party" that would uphold the values of parties involved.

Despite his influence, intellect and optimistic outlook of a utopian society, the idea was not particularly popular, considering the violent, storied histories of not only Europe but of nations across the world in the 19th and 20th centuries.

Hegel, another German philosopher and intellectual, had seen the evolution of all hitherto history of societies in a three-step manner called the dialectic.

There is an existing force and/or proposition, a contradicting force that becomes a mechanism for conflict and a resolution called a synthesis that often takes elements from the two original forces and negating ones that were lost in the 'second step'.

We're seeing it now.

It is the 21st century. Modern communication technology has been adapted for practical, work and personal uses in nearly every facet of life in America.

Automation in manufacturing is only bolstered with greater efficiency and precision thanks to the application of computer sciences. I can tap a few displayed letters on a glass screen encasing wiring and hardware in the palm of my hand and send a message to someone on the other side of the planet instantaneously.



It certainly isn't. // Wikimedia Commons

Unfortunately, rather than being a source of enlightenment, modern technology and our consumption of it has led us to arrogance.

Rather than making use of our communication technology to actively reach those who are not heard in the world, we correspond to each other in stretching our already grand egos, every minute.

Effortless, non-costly labor and commodities produced by machinery has only served to widen the economic gap rather than being directed in improving the quality of life across the world.

We are consistently focused on ourselves, putting the idea of the individual onto an altar. Technology's pervasiveness and its seemingly cosmopolitan nature has dragged us into a false sense of being worldly ourselves.

While I am simultaneously offering a sort of criticism of systems

as they stand now, my primary scrutiny is the disconnect from hosting discussion, valuing and romanticizing large reaction we are exhibiting as a culture and its stunting impact on strategic thinking and real political change.

Emotionalist, idealist attitudes that have perpetuated as a result of our perceived apolitical quality of life and the way mainstream media presents issues in ideals and ideal scenarios hurts each of our political autonomies before we make more sound conclusions for everyone.

But how does this all effect the March For Our Lives?

The Parkland shooting on Feb. 14th was the systemic mechanism of change, finally inciting a discontented, infuriated and hurt people to engage in a conflict of interests in a realized, dialectical relationship between themselves and an uncaring government.

Our society is at the precipice of either a small step towards progress, or learning nothing at all.

The newly synthesized result I hope will not be simple disarmament and more regulations on guns, but actions and limitations on the rampant corruption and nepotism that is essentially plaguing all modern American politics and subverting real democracy.

March For Our Lives is a fantastic movement I support, but its ideologies must be challenged and expanded, its tactics and demonstrations be more disturbing to power, demands be clear and a greater discussion with people of more seniority must come forward.

It is, as other movements that have picked up momentum but ultimately lost it, only demanding 'an end to gun violence' and a 'comprehensive and effective' bill be brought to Congress.

It can't rely on the very people who benefit on arms sales to make more laws on arms sales.

The labor and civil rights movements did not only host protests, but peacefully interrupted the status quo through strikes, boycotts, sit-ins and other means of facilitating their cause in a way that did not give the state a choice but to comply.

March For Our Lives must do the something. Privileges will be lost, they will be fined, blocked from certain groups and, of course, younger activists will face the probability of losing some future academic and career prospects.

But that's what fighting for change is. It's a heavy decision that understandably one is free to not choose.

Just understand it's a full-on commitment of your whole person to save other people. If you wish for change, that is.

Binge Drinking in College

TIFFANY MARIE VELEZ
STAFF WRITER

Unfortunately, college and alcohol couldn't exist without each other. A newfound freedom, later-to-no curfew, new friends and a stressful workload will make anyone want to go out and let their hair down.

For those who go away to school, it's a remarkably different experience. Their parents aren't around to enforce any rules, so they make their own rules. Whether students go away to school or go to community college, the one thing that both groups of students can relate to is the stress of homework and deadlines.

High school is meant to prepare students for college, but college has a special way of making a person feel like they had no preparation at all. The classes get more difficult, more homework, more exams, more textbooks and overall more stress.

It's easy for a student to want to let loose on the weekend, after a week of an overwhelming amount of assignments. More stress means the more a person wants to have fun, to forget about everything for a bit and this is where alcohol comes along.

According to a national survey by the National Institute on Alcohol Abuse and Alcoholism, almost 60 percent of college students ages 18–22 drank alcohol in the past month, one and almost two out of three of them engaged in binge drinking during that same timeframe.

The social pressures and unrealistic expectations from parents to do well in school could make any student want to party and get drunk. Why not, right? It's fun and it's a perfect opportunity to take a photo for the Instagram a student is also trying

to keep up with, just to make it seem like the party they're at is so much more fun than it actually is!

Binge drinking is a phenomenon amongst teenagers. Instagram pages like Barstoolsports and 5thyear display videos of college students blacking out after an exam, binge drinking at a party and shotgunning a beer.

Followed by millions, these pages encourage other students that this is 'cool' and funny. Yes of course, some of the videos are hysterical but only if the student doesn't have a drinking problem and they don't overdo it to

the point where they need medical assistance. In that case, it's not a laughing matter.

It's extremely rare to hang out on the weekends with friends and not be exposed to alcohol. These days, many people don't understand that having fun doesn't always require drinking.

Binge drinking can lead to alcoholism and sometimes death. Alcoholism is a serious disease that millions of people struggle with every day.

The risk factors of alcoholism are typically stress, anxiety and childhood

trauma. It's so easy to give into the pressures of friends to binge drink, or be influenced by social media.

It's important for people to stay true to themselves, take care of himself/herself and one another. There are several innocent ways to relieve stress, which include going to the movie theater, taking a walk in the park or just hanging out with friends at home.

There is no harm in remaining innocent, but when a person self destructs, the process to recovery is grueling, but possible.



Many do not seem to take the threat of college binge drinking seriously. // pixabay.com

I Don't Want a Gun Ban, Either

KATY TEMPLE

STAFF WRITER

When you think gun control, you think the Constitution. And when you think the Constitution, you think of all the ways this document has been reinterpreted, often to cater to certain agendas.

A definition of the term "human life" has been changed and changed again depending on who's gaining traction in the abortion debate.

Prohibition was added and repealed because of societal pressure. And we all seem to ignore the clause in the Thirteenth Amendment that states "Neither slavery nor involuntary servitude, except as punishment for crime whereof the party shall have been duly convicted, shall exist within the United States, or any place subject to their jurisdiction."

That's right, the Thirteenth Amendment abolished slavery as long as you weren't convicted of a crime and sentenced to slavery. When was the last time someone in this country was sentenced to slavery? Never, because we realized how ridiculous that would be.

A professor stood in front of my political philosophy class and told us that the Constitution was a living document that needed constant reinterpretation.

In everyday life and in government settings, that's exactly what happens. The Constitution is interpreted in a way that is convenient for whatever political or social group screams the loudest.

However, the Second Amendment is the only clause that seems to stay concrete, unchanged and ceases to be reinterpreted despite technological and



//pexels.com

social advances.

It is your Second Amendment right to bear arms, and the government is not trying to take that away from you.

What we should be trying to do is ensure that those weapons do not fall into the wrong hands. If you want to buy a hunting rifle, go ahead. If you want a handgun as a form of self defense, by all means. If you want an antique gun to hang on your wall, you're entitled to that. If you want an AR-15, I'm probably questioning you.

You can sit here and tell me that assault-style weapons only account for a small percentage of mass shootings in America, and I'll believe you.

But, if these guns only account for such a small percentage, why is it a problem to restrict access to them?

What purpose do these guns serve in the real world other than being a nice collection piece?

And if they are just a collection piece, is your right to a gun collection more important than making it just a little bit harder for someone with the wrong intentions to have that gun available to them?

Of course illegal gun sales still exist, and the black market would be a valid argument against gun control if the goal was to ban every gun in the country.

The black market will continue to exist with or without gun control, just as drugs remain on the street despite drug laws.

Saying that gun legislation won't work, therefore it should not exist, is like saying drug laws shouldn't exist

because people can still get drugs. You're right, they can.

The people who want AR-15's are going to go out and get themselves an AR-15. But is it really irrational to think that making that purchase a little more difficult isn't worthwhile if it means there's a possibility that even one person who should not own a gun is denied access to it?

The vast majority of gun owners are made up of responsible citizens who are educated and qualified to own guns for sport or recreational purposes.

However, the vast majority of gun supporters seem to be the ones, ironically, up in arms about the possibility of gun legislation. If you are in fact a responsible and law-abiding citizen, why is a background check or extended waiting period such a problem?

You'll still get your gun, you can still go hunting and you can still have a cabinet full of guns if that's the kind of decor you're into. It'll just take an extra day or so.

There is a gray area in this seemingly black and white problem that everyone is ignoring. Tragedy is something that is supposed to bring people together, not rip them apart.

I want to know why this issue is so polarizing. I want to know why we can't reach a middle ground.

I want to know why people armed with the Second Amendment are so afraid of those who are only armed with the First.

The Impact of Instagram on Art

KAROLINE SANTOS SOUZA

STAFF WRITER

Art mirrors society, at the same time, society shapes art. With the invention of social media, our culture has changed completely.

Now, it is not about what is interesting, but rather what is relevant for a picture, video, selfie or blog; How many likes a person can get?

This phenomenon was called "The Kusama effect." Do you remember the Japanese woman with contemporary sculptures and installations? If you do not, do you remember those pictures on Instagram with dots?

Kusama's works has always had a strong presence on social media, and her influence on young adults has persisted for several years, helping to increase museums and exhibitions. Her sculptures and installations involve highly immersive fantasy and of course, provides a good self.

On the other hand, we also have artists that even with the impact on Instagram, do not have their work photographed. For example, the American artist James Turrell said that the picture compromises the real experience with the work.

However, Instagram now has more than 800 million monthly active users and around 500 million daily active users. This makes things difficult for artists who do not appreciate when people share their work on social media. Museums are even changing their policy about pictures.

Instagram can have two distinct sides of power in this game. Besides the artist's view we also have the spectator's view which includes their involvement with the art.

One issue is that a person can reduce their experience of going to an exhibition because they can see the picture online. Or sometimes, they'll just go to an exhibition to take the same picture and maintain this cycle where people revisit places they've seen on social media.

The second issue is the opposite. It involves an individual having the



// Edriel Fimbres

chance to see something that maybe he or she would never had the chance to see in person, and through the picture of the art, they will connect with something new.

The use of social media, such as Instagram, will always have two sides where people will use it as a tool for inspiration, to promote someone, to share moments, cultures, art and do their own art.

Even so, there will always be a dark side involving plagiarism, selfishness, labels and stereotypes.

The way we use social media and internet will determine and shape several areas in our life. It is a unique method to be closer with the world and promote moments with people that we like.

Just as Horace, a Roman lyric poet, said "A picture is a poem without words." Art in the Instagram age is still art, but the way we allow our eyes to see and experience that art will change.

Amazon Crushing the American Dream

amazon



// Wikimedia Commons

KARISSA ROSEN

CONTRIBUTING WRITER

Amazon is the ultimate online store that is taking over the world as we know it. Stores are closing, the convenience of lounging on our couches and shopping has become so popular amongst the people of this "lazy" era.

