

“Truth, No Matter
The Cost”

The Torch

BERGEN COMMUNITY COLLEGE STUDENT NEWSPAPER
IGNITING STUDENTS TO MAKE A DIFFERENCE



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NJ Legislation Cuts Bergen's Degree Requirements to 60 Credits Per Degree

OWEN McCLOSKEY
EDITOR-IN-CHIEF
&
CHRISTOPHER GAGLIARDI
STAFF WRITER

NJ Senate Bill No. 1265 was introduced on January 21st, 2018. The bill, passed by NJ legislators, will require all NJ four-year schools to only require 120 credits for a bachelor's degree, and 60 credits at all community colleges for baccalaureate degrees.

Now, this may not seem like a huge subtraction from the 64 to 66 credit associate degree programs that Bergen previously offered, but this will have enormous ramifications – however, not all of these changes will be negative.

President Michael Redmond stated in an interview earlier last month, “Our degrees here are 64 to 66 credits, and that’s sort of a historical legacy. We are now working with our faculty to reduce our degree programs down to 60 credits. And it’s not that we’ll reduce those four to six credits, it’s just that our students will take those four to six credits not here, but at a four-year school.”

“Usually, a four-year school will only take your best 60 credits, so you’re usually losing that four to six,” Redmond continued. “This has been sort of a tough thing for us to come to grips with... but we have major initiatives in doing that right now, and we

have until the end of the year.”

However, Bergen’s faculty is up to the difficult task, despite some skepticism. Dean of Humanities Adam Goodell said that it’s a little too early to tell whether or not the 60-credit baccalaureate programs will be fruitful or simply ineffective.

“The thinking is naturally out of interest for the students financially,” Goodell said. “Students won’t have to spend financial aid dollars on extra credits, they want to keep it nice and neat with 60 credits.”

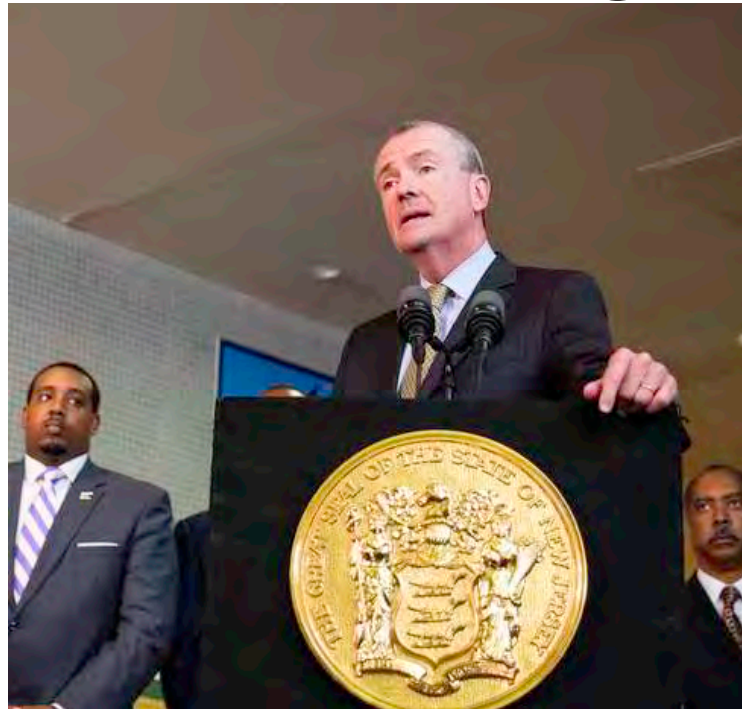
Goodell understands the intentions of NJ S1265, but he thinks that the implementation will require some elective courses to be cut from the curriculum.

“The more we cut away to get things to 60, the harder it is for students to carry over things they may have taken early on out of exploration or interest.”

Goodell also fears that it will make it harder for students to make mistakes, for example, taking a class that a student didn’t know wasn’t a part of their major. In addition, Goodell said that the curriculum will be finalized in April of 2019.

Professor Michael Martinez, a faculty member at Bergen, is concerned that the new, streamlined system will catch the ire of teachers who want a wider variety of options for students.

“We have to redesign the curriculum to each degree to make sure that they comply



// flickr.com

with the four-year universities,” he said.

President Redmond said that the school has to reduce Bergen’s nearly 146 programs by at least four to six credits, effectively cutting some classes from the Bergen curriculum.

However, although some faculty are skeptical, the majority seem to think that this is a good thing.

Dr. P.J. Ricatto, Dean of Math, Science, and Technology is one of those people, saying, “I think it’s a good thing for the students.”

Ricatto agrees with Redmond’s opinion that BCC should offer degree programs that are proportionate with the

120-credit degree programs that four-year schools offer.

After asking Ricatto if he thinks that the BCC curriculum will offer less elective courses and leeway in a student’s education, he stated that he doesn’t agree with that sentiment.

“The president went out of his way to require that all programs have six free electives. [Currently], they have three or less,” Ricatto said.

It is unclear whether or not this new bill will help students financially as intended, or instead make it harder for Bergen students to figure out what the right major is for them.

Featured Articles:

*Free Tuition
Initiative*



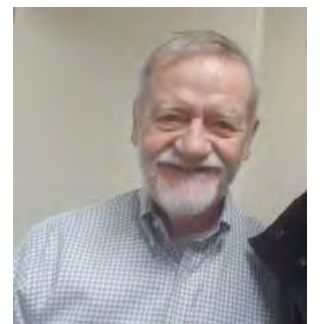
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EEG Study



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*Farewell to Lew
Wheaton*



Page 7

Are Plastic Straws Really the Problem?

JENNIFER PARK
CONTRIBUTING WRITER

The plastic straw ban, which has now been passed in multiple coastal cities, is being considered by other cities, states, and even nations. The ban seems noncontroversial and necessary at first glance. Plastic waste is a massive and pressing issue, and eliminating plastic straws seems like a natural and effective choice to make. However, the plastic straw ban is neither.

Plastic straws are everywhere. We use 500 million plastic straws per day and approximately 8.3 billion straws are littered across global coastlines. These numbers sound bad, but in the larger problem of plastic waste, the impact of plastic straws is miniscule. Plastic straws only comprise 0.03 percent of the 8 million metric tons of plastics estimated to enter oceans this year.

Then if all the plastic straws of the world amount to so little. Where is all this waste coming from and why do we care about



//publicdomainpictures.net

this specific waste so much? A good portion of the plastic in the ocean is poorly handled consumer waste. However, even more of it is irresponsibly dumped corporate byproducts.

One visual analysis of the trash vortex, colloquially known as the Great Pacific Garbage Patch, estimates that 47 percent of the waste in the patch is comprised of abandoned commercial fishing equipment.

