

“Truth, No Matter
The Cost”

The Torch

BERGEN COMMUNITY COLLEGE STUDENT NEWSPAPER
IGNITING STUDENTS TO MAKE A DIFFERENCE



VOL. 27... No. 1

TORCHBCC.COM

SEPTEMBER 2018

‘You Talk Like You’re White’

LESHAY JONES
STAFF WRITER

One beautiful Sunday morning, I was at my church in Harlem having a conversation with three of my friends before service.

One of my friends stopped our conversation and said, “I’m not gonna hold y’all, but y’all sound mad white.”

When it comes to language, there are millions of dialects that people use depending on where they are from and how they are brought up.

Many people would expect me to speak in African-American English (AAVE), especially my African-American peers.

However, I have been told more times than I can count that I talk like I am white.

When you look into the world of linguistics of the American language, Standard English is the most commonly spoken version.

Often times, people who speak AAVE know how to switch to Standard English depending on their environment. It is almost like speaking two languages.

I found at a young age that it is tiring to keep switching the way that I talk, so I stuck with the one that I was more comfortable with which was Standard English.

I grew up in a family that, for the most part, spoke Standard English. My grandmother, who doesn’t have much of an education, even tries her best to speak properly.

However, similar to a lot of black people, we had our moments, and we still do.

I also went to a predominantly white school when I was a kid and, at one point, was the only African-American in my class. So, like most children still learning how to behave, I modeled my surroundings.

What really bothers me is that Standard English, or “proper” English as most would call it, is associated with being white.

I have an education - one that is very expensive. I like to use that education in my speech.

Just because I don’t say the N-word in every other sentence, or just because I don’t use slang 24/7 doesn’t mean that I talk like I’m “white.”

A lot of black people still have that mentality that we live separately from white people, and I get it. We have been scorned time and time again by “the white man.”

Many black people talk themselves down to the point where we can’t speak proper English because that’s how white people talk.

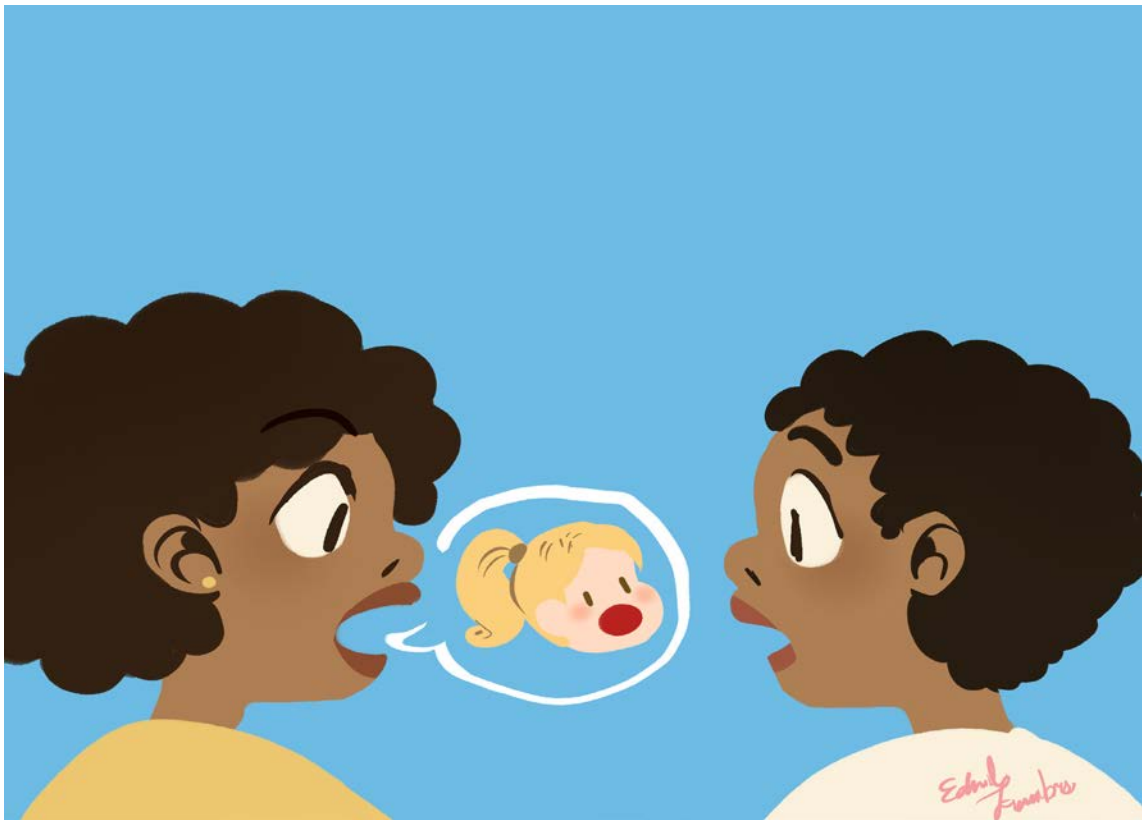
OPINION

It is a shame that my people still associate education with white people. After all, consider what our people have done for us to be able to say we even have an education.

I have even been told that I want to be white because of the way I talk, which I find completely ridiculous.

The color of your skin and the way you speak should have no correlation but, unfortunately, it still does.

I am an African-American woman and the way I speak will never change that fact.



// Drawn by Edriel Fimbres

BCC President Michael Redmond Promotes ‘Excellence Through Inclusivity’

OWEN McCLOSKEY
EDITOR-IN-CHIEF

BCC President Michael Redmond’s first year as Interim President of Bergen Community College during the 2017-2018 academic year had left his administration “putting out small fires” on various problems at Bergen. Following the wake of the Walter administration, Redmond has had to deal with a wide array of issues, from the student return rate to a decline in enrollment.

Redmond was appointed by the Board of Trustees to a one-year contract, just before Governor Phil Murphy signed a law that would require only 60 credits for an Associate’s Degree. Before the action was passed, Bergen required 64 to 66 credits to graduate, and this small change has forced many colleges to revamp their entire curriculum. This has left Bergen’s administrators in a complicated position, as it now requires a large amount of curricular restructuring, said Redmond.

However, Redmond assures a meticulously-planned solution, and is currently working with Academic



President Michael Redmond // BCC Public Relations

Affairs Vice President Dr. William Mullaney to solve the issue.

Redmond also cited the large number of students at Bergen who are on academic probation.

“We have roughly 900 to 1,000 students that at any one point in time are on probation... about 36 percent of them never take another course, so that’s about a loss of 300 students each time.”

This is a huge problem for Bergen, especially in a time of mass decline in student enrollment at community colleges around the country. Redmond even noticed that the long lines that were strewn about Bergen on the first day were mainly comprised of students on academic probation waiting to speak with an advisor, and felt concerned because he would “rather see them in a classroom.” This brings up a point that waiting for an advisor is counterintuitive, because if students on probation want to succeed, they should not be missing their first day of class.

Redmond is working with Mullaney to cut the probationary rate by 20 percent over the course of the next year, and cites “early alert systems” as one of the biggest catalysts to academic probation.

“We need a better early alert system. Students don’t always know when they’re getting in trouble in the classroom until it’s too late... We have an excellent tutoring

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NEWS

Radio Hosts Call NJ Attorney General ‘Turban Man,’ Get Suspended

TIFFANY MARIE VELEZ
Co-Editor

In July, Dennis Malloy and Judi Franco, hosts of WKXW-FM, were suspended after calling New Jersey’s Attorney General Gurbir S. Grewal a “turban man” on air. The suspension only lasted 10 days. Before their derogatory remarks, they warned those that were tuned in that what they would say may be offensive to others, yet continued.

During a segment on New Jersey’s 101.5, titled The Dennis and Judi Show, a conversation regarding Grewal’s initiative to suspend marijuana prosecutions resulted in Dennis Malloy referring to him as “the guy with the turban.” Franco proceeded to engage with Malloy, singing “Turban man!” Malloy then responded, “If that offends you, then don’t wear the turban and, maybe I’ll remember your name.”

In a response to these heinous remarks, Grewal posted on his Twitter account saying, “My name, for the record, is Gurbir Grewal. I’m the 61st Attorney General of NJ. I’m a Sikh American. I have 3 daughters. And yesterday, I told them to turn off the radio.”