The American dream, to come to this wonderful country of ours and start a business. Creating a business nowadays has to be unique or else Amazon will shut it down due to lack of sales from physical customers.

To open up a successful business in today's world you need to know exactly who you are, what you're selling, how to sell it and you better make sure you are elite. America is a competitive country and everyone is constantly racing to the top of the chain.

The aroma and vibes of a coffee shop can't be overthrown by simplistic online shopping but supporting local bookshops or toy stores, for example, is a thing of the past.

Not to mention Amazon has better bulk prices for household items than a grocery store and the best thing is that it's delivered right to your doorstep.

Huge companies like Toys R Us and local businesses are shutting down because let's be honest, if one had a choice to either press a few buttons and get an item delivered to their door or to get ready, drive to a store, waste gas and possibly find what they're looking for than most people will take the easy way out.

Amazon is closing stores, taking jobs and diminishing business dreams.

Sure, online shopping is extremely convenient but if one is not in the food industry, then one must be the best in town with loyal customers, as well as a set creative business plan and great prices.

On the upside, Amazon is indeed creating jobs faster than they're taking them, but this new feature is changing our modern day world.

When one sees the word "free" it automatically draws their attention. Amazon offers free shipping on almost everything which is one of the main ways they draw so many people in.

Unlike many stores, Amazon has a return policy which allows one to return almost anything within a certain amount of days.

From the newest best selling novels to cheap toiletry items, Amazon is the ultimate online store, crushing everything in its path.

In our rapidly growing era, everything seems to be online, one could even find their spouse online if they wish to do so. The growth in technology is playing a major role in the development of our future.

According to Taylor Soper, writer at Geekwire, "Amazon bought Whole Foods for \$13.7 billion last year, a deal that sent shares of brick-and-mortar retailers down — Target included — and has caused grocers like Albertsons to partner with delivery companies like Instacart."

Amazon is in fact the new way to shop, the American Dream crusher, the luxury yet downfall for all.

Mental Medication: a Slippery Slope

OWEN MCCLOSKEY
COPY EDITOR

According to statista.com, in 1990, U.S. prescription drug expenditure was around 40 billion annually. In 2017, U.S. prescription drug sales shot up to 360 billion.

In 2018, the industry is expected to reach over 800 billion. That's double the sales in 2017.

The prescription drug industry is burgeoning past the seams, and more Americans than ever are being handed out prescriptions.

Now, this article may seem like it's headed in the direction of prescription opioids like Percocet and OxyContin, and although those are an enormous problem in the U.S., I'd like to focus on psychotropic drugs.

You've probably read countless threads on the opioid epidemic, but unlike opioids, psychotropic drugs that alter your mental state seem much less dangerous than their pain medication counterparts.

According to thescientificamerican.com, nearly one in six Americans took psychotropic drugs like antidepressants and antipsychotics in 2016.

Drugs such as Xanax and Zoloft (sertraline) for depression and OCD, Vyvanse and Adderall for ADD and ADHD, and Prozac for debilitating anxiety are some of the most commonly prescribed, and chances are you most likely know someone taking one or more of these medications.

Gary Greenberg, contributor for the New Yorker, recounts that in 1990s, antidepressants were the most widely-prescribed drugs in the country

' Dr. Richard Friedman of The Times points out that many of the antidepressants that Americans are prescribed are simply copycats of one another, with slightly different side effects.'

due to the newfound discovery of S.S.R.I.s — drugs that specifically manipulate levels of serotonin in the brain.

Serotonin is an organic chemical compound found in the brain that controls levels of appetite, sleep and sexual desire.

However, only a few years later, researchers found that serotonin manipulation is not the finite answer that neurologists were looking for.

Serotonin imbalances can help point out the problem, but increasing levels of serotonin only sedates the patient to the reality of their disease, effectively numbing the disorder but not treating it.

Dr. Richard Friedman of The Times points out that many of the antidepressants that Americans are prescribed are simply copycats of one another, with slightly different side effects.

For example, Zoloft and Xanax are effectively the same drug, yet many doctors prescribe their patients either of the two, not the same.

Friedman also states that these, "available drugs leave a lot to be desired," as many of them do not effectively reduce the symptoms of disorders like bipolar and clinical

depression.

Big pharma companies like GlaxoSmithKline have halted research on antidepressants even though S.S.R.I.s are not proven to work. However, despite halting research, the unconscionable demand for psychotropic drugs has left big pharma continuing to prescribe archaic drugs that are not proven to work.

At age six, I was diagnosed with ADHD, and this was in 2003, right at the height of the psychotropic drug boom. I was prescribed Adderall, and I even practiced swallowing pills with Tic Tacs.

Soon after, at age 11, I was diagnosed with debilitating OCD.

Not the kind of OCD where I would need to organize or set things up just right, but the kind of OCD where I would think horrific, gruesome thoughts and not be able to turn my mind off.

It kept me up at night, it kept me from sleeping, it kept me from eating, it kept me from concentrating in school and I honestly couldn't handle it.

I was happy to take Zoloft (sertraline), which definitely curbed the effects, but whenever I ran out of medication, the side effects were

dreadful. The imbalance of serotonin in my system caused me to be dependent on the medicine.

When withdrawing, I would lose my appetite, libido and I wouldn't be able to sleep. My OCD would come back ten times worse than it ever had, and sometimes I would break down, desperately calling my parents to get me more pills.

Recently, I've quit Zoloft, and I've been the better for it. I don't really go crazy over my OCD anymore, and I don't experience any withdrawal effects.

I took a large variety of antidepressants and ADHD medications in the past, and each had the same effect, but with differing adverse effects.

For example, the Adderall I took would kill my appetite and keep me sedated, but that's not me. My natural state is not sedation — I like to talk, I like to laugh, I like to enjoy life.

Although an S.S.R.I. got me through a tough time, I realized it didn't actually help me, it simply numbed me from my disorder, and my OCD always bubbled under the surface.

I realize I'm so much better without my medication, and I realize that I was only prescribed these drugs because of a booming industry and a complete disregard for the actual repercussions that patients who are prescribed may face.

Saving the Planet One Product at a Time

KAYLEE ALMAZORA
STAFF WRITER

When was the last time you went outside and actually looked around? The last time you saw something thrown on the ground outside and picked it up instead of leaving it for someone else to do it?

It has probably been a while, hasn't it? This is the case for many people. We see things thrown on the ground by others and instead of picking it up we just leave it there because "we didn't do it."

Or in some cases, people will be the ones to throw trash on the ground because it's easier to just throw it on the ground than to find a trash can. They do this with the mentality of "someone will pick it up." Well that's not always the case.

Once you've done away with your trash, whether that be by throwing it on the ground or actually throwing it in the trash can, you don't think about it anymore or care what happens to it for that matter.

Not once do we stop and think where all this stuff ends up, especially the stuff thrown on the ground.

This stuff doesn't just magically disappear it ends up somewhere, and nine times out of 10 it ends up in our lakes and rivers, contaminating the living of certain animals. But thoughts like that don't cross our mind when we are throwing trash on the ground and just walking away.

And this is when Earth Day comes into play, which falls on April 22nd of every year. And this day is celebrated to promote worldwide earth protection.

I have learned so much about this topic and learned to love it so much throughout the years. First, because it lands on my birthday, but also because it's something very important.

We can't expect to have everything nice and clean, clear waters and not have our aquatic animals dying from trash if we aren't doing anything to prevent this. Instead we are just helping to make things worse.

The purpose of this day is for everybody to go outside and appreciate the planet that we live on, and to help love and protect it too. And this is why many TV networks like PBS and Nickelodeon put out Earth Day related shows to help support.

But they aren't the only ones showing their support, recently a new brand came out called Love Beauty and Planet. Their main goal is to help people feel beautiful while protecting the Earth at the same time.

Since this brand's main goal

is to help the planet, they base their products around that by making the bottles out of recycled products. The bottles themselves are recyclable, animal cruelty free, vegan and they make their conditioner more lightweight so it is able to wash out quicker and you can save water.

This is just the start for this brand. Brands like this are what really make the difference for the planet. They are showing everyone that you can be beautiful and still help save the planet at the same time, and that's what we need.

We can't say that we are improving as a country when we have our aquatic animals dying because of trash we throw in the water, and when global warming is at its highest because of all of the polluted air.

There is more than one way that we end up contaminating the earth, whether that be by driving our cars, using up electricity or having factories throw their waste into the water.

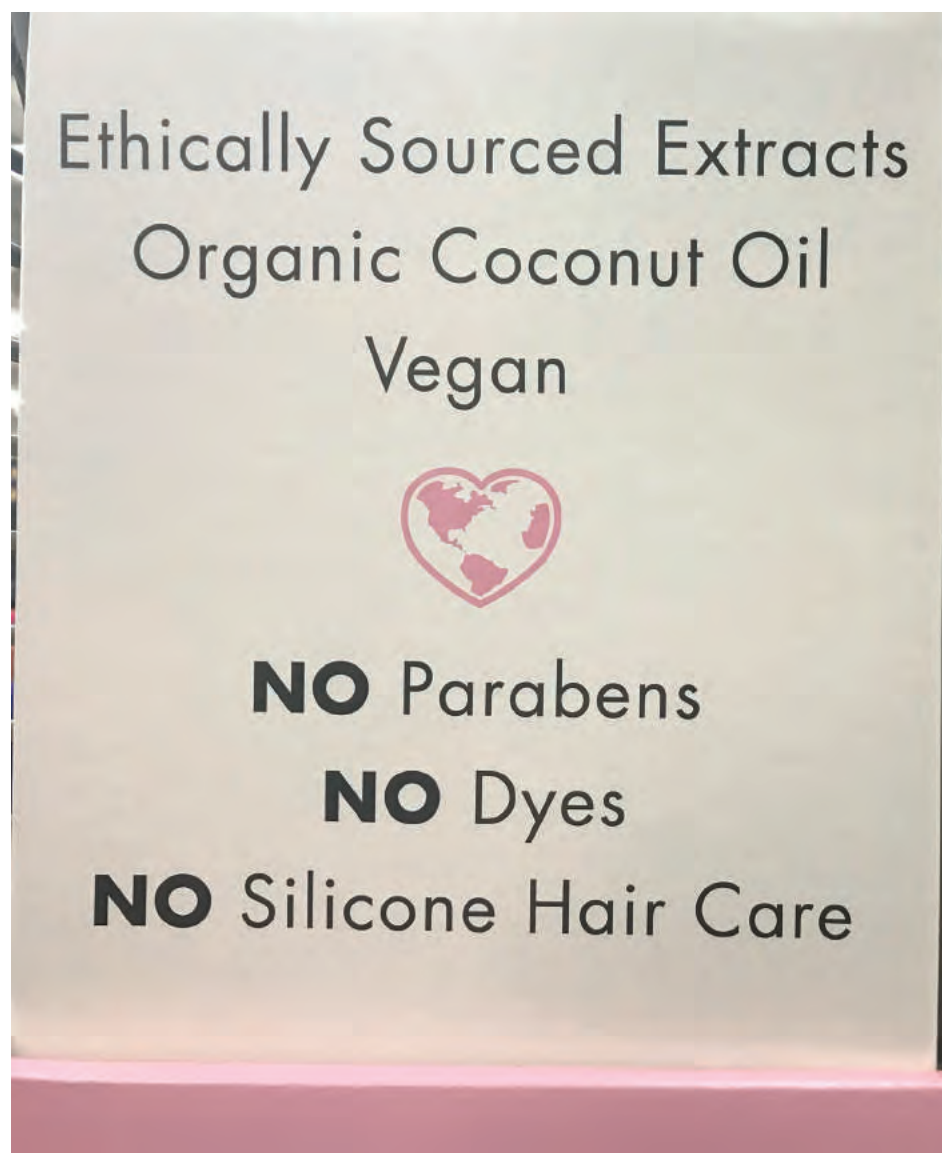
People should be more concerned about the earth and how we take care of it because at the end of the day, we are the ones that live on this planet.