As for why we care about plastic straws, images and videos of the direct impact

of plastic waste on marine life regularly goes viral. One specific video of some good Samaritans removing a plastic straw from a sea turtle’s nose has been viewed over 33 million times. It’s much easier to galvanize the public by using emotional images of an animal in pain than by impressing the looming deadline of irreversible environmental degradation.

We act as if the solution for this large systemic issue lies in individual consumer choice. Frankly, it doesn’t. how many

times have you been told to reduce your personal carbon footprint while most of the world’s carbon emissions come from 90 companies?

The plastic straw ban is just another result of this ineffective way of thinking. In an effort to reduce plastic waste, governments are spending time criminalizing a small behavior that disproportionately impacts disabled people.

Climate change and environmental degradation are real and pressing problems that cannot be solved by even the most moral and stringent personal choices. The time scale of these problems is simply not long enough. Real impactful activism is rarely trendy and rarely simple.

Look outside of yourself as to who you can impact. You and your friends are not the only ones who need to be held to a standard. Individual consumer choices ultimately impact the behavior of large corporations, but direct campaigns are far more likely to affect change quickly.

Academic Schedule: Winter

12-25 ~1-1 College Closed

1-02 Winter Term Begins

1-10 Bulldog Welcome Day

1-12 Winter Term Ends Spring Term Begins

1-17 College Closed Martin Luther King Day

NEWS

The 5th Ally Coalition Talent Show

ASHLEY SMITH
ONLINE EDITOR

On Dec. 5 at Town Hall New York, NY the Ally Coalition had their 5th annual talent show. The Ally Coalition is an organization that takes action for LGBTQ equality. Through tours, special events, and online campaigns, they highlight systematic inequality, organizations supporting LGTBQ youth, and opportunities for fans to engage.

The Ally Coalition, was found by the Bleachers frontman/producer-to-the-stars Jack Antonoff and his sister Rachel, is a not-for-profit organization.

The annual benefit concert, held at New York's historic Town Hall, artists use the show as an opportunity to premiere new material, play covers and collaborate. Throughout the evening, Antonoff acts as host, performer and occasionally as accompanist, repeatedly thanking the crowd for their support this year's event raised \$200,000, and making sure they get their money's worth in the form of unique performances.

The evening began with a song and some chatter from Antonoff, who then ceded the stage to Dost. He was followed by Rostam, who opened with a song from Van Morrison's classic "Astral Weeks" before breaking into two of his own numbers, accompanied by a cellist.

This year's show was shorter but the talent show treated the audience with four new songs from Lana Del Rey, great performances from Regina Spektor and Mitski along with Rostam and Fun's Andrew Dost, and, oh, and a surprise appearance from Taylor Swift at the end of Hayley Kiyoko's set.

Spektor was up next, leading with "Ballad of a Politician," which she introduced with a series of sarcastic cracks about the benevolence of today's government leaders.

Next up was Mitski, demure in a white shirt, black skirt and heels, who played a song from her latest album "Be the Cowboy" which fans found her wailing into the microphone playing her detuned acoustic guitar.

After Kiyoko and Swift, Antonoff took the stage saying, "I'd like to thank Taylor for opening for us then proceeded to introduce Lana Del Rey, who came onstage wearing high black boots tucked into jeans and a black sweater. She said "Me and Jack are almost done with my new album," which he is co-producing and she has said will be called "Norman F—ing Rockwell."

He accompanied her on piano for slightly uncertain renditions of the two songs from the album to be released so far, "How to Disappear" and "Venice B**ch." Antonoff then picked up an acoustic guitar as she said, "Jack and I wrote a couple of country songs just

// brooklynvegan.com

for fun, so we thought we'd play them. Del Rey's sweet lyrics and breathy melodies suit the traditional country format well: The first song, possibly called "Making Me Blue," features a soaring chorus that leads Del Rey to the top of her range. The second new faux country song was called "I must

be stupid for feeling so happy" which had more of a strong hook.

Antonoff then finished off the night with the Bleachers hit "I Wanna Get Better," thanking the crowd and all of the performers profusely as the crowd shouted along.

BCC Offers Free Tuition

LESHAY JONES
COEDITOR

Bergen Community College was chosen, along with 12 other community colleges in New Jersey to offer a tuition and fee free education for students. On September 27, Governor Phil Murphy announced the Community College Opportunity Grant, giving select community colleges \$20 million for the spring 2019 semester.

In order to be eligible for the Grant, students must have an annual household income of \$45,000 or less and must be enrolled in six or more credits in the spring semester. They must also live in Bergen County or currently be enrolled in an approved out-of-county program.

If student have already completed their financial application for the fall 2018 semester, they are automatically considered. New students must apply to the college and complete their financial aid application.

Since this is only a pilot program, students will only receive the free tuition for the spring 2019 semester. If a student qualifies, they will receive an award letter that includes all state award amounts according to their program name.

The grant covers just about all of the costs besides non-educational fees such as books, uniforms, supplies, fines etc.

The grant also covers Dreamers if they have attended a New Jersey high school for at least three years, graduated from a New Jersey or received the equivalent of a diploma and if they are able to file an affidavit that states that

// Bergen Community College CCOG

they will file an application to legalize their immigration status. Male students must also register for Selective Service.

Many people believe that this is a great opportunity for students and gives them a better opportunity to seek higher education. Dr. Michael Redmond has said, that "With this program, Gov. Murphy has sent a clear message that community colleges remain integral to the education and workforce development priorities in our state".

If this pilot program goes well, it will open up the door for thousands of students across the state to seek higher education.

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FREE WITH ANY FURTHER
QUESTIONS

OPINIONS

BCC Got My Life Back on Track

OWEN MCCLOSKEY
EDITOR IN CHIEF

When I first enrolled at Bergen, I didn't know what I was going into. I had just left Belmont University in Nashville, Tennessee, deciding to give up the journey toward one of the most lucrative majors available – songwriting.

At that four-year school, I had a lot of trouble understanding the concepts of studying for tests, doing homework or getting help from the teachers. I was a stupid kid, and I focused more on partying and making music than working on academics.

I was kind of overwhelmed with the sudden burden of responsibility and I fell into a rough crowd of people. Despite meeting a couple of really great people, I mostly hung around kids who didn't want to work toward their future.

However, after I was suspended and returned home (following the worst car ride of my life with my father and grandfather from Tennessee to New Jersey), I spent a lot of time working at various restaurant and grocery store jobs. I'm almost certain that the hours of slipping on soup and executing lobsters in a grimy Stop and Shop seafood oven taught me some humility, because before, I had really never known how to work hard.

Despite finding a little modesty in work, I was still hesitant about going to Bergen. I thought that I would go to a four-year school again, and not have to get an associate's degree.