Born to two Indian parents, Grewal was born in Jersey City. Before becoming the NJ Attorney General, Grewal was a Bergen county prosecutor and worked as an assistant U.S. attorney.

In the Sikh religion, turbans are used to represent self respect, honor, and courage, and more values. The turban represents the Sikh religion, but



NJ Attorney General Gurbir S. Grewal and NJ Gov. Phil Murphy // Edwin J. Torres

the religion does not define Grewal.

Malloy apologized to Grewal, on behalf of himself and his co-host

Franco and said, “[we are] offering

our heartfelt apologies to the attorney general of the state of New Jersey, who

is a man who certainly deserves more respect than our comments reflected on Wednesday.”

SGA President Focuses on Student Involvement and Enrollment

OWEN McCLOSKEY
Editor-In-Chief

On Thursday, August 30th, I sat down with the incumbent student government president, Melvis Ventura. Ventura, is a General Natural Science and Math major and proves himself an eloquent advocate for the student body, winning the last student election on a campaign focused on student involvement and registration.

Melvis Ventura is dapper, with a soft-spoken disposition, and he is passionate about the position of SGA president. This became apparent after I asked Melvis why he wanted to run for such a daunting official title.

“When I first came to Bergen, I wasn’t really aware of the importance of really getting involved. So, that’s when I discovered SGA and their role [at] Bergen and how their main focus is to demonstrate the power and legitimacy of a student’s voice,” Melvis said.

To understand how the SGA would advocate for the students at Bergen, I saw it fit to document the functions of SGA and the new electorates.

Alicia Moran, the vice president, deals with the student senate: a body that votes on policy proposals drafted by the other members of the SGA.

Marlen Herrera, the new treasurer, will oversee the House of Representatives, which consists of the presidents of each individual club at Bergen. Herrera will also oversee the budget of all Student Life clubs and organizations.

Gabriella Setti is Bergen’s Chief Justice, a position that entails the championing of students’ rights during civil discourse. She also oversees student conduct.

“Any ticket violations... the chief justice is basically like the lawyer for the student,” Melvis explains.

Finally, Azul Cestan-Heredia, the



SGA President Melvis Ventura // Harlen Cruz

executive assistant, organizes all the meetings for the SGA and records their conversations so that they remember all the important information discussed in the meeting prior.

With the preliminary questions out

of the way, it was time to dive deeper.

I scheduled the interview initially to see if the SGA could provide insight on some of the most fundamental problems with Bergen -- low student enrollment being the most glaring one

of them all. Bergen’s enrollment count in the fall of 2017 was around 14,000, a sharp decrease from 15,651 students in 2014.

This downward trend causes many problems for BCC, and I was curious to see the new SGA administration’s ideas on solving this problem, among others.

Bergen Community has attempted to remedy the enrollment situation with a new online self-service, but it has yet to be implemented en masse. However, Melvis has confidence that Bergen’s leadership has it under control, citing his utmost faith in President Michael Redmond. “We’re in good hands with Redmond,” Melvis said.

I asked Melvis about the actual problem of student enrollment and if the SGA has any concrete policies to solve the problem. Due to the bureaucratic nature of the SGA, the policies they enact could take a long time because they have to be voted on by the senate. Because of this, Melvis was unsure of what policies could be enacted to solve the registration problem that would arrive in a concise timeframe.

However, Melvis is confident that the SGA can ratify policies that will fix up the registration booth at Bergen and make it more appealing for newer students.

No matter the challenge, it seems that the incoming SGA can think up new solutions to Bergen’s fundamental issues.

Ventura definitely is proud to be a student of BCC, and I believe he genuinely wants to draft policies that will help Bergen keep its status as one of the best community colleges in the United States. However, it is up to the SGA to prove their efficacy as the proponents of Bergen’s student body.

Venezuela Keeps Moving Forward

KAYLEE ALZAMORA
Staff Writer

Can you picture being left with no other option but to leave your country and move to another one to start a new life, while leaving all of your family behind not knowing when you’ll see them again?

It’s hard to imagine, I know, but this is the life of thousands of Venezuelans everyday having to leave their country, just to go to another country to make money, so their families can have a hot meal on the table every day.

One of the main countries that many Venezuelans go to is Peru. That’s where I come into play. I spent this whole summer in Peru visiting, traveling, but mostly observing. Let me tell you, you don’t have to be from Peru to realize the amount of Venezuelans that are now living there.

The numbers are crazy; everywhere you go, you will see at least one Venezuelan either hanging out, walking through town, or eating at a restaurant, but they’re mainly working. Every now and then, you will see them living life and forgetting about everyday worries, but nine times out of ten, you will always see them working.

They are always working on anything and everything, and that’s what’s inspiring. It’s not easy to go from being a doctor or an engineer to going out in the streets to sell candy or coffee. But they do it despite the title they had back in Venezuela, and despite all the years they had studied for that title. They go out and they do what they have to in order to help out their families, because they know it’s the only way to make a living.

Venezuela is going through a tough

time right now as a country. The amount of money people are making isn’t enough to even buy a piece of bread. People are dying in the hospitals because they don’t have enough money for the medications or resources they need. There are riots everyday, people are suffering, and the only thing Nicolas Maduro, the current president of Venezuela, does is make things worse.

Because of this whole situation, many Venezuelans have resorted to emigrating from their home country to seek a better life. At the moment there are about 400,000 Venezuelans living in Peru, and there are about 5,000 Venezuelans that come into Peru everyday.

I got the opportunity to talk to Rodulfo Caceres, a Venezuelan who has been living in Peru for the past two years. I asked him about his life back in Venezuela and what it was like: “I left my grandma, wife and daughter back in Venezuela. My parents passed away when I was young, so my grandma raised me. Words can’t explain how hard it was for me to make the choice to leave, but I had to,” he said.

“I worked as an engineer, and the money still wasn’t enough: just to give you an idea, minimum wage is 42,000 bolivares and a pair of pants on their own is 60,000 bolivares. Minimum wage can’t even get you a pair of pants, so I had to make a tough choice.”

I then asked about his time in Peru and how things went for him when he first got there. “It was hard to adapt at first to other customs and to a whole different lifestyle, but I was lucky



Civilians go about their day despite political turmoil // Kaylee Alzamora

enough to have found a job quickly. Many others don’t have the same luck and that’s the reason why they have to go out and sell pastries or coffee to make money to send back until they get their working papers,” Caceres told me.

Lastly, I asked him if he would ever consider going back to Venezuela and his answer was simple but concise, “Yes, but not anytime soon. Of course like any person I miss my country, most of all my family, but what can I do if I leave now? I will be stuck in the same situation with no money, starving and even worse things because I wouldn’t be able to leave. The president has shut down all the exits from the country. Peru has received me with open arms and this will be my country until there is a change in Venezuela,” he said.

And just like him, there are many other Venezuelans with similar stories, having to leave it all behind to start

fresh in another country. They go as far as to going to small towns hours away from the city just to find work. I traveled to a small town surrounded by mountains called Churin that is about four hours away from Lima, the capital of Peru, and there were a bunch of Venezuelans there, and this is a town where the nearest hospital is two hours away.

It really shows their struggle and everything they are going through. It’s really inspiring to see everything they are doing, despite everything that is going on, and having to leave their families behind. They are keeping a positive attitude through it all because they know it’s the only way to get through it. For this and many other reasons, we want you to know that Peru stands by you Venezuela. Stay strong.

BCC Kicks Off New School Year With Club Day

MICHELLE CONEO
Contributing Writer

On Thursday, September 7, the facilities of our student center were filled with tables, students, sweets and welcoming smiles. At the beginning of every semester, this event, known as Club Day, is carried on as the open door for those incoming students to find others with similar interests.

In fact, the beauty of it lies in the diversity of our community, which leaves more than one option — or in this case, club, available to every student at our campus, ranging from ethnicities to passions like theater, chess, and poetry.

For instance, clubs like D.I.V.A (Determined Intelligent Valuable Accountable girl) Club empower and serve the purpose to inform students about social issues that our society is witnessing today, such as body shaming, as stated by Ashley Acosta, a member of this sisterhood. She added some details on the importance of the club’s “Pixie Project,” in which they collect feminine hygiene products and send them to an organization with the objective of supporting other girls outside of campus.