We take care of our houses we don't want them dirty, but we forget about our main house, one that we all share, which is planet Earth.

We as human beings have to be more involved with taking care of the earth whether that be recycling, riding your bike instead of driving your car, wasting less electricity, wasting less water or even by just supporting brands like Love Beauty and Planet whose main purpose is to help us better our planet.

How are we supposed to teach the future generation taking care of the planet when we ourselves don't do it?

The only thing we are doing is leaving them with an Earth that is getting worse and worse each day because of us.



Love Beauty and Planet advertises a variety of eco-friendly features in their products. //Kaylee Almazora



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Placing Our Crosshairs On the Wrong Enemy

DAVID JOO
STAFF WRITER

The 2016 Orlando shooting was committed by an assailant who was inspired by ISIS. The 1999 Columbine shooting was committed by two deranged students.

There were people who bought the firearms, held their triggers and fired at innocent civilians for their own twisted reasons.

While others feel that placing restrictions and bans on certain firearms, like the AR-15, may be a solution to this hot-button issue, I can assure you that these proposals will be absolutely useless in stopping tragic mass shootings that have taken the lives of countless people.

We have been told constantly, by the media, to fear the AR-15, from its physical appearance to its name. While many may think that "AR" stands for "assault rifle", it is actually an abbreviation for "ArmaLite rifle", a name coined by the company that designed the firearm.

Confusion over the name arose from fear-mongering by the media after the 2016 Orlando shooting when a nightclub's bodyguard went rogue, injuring 58 people and killing 49 using an AR-15 and a semi-automatic handgun.

"Assault rifles" are firearms that must be capable of selective fire such as semi-auto, burst and auto. They are more powerful than pistols but less powerful than standard rifles or battle rifles.

It has ammunition that is supplied from detachable box magazines and must have effective ranges of at least 330 yards. The military's M4 is an assault rifle that fits all of these criteria. The civilian AR-15 does not; it is not capable of selective fire as it can only fire one bullet per trigger pull. Therefore, it is not an assault rifle.

From this information, a question arises: if it fits any of these criteria, should it not still be considered a dangerous weapon that should be banned? A hunting rifle outfitted with significantly larger rounds inside a detachable box magazine can have an effective range of up to 800 yards or



Banning the AR-15 is like taking a sledgehammer to a delicate surgery. // flickr.com

more.

A pump-action 12-gauge shotgun outfitted with 00 buckshot can hold up to five to 11 shells, each holding nine pellets. That means that each trigger pull can eject nine projectiles compared to an AR-15's single projectile per trigger pull.

If the AR-15 is being scrutinized for having several characteristics to an assault rifle, why not scrutinize every other weapon for having similarities with or benefits to the AR-15?

Which firearm do you think is the most popular in homicide cases: handguns, rifles or shotguns? The answer is handguns, exponentially.

According to the FBI's homicide data, in 2016, 7,105 murders were committed with handguns, 3,066 with knives, and 656 with bare fists and feet. 374 murders were committed with rifles of any variant, including those from the AR-15, in that year.

Data from previous years also show similarly large gaps between handgun-related homicides and rifle-related homicides. Why, then, are AR-15's being targeted when they are less of a threat, statistically, than a handgun or even a person's hands and feet?

There actually was a time when AR-15's were federally banned in

the U.S. From 1994 to 2004, the Federal Assault Weapons Ban, or AWB, prohibited the manufacturing of certain semi-automatic firearms it defined as assault weapons, such as the AR-15 and other "copycat" variants, for civilians.

However, an academic study showed that the AWB had little effect on the annual numbers of mass shootings involving these weapons due to the fact that there were numerous loopholes within the ban.

When the ban was lifted in 2004, there was no significant increase in murders involving weapons other than handguns.

According to a report from the U.S. Department of Justice, in 1994, handguns were used in almost 83 percent of all firearms homicides compared to 73 percent in 2011.

Banning an "assault weapon" did not result in significant decreases in homicides. It decreased the number of homicides committed with a firearm classified as an "assault weapon", but homicides committed with handguns increased.

The AWB is comparable to a person trying to plug up a hole in a leaky ceiling, only to find a puddle beginning to grow on the floor elsewhere.

Personally, I think that people blur the line between correlation and causation very often: violent video games to children's aggression and violent tendencies, fast food chains to US obesity rates and AR-15's to shootings.

Criminals will find any means necessary in order to commit murders and banning a firearm will not stop them in their pursuits.

I want to seek a solution just as much as anyone else, but I want one that is not shrouded by baseless rhetoric and misconstrued statistics used to support biased opinions.

If banning the AR-15 did not work in 1994 with the AWB, how do you think it will work in 2018, an entirely different era where someone could 3D-print an AR receiver with schematics off the internet?

While I do not have an answer for mitigating the number of tragic mass shootings and firearms-related homicides, I do know that trying to unnecessarily ban certain firearms will prove to be fruitless.

Ruthless criminals seek any means to get their hands on any weapon to maim and slaughter others, regardless of whatever ban is instated.

The Freedom of Silence: An Advocacy for Apathy

IAN ARDELLE
CONTRIBUTING WRITER

"You have the right to remain silent. Anything you say can be used against you in the court of law." These are the first two sentences of the Miranda Warning, it has permeated through our culture as every police officer is required to read these prior to interrogating a suspect.

This guarantees a person does not have to reveal information that incriminates them and can choose to remain silent on questions or issues they do not wish to comment on.

However, while these rights are guaranteed for potential criminals, students are not guaranteed the same liberty.

On one hand, teachers may require students to write opinionated papers on subjects they are not comfortable with. To the teachers' credit, this is an effective way to teach students to write efficiently by pushing them outside their comfort zone.

On the other hand, some teachers require students to publish their assignments as a prerequisite for acceptance.

As an example, a teacher at Bergen Community College assigned their students to draft a research paper about gun violence and declared that the final step in the submission of the assignment would be to publicize it on a website.

This is an outrageous demand. "They are forcing the opinion," claims George, a BCC nursing student.

"They are kind of terrorizing you. It's completely backwards."

We as humans are judgmental creatures. To protect ourselves and our interests we tend to make the most conclusions from the least amount of available information.

Having a politically charged topic be the focus of a person's publication represents their own beliefs, and may leave them equally liable as their paper in regards to biased judgment.

A possible solution to this dilemma would be allowing students creative freedom when it comes to

selecting topics on assignments that are to be published.

This gives students the ability to express their opinions on topics which they are passionate about and gives them the benefits of publication including peer review and feedback from interested readers.

George expressed his concerns with the lack of activism in taking an unorthodox stance on controversial issues.

"Unfortunately, depending on your opinion, we live in a country where everything is politicized. People get

shamed for their opinion, even if it's a benign opinion. It takes a lot of courage to write it. We need people who have courage to stand up for the important things: even people who are against the grain."

Many of the people that come to BCC are young adults pursuing careers and enlightenment through education. It is hugely important that our voices as a community, and as individuals, are heard and reviewed.

Our bipartisan political structure leaves a very polarizing political compass where it becomes difficult to convey moderate opinions and suggestions.

Taking up a stance and announcing your thoughts to the world takes courage, and a type of initiative that a classroom setting shouldn't force.

Lenin Luna, a BCC music student, gives his thoughts; "Everybody should speak up on what they feel... just do what you feel baby!"

As a student of BCC I see a very limited amount of tangible activism from the students on campus.

If you feel that change needs to be made, I say stand up and fight for it! However, don't let your teacher be the source of your opinions.

Let your passion guide your actions and assertions, as an individual's words can be extremely powerful.



// pexels.com

The Kids Are Speaking; It's Time to Listen.

DERRIAN DOUGLAS
News Editor

Never again. Students, teachers and gun-control activists took to the streets on March 24, 2018 to tell the Trump administration just that.

Never again will students, teachers, parents and loved ones endure the horror of another school shooting or another act of gun violence.

In protest of the government's lack of action after 17 people from Marjory Stoneman Douglas were killed in a horrific massacre involving a former student and a fully-automatic AR-15, angry, hurt, empowered and grieving Americans gathered in their cities.

There, they marched for their lives, the lives of their loved ones, and in the words of Northern Highlands High School senior, Hrihika Ravuri, "for the people who can't."

Signs bearing the names of shooting victims crowded the streets of New York City. Mothers held photos of daughters deceased. Friends held each other tight. But the impression I got from these Americans wasn't one of defeat, but one of resilience.

As the parade turnout grew, participants, including myself, were ushered to 86th street. A secondary march seemed to form on the way. While walking to the entrance of the march, chants could be heard and signs could be seen. Chants like "U.S.A. not NRA!" "I believe that we will win!" and Parkland survivor Emma Gonzalez's "We call BS!" were heard through all 30 blocks we walked.

While at the march, I talked with some incredible people who all shared similar ideals: gun control reform, keeping their children and students

safe, sharing their opposition of arming teachers.

Britt Keshner, a teacher in Orange, NJ, admitted that, "it's very scary to be a teacher right now."

She said that she and her husband were marching to make sure her students and their own children are safe.

What does she hope will come from the march? She hopes "young people will understand how important their voices are, and they'll use them to vote out the politicians getting money from the NRA."

She believes the United States government should refer to what other countries have done for gun control reform and follow in their footsteps.

Sandy Bochese attended the march with her sister. Bochese is a school librarian at Edison Middle School in West Orange, NJ. She marched because she cannot fathom teachers being armed.

On what she was hoping to witness at the march, "a powerful show of unity that sends a message to the NRA and anyone who wants guns in schools."

For the future, she'd like to see less influence on politicians from the NRA. She says that the NRA should remain an organization rather than a "political power."

Most heart-wrenching were all the students there fighting for their own safety. Franky Kramer John, a sixth grader from New York, told me that he came to march because he doesn't want "more kids dying."

Franky shared that he hopes stricter gun laws and stricter security will come out of this march because, "guns aren't helping anyone."

Ravuri and her fellow classmate Aaria Bhatnagar both agreed that they were excited to see the younger

generation out and fighting.