Bergen was stigmatized where I grew up. People in my town were usually well-off, and could afford to send their kids to a four-year school. Because of this, a lot of people in my town looked down on Bergen and other community colleges.

My neighbors were some spoiled, ignorant people. And honestly, so was I. But eventually, I enrolled at Bergen



// *Edriel Fimbres*

Community College after a persistent push from my parents.

My first few weeks sort of surprised me. My professors were usually very competent and smart people who had years of experience in their fields. The professors at the \$40,000-per-semester four-year school that I had previously attended were usually incompetent adjuncts who had no care for any of the students in their classes. I had many professors who didn't even have office hours.

When I was at Bergen, I could understand the classes. I had actual verbal relationships with the professors. Most importantly, I was doing pretty

well. Since then, I've realized – I'm getting to pay a fraction of the price for two years of my college experience. My teachers were equal to or better than the ones at the four-year school I attended, and getting my bachelor's degree will be much cheaper.

Bergen isn't a place to be stigmatized. It's a jumping-off point that can help students who may not have the means to pay for an entire four-year school degree. Honestly, I'm happy I attended Bergen in the first place. I'm going to be attending Pace University in January, and I have Bergen to thank for that.

The Death of Creativity in Cinema

PATRICK CAO
STAFF WRITER

Hollywood is running out of ideas, and nothing makes it more obvious with the release of this constant feed of remakes and reboots.

Nothing made me come to this conclusion faster than when my friend and I saw Illumination's take on *The Grinch*. As I left the theater that day, I realized that what I watched wasn't even a film, but just a soulless product without an ounce of originality. Why did this product even need to exist? It was almost palpable in how the writers were really stretching it with characters like Cindy-Lou and her mom having their own character arcs. Honestly, I don't blame them, considering the original material was only half an hour long.

But why are these remakes happening? When I look up the upcoming films, all I see is *Toy Story 4*, *Frozen 2*, and a barrage of live-action films about previous Disney properties. It's not just these children's films either; we also have *Son of Shaft*, *Zombieland 2*, *Kingsman 3*, and now there is word of another *Terminator* reboot.

The worst part about these films also is that they make so much money in the box offices and as long as they rake in their revenue, there is going to be a continuous cycle of mediocrity.

Thankfully, the independent film



// *masterfile.com*

industry is a haven for originality and talent. Granted not every indie-film is a masterpiece, but there is a decent amount that should be appreciated. Films such as *Under the Skin*, *Happiness*, and *Mary and Max* are oozing with artistic integrity. But sadly, these films did not do well in the box office despite having excellent performances by well-known actors such as Philip Seymour Hoffman and Scarlett Johansson.

Mind you, the only reason I know

about these films is that I listen to this podcast that gives attention and criticism to films, both indie, and commercial, called *Sardonicast*, which I would highly recommend to film buffs or casual podcast listeners.

But seriously, it's so depressing that the only reason I've heard of these films is because of this podcast. I truly wish these indie films got the attention they deserve since it breaks the mold for the soulless cash-grabs that saturate the industry.

The Torch

THE TORCH, a member of the Associated Collegiate Press and the College Media Association, is the official student newspaper of Bergen Community College. The purpose of THE TORCH is to report on the events at BCC and the local community, and to offer the BCC community a forum for expression. The opinions expressed in THE TORCH are not necessarily those of THE TORCH. All the materials submitted to THE TORCH become property of THE TORCH.

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

EDITORIAL AND OPINION PIECES

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

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The Hallmark Christmas Curse

ALLY MACCONCHIE
CONTRIBUTING WRITER

It's a tale as old as cable: you're flipping through the channels, hot cocoa in one hand and the remote in the other. Then, you stumble upon it: the Hallmark Channel, playing nothing but reruns from their seemingly endless catalogue of vapid Christmas movies.

They're all basically the same with fake snow, fingerless gloves, pom pom hats and a holiday illusion that's easier to crack than the plastic icicles decorating the set. The snow doesn't melt, but the directors hope your heart will with every cheesy scene.

They all basically start out the same: our protagonist, typically a woman with blinding white teeth, has lost her holiday spirit and grown disaffected with the gift-giving holidays. She's dragged along by her friends or parents to a Christmassy event- tree cutting, ice sculpting, skiing or a holiday party. It's there that she meets him, her Christmas miracle.

She refuses to lean into her feelings at first, but after a few subplots, minor confrontation and some lengthy persuasion, they go out and her holiday spirit is restored. They stand together at some kind of miscellaneous holiday celebration, the picture-perfect airbrushed pair. She now knows the true meaning of Christmas.

Cut to a pan of the party, or an aerial shot zooming out if they're outside. The screen fades as Christmas music plays and snowflakes fall over the ending credits.

The appeal to the films is suspending your disbeliefs and living



Christmas at Pemberly Manor// hallmarkchannel.com

in a winter wonderland decorated with fairy lights and ice sculptures. However, the movies are just a gingerbread house. Sure, they seem visually appealing at first glance, but look too closely and you start to see the flaws. Underneath the frosting and gumdrops lies the bland, cookie-cutter base that nobody actually wants to eat.

Besides being bland, these Hallmark films are hypocritical. For an hour and a half, you're looking

into a picture-perfect snow globe, where nothing can go wrong. The films remind you of what Christmas should be, but the advertisements that play every 20 minutes snap you back to the cold, consumerist reality that Christmas has become.

They preach the message that Christmas is about interpersonal relationships, not commodities, yet the ads seem to say the opposite. Between movie messages of the importance of

family and friends lie advertisements painting the holiday as a commercialist celebration of spending.

If you want a Christmas movie that actually tells a story, there are a multitude of different options: *Miracle on 34th Street*, *March of the Wooden Soldiers*, even *The Grinch* or *The Santa Clause*. Watch something original, not just a by-the-book, plotless movie because it's on television.

IPCC Reports Imminent Consequences for Climbing Temperatures

CHRISTOPHER GAGLIARDI
STAFF WRITER

In early December of this year, California saw the largest and most deadly fire to date. What started as a camp fire spread to be the deadliest wildfire in the United States since the Cloquet fire in 1918.

This was the sixth deadliest U.S. wildfire overall, claiming the lives of 86 individuals and injuring over 12 civilians and 5 firefighters, which totaled over \$7.5-\$10 billion in damages.

Only two months earlier, Hurricane Michael, the third-most intense Atlantic hurricane, made landfall in the United States. It was the strongest storm in terms of maximum sustained wind speed to strike the United States, claiming the lives of 60 individuals and causing \$15 billion in damages. This is another sign pointing out what many people choose not to believe- that climate change absolutely exists.

The Intergovernmental Panel of Climate Change (IPCC), a panel made up of scientists convened by the United Nations, recently released a landmark report stating that we have less than 22 years to turn it around or the climate change will be irreversible.