Similarly, S.I. (Summer Intensive Program) and S.O.L (Society Of Leaders) are clubs that were created with the intention to “support and inspire students, offering them many opportunities of volunteering hours and counseling,” said Janelle Ortiz, member of said clubs.



Students kick off their fall semester at BCC by getting involved on campus // Office of Student Life

There are also clubs with the goal of helping students make new friends and meet new people through activities they enjoy. For instance, writing poetry or basically sharing “any piece of writing,” according to Kaiden Cilento and Felice Sacco, active members of

“Bards and Scribes.” Their organization is a judgment-free zone where everyone is welcome to watch their literature and art become part of something beyond their imagination.

There is no doubt that the life of a college student is abundant in

overwhelming workloads, but having like-minded people around, doing what you like while building up your academic and personal resume is no longer a luxury, but the necessity of living an authentic college experience here at BCC.

BCC President Michael Redmond Promotes 'Excellence Through Inclusivity' (cont.)

OWEN McCLOSKEY

EDITOR-IN-CHIEF

and learning center, but we could be doing a lot more.”

Redmond also wants to make it easier for students at Bergen to find a major, thus cementing their drive to finish an Associate's Degree.

Any student of Bergen would be sick and tired of the congested registration, financial aid, and advising areas; and it seems Redmond completely agrees. However, the employees are not the problem: it's the dismal and cramped work area that makes it difficult for students and Bergen employees alike to use these facilities.

“I have no criticism of [employees at the one-stop registration, financial aid, advising, etc.] at all,” Redmond said, “but the physical space is such an unwelcoming space... a very miserable experience for new students coming in.”

However, Redmond has plans to remedy this issue.

“What we want to do is to redesign, physically, that entire space, from where the admission office starts all the way back to the stairs going upstairs to the cafeteria.”

Redmond says the school has \$3.1 million set aside for the ambitious renovation, but he is asking for an additional \$900,000.

“My expectation, my hope, is that by the fall semester of 2020 this whole space would be done.”

Redmond also has plans to revamp the Bergen website. I asked about the new self-service menu on Bergen's website, and Redmond says although it has helped alleviate some headaches involved with registering online, he wants to make the entire site much more interactive.

“In my view, we should have interest areas. If you're interested in computer



Financial aid and registration desks on BCC's Paramus campus // Owen McCloskey

science, you click a link for computer science and that would take you to a page with a data feed that would show you the jobs that are available in the area for that major,” Redmond said.

Furthermore, Redmond wants to have a virtual map of an online degree, so if a potential student wants to pick different classes or work around their schedule, the virtual degree map will automatically adjust to determine the student's exact graduation date.

Redmond then dove into the topic of Bergen's declining enrollment. Bergen has faced a decrease of about 2,000 students since 2015, but this is actually a nationwide trend.

“We've been facing enrollment declines like virtually every other community college in the country,”

Redmond said. “Just now, in New Jersey, we have a community college that faced a 20% decline in enrollment.”

Redmond also attributes this issue to a national decrease in unemployment. When unemployment goes down, people tend to not look for higher education because they are already employed. However, Redmond says that this trend is gradually stabilizing.

President Michael Redmond is one of the most valuable assets at Bergen's disposal. His unfeigned love and appreciation for the school, faculty and students, has driven him to draft some very ambitious initiatives that will help Bergen for years to come.

In closing, Redmond told me what he had told the Bergen County superintendents that recently visited

Bergen Community, and wanted to relay this message as best he can: “All of us in higher education, we're trying to pursue excellence as best we can in the constraints that we have. But you know, most four-year schools... they have a certain philosophy for how they do it. They pursue excellence by picking and choosing their students. Excellence through exclusivity, right? Now, at community college, we have a very different philosophy. We pursue excellence through inclusivity. We say, ‘we take all’. Now, because we take all, in many ways I think it's a greater challenge... But I think arguably, what we're doing has greater social value.”

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OPINIONS

What the Hell is Intersectionality, and Why is it so Important?

OWEN McCLOSKEY

EDITOR-IN-CHIEF

Intersectionality has been a hot button discussion-point recently and has sparked deliberation on both sides of the political spectrum. Progressives view intersectionality as a theoretical concept that outlines varying forms of discrimination in clear terms so that they may be dealt with more effectively. On the other token, conservatives view intersectionality as an ableist ideology that hinders the opinions of their straight, white male counterparts.

Before we dive in on the term and the debate over its precedence, it would be useful to understand how the term originated. Kimberle Crenshaw, the aforementioned Columbia professor, coined the term “intersectionality” after the infamous Degraffenreid v. General Motors Assembly case. The 1976 suit arose when the plaintiff, Emma Degraffenreid, sued a General Motors plant on grounds of discrimination. Degraffenreid, a woman of color, claimed that she was discriminated against because of both her race and gender, but the judge threw away her suit because he thought it would be unfair if she were to be able to use her race and gender to file a suit. The judge said that because the company employed both black people and women that her case was invalid. However, Degraffenreid noticed that all the black people hired were men and the women hired were white. Crenshaw brought up Degraffenreid's case to highlight that all forms of discrimination overlap.

Another point that brings intersectionality to light (one that Crenshaw delved into during a Dec. 7 2016 TED Talk) is that the most famous cases of black people getting shot by police were only those involving males. Trayvon Martin, Michael Brown, Freddy Gray, and Tamir Rice were all young men and

boys who were killed by police. However, the same disproportionate police violence affects black women. Tanisha Anderson, Yvette Smith, Miriam Carey, and countless other black women were brutally killed by police within the last five years... and no one has heard these names. It's chilling and saddening to think about, but Crenshaw noted that even at civil rights events, the names of the men were much more recognizable than the names of the women.

“Black girls as young as seven and black grandmothers as old as 95 have been killed by the police... they have been shot to death, they have been stomped to death, they've been strangled to death... Why don't we know these stories?” Crenshaw said. And she has a point.

It seems that racism, sexism, homophobia, transphobia, ableism and the like are not differing concepts, but concepts that constantly cross into each other and intersect -- hence the term intersectionality.

The reason it is so important to understand intersectionality the way Crenshaw describes it is because the term is being hijacked by conservative groups who manipulate its meaning in a frankly disgusting and unabashed manner. Take conservative fearmonger Ben Shapiro, an editor for the Daily Wire and constant spouter of racist and homophobic tropes. Shapiro has made a video for the conservative infographics site *PragerU* on intersectionality, and the conservative viewpoint of the term.

In a nutshell, Shapiro states that intersectionality is a way for people of discriminated groups to gang up on “the people everybody loves to hate -- the straight, white male.” He then whines that white men don't have as much value of opinion as others who are in targeted groups. Shapiro also explains that intersectionality allows



Professor Kimberle Crenshaw
// Wikimedia Commons

people of different discriminated groups to band together and create an “us versus them paradigm.”

Glossing over the overtly racist and homophobic overtones that the video presents, it's obvious that this view of intersectionality is a ludicrous fabrication of someone who has never had to work for anything in his entire life. Not only that, it's harmful to the people who are trying to use intersectionality as a way to put everyone on a level playing field.

Discriminated groups are not attacking white men, they are not creating an “us versus them” paradigm, they are simply trying to receive the same rights that straight, white men have had since America's creation. You can say that your opinion doesn't matter, but if you're a person looking like Ben Shapiro, you're going to have a much more pleasant experience with the cops if you get pulled over than a person of color would have.

War on the Free Press: Journalism in Trump's America

KATY TEMPLE

Features Editor

On January 23rd, 2018, a man in Michigan was arrested for calling CNN on multiple occasions and threatening to kill employees at the Atlanta headquarters.

On June 28th, 2018, the staff of *The Capitol Gazette* in Annapolis, Maryland went to work expecting a normal day of producing a daily paper, but ended up as victims of another mass shooting in America.

On August 16th, 2018, *The Boston Globe* was subjected to a bomb threat after Donald Trump tweeted about their “collusion with other papers on free press”.

When you take a mass shooting, a death threat, or a bomb threat and place it in a journalistic setting, a conversation needs to be had. We cannot kill or threaten to kill people based on the politics they cover and the way they cover such topics.