Ravuri hopes to see a change in voting now that her generation is using their voice.

Sophia Hanover from Great Neck North Middle School and Rose Greer from BASIS Independent Brooklyn, both eighth graders, were

marching for Alex Schachter, one of the victims of the shooting in Parkland, and one of their friends from summer camp.

They were also marching for one of their friends from the same camp. She'll be attending Marjory Stoneman Douglas in the fall, and

they fear for her safety.

New York has never seemed so lively and powerful. Walking up and down the streets hearing snippets of attendees own accounts with gun violence, words of wisdom and encouragement, and the harsh tones of gun control reform talk, one couldn't help but get chills.

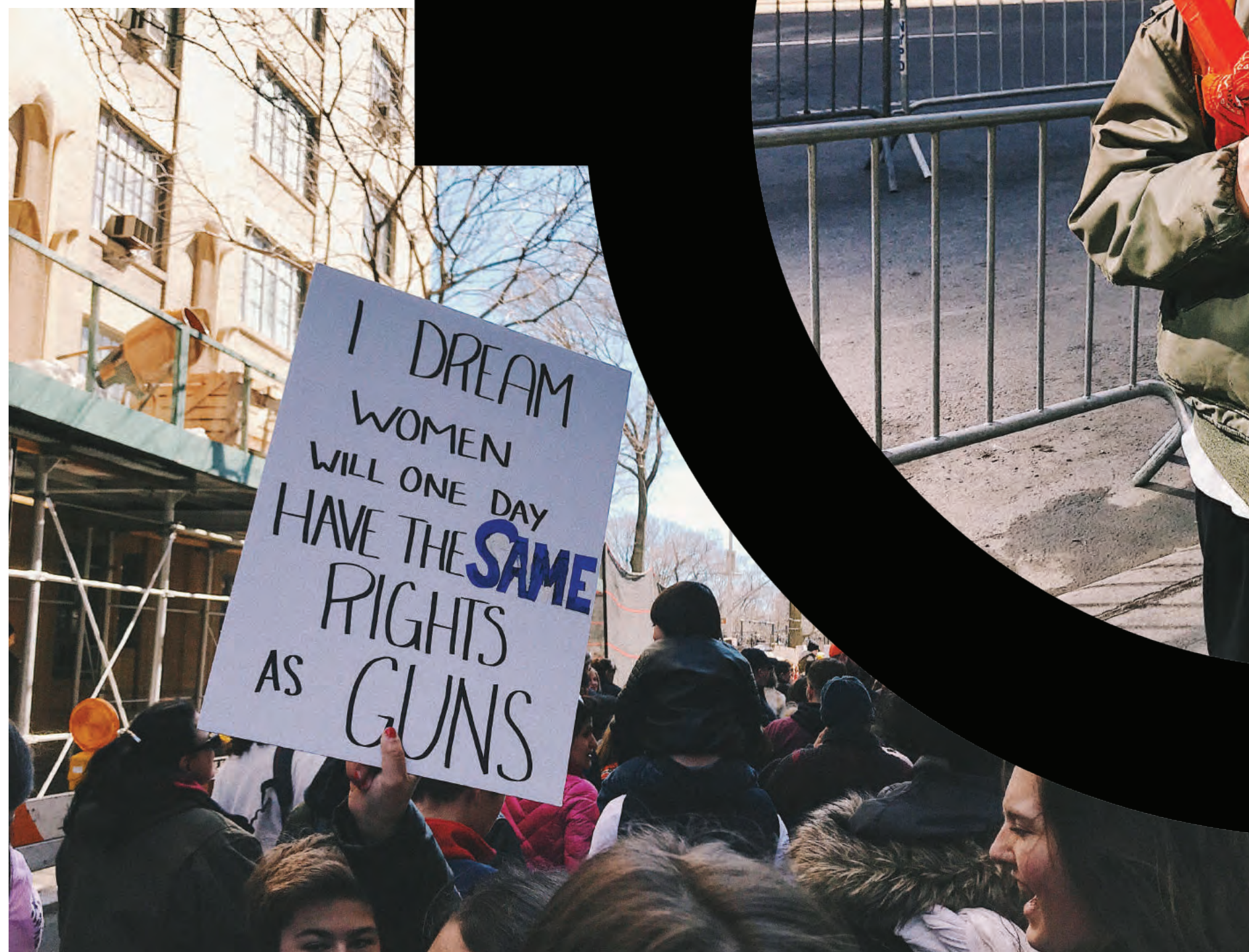
Although Trump International

Hotel & Tower hovered over the marchers and attendees, the men, women and children on the ground were far taller, far larger and far more intimidating.

Emma Gonzalez, David Hogg, Samantha Fuentes, Cameron Kasky, Alex Wind and Jaclyn Corin have encouraged students of all ages to fight for their own safety.

They've given voices to those who are too shaken to speak, to those who cannot speak, to those who are too young to realize what a threat this lack of action is and to those who didn't grow up in a predominately white and privileged neighborhood.

It's time we listen up, no matter what the tragedy, the city, the demographic or the amount of victims.



Crosshairs // Wikimedia Commons
Center: Franky Kramer John, a 6th grader, doesn't want "any more kids dying." // Derrian Douglas
Bottom Left: Gun violence wasn't the only issue tackled at the march. // Derrian Douglas



Center: Franky Kramer John, a 6th grader, doesn't want "any more kids dying." // Derrian Douglas
Top Right: A group of Coney Island Prep students marching for their safety.// Derrian Douglas
Bottom Right: Marchers took to incorporating memes into their signs. // Derrian Douglas



FEATURES

The Torch

Us Too: The Stories of Collegiate Sexual Assault Victims

DERRIAN DOUGLAS
NEWS EDITOR

October 2017 saw the takedown of some powerful men. Successful movie moguls and doctors, such as Harvey Weinstein and Larry Nassar, fell to the accusations of men and women accusing them of sexual assault and harassment. And now, college students are saying, “me too.”

The Me Too movement started in 2006 when Tarana Burke coined the phrase, “Me Too.” Burke, a sexual assault survivor, started this movement to help women and girls of color who had also endured sexual violence.

The movement has gained popularity on Twitter with survivors using the hashtag, “#MeToo.” Men and women from across the globe shared their stories of survival. Many of these accounts were from college students.

Natali, a first-year psychology major at BCC, said that she believes this movement has started a “snowball effect.” Thanks to Tarana Burke and the brave women who helped her spread her message, people of every age, in every part of the world, no matter their occupation, are talking about this issue.

The Harvard Crimson reported in December 2017 that sexual assault allegations from their students had gone up 20 percent since multiple women came out with allegations accusing Harvey Weinstein of sexual assault and harassment a few months prior.

America saw college students speaking out, no matter how much their universities tried to silence them.

As a 20-year-old woman, sexual violence is sadly, nothing new to me. I’ve heard countless stories of sexual assault from friends and classmates, each just as disgusting as the one before it.

It’s important to localize this issue. We hear about these stories but don’t realize that our family, friends or



The #MeToo movement has encouraged many survivors to share their stories. // Derrian Douglas

people we sit in class with have been harassed or assaulted. This is not just something that happens to celebrities; it is not just a hashtag on social media.

Sexual violence is a true threat that does not discriminate based on gender. It comes in all shapes and sizes: catcalling, inappropriate touching or comments, intentional avoidance of the word “no,” unsolicited pictures, unwelcomed kissing, rape.

Alyssa Pezzola, a BCC student, shared that a group of older men yelled crude things at her and her friend while they were walking around their town one summer.

“We were just walking. I mean, we were in shorts but that’s because it was a hot summer day,” Pezzola said.

Survivors of sexual violence rarely see the day when their accusations are taken seriously. Their assaulter rarely gets the punishment they deserve.

For college students living in

fear that they’ll see their assaulter on campus, this is the ultimate let down from school officials.

I was surprised at the feedback I was getting at BCC. Not only were students open to talking to me about sexual assault, they were willing to share their stories.

Most revealed that the Me Too movement was inspiring, and that they’d become more open to talking about their experiences than before because of it. However, some still want to keep their anonymity, and understandably so.

A freshman at BCC quietly shared her experience with me in the bustling Student Center. As a sophomore in high school, she was inappropriately touched by a senior during class.

While sitting next to her, he put his hand on her thigh. His hand slowly moved from her thigh, up to her stomach, to her breast, then to her

neck. She was so horrified that she immediately left class.

“I didn’t even ask my teacher to leave. I just got up and walked out.”

After approaching her principal, this BCC student dealt with 2 weeks of meetings. She was let down during each one. The mother of her assaulter denied the accusation. His friends in the class denied it too. The end result was a 3-day suspension for the senior boy.

Her teacher took the incident very seriously. This survivor explained that her teacher separated her and the boy.

“My teacher put us on opposite sides of the room.” Her assaulter was not allowed to be anywhere near her, “when I would get up to go to the bathroom, he wasn’t allowed to leave the room until I got back.”

Multiple women told me that they believe this is not just a female issue. Men are assaulted too. However their take on it is that men are afraid to come out.

The pressures of being a man force male survivors to silence themselves in fear of “hurting their masculinity,” said Natali.

Although I spoke to both male and female BCC students, none of the men shared any experiences of sexual assault with me. However that doesn’t mean they haven’t experienced it and that their experiences are any less traumatic than those of women.

While scrolling through stories on Twitter I found men and women recounting sexual abuse involving their former significant others. These are the stories we don’t think about because if you’re in a relationship, the sex is always consensual, right? Wrong.

For a continuation of this article, please visit torchbcc.com

Fashion for a Cause: the Rise of the Digital Charity

KATY TEMPLE
STAFF WRITER

A t-shirt is a staple in everyone’s closet, and why not donate to charity while enhancing your wardrobe?

Ditch the Label is a clothing brand based out of the U.K. that uses the sales of their merchandise to support anti-bullying, self empowerment and provide resources and help for anyone who may need it.

Obviously the U.K. is a bit of a trip from Bergen County, which is why the digital aspect of Ditch the Label is so important and revolutionary.

Rather than listing therapists, facilities or other resources, DTL provides online help that is available 24/7 and worldwide to whoever stumbles upon their website.

This applies to victims of bullying, the bullies themselves and the parents or teachers of people getting bullied.

DTL recognizes that people getting bullied aren’t the only ones who need help in these scenarios, and that bullying often involves more than two parties.

As an advocate for more anti-bullying school campaigns, new ideas and activities are shared almost every day by DTL to inspire teachers and administration to take more action.

We all remember sitting through bullying assemblies, rolling our eyes and thinking, “Wow, ok, we get it” while focusing on just about anything else besides what the presenters were talking about.

Bullying has advanced, and that means that anti-bullying strategies



A design from Ditch the Label. // Katy Temple

need to advance too.

Assemblies and posters don’t cut it anymore. Events, activities and interactive strategies do, which is why DTL caters to schools as well as people, and uses social media as a tool, rather than blaming it for contributing to the problem.

DTL utilizes hashtags like #labelsareforclothes to raise awareness, market and fundraise. Everytime someone uses the hashtag, a dollar is donated to their cause.