The report predicted a world of worsening food shortages, wildfires, and a massive die-off of coral reefs by 2040 - a period that is within the lifetime of the global population.

"We were not aware of this just a few years ago," says Bill Hare, author of previous IPCC reports and physicist with the non-profit organization, Climate Analytics. Hare adds that this is "quite a shock and quite concerning."

The report also states that if the greenhouse admissions continue at



FEMA captures images of fires blazing in Northern California// wikimedia commons

their current rates, the atmosphere could warm up as much as 2.7 degrees above the pre-industrial levels. This rise in temperature will result in more ice caps melting, intensifying droughts, and worse inundating coastlines specifically in New York, Miami, Bangladesh, and the Philippines.

Based on the information that was obtained by this report, damage caused by climate change would cost as much as \$54 trillion dollars. Despite the report, there are still many skeptics. If this trend continues and the world continues to warm by 3.6 degrees damages would grow to \$69 trillion

dollars. The report also details the economic damage United States would suffer and that would be 1.2 percent of the gross domestic product for every 1.8 degrees of warming.

But it's not all doom and gloom, there may be a way to stop climate change. Heavy taxes on carbon dioxide emissions (perhaps as high as \$27,000 per ton) by 2100 - would contribute to the slowing down of rising temperatures.

But in order for climate change and global warming to be stopped, greenhouse pollution must be reduced by 45 percent (in relation to the levels

reported in 2010) by 2030 and 100 percent by 2050. The authors of the report suggested that the use of coal as an electricity source would have to drop from the 40 percent it is today to between 1 and 7 percent by 2050.

Climate change is not only hazardous to our health, but also extremely hazardous to our planet. We have a choice to make, either do nothing or fight to save the one planet that we call home. The power is in your hands.

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FEATURES

PTK Conducts EEG Study in Hopes of Publication

MICHELLE CONEO

CONTRIBUTING WRITER

At the beginning of every academic year, members of Phi Theta Kappa (PTK) chapters across the country develop and conduct research programs as part of their PTK experience.

PTK is the largest and most prestigious honors society for two-year colleges. In order for each chapter to obtain or maintain their five-star accreditation, each chapter is expected to complete two projects a year.

One project is meant to tackle on campus issues, appropriately named the College Project.

The other being Honors in Action, designed to assess an issue in the region, conduct research on the causes and attempt to find a solution.

This year, BCC's Alpha Epsilon Phi chapter is researching the electrical activity in the brain when experiencing mental pressure and the effects that therapeutic auditory stimulus has on stressed individuals.

The electroencephalogram (EEG) experiment is a research-based project organized and executed by at least 15

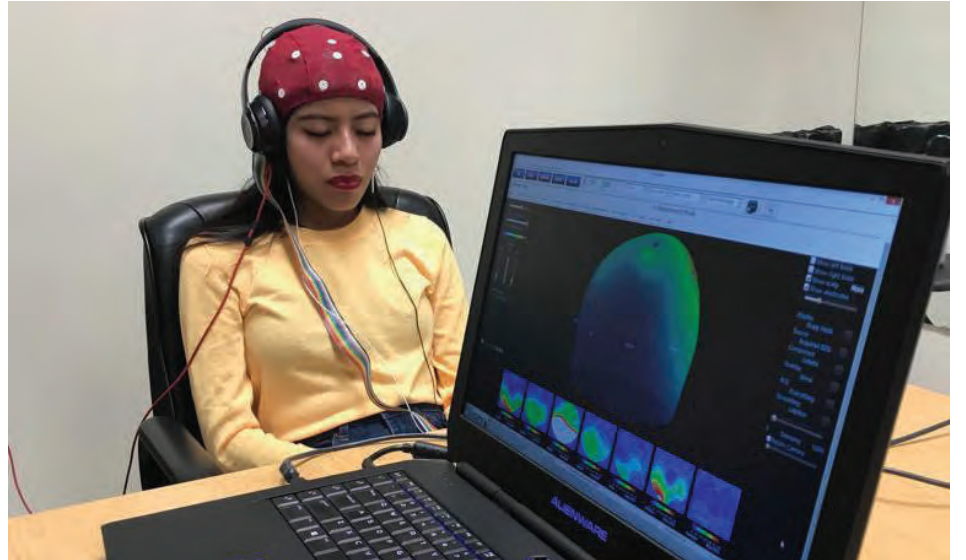
members of PTK. This study's objective is to test the effects of sound therapy in students experiencing anxiety or stress. In order to test those effects, the team will be using therapeutic music as an auditory stimulus.

According to Daniel Currier, Director of Hallmarks and head writer of the project, "240 participants signed up for this study. 80 of which have been studied so far."

Currier also affirms that this experiment has successfully run its course thanks to the "collaborative effort" and the help given by the STEM team.

The STEM team trained the chapter members on how to use the equipment needed for the experiment and then provided access to their EEG equipment in order for them to conduct the brain scans themselves, along with the help and advisory of Professor DiLauro, from the STEM department.

Students are scanned in three, five-minute intervals in which they are exposed to different kinds of auditory stimulus in the last five minutes. This is a double blind study, meaning that neither the participant or the student



Student being monitored during brain scan session. // Bryant Gomez

conducting the study will know what kind of music the participant will receive.

Data will be collected and analyzed by a Scanning and Reading Appliance (SARA) system.

Towards the end of this research project, there will be a panel with the members in charge of the project and

the participants to discuss the advances and results of this project.

Depending on the measurable outcomes of the project, students hope to get their finding published in a scientific journal - a huge accomplishment for all involved, as well as the chapter as a whole.

POETRY CORNER

Finals Motivation

*When you're feeling like you just can't get enough rest
Because you're up late studying for your test
Just remember this simple phrase:
We all accomplish things in different ways.*

*Sure, it's great to ace your class,
But you'll fail if you don't get off your ass.
In the words of our supreme queen Brit:
You better work, b***h.*

~Ally MacConchie

Balloon

*i feel like a balloon
up
up
filling up
heart beating fast
don't know if I can last
coming down
down
down
think i'm gonna
pop*

~Ally MacConchie



Submit your creative writing to
featureseditortorch@gmail.com to
be published in the next edition

We Love Lew: Thanks and Goodbye

AS THE TORCH SAYS GOODBYE TO LONG TIME ADVISOR LEW WHEATON, THE TORCH STAFF TAKES A MOMENT TO REFLECT ON HIS CONTRIBUTIONS AND GUIDANCE.