Since President Trump's election, attacks on mainstream news outlets have been rolling in non-stop and have only been adding tension to the already adversarial relationship between government and media. Fake news, like institutional bias, has, and always will exist. It's terrifyingly easy to get thousands of people to share a fake story from an unreliable source and start quoting it in Facebook rants. Fox will always sway to the right and CNN will always sway to the left.



CNN's Atlanta Headquarters // pixabay.com

Nowadays, “fake news” is interchangeable with “mainstream news source” because of the weaponization and demonization of political journalism, and because institutional bias has been blown out of proportion by none other than our government.

Up until now, the new “fake news” narrative has been annoying at best. I was tired of defending my major to complete strangers, tired of seeing my president bash my future career field with nothing but his own misinformed opinions, and tired of trying to explain that just because someone doesn't agree with something doesn't mean it's fake. This isn't just annoying and frustrating anymore - it's dangerous.

A station's or publication's possible institutional political bias is directly

contributing to its threats and serving as definitive motive for attacks. Please take a moment and think about that. We're talking about politically fueled shootings in America - people getting shot or threatened because their political coverage doesn't align with the viewpoints of whoever is pointing a gun, writing a letter, or making a phone call.

Whether you lean right, left, or hang out in the middle, I am hoping that you can see the problem here. I don't care if you voted for Trump, Clinton, Stein, or Beyoncé. If you don't think this is a problem, we have a difference in morality, not a difference in political opinion.

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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FEATURES

Teen Vogue Tackles Activism

KATY TEMPLE
FEATURES EDITOR

Once upon a time, *Teen Vogue* was every tween's go-to magazine for fashion and beauty tips. Much like everyone else in the world, the staff and editorial board of *Teen Vogue* realized soon after November 2016 that they needed to do more with their platform. When the masses realized that they could care about fashion and politics at the same time, there was a dire need for a shift in content that *Teen Vogue* identified and met accordingly. *Teen Vogue* is no longer *Vogue's* baby sister - it's now more like *Vogue's* cool cousin who goes to protests and calls out the other cousins for sharing false information on Facebook.

Most newsrooms don't cater to young people, and they most certainly don't cater to young activists. You can read, watch, and listen to what's going on in our country, but no one will tell you how to fix it. After bringing some of the most influential leaders of political and social movements, the *Teen Vogue* Summit was formed as a call to action, and to reach an untouched market. The goal? To encourage young people, and to give them the resources and inspiration they need to use it to its fullest extent.

Teen Vogue lovers and activists came together from all parts of the country to devise a plan to tackle our current political, social, and environmental climate. From Emma Gonzalez, to Al Gore, with Cynthia Nixon, Cecile Richards, and *Dear Evan Hansen* in between, activism icons gathered at the New School on the lower east side of Manhattan on the lower east side of Manhattan to teach us how to make the changes we so desperately need in America.

With a deeper focus on voter



The Teen Vogue Summit Main stage shows a slide show of featured social and political activists who are in attendance // Katy Temple

engagement, #turnup was trending nationwide for reasons completely unrelated to binge drinking in a frat house. Discussions and presentations on global warming, immigration law, gun control, mental health, sexual assault, LGBTQ rights, and every other social issue, all played an important role in creating an event that truly catered to everyone. No topic was left undiscussed, no question went unanswered, and between breakout sessions and lectures, it was obvious

that everyone was walking away with whatever inspiration they needed in order to start making change.

The Summit served as a welcoming stage for conversations and debates - something that's lacking in our country right now.

By gathering so many like-minded people who come from so many aspects of activism, journalism, design, and social platforms, the community learned about what's really going on in this country, and were

encouraged to help change it.

Attendees left with much more than a swag-bag, a new sense of community was found among those who wish to raise hell and make change. By combining the arts with politics, an event catered to those of us who do, in fact, care about fashion and politics; about makeup and social issues; and about looking and feeling our best while doing our absolute worst.

Bergen Hotspots: The Buehler Challenger Space Center

IAN ARDELLE
Layout Editor

There are many locations on the BCC campus which people have never been inside of. On the Paramus campus alone, there are buildings which populate the entire property: starting with a landscape of small offices and buildings near the Paramus Rd. entrance and going as far back as Ender Hall. Many of these buildings have fascinating histories and pique the curious mind. Why do these structures exist, and what purpose do they serve to Bergen? Today we can sate some of those curiosities starting with the Buhler Challenger and Science Center.

The Buehler Challenger center is one of few structures on any of the BCC campuses that ironically have no correlation with BCC whatsoever. It's located near the C parking lot between Ender Hall and the baseball diamond. The center is one of many Challenger learning center locations. After the tragic explosion of the Challenger space shuttle in 1986, the families of the Challenger astronaut team banded together with community leaders and constructed a series of educational centers to build the interest of youth in space and science, and to push them towards collaboration and eventual greatness.

While they do not have any affiliation with Bergen itself, the Buhler center offers many programs to hone the minds of younger children. They provide schools and private groups an opportunity to carry out simulated space missions, including flying a rocket to Mars, landing on and returning from



The Buehler Challenger Center, located next to BCC's Paramus campus // David Joo

a voyage to the moon, and making a rendezvous with Comet Halley. The programs offer exposure to both the planning and communications side of the expedition in a simulated mission control on Earth, and the scientific and diagnostic side of the mission on the rocket itself.

The programs which the Buhler Challenger and Science center offers are stimulating for young minds, in addition to helping them build confidence and learn critical life skills such as teamwork and leadership. Although BCC students may not have an opportunity to explore their

services, the facility is one of the more impressive and engaging on the campus. After all, hitting the textbooks is a little less engaging than flying a rocket.

Politics, Meet Cosmetics



KATY TEMPLE
FEATURES EDITOR

You'd never think of cosmetics going hand-in-hand with politics; but as young people become more and more politically and socially active, the cosmetic industry strives to keep up. While some companies are still butchering shade ranges and releasing a different variation of the same eyeshadow palette, indie companies are taking unprecedented political stances and catering to those of us who love mixing beauty with action.

Nasty Woman Cosmetics, founded by Gina Keller in 2017, labels themselves as a "socially minded" cosmetics company. They dedicate their work and success to advancing women's rights, and more specifically, Emily's List - a political committee working towards getting progressive women elected into government.

Nasty Woman's line includes four different lip products: two glosses and two liquid lipsticks, all sporting

"She Persisted" printed on the tubes. The phrase has been adopted by the feminist movement when Senator Elizabeth Warren was prevented by the US Senate from voicing her concerns with the confirmation of Jeff Sessions as Attorney General in 2017.

The company also produces "It's a Nasty World", a blog that profiles women running for office, gives updates on what's happening in the Supreme Court, recommends reliable

news sources, and provides readers with a well rounded feminist repertoire of writing.

Another company on the forefront of this movement is Lipslut Cosmetics. Founded by a team of young women in Los Angeles prior to the 2016 election, the Lipslut cosmetics team describes their company as a, "middle finger to the current sociopolitical landscape and practices found in the cosmetics industry". Their most popular product by far is their rose-colored liquid lipstick with the shade name "F*ck Trump". Coming in close behind are the shades, "F*ck Hollywood" inspired by the Me Too movement, and "Lefty-lib-globalists-antifa-commie-socialist-hollyweirdo-pigs". Yes, that's a real shade name, and it came from a lovely email written by a woman named Kim, who used that exact word, (phrase? sentence?) with that exact spelling and lack of spacing, to try to insult Lipslut and what they stand for. With each purchase, Lipslut donates at least 50% of the proceeds to a civil rights organization targeted by the Trump administration, or an anti-sexual assault organization.

Not only do these products help initiate real change in the world, but they're actually really good products too. Supporting a cause is just that much better when you look good doing it. People have finally realized they can and should care about beauty while still caring about politics. Beauty trends may come and go, but the need for change isn't on its way out.

Imagine if companies like Estee Lauder or L'Oreal cared half as much as Lipslut and Nasty Woman do. The beauty industry is huge, and it has the money and power to insinuate real change if they put the effort in. Consumers are tired of supporting multi-billion dollar companies. They're concerned about the sustainability of their products, whether or not they're cruelty free and vegan, and if they can have a clean moral conscience when making purchases.