They also offer QR codes that you can scan on snapchat to gain access to a DTL filter to use and share with your snapchat following. Everyone uses social media, so it would be silly not to use it to stand for something that matters.

DTL also recognizes that bullying isn’t the only problem that adolescents and young adults may face.

While DTL raises money specifically for anti-bullying, their online help is geared towards things like body image, sexuality and mental health. Slogans like “Labels are for Clothes” and “Being Yourself is the New Black” are printed on t-shirts, hoodies and bracelets that are then sold through ditchthelabel.org, or River Island- the U.K. equivalent of H&M.

These slogans and this company as a whole encourages people to break out of whatever box society tried to put them in, to rise above stereotypes and to be unafraid of unapologetically being themselves.

The Era of Legal Marijuana

KARISSA ROSEN
CONTRIBUTING WRITER

Marijuana, some call it “the gateway drug,” others don’t consider it a drug. No matter what one thinks of marijuana, no one can deny the benefits that come from this natural plant.

From comforting cancer patients to easing anxiety, weed is an ultimate God grown plant that should be used to our full potential.

According to Centennial Spotlight Marijuana Goes Mainstream magazine, around 88% of Americans support legalization of medical marijuana and a little over 60% of Americans support the legalization of recreational marijuana use.

According to Jen Christensen, a contributing writer at CNN, Marijuana helps a wide variety of diseases, illnesses and medical conditions.

Alcohol related incidents cause roughly 88,000 deaths annually according to the National Institute of Alcohol Abuse and Alcoholism. Alcohol consumption creates disaster, injuries, death and many other issues while consuming marijuana the worst thing that’ll happen is you end up eating the whole pack of cookies instead two of them.

There are so many different strains of marijuana, each of them with a different purpose and effect.

As claimed by, Centennial Spotlight Marijuana Goes Mainstream magazine, experts in the cannabis industry have discovered over 800 and counting different strains of marijuana and every year there are more hybrids being created.



// flickr.com

Some of our founding fathers like George Washington and Thomas Jefferson even grew marijuana according to multiple different sources such as, Centennial Spotlight Marijuana Goes Mainstream magazine.

Our former presidents saw the advantages of cannabis and we all should open up our eyes and discover it for ourselves.

Speaking on behalf of the American people, if we are all ok with the consumption of alcohol and it’s horrible effects then we should be more than alright with the countless positive effects that weed gives out.

Besides the tremendous benefits of marijuana, the money aspect of legal recreational and medical marijuana are terrific. Just in the state of Colorado alone in 2016, the revenue from legal pot sales drew in roughly 200 million U.S. dollars.

Stated by Summer Meza, a writer from U.S. edition of Newsweek, the legalization of marijuana in the United States has, can and will create thousands of jobs, millions of dollars which boost our economy and many more benefits which this country needs right about now.

Like Summer Meza, thousands of other Americans agree on the legalization of weed for career purposes along with other beneficial reasons.

We need to unify, vote and do everything we can to support the legalization of medicinal and recreational cannabis.

Kirby Star Allies Review



Kirby Star Allies is a Nintendo Switch exclusive. // Wikimedia Commons

STEPHEN MINGNANELLI
STAFF WRITER

Kirby Star Allies is the newest game in Nintendo’s Kirby series. The game is a side-scrolling platformer and was developed by Hal Laboratory, the studio that created Kirby. The game is available on Nintendo Switch.

This newest entry in the Kirby series isn’t much different from the last few entries. It is very similar to 2016’s Kirby: Planet Robobot and 2011’s Kirby’s Return to Dream Land. The game is best played with three other players.

The game supports up to four players. The first player is capable of controlling Kirby and can turn enemies into allies. The levels are designed to be played with multiple people because

even if the first player can’t play with other players, the game will control the other allies. Playing the game with friends is what makes it so fun.

This entry, like the other Kirby games, is really easy. The series has been known for being easy but, the game is way more maneuverable than past Kirby games because of the multiple characters.

However, this game gives you too many extra lives without any fear of losing them. By the end of the third world I had forty lives, and had only lost three.

If you are looking for a difficult game this is not the game for you. But if you want a game to relax with friends,

and play a really solid game this is the game for you.

The gameplay is very solid. It doesn’t innovate in the platformer genre, but the game is very fun. Running through these levels with friends is very fun.

One point that needs to be emphasized is playing this game with friends is the best way to enjoy it. Playing alone is fine, but without others the game is not nearly as enjoyable.

Kirby games always seem to have great music, and Star Allies is no exception. The music ranges from lighthearted and fun to dark, creepy music by the end of the game.

Most of the music consists of

remixes or the new music has sample tracks from previous Kirby games. Despite most of the music not being new to the series the soundtrack is still a joy to listen to.

Kirby Star Allies is worth the money if you have friends to play it with, or you really like Kirby. The game is not that difficult nor does it take a long time to complete, so it would be the perfect activity when you have friends over.

If you are planning on playing the game with friends it is worth the \$60. If you plan on playing it solo, I recommend waiting for a price drop.

Spring Into New Styles

DERRIAN DOUGLAS
NEWS EDITOR

KATY TEMPLE
STAFF WRITER

Every new season brings the same begging question in need of fresh answers: what's in this season?

Spring fashion dawns the colors and patterns of a time separate from dreary, cold mornings and endless snowfalls, and we're excited to inform you that this year's fashion forecast won't disappoint.

Spring 2018 is bringing bolds and pastels, fringe and ruffles, checkered and florals and lots of sheer and sequins. With spring, comes color, and lots of it.

Fashion blogs are predicting that Spring 2018 is all about flaunting bolds and pastels.

Although red is a go-to bold color, Pantone has named Ultraviolet its Color of the Year 2018. So how can you rock ultraviolet? Add a pop of ultraviolet to your outfit in the form of statement piece like a faux-fur coat or a pair of ultraviolet shoes.

Another way to ring in spring with Ultraviolet involves color-blocking. A light shade of pink would complement any ultraviolet piece perfectly.

Pastels! The sure sign that spring is here. Pastels are a staple in spring fashion every year, but the way they're worn is ever-changing. This year's trend? Monochroming - wearing all the same shade from head-to-toe.

There's nothing as satisfying as a clean, chic outfit in all the same tone! However, we know how hard it is to find multiple pieces of the same tone, so an easy alternative would be to mix and match pastels or pair them with neutrals. If you want to make a statement, try pairing pastels with a pop of bright color.

Seasons will come and go, but patterns will always remain. Checkered print, florals and vintage labels are the patterns of Spring 2018, and nobody is complaining. Checkered print is extremely versatile.

Feeling preppy? Throw on your favorite checkered mini-skirt. Want to experiment with street style?

Pick out a flannel. Woke up feeling chic? Grab the checkered camel coat before heading out. We know Miranda Priestly is tired of florals for spring, but



Florals, pastel and fringe. // Katy Temple

we don't have to be!

Good news is, florals can be dressed up or down. A floral blouse can easily be paired with ripped jeans and sneakers. Want to carry that floral piece into the night?

Change into a cute skirt or a nice pair of slim trousers, and you're set!

And finally, it's always true that what was once popular, will always make its way back around. This time, it's vintage labels.

It's time to dust off your mom's old Gucci purses and Fendi wallets, and clip-on those designer fanny packs! Pair any vintage piece with your outfit and you'll be sure to get some glances walking down the street.

It is really easy to overdo it on the fringe. Is anyone else having flashbacks to those horrible brown suede boots covered in fringe that everyone wore in the sixth grade? I don't want to be reminded!

Lucky for us, it's also really easy to add a simple piece or accessory to amp up your look with some texture.

A pair of black fringe earrings can easily get paired with a pair of jeans and a t-shirt, and a fringe detail on a backpack or purse never hurt anyone. Just remember, a little bit of fringe can go a long way.

Who doesn't love a little bit of sparkle? Sequins are great for spicing up an outfit, or demanding attention as the focal point of your look. Dressed up or dressed down, sequins never disappoint.

Pair a shirt with some sequin detailing on it with jeans and sneakers for a laid back approach, or kick it up a

notch with a denim skirt and sandals. Either way, throw on your favorite cat eye or mirrored sunnies, and you're good to go!

Ruffles are great for adding a feminine touch to whatever outfit you're piecing together. Whether it be a statement ruffle on a neckline, or a skirt that has layers upon layers, ruffles can fit into whatever your personal style may be.

Structured ruffles - think peplum - can emphasize parts of the body that you may want to emphasize, like your hips or chest, while looser ruffles made out of chiffon or cotton, add a more bohemian vibe.

Bodysuits have been around for a while now, and just because spring is here doesn't mean they're leaving. They're just going sheer! Sheer sleeves or necklines leave a little skin without bearing it all.

Dress them up for a night out with skirts or leather, or dress them down for class or a day trip in the city with jeans and sneakers. If you're more into athleisure, try a pair of leggings with sheer cutouts, or a hoodie with sheer sleeves!

Spring 2018 is bringing a little for everyone. Find what works for you. Stay with what you know or try something new!



Bold colors and ruffles. // Derrian Douglas

Colors:
Red
Pink
Pastels
Ultraviolet
Lavender

Textures:
Ruffles
Fringe

Patterns:
Checkered
Black and White
Floral
Vintage labels (Fendi, Gucci, etc.)

Fabric:
Sheer
Sequins

Guys and Dolls Lets the Good Times Roll at BCC

ALYSSA BLUNDO
STAFF WRITER

Bergen Community College presented the Bergenstages production of *Guys and Dolls* and everyone had a fabulous time. Opening Night was held at the Anna Maria Ciccone Theater at Bergen Community College on April 6th 2018. Other show dates included April 7th, 12th, 13th and 14th.

The show told a tale of a gambler, Sky Masterson, played by Matthew Rella and a strong-headed missionary, Sarah Brown, played by Kristina Craig.

These two characters met after Masterson played a round of Craps and bet that if he won, he would take Brown out on a date in Havana, Cuba.

Guys and Dolls also showcased other incredible lead roles. Nathan Detroit played by Kevin W. Bergen and Miss Adelaide played by Keila Haskins did an equally spectacular job.

As for the upbeat music, it was uplifting and it brought the show to life. The music and lyrics were done by Frank Loesser. *Guys and Dolls* also had fabulous choreography. It was smooth and perfectly executed.

The choreography was done by Amanda Kopel. As for the lighting it was spot on, however sound was a little odd.

A humming sound filled the Anna Maria Ciccone Theater upon entering, but it quickly diminished once the curtain went up.

Lighting was done by Jared Saltzman and Sound was done by Steven Schwartz. As for the set, it was amazing. The set was constructed by Production Designer and Technical Coordinator, Thomas O'Neill.

To make Opening Night even better, the costumes exuded a nice



(From left) Keila Haskins, of Fort Lee, as Adelaide; Kevin Bergen, of Glen Rock, as Nathan Detroit; Kristina Craig, of River Edge, as Sarah Brown; and Matthew Rella, of Glen Rock, as Sky Masterson. // Larry Hlavenka

1950's look. There were few period pieces, but not too many.