Lew, I know being put on the spot is not your style, but in the year or so that I've known you, you've really been a big influence on me. Not to get too cheesy, but I know I reflect the sentiment of everyone who has worked with you when I say that I looked up to you. You've always had the right answer to any problem. You've always been kind, prudent, and you've taught all of us how to be proper journalists. I've always thought of you as a person who should be emulated, thanks for teaching us Padawans, Obi-Wan!

-OWEN McCLOSKEY, OUTGOING 2018 EDITOR-IN-CHIEF

As we part with The Torch's Obi-Wan, all I have to say is: may the facts be with you.

-FRANCISCO CAMACHO, STAFF WRITER

If it weren't for Lew Wheaton, I don't think that I would be the journalist that I am today. Lew has guided us as a student production with such a passion and supported us through all of the ups and downs. He has helped me to become a strong journalist and encouraged me to write about issues that affected me without being apologetic. I want to thank Lew for being an amazing mentor, guardian and friend to the students of the Torch. Thank you Lew, for teaching me how to be a journalist with power and conviction.

-LESHAY JONES, OUTGOING 2018 CO-EDITOR

Lew, I wish you much happiness in your retirement. We will always strive to do you proud! All the best, Sue.

-SUE TOTH, INCOMING 2019 TORCH ADVISOR

Even though I've only been on the Torch for two semesters you have had more of an influence on me than any other professor I've ever had. Your character is like no other you're the best Lew!

-JELSON MONTERO, 2018 AND 2019 SPORTS EDITOR



The Torch with Advisor Lew Wheaton at the Fall 2018 Retreat// Katy Temple

Entering the Torch for the first time, I had no exposure to the craft of journalism. I was familiar with the philosophy of pursuing truth, and that journalism was a conduit for publicizing knowledge. However, I still entered the Torch with blinders on -- I lacked the vision of how journalists actually garner information. I lacked perspective of how significant journalism plays in the spread of information and the formulation of opinion. I was completely shut off from the world of news and opinion media. But then, I met Lew. His passion for both the journalistic craft as a whole, and his tenderness and care when it came to advising the Torch left me the impression of his greatness. Lew traveled the world as a journalist, fueled by his hunger for knowledge. The very same man was also working with the editorial board at crazy hours helping however he could to ensure that the next edition looked solid and sounded professional. Although I don't share quite the same degree of passion for the journalistic arts as he does, I hold nothing more than admiration, respect, and thanks for Lew.

-IAN ARDELLE, OUTGOING 2018 LAYOUT EDITOR

Lew taught me that I have a voice no matter where I am and I should use it as many times as I can. He helped me find what I want to do in the future and he supported my decision. Lew is an exemplary professor, journalist and friend. I couldn't be more grateful for the experience he gave to me.

-KAROLINE SANTOS, STAFF WRITER

I first met Professor Wheaton in his intro to journalism class. Right away, we were already writing and reporting on many different kinds of stories. Copy editing was the class in which professor Wheaton sharpened my AP style knowledge and greatly improved my grammar. Lew encouraged his students to join "The Torch," and get real hands-on experience in the newspaper. Lew made it known at meetings that with our first publication, we would be seen to the public as professional journalists. My time here at "The Torch" is unfortunately coming to an end, but I can speak for everyone when I say that Lew was the best advisor a student-led newspaper could ask for.

-ROBERT C. McDERMOTT, OUTGOING 2018 AD MANAGER

Lew's passion for journalism and teaching makes itself evident from the minute you meet him. Lew has truly taken an interest not only in the success of The Torch, but in every single student who has walked into our office, regardless of major or skill level. He was always there if we needed him, even if it was 1 am and we were still in the office and all we needed was a pep talk. He let us make our own mistakes, he helped us fix them, let us learn from them, and he taught us how to make sure they didn't happen again all while encouraging us along the way. He pushes us to be better; as writers, as editors, as journalists, and as people. Thank you, Lew, for teaching me that my voice is valid no matter the subject, for teaching me that journalism will always be important, and for giving me someone to look up to. You have inspired me to be the best I can be, and there aren't enough words to thank you for that.

-KATY TEMPLE, INCOMING 2019 EDITOR-IN-CHIEF

Lew has a long list of accomplishments, roles, and titles throughout his lifetime. However, for the short time that I've known him, I see him as a beloved professor and an admirable advisor to the Torch. However, all good things come to an end and farewells are never easy to good men. Within the short time that I have known Lew, I have noticed that he has a way of emblazing students' passions, keeping Torch members together in difficult times, while maintaining an honest and noble composure. He is truly a man of few words, but a leader beloved by many. No matter what the future holds for you, Lew, just know that you have people in the world that will continue your legacy as journalists and will always see you as an inspiration for making the world a better and more well-informed place.

-DAVID JOO, INCOMING 2019 CO-EDITOR

Even though I only knew Lew for a semester, from the few conversations we've had, I can tell he's a special guy. He truly is a man who cares about the paper and especially those who contribute to it. I hope only the best for him.

- PATRICK CAO, INCOMING 2019 FEATURES EDITOR

Professor Lew Wheaton has been a great influence on all of us when it comes to writing, editing and teaching Journalism. He has provided his students with so much information and shown support from all angles, being an inspiration to all of us. He will be dearly missed at The Torch and Bergen Community College as a whole. Thank you, Lew, for all of the hard work and time you have put in. I feel so grateful to have met him and had him as a professor and advisor.

-KATEY JOHNSON, INCOMING 2019 NEWS EDITOR

Professor Wheaton was a person who broke down the walls to seek to it that the world of journalism was not limited to average everyday students who come to "The people's College", he made us, especially me very welcomed, seeing past my challenges. When I wrote things in the short time that I have been here at "The Torch", I can tell you Lew saw potential in me and always encouraged me to do bigger stories.

-CHRISTOPHER C. GAGLIARDI, 2018 STAFF WRITER

When I first found out Lew was retiring from The Torch at the end of this semester, a pit instantly formed in my stomach. I knew that the presence Lew has crafted over his years presiding over The Torch would not be easy to replace, and that an important part of the paper's daily business would be sorely missed. When I first began writing for The Torch, I found it very intimidating, mostly because it was the first time I was ingrained in a true newsroom environment, working with people I didn't know. Over time, I was able to become more accustomed to the newspaper editing and publishing flow thanks to Lew, and I'm sure many others he's advised over the years have felt the same way. It can take a bunch of skilled people to make a business feel efficient, but it can also take one magnificent person to make it fun.

-JEREMY NIFRAS, OUTGOING 2018 COPY EDITOR

Lew is one of the major factors in what makes The Torch shine, and without him it wouldn't be the same. His guidance as a mentor has lead all of us towards a better path even in the most subtle ways. I hope the very best for him in his retirement.