If these companies had the same exposure and household recognition as any brand carried in Sephora, Ulta, or even CVS, it would be impossible for the rest of the country to ignore the impact of something as small as a lipstick could have. Whether that be hundreds of thousands of dollars being donated to Planned Parenthood, or just millions of people saying, "Thanks, it's called F*ck Trump" when someone compliments their makeup, it'd be impossible to ignore.

Old beauty standards and practices are out, activism is in, and it's time for that to reflect in our choice of makeup.

Bergen Hotspots: Ender Hall Greenhouse and Coffee Shop



// rawpixel.com

IAN ARDELLE
Layout Editor

Ender Hall is an outlier among the buildings on the Paramus campus of BCC. As opposed to being in the cluster of structures around the Pitkin Education Center, it's closer to the

Ridgewood Country Club. Hidden away in the eastern border of the school grounds, Ender Hall for many students is both impractical and annoying to get to. However, the building itself has

some cool and lesser-known elements which may entice some students to stroll around it.

There are two places to get hot food in Pitkin. First, the cafeteria offers meals for both breakfast and lunch, and has the widest selection of any of the eateries on the Paramus campus. There's also the Student Center which has both a Dunkin Donuts from breakfast through the evening, and a pizzeria which opens at lunch and has more of a meal selection than Dunkin. However, the Paramus campus has a third eatery: Ender Hall's Cyber Café.

The café has hours like that of Dunkin but has a much more comfortable atmosphere being directly adjacent to a well-furnished study lounge. It also has a large repertoire of baked goods and snacks to enjoy. If you have a class near Ender, or even want a comfortable place to relax and snack at,

the Cyber Café could be just the place for you.

Ender Hall's resources and surprises don't end there however. It also has a greenhouse attached to it. While horticultural students may be familiar with the Ender greenhouse, it's still a refreshing spot to visit and explore. It provides an opportunity to witness exotic plant life that would otherwise be impossible to grow here, and it also allows for an exhibit of greenery during the inhospitable coldness of winter.

Ender is not exactly an easy place to get to. Most classes on the Paramus campus are on the other side of the property. However, it has a unique set of resources and a certain comfortability that the other buildings don't afford. For both new students and returning, I'd suggest exploring Ender to give yourself a new outlook on the resources Bergen offers.

Be More Chill: A Rock Musical For Generation Z

JEREMY NIFRAS

COPY EDITOR

Typically in high school, the unspoken ambition of every student is to become well-liked by his or her peers, and to varying extents, become popular. In the new off-Broadway musical *Be More Chill*, these ambitions are framed within an upbeat, satirical lens, with an interesting science-fiction twist.

That might sound like a mouthful at first, but the show, created by composer Joe Iconis and playwright Joe Tracz, blends the worlds of teenage anxiety and science fiction with ease. Based on a Ned Vizzini novel of the same name, *Be More Chill* follows protagonist Jeremy Heere (portrayed by Will Roland), a high school junior who's desperate to climb his school's social ladder, and receives help from a "SQUIP," a supercomputer contained in a pill that instructs Jeremy on how to act cooler. As you might expect, the results soon become disastrous, but the growing conflict is made much more palatable by Joe Iconis' extremely catchy, rock-influenced musical numbers.

If you've never heard of *Be More Chill*, and are somewhat interested in diving into the world of the musical headfirst, listening to the cast recording on Spotify is a good place to start: millions of people around the world have done exactly this, and in turn, transformed the show into a viral internet sensation. The show was officially ranked the second most popular musical on Tumblr last year behind *Hamilton* (obviously), and the musical's devoted, obsessed legion of fans catapulted the show from a small, humble New Jersey-based production in 2015, to the wider off-Broadway production going on today.

As popular and fun as the show's cast album may be, seeing *Be More Chill* in person is a far more enthralling, complete experience. Among the musical's best numbers is the ambitious opening song "More Than Survive," which spotlights Jeremy's desperation to no longer be seen as an outcast by his classmates, and to get with his longtime crush, Christine (portrayed by Stephanie Hsu). Another fan favorite is the roaring, infectious "The Smartphone Hour," which includes nearly every member of the cast onstage at once, and features the most electric, eye-popping choreography within the entire show.

I was initially skeptical towards whether Will Roland would be able to pull off the musical's leading role of Jeremy (he's probably more known for comedic

relief roles), but his complex, often-times intense performance definitely proved me wrong, especially during the epic solo number, "Loser Geek Whatever," which brings Act 1 to a dramatic close. The song was co-written by Joe Iconis and Roland himself, and it shows; I couldn't imagine another performer besides him doing that song justice.

Although Roland's performance was indeed exceptional, the rest of the cast were definitely just as exciting to watch. It would be disrespectful not to mention George Salazar's performance as Jeremy's best friend Michael Mell, whose solo song "Michael In The Bathroom" remains the show's most emotionally powerful moment. Also worth mentioning is Tiffany Mann, who plays the hyper, gossip-loving Jenna Rolan, and Gerard Canonico's portrayal of the arrogant, buff school bully Rich Goranski was equally impressive (he in particular contributes to the show's more intensive dance breaks).

Be More Chill has attracted fans from all across the globe, with some international fans flying into New York City, specifically to see the musical. If you're thinking of seeing the show for yourself, you might want to put those plans on hold, as tickets for the musical's entire two-month run have completely sold out. However, it was recently announced the show will soon be moving to Broadway's Lyceum Theatre beginning in February, which means more fans than ever before will have a chance to see the show for themselves.

There's something deeply special about *Be More Chill* that not too many musicals out there quite accomplish. Through composer Joe Iconis and writer Joe Tracz' partnership, they created a musical which speaks to the hidden insecurities and thoughts of many American teenagers: more specifically, the voice in the back of your high school self that goes, "Why can't I be cool like them?" *Be More Chill* teaches us that being "cool" or "chill" isn't what's important in the long run, and that instead, you should focus on what brings you joy in the present, like your family, close friends, or inner passions. With social media being as omnipresent as it is, teenage anxieties about social situations have gotten much worse, but *Be More Chill* tells us not to worry; as Michael proclaims in the song "Two-Player Game," you'll actually be much cooler in college.



// All photos taken by Maria Baranova

Moving From Your Home Country



Immigrating to another country can make you reevaluate many things you take for granted. // Edriel Fimbres

KAROLINE SANTOS SOUZA
STAFF WRITER

One day, I woke up in a different bed, and I was not in my home country. Well, that was not exactly what happened; starting from the beginning, I moved to the United States last year by myself, and the first feeling that I had was “I don’t belong here.”

Everybody knows that it’s normal to feel awkward in a new place, but that feeling continued to follow me for longer than I thought. As much as I would like to feel welcome here, I felt like I didn’t fit in.

The problem was not the language, the culture, or distance. My real big deal was to handle the feeling of

knowing that I had no memories in this country. Have you ever stopped to think about your surroundings and what it means to you?

Well, when you do that, you can see little pieces of yourself all over the place, and with those you know where you were, what you did, what you learned and how you felt about that area.

No matter what memory you had in that moment, you know that place belongs to you in the same way that you belong to that place.

That missing little piece of me was the reason I felt rejected. I was never here before, and everything was

new to me. Everywhere I looked, I couldn’t find myself. I knew I wouldn’t have this feeling forever, but it is very difficult to realize that I have no control over this.

After living in America for one year, from everything that I always knew, I came back to my country for the first time this summer, and it was nostalgic to see the community where I grew up and the people that I knew: I felt welcome again.

However, the funniest part of this entire moving process, after two months in Brazil, my first feeling when I got to America was “it’s good to be home”.

I finally felt like I belonged here.

After months of living in the U.S., for the first time, I felt complete. I had enough time to experience situations that made me the person that I am today. I just had to be patient with myself and give time to live my life comfortably.

We need to understand that it’s not because we’re new, or that we don’t fit in. Today, I know that I’ll always have my home country in my heart, and a new one to call home: a place where I feel safe, where I fit in in my own way, and most importantly, it’s where I am sure I belong.

Peace or Corruption in Peru?



Peruvian Governmental Palace // Dennis Jarvis

KAYLEE ALZAMORA
Staff Writer

Can you imagine living in a country where big-name politicians are removed from power for being in crazy corruption scandals? Sadly, that’s the situation in Peru.

Even though Peru is a hot spot for tourists around the world, it doesn’t mean that they don’t have issues of their own.