The costumes were done by Marie Natali and the props that went

along them were provided by Props Coordinator, Ashley Waldron.

Overall, Opening Night was incredible. The cast and crew put on

a fabulous show that left the audience laughing and questioning what will happen next the entire night.

Broadway Bootlegs: Beneficial or Baleful?

DERRIAN DOUGLAS
NEWS EDITOR

Broadway show bootlegging is a hot topic for devout musical theatre fans and is arguably the most dividing issue that this tight-knit community faces.

Illegally filming Broadway shows and posting the recorded videos and audio online is completely sacrilegious in theatre and is forbidden by law, but can it still be seen as beneficial?

Preceding all productions, an audio announcement warning the audience that the "taking of photographs and use of recording devices" is forbidden by law is played through the speakers. That is the audience's one and only warning but the ushers and security guards at the theatre are always on the lookout.

Many theatregoers have been asked to delete their footage or leave the theater, and many actors onstage have made their distaste of the illegal photo-taking and recording of their show known. But who is the hero in this situation? Is there one?

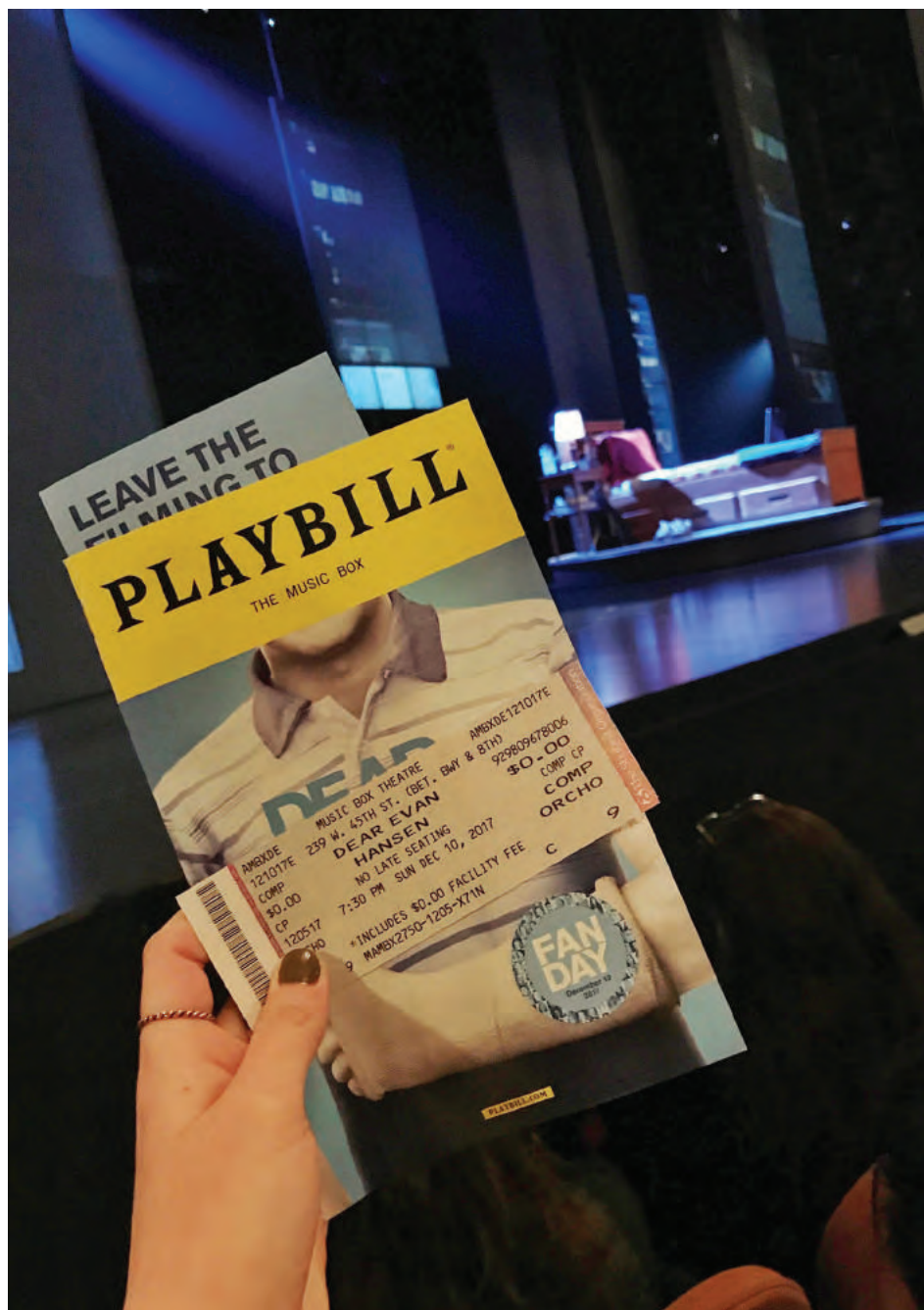
Supporters argue that Broadway bootlegs benefit fans outside the east coast, especially those living internationally, as the chances are slim that they will ever get to see the show.

Opposers may say that it is common for Broadway shows to tour during or after their Broadway runs, but even then, some of the touring shows are too far for some fans to get to.

Another problem is that these touring shows often sell out quickly. International fans are especially affected because only the most popular Broadway shows like *Dear Evan Hansen* and *Hamilton* make it across the pond.

For fans from the United States who are living internationally, bootlegs are a way for them to see the show they would have only ever heard the soundtrack of.

Even if geographical inaccessibility wasn't the problem, fans argue that



The *Dear Evan Hansen* playbill features an insert asking the audience not to record the show. // Derrian Douglas

the prices of tickets are astronomical. Shocking to most people, the writers and actors have no control over how much the tickets are.

Lin Manuel Miranda didn't intentionally price *Hamilton* tickets at \$750. The massive difference in pricing from preview shows to a regular Broadway run is due to online bots crowding ticketing sites when new ticket blocks are released.

Certain companies create these bots to buy up the best seats in the house, and then charge hundreds more than they bought the tickets for.

So, a show that would normally be \$35-\$70 in previews, could end up being over \$800 during its normal Broadway run all thanks to corporate greed.

The argument though, is that these bootlegs come at the cost of the large community of people who run the show, including the actors. Lin Manuel Miranda, writer of *Hamilton: The American Musical* and original Alexander Hamilton, famously tweeted, "You worked too hard to get those tix. I worked too hard to finish this show. So when I see your phone instead of your face...it's gutting. It sucks. I block you out. I'm sorry. Too many people are working too hard. You forfeit."

Multiple *Dear Evan Hansen* actors have also voiced their distaste of illegal recordings of the show. Although, Ben Platt, the original Evan Hansen, treats himself to a *Wicked* bootleg every so often.

The illegal recording of these shows infringe on the rights of the actors and creative team, and they are extremely distracting to both the actors and the audience.

It's a slap in the face to all the people who work in the theatre industry that Broadway lovers are not seeing the show how it is meant to be seen, therefore completely disrespecting the beautiful nuances of theatre.

Doomsday Clock

ROBERT C. MCDERMOTT
AD MANAGER

As insanity and chaos echoes in the core of Earth's civilization, the Doomsday Clock ticks closer to midnight.

The Doomsday Clock, or Clock as it is often referred to, is a hypothetical ticking clock that tracks humanity's demise. When the clock reaches midnight, it doesn't really mean the world will end, it is more of a symbolic instrument to demonstrate our morality.

The Clock was created by The Bulletin of the Atomic Scientists in 1947, after World War II (which is not a coincidence). It is based on certain factors, including technology, nuclear tension and global warming.

The clock's hand was set to seven minutes before midnight by Martyl Langsdorf, an artist who placed the minute hand at seven because it seemed right. She was married to a well known physicist, Alexander Langsdorf who also worked on the Manhattan Project.

The first time the hand moved was in 1947, when Soviet Russia tested an atomic bomb. The hand moved even closer when it reached two minutes to midnight in 1953 when the United States and the Soviet Union both tested thermonuclear weapons within one year of each other.

If this is not concerning enough, in 2018 the hand was moved into the same position, two minutes before midnight. This is mostly due to the disturbing acts of 2017, in which dangerous language was at its highest.

Most of the the hatred and rhetoric



// Wikimedia Commons

was based on the outcome of the 2016 American Presidential election, in which Donald Trump and Hillary Clinton supporters were constantly at each other's throats.

2017 was also a bad year for

Earth's environment, and it has been getting even worse. Donald Trump and his administration's withdrawal from the Paris Agreement caused a spark of outrage throughout the world.

America is one of the most

influential countries in the world that should be setting an example for how planet Earth should be treated.

Of course, America has done the opposite by emitting harmful carbon dioxide into the atmosphere, speeding up the natural process of global warming.

Another important factor that is affecting The Doomsday Clock is emerging technology. This might have people scratching their heads, causing them to wonder how something so useful could be so harmful to society.

With greater technology comes greater responsibility, but the use of hacking and manipulating in elections, media and controversial issues can encourage any person to believe an outcome that had been staged.

This is ultimately causing distrust in media and politicians due to the spread of disinformation.

An obvious action that led to the ticking of the clock was Donald Trump's dangerous rhetoric aimed at North Korea.

Planet Earth is nearing midnight, the point where we have completely screwed up and destroyed our beloved planet. There is no way to know if we would be able to recover if we ever reach midnight, but we are not at that point yet.

There is still a chance, and when there is still hope, humans will come together to make the world a better place.

Preventing this hypothetical clock from reaching midnight is not our goal, it is our obligation. The clock is ticking.

Diversity Treated as a Trend at NYFW 2018

KATY TEMPLE
STAFF WRITER

The fashion industry always faces criticism for lack of diversity and promotion of unrealistic beauty standards in America, and now more than ever designers and casting agencies alike are under fire for refusing to change.

The root of this conformity buries itself in Fashion Week, not just locally, but across every major fashion capital.

While New York Fashion Week sets the tone for those that follow, a recent diversity study found that NYFW Fall 2018 dropped the ball on casting plus size models. 30 plus size models were casted this fall, eight less than fall of 2017.

The tricky part is, the lack of plus size models isn't being broadcasted as well as it probably should be, since most major fashion media outlets are highlighting the increased number of racially diverse shows, as well as the increase in casting of trans and nonbinary models.

In The Fashion Spot's analysis of 242 shows and 7,608 model appearances in New York, London, Milan and Paris, it was found that 32.5 percent were models of color. This is a 2.3 percent increase from Spring of 2018.

64 trans and nonbinary models walked across 52 shows- another increase in comparison to Spring of 2018.

Trans and nonbinary models having more presence in the industry is amazing, but the fact still remains that more than half of the models we see sauntering down runways are white women who can fit into a 00 dress.

This isn't to say that skinny white women shouldn't be represented, but why is it that the majority of the models we see are not representative of the majority population in America?

Why is it that we can have an increase in racial diversity or an

increase in size diversity? It's almost as if designers and casting agencies are treating diversity as a trend.

Last year, body positivity and size diverse campaigns were abundant, therefore the casting of plus size models increased. This year was huge for LGBT rights, and now we have an increase of trans and nonbinary

models.