-EDRIEL FIMBRES, 2018 AND 2019 PHOTO EDITOR



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A Broke Girl's Guide to International Travel

ASHLEY SMITH
ONLINE EDITOR

Are you scrolling through Instagram watching other people encounter the world's jungles, glaciers, and ancient temples, all while dreaming of an adventure you'll take in an all-too-distant someday? First of all, don't believe the "my-life-is-perfect" hype: Most of the people who take grand adventures are in the most debt compared to social media influencers in other niche communities. There's a few tricks that may help you make that dream become a reality sooner rather than later.

Try traveling off-season or off-peak. Remember, what is considered to be "off-peak" in one country may be peak-season in another. Various destinations have different tourist seasons, so make sure to do your research. With a little planning, you can ensure that you plan around the price hikes and tourist swarms.

Travel to countries whose quality of life is inferior to ours or during their low season. Maybe the flights are priced a little higher, but if you opt for southeast Asia, eastern Europe, Africa, or even Latin America, you can find good prices on accommodations and activities.

Budget backpacking destinations are popular for a reason: your American dollar will stretch far in places like Thailand, The Dominican Republic, India, Egypt, Vietnam and Latin America.

Wallet-friendly accommodations, like hostels, are comparable to hotels, resorts and rental homes. Not only are you getting lower prices (some hostel beds are literally just a few dollars per night), but you're also getting the authentic backpacker atmosphere and

memories to last a lifetime. Hostels usually have common areas where people meet, so you may end up finding someone to share transportation, dinner, or day trips with.

You can also swap your skills for room and board. Do you freelance as a photographer, translator, or writer? Offer the use of your skills in exchange for free lodging at small, independently-owned hotels that don't have the marketing budget of a large chain.

Take it from a fellow broke person, I once stayed in a hostel in Amsterdam for two weeks, living in a sunny room and befriending the owners. Aside from my plane ticket, none of this cost a thing. In exchange for my room, I helped the hostel translate their website from Dutch to English, and added them to travel listings.

Couch surfing is another useful resource for budget-friendly travel that pairs travelers with 400,000 hosts around the globe who offer couches, air mattresses, or even just a floor to crash on via an app. It's like an even cheaper AirBnB.

Send your requests a week or two before your planned arrival date. Read host profiles, and make personal connections when you can. See what you can offer your host in return, whether it's sharing an interest or a meal, forming a relationship with your host will earn you great guest points and be better for your wallet.

The best deals on food, accommodations and other necessities can only be discovered through word-of-mouth on the ground. Don't be shy, many people love to share their favorite recommendations, so ask a local about things to do and places to eat.

Once you've established where you're staying, you want to try the

cultural foods of that region. A rule to remember is don't eat three meals a day. Stay somewhere with free breakfast and fill up in the morning, then opt for a very light lunch (some kind of takeaway or prepared food) and then you can have one big meal at a local restaurant for dinner.

Airfare is usually where most of your money goes if you decide to visit another country, so try to make your trip long as possible so you can take trains or busses to other countries instead of airplanes. Websites like SecretFlying.com and Skyscanner can save you about 50-65% off on airfare.

My experience with Secretflying.com has been the real deal. I've gotten deals from Newark to Australia for \$447 US dollars. Last year, a week before spring break, I bought a flight from New York to Cairo, Egypt for \$218 US dollars.

Regular airfare prices from Newark or New York to Australia range from \$960-\$1300 US dollars. One disclaimer is that you don't get to choose your airport for these deals, so instead of entering airports as your departure and arrival sites, you enter cities.

You're probably thinking, how did anyone not know about this website? How are they still running? What kind of airline would I be flying through? You can calm your mind because this website is totally legal. The Secret Flying website catches airline mistakes like flight pricing errors, which sometime occur from human error when converting currencies, or a computer glitch that can last up to two hours..

On my Egypt trip, I had one stop before getting to Egypt. My first stop was in Riyadh, Saudi Arabia and then my following stop was Egypt. I flew through Saudi Air, which is one of



// pxhere.com

the best Middle Eastern airlines there is with free meals, a prayer room, television and wifi on board all for \$218.

For my Australia trip I had two stops before arriving to Sydney, Australia. Since I took Air Canada the whole way to Australia, my flight went from New York to Calgary, from Calgary to Vancouver, then 12 straight hours to Sydney. The meal and movies were free, and there was wifi on board.

If you want to travel, don't think you need a lot of money to achieve that. With the right attitude, information, and strategy, anyone can see the world on even the smallest of budgets.

Adriana Lima Takes Flight From Victoria's Secret

STEPHANIE ZENA
STAFF WRITER

This year's annual Victoria's Secret Fashion Show was taped at Pier 94 in New York City. The show had a lot of performances from many different music artists, including Halsey, Shawn Mendes, Leela James, The Chainsmokers, Kelsea Ballerini, The Struts, Fatboy Slim, Bebe Rexha and Rita Ora.

This is the first time the show will feature seven segments for all of the VS Angels to walk and present each of their outfits. For the first time since 2001, the show will be broadcasted on ABC, in comparison to all the subsequent years, when it has been broadcasted on CBS.

The show has been held in a variety of different cities, including Miami, Los Angeles, Cannes, Paris, London and Shanghai. The brand itself has been building up a lot of presence in mainland China, with a total of 26 stores across the country being open to the public; fittingly, that is where the VS Angels were casted this year.

After facing backlash from the press, Victoria's Secret CMO Ed Rezek made sincere apologies and gave proper explanations as to why the company does not do casting calls for plus-sized and transgender women to participate in the show.

Kendall Jenner will be participating in the show this time around, after dropping out last year due to scheduling conflicts.



Adriana Lima's final walk, Victoria's Secret Fashion Show 2018// youtube.com

Mary Katrantzou, a contributing designer, said, "Everything that Victoria's Secret creates is about a woman feeling confident and empowered, and also having fun with what she is wearing. This collaboration is going to be bold, fun and playful."

There was a slight incident that occurred four years ago during the show when Ariana Grande was almost hit by Elsa Hosk's furry wing. It has not said why plus-sized and/or transgender females in the show because they had failed to make the cut in the show since the company itself only allowed regular

sized models in the show.

In addition, Adriana Lima announced that she will be retiring as a VS Angel after appearing in 18 VS Fashion Show walks and 20 years of working with the brand.

The 37-year-old Brazilian model thanked everyone, including the company, in an Instagram post for not just giving her wings, but teaching her to fly.

She wrote, "Dear Victoria, Thank you for showing me the world, sharing your secrets, and most importantly not just giving me wings but teaching me

to fly. And all the [love] to the best fans in the world! Love, Adriana."

This tribute went alongside a clip of some of her sexiest moments that happened behind-the-scenes of the shows.

Since she started working with the brand in 1999 at the age of 18, Lima has appeared in a total of 18 of its annual fashion shows. She also says those appearances have been truly phenomenal and unforgettable. Thank you for the memories, Adriana Lima.