When you go there for tourism, you don’t get to see the ins and outs of what’s really happening, but as someone who spends her summers there every year, I can say it isn’t going well.

Just like in the U.S., there was recently a big scandal with the president in Peru. The president, who started last election year, had resigned from office not long after being assigned to it.

It’s crazy since you don’t normally hear about presidential resignations all that often. In this case, President Kuczynski resigned because he had to make a choice between either resigning or being kicked out. However, due to his own pride, he left before others had a chance to kick him out.

President Kuczynski resigned due to public scrutiny as more information came out about him. In December 2017, he released Alberto Fujimoto, one of Peru’s ex-presidents who was jailed in 2009 for voter fraud. According to Ernesto Diaz, a police force general, this was all a conspiracy between Fujimoto and President Kuczynski. It was a deal made to help each other out, but it led to President Kuczynski being under the eyes of everyone. Furthermore, more information came out about him lying about his ties with Odebrecht, a Brazilian company that would bribe Peruvian politicians.

Because of all this, he had to resign. Sadly, this isn’t anything new in Peru. He is just another name in a continuously growing long list of corrupt presidents that Peru has had who abuse the country they promise to improve.

Peru will remain the same if no one does anything to fix its problems. It’s not just the presidents, however. Judges, congressmen, and the system as

a whole is messed up. People that have killed family members, significant others, and loved ones get released within the first week by waving a bill in the judge’s face. How is that considered OK for innocent people to be grieving the losses of others near and dear while criminals walk the streets freely because they paid their ways out? Additionally, there are many cases where Peruvian politicians also pay their ways out of trouble with hush money.

The sad thing about all this is that while everyone knows what’s going on, no one is strong enough to do anything about these problems. Since the resign of our last president, Vice President Martin Viscara has taken charge.

He, like many others before him, made promises to make change in Peru and to help it become a better country. In the names of all Peruvians, we really hope that he is change that we have been looking for.

Romanticizing Sadness

TIFFANY MARIE VELEZ
Co-Editor

Marilyn Monroe, one of the most idolized women in American history, was also one of the saddest women in Hollywood. Young boys and girls can’t seem to get enough of her, but do they really know everything about her? She was undeniably talented as an actress, but she idealized suicide and ultimately, died from suicide. Romanticizing sadness is nothing more than a cry for help, but those doing so may not even know they are doing it.

“I am going to have a mental breakdown!” is a sentence that can be heard from millions of people who have never and will never experience a mental breakdown. This is solely used for dramatic effect, and has surprisingly become a normal way to describe how stressful a situation can make them. If you don’t know what a mental breakdown is, it is a disorder that is brought on by enormous amounts of stress, depression, anxiety, paranoia or dissociation. A

mental breakdown can last hours, days, or even months. It’s important that individuals are educated on the warning signs of a mental illness.

With the help of the hit Netflix show ‘13 Reasons Why’, young adults are more educated than ever at detecting the warning signs of mental illness. The show has made suicide less taboo, but critics argue that the show glorifies suicide. It depends on who you’re talking to about the show, as everyone seems to have a different outlook on it. You cannot deny that it brought awareness to suicide in young adults, and that is what makes the show so powerful.

All that we can do as a generation is look out for each other, be the best version of ourselves that we can possibly be, and push our friends to do the same. Despite what pop culture says, it’s actually quite cool to be happy.



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alhernan@fdi.edu or **BCC-FDUScholars@fdi.edu**
201.493.4088

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Eminem Reaches Number One Again With *Kamikaze*



Eminem performs for his "stans" // Wikimedia Commons

ROB C. McDERMOTT
AD MANAGER

Popular rapper, Eminem, hoped to revive what many of his fans have been asking for with the surprise release of his new album, *Kamikaze*. Ever since his overtly political LP "Revival," many fans and critics have been relentless on the 45-year-old rapper from Detroit. The album was released on Aug. 31, 2018 in a tweet that contained a link to purchase the album followed by a message.

"Tried not 2 overthink this 1... enjoy," he wrote.

In the same week *Kamikaze* dropped, Eminem earned his ninth no. 1 album on The Billboard 200 chart. Fans were excited for the resurfacing of the former rapping provocateur, turned meme, after Eminem dropped a weak and self hating *Revival* LP.

The album is just what the fans were eager for, the same old aggressive, no shame Slim Shady. He did not hold back and made it clear that he isn't going to be sitting in the corner or letting down his fans, or "Stans" as they are called.

In "Kamikaze" Eminem calls out his rivals and critics even though it is essentially a suicide mission, hence the title.

"You got some views, but you're still below me
Mine are higher, so when you compare our views, you get overlooked
And I don't say the hook unless I wrote the hook," he said.

Many fans and critics jumped on Twitter, as they believed Eminem was referring to Drake's album *Views*, essentially dissing him by claiming

Drake doesn't write his own hooks. Others say this was a shot taken at Kanye West's political "views."

By far the most popular song on the album, "Lucky You," features rapper Joyner Lucas as they viciously attack popular "mumble rappers" with rapid-fire lyricism. A specific rapper targeted by Eminem is self-acclaimed "Harvard graduate," Lil Pump. Not only was he dissed along with other rappers who are hard to understand, but Pump also received more shots in "The Ringer," off of the new album.

"...chicken wang, MGK, Iggy Azavea"
Lil Pump, Lil Xan imitate Lil Wayne

I should aim at everybody in the game, pick a name..."

This line was read by Eminem, but with Lil Pump's flow and his style of deliverance. It also mocked other famous rappers Iggy Azalea, Lil Xan and Machine Gun Kelly.

The whole album is basically one big roast of every rapper and critic that Eminem doesn't like. MGK or Machine Gun Kelly was targeted again in "Not Alike" when Eminem called him out for not being a real "gangsta" and claimed that he isn't smart enough to handle his bars.

MGK has responded with a diss titled "Rap Devil," since Eminem is commonly known as the "Rap God," a song he previously made. The disses got very personal and while one could admire the guts it takes to diss one of the best rappers alive, Eminem already released a thundering response with "Killshot". *Kamikaze* is a well thought out album in which Eminem finally called out most of his haters and the ever so popular "mumble rappers."

How Do Students View Bergen Community College?



Students attend a lecture at their local college // velkr0 (flickr.com)

JELSON MONTERO
SPORTS EDITOR

Bergen Community College draws in students from many communities, such as Paterson, Wayne, Passaic, and Paramus. With such a variety of students, it's fascinating to see how students think about BCC, and how their environment has impacted how they view community college.

Aryed Garcia, who is entering his third semester at BCC said, "BCC is a place that I was excited to attend. I know most people don't like settling for a community college, but for me this is a great place to be in."

Garcia, who is from Paterson, admits that growing up in his community definitely made an impact on the way he viewed BCC.

"I can't speak for others, but I know for me, growing up in Paterson affects how I view community college as a whole. Paterson is not the safest place to grow up in, and most of my friends don't even attend college because they see it as an impossible dream. For me being enrolled in Bergen is huge."

School can also affect how a student views community college. Some schools have a higher graduation rate than others and encourage their students to shoot for the moon while

other schools might just focus on graduating their students.

Yohanly Ortiz, who is also entering his third semester at BCC said, "My school impacted how I view BCC. Seeing all of my friends go to big universities and having teachers encouraging me to try and get into a university, made me think community college was like a backup plan."

Ortiz attended Passaic County Technical Institute in Wayne. Ortiz said, "I'm happy where I am. I love attending BCC, but if it were up to my friends and teachers, I definitely wouldn't be here. It's almost like good schools never mention community college as a first option."

Although both students speak for themselves and not for their entire community, it's easy to see how a person's community, school, and friends, can impact the way they view community college.

BCC is filled with students from different backgrounds, and each student holds their own view of community college. It's a topic that has many layers.

BERGEN COMMUNITY COLLEGE

F I L M S C R E E N I N G

The story of two women who fell in love during a time when doing so was strictly taboo.

Tuesday, October 16
12:30 p.m.
Anna Maria Ciccone Theatre

In celebration of the fifth anniversary of marriage equality in New Jersey, BCC PRIDE: The LGBTQ+ Alliance will host the film screening of "Love Wins," a documentary produced by RJK Media. The film celebrates Jan and Em who were finally able to marry in New Jersey after 45 years. Following the screening, Jan, Em and award-winning filmmaker Robin Kampf, the film's director, will participate in an audience talk-back.