Inclusivity and representation is not a trend, and shouldn't be treated as such. One group deemed a minority by the industry should not be granted more exposure at the expense of another. Size, racial and identity diversity are never going out of style.

People are not fringed hems or

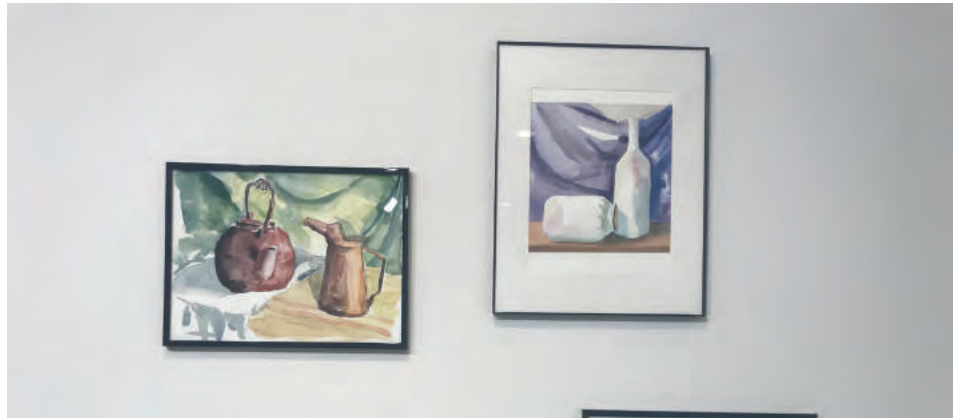
pastel florals that can be thrown away once a season passes, they are individuals that represent hundreds of thousands, or even millions of people that can relate to them.

Those people deserve to be represented just as much as the skinny white girl standing next to them.



// pixabay.com

Student Art at Bergen



A snippet of various works in "Student Art at Bergen." // Edriel Fimbres

EDRIEL FIMBRES
PHOTO EDITOR

An opening reception, snacks and art of all types featured into one gallery, what more could you really ask for?

On April 12, Gallery Bergen opened up a showcase of many student's work here at Bergen Community College known as Student Art at Bergen.

Student Art at Bergen's opening reception gathered not only students currently enrolled in Bergen Community College, but prospective

students and visitors all alike as well.

The two-hour event bustled with many onlookers and brought together a crowd of those who appreciate all arts.

Now while the snacks aren't present anymore since the reception has passed, Gallery Bergen is still definitely the place one should check out. It will be showcasing all the wondrous masterpieces made by BCC students until May 41 in West Hall on the third floor.

Unlike the student art featured in the hallways of West Hall, all the art present in the gallery were submitted by the own will of students who wished to show off their pieces, whether it be from classwork or personal work. The exposure creates opportunities to introduce all the artforms and artists to new audiences.

This annual event is organized and presented by the Art Club here at BCC, under the authority of Professor Claire McConaughy, and showcases

various types of mediums.

This includes paintings, drawings, calligraphy, sculptures, photography, collages, digital art, animations, video and fashion.

You'll find yourself inspired by what those around you have achieved in talent and skill, and perhaps even submitting your own works in the next annual event.



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The New and Improved L.A. Rams

KARISSA ROSEN
CONTRIBUTING WRITER

The new and improved Los Angeles Rams are coming in hot and giving it their all for this upcoming football season of 2018.

There have been many changes to this old St. Louis team within the last few years and every year they're one step closer to those blinged out Super Bowl rings.

Moving from St. Louis, Missouri to Los Angeles, California seemed to be just what the doctor ordered for the Rams.

Firing almost all of the Rams staff and receiving fresh minds as the youngest coach in NFL history, Sean McVay was just one giant step to a better football future for this west coast team.

The firing of some players has led to the hiring of some top names in America's football world. Ndamukong Suh is one of the most exciting hires for the Rams and their countless fans. Suh started playing football in high school and fell in love with the game.

Suh is thirty-one-year-old, from Portland, Oregon and personally choose to play for the Rams despite other offers from a handful of other NFL teams.

Aaron Donald, the 2017 defensive player of the year will play ball alongside Suh as they fight to the top of the NFL chain, the iconic Super Bowl.

If you're a football fanatic you have to admit, the golden state NFL team, the L.A. Rams are looking nice. If you're not a fan of the Rams, then you must have some doubt in your mind against your own team facing off with them.

Tyler Sweeney, a twenty-three-year-old ultimate fan of the Rams for thirteen years now has much to say about the new and improved team.

Sweeney said, "I am very happy with the new Rams players acquired

this season. Marcus Peters, Aqib Talib, Ndamukong Suh and Brandin Cooks are all special talents. Each of these new Rams players have plenty of high-level years left to give. With that being said, the Rams will be set up nicely for years to come with these new pieces in our game of football."

Although the move from St. Louis to Los Angeles seems to be going fairly

well Sweeney explains, "St. Louis is where the fans are more die hard. The Rams won their only Super Bowl in franchise history in St. Louis and were loved by everyone in the city."

The L.A. Rams started off in California before making their move to St. Louis so the come back sparked an enormous amount of positive football gossip. They're going all this season.

Not only are Rams fans excited to see their new and improved team play but the rest of the football nation is as well.

"Stick with your own team no matter how bad they may be struggling. Everything gets straightened out eventually and the success will be super rewarding," said Sweeney.



// Wikimedia Commons

Trans Wrestler Raises Ethical Questions

JELSON MONTERO
STAFF WRITER

Being able to compete at the highest level is an athletes dream. Many high school students sacrifice social life and push their physical and mental abilities in order to receive a scholarship in the sport they compete in.

Mack Beggs is a perfect example of a high school athlete working hard to complete his goals.

Beggs is an 18-year-old boy, who attends Euless Trinity High School, just outside of Dallas. Beggs competes for the school's wrestling team and has dominated the competition for the last two years.

He's posted a record of 56-0 last season and 32-0 this season.

Beggs however has fallen into some controversy with people from the community over his gender. Mack Beggs is transgender and is transitioning from female to male.

Beggs competes in the 110-pound female division, despite identifying as a male. In his transition, he has taken performance-enhancing drugs in order to enhance his testosterone.

Jim Vertuno of the Associated Press of the Chicago Tribune said, "It was his steroid therapy treatments, while wrestling girls that stirred a fierce debate about competitive fairness and transgender rights last season."

According to the State of Texas, high school athletes are required to compete under the gender that was given at birth on their birth certificate.

For Beggs, this dilemma has raised many question about his state titles and whether he should be allowed to wrestle.

According to Venturo, there was a lawsuit filed last season against the University Interscholastic league in

order to stop Beggs from competing.

Fortunately, the State of Texas does not ban performance-enhancing drugs, if it is medically needed, which is the case for Beggs transition. This has

allowed him to continue wrestling.

Brad Townsend of the Dallas Morning News said that Beggs will look for a wrestling scholarship because he will be able to compete

in the men's division at the collegiate level, if he chooses.

For now, Beggs sets his eyes on defending his state title in the 110-pound girls division.



Beggs was gained attention when he was forced to either compete in the girls division or give up the sport, despite identifying as male and undergoing hormone replacement therapy. // outsports.com

NCAA Corruption

JELSON MONTERO
STAFF WRITER

The NCAA has always had strict rules about universities tampering with incoming students, whether it's bribing recruits in with money or giving out objects such as cars, houses, etc.

According to Yahoo Sports, detailed documents and bank records were obtained during a college basketball investigation, which led them to the discovery of the corrupted scandals where many universities have been tied into.

Over the past month, more than 20 college basketball programs have been identified for violating the NCAA recruitment rules.

Big-name universities such as Duke, North Carolina, Kentucky, Louisville, Kansas and Michigan State, to name a few have been mentioned to be involved.

Players such as Dennis Smith, Markelle Fultz, and Isaiah Whitehead have been documented receiving loans and money from their schools in order

to commit.

There are huge benefits of recruiting the top prospects in the nation. Many of these athletes bring in large amounts of revenue from sponsors to TV deals for the universities year in and year out.

Illegally paying them to commit almost makes it unfair for these smaller schools to have any chance of competing.

Although the universities are illegally distributing money, many people believe student athletes should be compensated for their work.

According to sports.usatoday.com, in 2016 Texas A&M received \$194 million in revenue, Texas received \$187 million and Ohio State received \$170 million in revenue.

With numbers that big, it's no surprise that there's a feeling that students should be compensated because of how much value they give each university.



// Wikimedia Commons

Are Athletes Paying Enough Attention to Head Injuries?



Astro's first base coach, Rich Dauer. // Wikimedia Commons

JELSON MONTERO
STAFF WRITER

Head injuries have constantly occurred during contact sports. Many athletes never feel the immediate effects and never realize that ignoring the hard contact can have long-term effects.

What athletes fail to realize is that all contact to the head can have lingering effects on one's health. Whether it's a hard hit during a sporting event, hitting their head on a door, falling on their head and etc.

Rich Dauer recently coached for the Houston Astros organization this past year. The Astros were crowned champions for the 2017 baseball season and just like in any other sports, the championship team holds a victory parade.

On November 3rd, 2017, Dauer was unable to join his team for the parade because of a brain injury that was caused by a fall the night before.

Charlotte Carroll of Sports Illustrated said, "... the night before the parade, Dauer slipped and hit his

head, but felt fine."

As with many cases, Dauer did not feel the immediate effects of the fall and continued to go on with his day. Later on that day, Dauer would undergo brain surgery, in which he was given a 3 percent chance to survive. Fortunately, Dauer survived but the experience would serve as a learning ground for many people.

As said by ABC News, "... memory loss, headache, nausea, blurred vision, slurred speech and loss of balance does not have to be present and they can range from mild to severe."

Dauer is a perfect example of why athletes should always be cautious about head injuries.

Each body works differently and holds a different amount of pain threshold. Whether an athlete is hit hard during a contact sport or slips on their head in the comfort of their home, there should always be caution with head injuries.

Major League Baseball's First Two-Way Player

STEPHEN MIGNANELLI
STAFF WRITER

Shohei Ohtani is the top prospect in Major League Baseball. Ohtani is 23-years-old and has pitched in Nippon Professional Baseball since 2013.

The thing that makes Ohtani special is that he is the first two-way player in Major League Baseball.

Major league teams have tried the idea before, but not successfully. The last team to try was the San Diego Padres with former catcher Christian Bethancourt.

The former Atlanta Braves top prospect was converted to a relief pitcher during the 2017 season with disastrous results. During his four relief appearances, Bethancourt had an ERA of 14.73 and walked eight batters in those four appearances.

Scouts and most baseball executives believe that Ohtani, unlike Bethancourt will be able to successfully transition to Major League Baseball, as both a hitter and pitcher due to his success as both in Japan's professional league.

Jonathan Mayo, a reporter for MLB.com said, "He's been up to 102 mph and touches triple digits with some regularity. Ohtani throws a nasty splitter and a slider that's just as good."

On December 8, 2017 after much speculation, Ohtani signed with the Los Angeles Angels. After he signed with the Angels, the excitement surrounding Ohtani grew because casual baseball fans knew who he was.