Spyro Reignited Trilogy: A Well Deserved Facelift

DANIEL CURRIER
CONTRIBUTING WRITER

As a young man with way too much time on his hands, to say I have played some video games would be an understatement. I have been playing video games for so long, it feels as if I have scattered pieces of myself across the myriad of virtual experiences I've had. In many ways, it has developed my taste in narrative and entertainment.

However, at this stage in my life, it has gotten to the point where the things I once loved are losing their luster. In many ways, I've lost interest in things that remind me of something else. From my understanding, the corporatization of the videogames industry has negatively impacted the way games are produced, because many titles are simply clones of a previous game or simply not built to last. Naturally, when these triple A developers started to produce HD remasters of their previous titles, I wasn't just skeptical, I was downright cynical.

What is the merit in remaking games that the consumer base has already played? The answer is simple: nostalgia is a powerful selling tool, and Spyro Reignited Trilogy is no exception to this trend.

Spyro the Dragon was one of my favorite video games as a kid. The platforming and replayability made it stand out from the other games that were being released on Playstation at that time. The characters and the story were as simple as the objective itself: collect the treasure and defeat the bad guy. As a kid, the simplicity of this objective was incredibly appealing, and Insomniac studios always found ways

to keep things fresh as you progressed further. That is what made the game great. It had nothing to do with a grandiose narrative or any form of utile. It was simply a fun game, and that is all that matters when you're young.

As an adult, "Spyro Reignited Trilogy" still has that charm that I always loved. The development team really nailed the artistic style and gave it more depth. Every map is beautiful, and it really makes you want to just sit and admire the view for a while. They also remastered the score for the game, giving it a more complex instrumentation. If that is not to your liking, you can still return to the original score if desired.

The gameplay is smooth and enjoyable, just as it was before. To put it bluntly, it is the same game with a new paint job. The platforming, level design, and enemies are all the same. They have been faithfully renditioned with more detail and more character.

Unfortunately, it is still fraught with performance issues. This is barely noticeable until halfway into the third game, "Spyro: Year of the Dragon." At this point, the game would crash, and force a full reboot of the game. If that didn't occur, the frame rate would just drop to an abysmal level, making the game near unplayable. Screen tearing also appeared in the second game of the trilogy, "Spyro: Ripto's Rage."

Additionally, there were parts of the map that appeared to be unfinished. If you were to glide around several of the maps in both "Spyro: Ripto's Rage" and "Spyro: Year of the Dragon," a keen eye would notice several points where the map would have large gaping



// flickr.com

holes in the texture of the map. From this alone, it can be asserted that the final product may have been rushed by Activision, the publisher and owner of the rights to the Spyro franchise.

Toys for Bob, the development studio that has remastered this game, really tried to remain faithful to the original games. However, in order to appeal to a younger audience, they opted for a more contemporary touch

to certain aspects of the game, which will definitely age poorly. Seriously, nothing is more displeasing than watching a skeleton perform a floss dance. More importantly, they did not give credit to the original developers of the game, Insomniac studios.

Despite these minor complaints, the game remains the same, and I would wholeheartedly recommend it to newcomers and veterans alike.

Ariana Grande's "Thank U, Next" : 2000s Chick Flick Fever Dream

STEPHANIE ZENA
STAFF WRITER

Ariana Grande released her single titled, "Thank U, Next" for her upcoming fifth studio album. She tweeted the mysterious lyric after her now ex-fiancé, Pete Davidson, made jokes about their called off engagement on Saturday Night Live.

The next day, she continued tweeting the lyrics and they formed the title of the song "Thank U, Next" The song was released worldwide on November 3, 2018 with no official announcement or promotions.

The sound for the song had a self-empowered Pop and R&B vibe that refers to a lot of Grande's previous and heartbreaking relationships.

The music video started out with an intro from a few singers, actors and YouTube sensations including: Colleen Ballinger (aka Miranda Sings), Jonathan Bennett, Stefanie Drummond, Scott Nicholson, Troye Sivan and Gabriella "Gabi" DeMartino.

It continued with the words "thank u, next" appearing on screen. The images and writings in the book discussed about Ariana's previous exes with photos of Big Sean, Ricky Alvarez and Pete Davidson in the book.

Mac Miller was referenced in the song "Wish I could say thank you to Malcolm, Cause he was an angel" but his photo wasn't shown in the book due to paying respects for his recent death 2 months before the song and video was created.

One week before the music video was released on YouTube, Grande posted a photo on Instagram of herself in a cheerleading uniform, alongside a



Thank U, Next // youtube.com

quote from the 2000 film "Bring It On". She also began releasing clips of the music video on her Instagram account on November 20 alongside photos of her and her friends with quotes from the film "Mean Girls".

Later that day, she posted more images with references to the 2001 film Legally Blonde including a photo with actress Jennifer Coolidge, who starred in the latter film. The music video throws it back from movies such as "Bring It On" (2000), "Legally Blonde" (2001), "Mean Girls" (2004) and "13 Going On 30" (2004) with several

appearances from other stars and singer songwriters including Victoria Monét, Tayla Parks, Kris Jenner, Jennifer Coolidge, Bruce Thomas her former "Victorious" co-star Liz Gillies, Matt Bennett and Daniella Monet where it remakes several scenes of Grande reenacting scenes in the video such as brushing teeth, cheerleading, helping out at a wedding, the scene where she was seen driving a pink convertible with the license plate saying "7 Rings"

The next scene after that she steps out of the car in a pink leather jacket and sunglasses alongside her dog Toulouse,

walking down a path in a swimming pool similar to the scene in the film. Also there were reenactments to the scenes from the film The Bend and the Snap where she was shown working out on a treadmill doing cardio at a gym.

The music video had a total of 829,000 viewers were watching and seeing the video live on YouTube and it broke the record for most watched video on YouTube within one day with a total of 55.4 million views on the platform itself.

BCC Health Services Provides Help to Injured Athletes

JELSON MONTERO
SPORTS EDITOR

Injuries will always be a part of sports. Unfortunately, some players suffer greater injuries than others.

Having proper care and a great support system is crucial for student-athletes returning from injuries. Rushing the process can have a negative impact on the athletes body and mind.

Bergen Community College encourages student-athletes to visit Health Services.

According to Bergen.edu, "Every visit to Health Services is an opportunity for health education. RN staff encourages students to ask questions on medical issues and to take responsibility for their own health."

Learning how to take care of your body, and figuring out what it does and does not need to function properly is an advantage Bergen Community College gives to student-athletes.

The Bergen website also reads, "Brochures on a broad range of health-related topics are available in HS-100. Students are encouraged to stop in and browse our selection."