Bergen Community College & Bergen PRIDE will be presenting an award to Garden State Equality for all of their efforts in securing marriage equality in the state of New Jersey.

The Secret Life of Bees: A Journey For The Truth

KAROLINE SANTOS SOUZA

Contributing Writer

Imagine yourself growing up with the memories of your dead mother, living with your abusive father and having a nanny as your only friend. Well, this is the life of a young girl named Lily, the main character of the book, *The Secret Life of Bees*.

The book by Sue Monk Kidd tells the story of Lily Owens, a 14-year-old girl marked by the mystery of her mother's past. After her friend Rosaleen gets arrested, Lily decides that it is time to find a better life for them both.

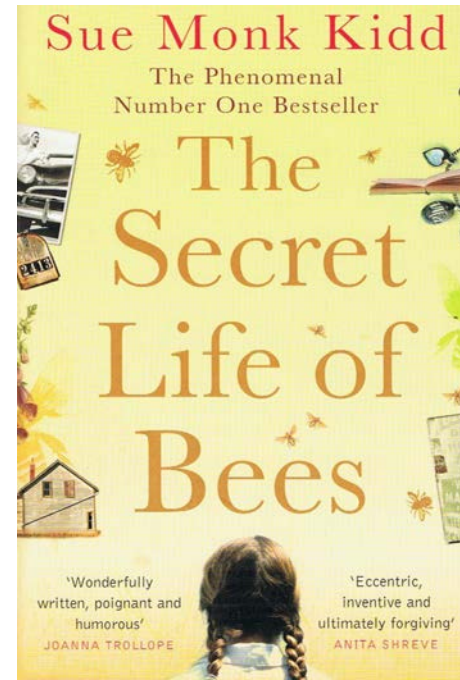
The book begins in South Carolina during the Civil Rights Act of 1964. Lily and Rosaleen leave their house for a journey to the little town Tiburon, where Lily believes she finds out more about her mother.

Lily would never imagine the adventure and knowledge that was waiting for her as she left her house. It's as if she were saying, "People who think dying is the worst thing don't know a thing about life."

This story was one of the most enjoyable readings of this year so far. Although Lily goes through some unrealistic situations in her life, the book still captures the importance of living our lives in the best way possible.

Sue Monk Kidd had the ability to embrace delicate subjects as child abuse, racism and suicide in a compassionate way, by always using bees as a metaphor, like the title proposes.

The bees play an important role in the life of the characters as Monk Kidd writes. Every chapter starts with a quote from books of bees, and as we read more about the life of those animals it's possible to see the similarities that we have in common as a society.



// <https://themotionpictures.net/>

Turnt Review

TIFFANY MARIE VELEZ

Co-Editor

Turnt premiered on August 1st on Facebook Watch. If you happen to find yourself bored one night, you should get a friend to come over, bring some cheap wine, and binge-watch *Turnt*. The new hit show features 40 episodes for the first season, and three new episodes dropping every Wednesday. The digital network Brat, best known for the highly-successful *Chicken Girls*, catered to young adult audiences with the drama-filled *Turnt*. Created by Rachel Stern, the show focuses on a group of friends trying to navigate the trials and tribulations of high school, all in the age of social media. Instagram stars Madeleine Byrne and Elsie Hewitt are the main characters of the show. This show is remarkably "woke" and puts it's own spin on the typically cliché high school stories. You will find yourself hooked on *Turnt*.

Diaries of a Food Gypsy: Maywood Pancake House



Vegan French Toast // Amanda K. Barandas

AMANDA K. BARANDAS
ONLINE EDITOR

Welcome back, Bulldogs! This summer was filled with great memories and events to remember, but this fall is all about the food! Now if you're like me, sometimes you just need to get out of the cafeteria and try somewhere new. This summer, I was able to enjoy many new places, for both food and entertainment alike. For this issue, however, I'm talking about a local destination that has a little something for everyone - local wonder, Maywood Pancake House.

Being close to Paramus, this little restaurant is perfect if you are looking for somewhere for both breakfast and

lunch selections. The best part? It also carries vegan dishes! Upon entering, you'll notice there is plenty of seating, and the staff is very friendly! I was seated right away with little-to-no wait, but if you are in a rush, you can opt for take-out as well.

There are many great items to choose from, but for this trip, I chose to indulge in my one of my faves: The Vegan Breakfast Quesadilla. This breakfast staple will quench all your comfort food dreams, and it's complete with home fries on the side. Not craving a quesadilla? No problem! If you are looking for breakfast, give the Vegan



Vegan Breakfast Quesadilla // Amanda K. Barandas

French Toast a try. It comes with three big slices of Challah toast and a choice of fruits on top. For lunch, I highly recommend going with the Vegan Chili, complete with vegan cheese and vegan sour cream on the side (yum!).

Don't worry meat eaters, I haven't forgotten about you. There are plenty of options for you too! For breakfast, the Daddy-O combos give you the best bang for your buck. They include options for pancakes, waffles, or french toast, with a meat of your choice, and home fries to boot. For lunch, you can go with your typical cheeseburger and fries, or be a little more dangerous by

trying a Panini Cubano. This sandwich delight includes pulled pork, roast turkey breast, swiss, pickles, and a side order of fries. With all you are getting at the mere price of \$9.99, you really can't go wrong. That's it for this food journey, Bulldogs! Stay tuned for next issue to see where I'll land up next. Until then, happy eating!

~The Food Gypsy

@ramblesofred

Six Organizational Tips For Bergen Newbies

KATY TEMPLE
FEATURES EDITOR

1. Buy a Planner

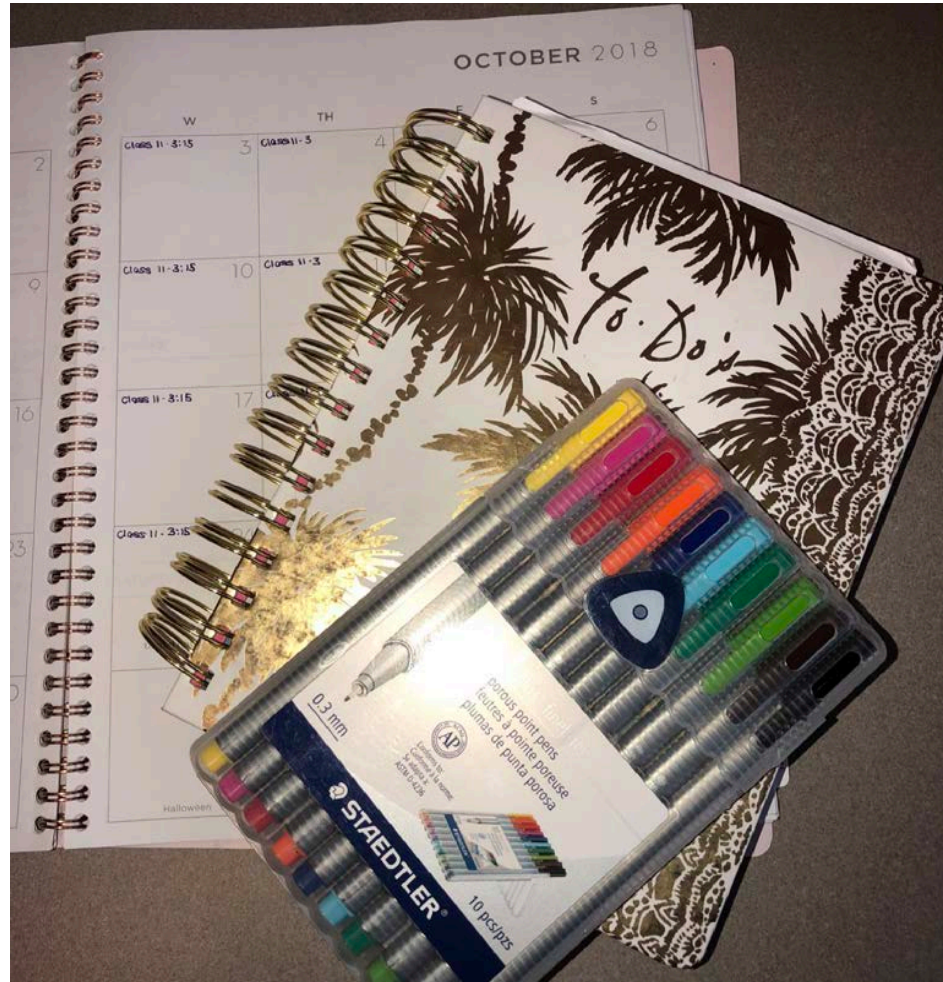
I know it sounds like common sense, but you'd be surprised by how many people don't use a planner! A monthly and weekly planner will help you remember when assignments are due, and help you visualize what weeks may be tougher than others.