In the baseball community, people got excited because Ohtani would be



Shohei Ohtani when he was playing with the Hokkaido Nippon-Ham Fighters. // Wikimedia Commons

teammates with Mike Trout who is one of the best players in the sport.

This year's spring training was highly anticipated due to Ohtani's arrival. Unfortunately, for the Angels and Ohtani, his spring training has led to some concerns.

Ohtani has only three hits this spring training in 28 at bats leading to a miserable batting average of .107.

His pitching also has led to some concern. Ohtani has pitched in two games, and has given up eight runs. This is only spring training, but some scouts who have seen him live have major concerns.

Scouts have shared their concerns with Yahoo Sports writer Jeff Passan. While most of the scouts' concerns can be overcome, the Angels seem prepared to have Ohtani on the opening day roster.

Scouts told Passan that, "he needs at least 500 plate appearances of seasoning in the minor leagues to give him a chance at becoming a productive major league hitter."

Judging a highly regarded prospect on spring training, statistics is not fair. But he hasn't impressed many major league scouts who have seen him live in spring training.

Despite some scouts' recent scepticism, Ohtani is still a very intriguing player. Ohtani made his major league debut on March 29th against Oakland.

Christina Zaggia, BCC's New Softball Coach

PURNASREE SAHA
SPORTS EDITOR

Christina Zaggia became the new head softball coach for this season at Bergen Community College due to her four years of coaching experience.

Zaggia graduated from Rutgers University with a bachelor's degree in psychology. She enjoyed helping people as much as she could during her whole life. When she got into college, Zaggia found out that she wanted to earn a career in sports.

In high school Zaggia played basketball, volleyball and softball. She also played softball in college and then became part of the Student-Athlete Advisory Committee.

"After speaking with one of my professors, we came to the conclusion that I should be a coach. I began reviewing drills that I had done over the past 18-plus years and started thinking about what I would do as a coach in game situations while playing myself," said Zaggia.

Zaggia also earned the Coaches Award in 2012 and Women of the Year Award in 2014 when she was in college.

As a player Zaggia would always assist teammates whenever they needed it and for one on one help Zaggia would constantly go to her coaches. This is what solidified Zaggia's decision to pursue her career in coaching.

"After working as an assistant for a few years, I decided it was time for me to look at available head coaching positions, which is how I found the opening here at BCC," said Zaggia.

Starting in 2013, Zaggia started her



Coach Christina Zaggia. // bergenccbulldogs.com

coaching career with New Jersey Pride Fastpitch 18U for two years. After that, she was hired as an assistant coach at Dominican College and has remained there for three years.

Zaggia thinks that being a softball coach at BCC is rewarding.

"After spending months of recruiting girls to play, wracking my brain to determine who plays what position and what drills will work best with the girls I have, once the season

started, there was no doubt in my mind that this team was going to have fun. As a coach, when you see a group of girls come together every day for two hours and leave practice laughing, that's one of the best things you can hear," said Zaggia.

Zaggia wants to take whatever she has learned from BCC and use it at another school, but right now she feels happy where she is.

"As a softball coach there are many

talented girls that you could meet. You could make a difference in the players lives, serve as a mentor and watch people have fun," said Zaggia.

There are also some disadvantages that you could face as a softball coach.

"You can't control the weather or the outcome of games, don't always agree with the umpires and have to practice indoors on occasion," said Zaggia. However she is optimistic about the season this year.

BCC Baseball Season Ends Strong



BCC Baseball team. // bergenccbulldogs.com

PURNASREE SAHA
SPORTS EDITOR

Steven Mimms, who has been head coach of Bergen baseball for six years, has new goals for the athletes this season.

"Our goals and philosophies stay the same. Each player is treated differently because we have thirty different players, which means different needs, talents and personalities. We go by E.A.T. (Effort, Attitude, Teamwork). Our goal is to win the region every year," said Mimms.

The team is currently ranked fifth in the country, but the goal is to end as number one.

Every year, the goal is to look back at areas that need improvement from the previous year.

"We wanted to have more depth in all positions because of our long season, improve our team culture and chemistry and make sure we take the time to develop every position to bring a very competitive attitude every day," said Mimms.

Every team is known to be a rival, but at the college level, players always aim for the teams that win the region previously.

Mimms also wants to make sure that the team always has fun. The coaching staff always brings different plans to practice, so the guys are always prepared and ready to win the game.

During spring break, the BCC baseball team traveled to Myrtle Beach, South Carolina and played seven games. Out of the seven games, BCC won six of them. In three of the games, BCC scored more than ten runs.

The first game was against Quinsigamond, where BCC won 13-1. Sophomores Jose Sierra, Joey Mitchell, Dylan Habeeb, Mikal Trice and Alex Sica were able to make home runs and collect hits.

During the second game, which was against Adirondack Community College, BCC won 1-0. Aryed Garcia, who is a freshmen, was able to strike

out 10 batters in seven innings.

Kelvin Cruz was driven home with a double while Mikal Trice had the game winning hit.

In the third game, which was with Montgomery County College, BCC won 6-0. Jonathan Cepeda tripled and Isaiah Acosta doubled during this game.

Jeremie Torres, who is a freshman, was able to throw a complete game shutdown and in seven innings, and he struck out eleven batters.

The fourth game which was against Onondaga Community College, BCC won 12-2. Jonathan Cepeda, Gabriel Tosado and Kelvin Cruz were able to score twice during this game.

During the first inning Gabriel Tosado tripled to lead the team to nine runs and Evan Geisler was able to go deep for his first career collegiate home run.

The fifth game was against Massasoit Community College.

Christian Garcia was able to pitch a complete game shut down by making six strikeouts during five innings.

The sixth game was against Mohawk Valley Community College and the game was closed out by Trey Fracassini with 1.2 inning pitched. Sean Kelly and Martin Lucibello were the two players who played offense and had two hits each.

BCC lost the last game by a score of 8-5 against Adirondack Community College. Overall, the team performed at high standards during their spring break games.

Currently, the Bulldogs are ranked in fourth place in the top ten community colleges and have a record of 11-3. The team has shown many talents over the course of the season and many players have been considered as top player such as Mikal Trice, who was the player of the week on April 1st.



The Torch

SPORTS



BCC Women's Basketball Team Makes It To Final Four

PURNASREE SAHA
SPORTS EDITOR

In March, Bergen Community College's Women's Basketball team made it into the final four. This year, the season was considered a success, the team finished 21-8 in the regular season.

BCC was able to beat the number two team, Brookdale Community College, twice during the regular season.

"This was a major accomplishment since I have never beaten them in my nine years of coaching here," said Tracy Green, coach of the BCC women's basketball team.

In the second round of the 2018 Region XIX Women's Basketball Tournament, BCC was able to defeat Middlesex Community College when the team won by a large margin of 80-52.

This allowed BCC to play in the Region XIX Final Four that began with the semi-final game against Rowan College at Gloucester County.

In the semi-finals of the Region 19 tournament to the number one team, Rowan College at Gloucester, BCC lost.

"Since we only had seven players, it was important to be in good shape. Several of these ladies had to run for the full forty minutes of the game,"



Victoria Lipari // bergencbulldogs.com

said Green.

Cherie Smedile from Saddle Brook was known to be the leading scorer by scoring 21 points per game. She also became the all-time leading scorer at BCC with 1,222 points.

Rose D'Annibale was able to hold the all important position of point guard, dishing out assists and has felt

fearless through the lane. The leading defender of this year's season was Grace D'Annibale.

"We always had Grace play the other team's leading scorer, and she did a great job shutting them down," said Green

The team was also getting trained to reach the final stages of the final

four. Before the tournament games, the team watched a film and then analyzed what type of defense and offense was going to work best against their style of play.

There were a few new plays that were created and the team worked on different defenses.

"I did not schedule more practices because the gym had to be shared with softball, men's basketball and wrestling," said Green.

This season, five of the seven players in the team were sophomores, so it is considered that next year's team will look different. Anira Calamia and Allison Bryan were known to be the two solid freshmen on the team.

"I am looking forward to recruit some new players for next year to fill out the roster," said Green.

The regular season record was 21-9, and BCC completed 22-9 overall.

"This is the best record I have had in my nine seasons of coaching at Bergen," said Green.

Coach Green is also going to miss the young ladies who are leaving this season because she has spent five months and six days a week together.

"This was a special group, which included my twin nieces, Grace and Rose D'Annibale," said Green.

BCC Track Students Making it to Nationals

PURNASREE SAHA
SPORTS EDITOR

This spring semester, there were many Bergen Community College track students who qualified for the nationals and participate in the Ramapo Invitational.

At the beginning of the season, many of the distance runners had the most potential.

"I saw that because the runners just came off of cross country and did very well there," said Erika Czujko, track coach of BCC.

Due to the weather, it was difficult for Coach Czujko to see potential for the other athletes. The athletes and the coach did not go outside until the first week of March, which was before their first meet.

"Everyone has potential, you just have to work to find out what event fits them the best," said Czujko.

At each meet during this season, almost everyone has improved their times, distances, and height from the first meet to the third meet. Czujko did not want to pick out a top runner in the team because even though track is a team sport, there is more emphasis on individual improvement in the sport.

People also seem to forget that track is not just about running, there are also other events involved.

The BCC track team was known to be a respectful team since they didn't put other teams down and Czujko always saw that her athletes were trying to help other teams with little things.

"We also make do with what we have unlike other schools that have a full program, we are still trying to build ours. So as long as we don't come in last and my athletes push themselves,



Allison Bryan. // bergencbulldogs.com

we can give our rivals a good 'run, throw or jump' for their money," said Czujko.

Czujko did not set any goals for the athletes to make it to the nationals; the athletes set their goals themselves.

The assistant coach and Coach

Czujko were there to help the team achieve and it was their job to push the team to a higher goal.

"If they make it to nationals, that's a plus for us and if they don't there is no shame; they pushed themselves and completed personal goals," said

Czujko.

The expectations that Czujko wanted to have toward the nationals was to have at least one or two All Americans, for the Women's team to place in the top five that included three girls who were qualifying so far. The decathletes were also included in the top five. The Men's track team was placed in the Top 10.

During the running events, the top runner was Justine Conca for multi-distance events. Conca had a score of 5000 and was in the Steeplechase.

Thrower, Elizabeth Vargas and Jamie Cooper were both in the Javelin, and Jumper, Allison Bryan was in multi jumping events.

Bryan was known to be talented in Triple Jumps. Also, Roland Gamez and Kacper Wrobel were in the Decathlon. Gamez was qualified for High Jumps and Long Jumps.

There were about two more meets that were left and five people were seconds and inches away from qualifying in their events.

Czujko loved coming to the track and seeing the athletes that want to be there and better themselves. She wanted them to have an amazing time at BCC, like Czujko did when she was there.

"I can help the athletes get into a four year school because they did have fun at Bergen and I did my job as a coach. They also know they can always come back and see me and help give tips to athletes of that season. GO BERGEN BULLDOGS!" said Czujko.

JOIN THE TORCH

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