Having a proper support system such as family and friends goes a long way in the recovery process. Many athletes lose motivation, not being able to participate and missing time for their respective sport.

The Wellness Center and Personal Counseling at Bergen Community College provides educational



// Edriel Fimbres

workshops and programs throughout the year. According to Bergen.edu, some of these programs consist of anger management, depression screening and strategies for stress management.

Bergen Community College has taken necessary steps to make sure that student-athletes take precautions to avoid mental and physical breakdowns due to injury. The amount of support and knowledge that athletes can gain from Health Services and Personal Counseling is endless.

Importance of Passing Classes



//wikimedia commons

JELSON MONTERO
SPORTS EDITOR

As the end of the semester draws near, classes become extremely important. Finals can either make or break a final grade. Student-athletes must put themselves in a position to pass all of their classes.

According to the Bergen Community College Student Handbook, student-athletes are required to maintain 12 credits through the season of participation for intercollegiate athletics.

Maintaining full-time academic status and having to perform for their respective sport requires a great deal of effort. Balancing sports and school is expected by student-athletes, making it a big responsibility.

According to the 2018-2019 Athletics Catalog, Bergen Community College believes each participant is a student first and an athlete second. The college provides great educational

opportunities and support programs to help the student succeed in class and on the field.

BCC will challenge student-athletes from an athletic and academic standpoint in order to build integrity, character and leadership.

It is up to the athlete to take advantage of the help and opportunities BCC provides. Aryed Garcia is currently in his third semester at BCC and is actively involved in the baseball program.

Garcia said, "In high-school I could survive not being 100 percent committed in an academic level, but here in college, I have to really prioritize my school work while also producing on the field."

In order to participate at the collegiate level, student-athletes must compete not only on the field but in the classrooms. Athletes should seek help if needed in order to balance school and sports in a productive manner.



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The Torch SPORTS



Women's Basketball Season Update

JELSON MONTERO
SPORTS EDITOR

The Bergen Community College women's basketball team is off to sizzling start. Through five games, the team holds a record of 4-1, including an important win against last year's Region 19 champion.

Beating Rowan College was a big test for the girls because it proved they could compete with the best of the best.

According to head coach Tracy Green, "The ladies are starting to gel and work as a team."

Wins thus far include defeating Middlesex County College, Atlantic Cape Community College and Ocean County College. The Bulldogs will play next on December 4 against Passaic County Community College.

The team is averaging 59.6 points per game and 14.6 assists per game. Based off those numbers, the team is doing a great job of sharing the ball and creating easy scoring opportunities for each other.

Building confidence is important, as it builds team chemistry and allows the players the trust each other on and off the field. Getting off to a good start



// bergenccbulldogs.com

sets expectations and goals for the team.

Green said, "I am expecting to make the Region 19 tournament again this season. I believe this group of ladies can pull together and beat some of the better teams in the region."

Perhaps the greatest surprise has been the team's ability to win despite losing key offensive players.

Green said, "Losing most of my scorers from last year's team, I was in need of players who could score. Sophomore Anira Calamia has picked up some slack and is playing well. Some freshmen have also been a nice surprise. Freshman point guard Liana Martinez is currently leading the team in scoring, and freshman Nicole Gaito is not far behind."

Despite having a 36 percent field goal percentage and shooting 20 percent from the three point line, the team continues to outperform the competition. Defense has been a huge mark of success for the Bulldogs, as they've held opponents to an average of 43 points per game. If the Bulldogs wish to continue their strong start, the defense will play a big factor.

Wilder vs Fury Fight Ends in Controversial Draw

ROBERT C. MCDERMOTT
AD MANAGER

Tyson Fury dominated Deontay Wilder in 11 intense boxing rounds. In round 12, Wilder delivered two big blows to the self proclaimed "Gypsy King," Tyson Fury. Fury fell to the ground and only had ten seconds to get up if he still wanted to win. Amazingly, he rises as if he was never even hit by Wilder's huge left hand blow.

The referee could have potentially finished the match right there, but he asked Fury if he could continue anyway. After he confirmed that he was ready to continue, the match resumed. At the end there was no official knockouts, even though Fury was moments away from losing consciousness.

The judges final decision was a match draw, immediately setting off a controversy that would have fans wondering: what went through those judges heads? Most of the controversy revolved around Tyson Fury. Fans and pundits alike were analysing the match and came to the conclusion that Fury was robbed of the win and the world heavyweight title.

In defense of Deontay Wilder, he delivered two knockdowns to Fury, even though Fury was clearly being outplayed in a majority of rounds played.

In the decision made by the judges, only one came to the conclusion that the match was a draw. One judge's score favored Wilder, the other was a win for Fury. The third judge would have been the deciding vote, but came



Tyson Fury moments before he got back up// youtube.com

to the disputable conclusion that the match was, in fact a draw.

Regardless of who deserved the match, the sheer will power displayed by a nearly beaten Tyson Fury was incredible. The anger over this is mostly due to the fact that he actually got up from that hit at the last second. Fans from both sides were demanding a rematch to take place, as was Tyson Fury.

Wilder later claims that he is 'scared' of his own punching power and does not wish to fight him anytime soon, as he looks to fight Anthony Joshua. Wilder claims he could not straighten out his right hand to land a solid blow and knew he had the potential to knock Fury out.

"I've always like said, 'damn you got all this power, me being the person with it, I've felt many of the times — I've felt dangerous,'" Wilder said.

Many Fury fans believe that he was robbed and will continue the push to get the rematch they believe Tyson Fury deserves. This upset will undoubtedly result in one of the most exciting matches of the year.

"I'm not going to take anything from Deontay Wilder... listen, we can only do our best in that ring, and no matter what anyone says, Deontay Wilder is a hell of a champion." Fury said in the post-match interview.

Like it or not, the last judge believed the match ended as a draw. Fans will continue to boil up hype for a rematch, but as for now, both fighters are trying to improve their skills. In the event of a rematch, the potential revenue alone would be enough to encourage another fight. This fight alone brought the two millions of dollars from this massive pay per view event.

CONTACT THE FOLLOWING COACHES FOR SPRING TRY OUTS

Softball: Coach Hernandez
Softball@bergen.edu

Track & Field: Coach Erica
TrackandField@bergen.edu

Baseball: Coach Mimms
Baseball@bergen.edu

InterCollegiate Sport Schedule:

Winter Break

1-04 Men Basketball (7:00) and Women's Basketball(5:00) at Bronx Community College

1-08 Men Basketball (7:00) and Women's Basketball(5:00) at Sussex County Community College

1-10 Wrestling at Bergen Community College at Ulster CC

1-12 Men Basketball (12:00) and Women's Basketball(2:00) at Ocean County College

1-17 Wrestling at 2019 Shorty Hitchcock Classic Open

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