2. Use the Planner

You can buy a planner and pretend that you have your life together, and if that works for you, I envy you. However, your planner will be a lot more helpful if you actually use it. If you're an insane organizer like myself, or involved with things other than school, color coding is going to be your best friend! School reminders are one color, extracurriculars another, appointments, events... you get the idea. Again, it helps you visualize what you have going on, and helps you prepare accordingly.

3. Make a Master Syllabus

Having a syllabus is great, but it doesn't do you any good if it sits in the back of your folder for the entire semester. Be sure to mark down important due dates, exam dates, and readings in your planner, but remember that they're tentative - a class could move quicker or slower. To help keep everything in one spot, create a new document with all of the assignments from all of your classes. Instead of looking for four or five pieces of paper, you can instead have one document saved on your computer, and you can reprint and edit when you need to.



Planners and colored pens make any semester a little easier // Katy Temple

4. Schedule Your Unscheduled Time

It's so easy to spend your random chunks of time between classes and work in an endless Twitter or Instagram scroll. But, if you have 20 things to do and an hour between English and math,

dedicate that to getting ahead in history, or reviewing your math notes. It'll help you get a head start on studying, and keep previously-taught information fresh.

5. Use Your Professor's Office Hours

It may not seem like it, but the professors here at Bergen are willing to help you. However, you have to ask for it! Most of the time, office hours and locations are going to either be announced on your first day of class, or on your syllabus (probably both). If you're struggling, have questions, or need an extra set of eyes, send out an email and make plans to meet up with your professors. I can assure you that asking for help is much better than suffering in silence. Most professors will recognize the effort you put into their class, and that effort will be reflected in your grades. (Disclaimer: Going to office hours doesn't guarantee you an A, but it might bump you up from a B to a B+)

6. Keep Your Notes Separated and Dated

You don't need chemistry notes when you're studying for a psychology exam. Whether you're a binder or notebook person, make sure class materials stay together in the same spot. Keeping dates on your notes will help you find what you're looking for when you go back to review, and help identify what days of class you might have missed. Try keeping extra space below concepts or terms you may not understand, so you can go in and fill in missing information later. Laptops are also great for note taking, but it's hard to draw diagrams or concept maps on a laptop. Make sure you know which classes you'd be able to use a laptop in, and which ones are better off with a pen and paper.

Networking: the Most Powerful Resource a College Can Offer

IAN ARDELLE
LAYOUT EDITOR

Many students who are entering a university typically have certain expectations of what the school can offer them. It may be credits to transfer to another school, the prestige which graduating from a school offers, or employment opportunities and programs for work, which can lead to a good income. While these expectations are significant and very useful, the most powerful resource goes far beyond the scope of job security, and is invaluable.

That resource is the ability to network and collaborate with your peers.

A university assembles a collection of young, driven intellectuals who seek to further their understanding of their field and pursue lucrative careers. In addition to having such a powerful mindset, many young people are especially creative and can accomplish greatness by channeling their creativity into productive means. This unique combination of youthful energy, diversity in experience, and like-minded determination, is very potent, and can lead to a generation of incredible projects that can result in both lucrative and productive outcomes, which other environments fail to support.

Take for example, the Bergen STEM Amateur Radio High Altitude Balloon (ARHAB). Several students collaborated on implementing improvements for this data collection balloon, and they are actively working to develop new designs, and to improve the existing ones. During the summer semesters, devices to capture meteor data



A group of students collaborating. // startupstockphotos.com

from high altitudes and measurements of atmospheric and positional data were implemented, and video cameras were installed to allow for recording of the experiments themselves - all controlled by radio. A project of that scale is very difficult to complete alone, since it requires knowledge and specialization of several fields, and ARHAB's collaborative efforts are to credit for the improvements made.

Additionally, working with others allows for many opportunities in learning, which are otherwise

unavailable. Higher education isn't a single-player game; rather it's an opportunity to express your specialties and talents, and to exchange your thoughts with others as your understanding of subjects grow. That means reciprocally, you should be able to expand your understanding of other specialties and enhance your education wholly by conferring with other people.

The overall purpose of a university is to prepare you for work in specialized fields beyond the realm of what high school covers. However, while

understanding your major is a vital step in preparing for job responsibilities, expanding your knowledge outside of your field is a huge step too. This separates you from everyone else studying the same things, and allows you to both work more efficiently at a job, and give you more creative insight and knowledge to engineer solutions or designs in more ways than your peers.

On top of the professional development, you could make some new friends along the way, and that on its own is amazing.

**Wednesday
October 10, 2018
Student Center
10 a.m. -1 p.m.**

*Hosted by the Career &
Workforce Development Center
Room A-123*

Bergen
COMMUNITY COLLEGE

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The Torch

SPORTS



The Race for the MLB Playoff

JELSON MONTERO
SPORTS EDITOR

With the final month of baseball approaching, there are many stories to look forward to throughout the playoffs and the race to the playoffs. As of now, the American League playoff teams are all set with the Oakland Athletics, Houston Astros, Cleveland Indians, New York Yankees, and Boston Red Sox.

The Red Sox are on pace for a record breaking season, owning the league's best record 94-44. As of now, the Red Sox are on track to break the franchise all time wins record of 105. With Mookie Betts and J.D. Martinez having MVP seasons, the Red Sox will likely be known as the favorites to win it all entering the playoffs.

If it weren't for the Red Sox's incredible season, the Yankees would get much more attention. The Yankees are set for an amazing 102-win season. Although they still have a chance to catch the Red Sox for the division lead, it seems more likely that they will host the Wild Card game for the third time in franchise history.

However, the Cleveland Indians have not made much noise due to the division they play in, they are still one of the most dangerous teams in baseball. The Indians play in such a mediocre division that their 14-game



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lead on the division does not seem as big of a lead as it is. With additions like Hand and Donaldson, they are certainly a team to watch out for.

The most interesting American League race falls in the west between the Athletics and Astros. The defending World Champion, the Astros, lead the division by just two games on the Athletics, who have had a magical season themselves. No one had expectations for this team heading

into 2018, and yet it seems like they will give the defending world champs a run for their money. The winner of the division avoids a one game playoff with the Yankees.

The playoff picture gets extremely interesting with the National League. The Atlanta Braves and Philadelphia Phillies are in a tight race for their division, the Chicago Cubs are battling with the St. Louis Cardinals and Milwaukee Brewers for their

division, and the Los Angeles Dodgers are competing with the Arizona Diamondbacks and Colorado Rockies.

The East Division is lead by the young Atlanta Braves. This was a division who many people believed would be dominated by Washington, but the Braves young core has really surpassed expectations and lead the Phillies by four games.

The Cubs seem to have the central division all but locked with a five-game lead on the Brewers, and a five and a half game lead over the Cardinals. Although the Cardinals have been one of the hottest teams in baseball, the addition of Daniel Murphy to the Cubs has proven to have a great impact on the division. As for the Brewers they will have to lean on some of their MVP candidates like Lorenzo Cain and Christian Yelich to push them into October.

The wild, wild west is by far the most interesting division in baseball. The Dodgers lead the west by a half game over the Rockies and a game over the Diamondbacks. These three teams have been trading punches all year, and it will come down to the final week of baseball to decide whos in and whos out.

NFL Season Preview

JELSON MONTERO
Sports Editor

As September creeps in, the beautiful sound of football arrives. Predicting winners and losers is never an easy task. However, it would seem like an injustice to not have the Philadelphia Eagles and New England Patriots as Super Bowl favorites.

Despite not having Carson Wentz and a slow preseason, the Eagles don't have many weaknesses. Their defensive and offensive line remain very strong heading into the year. The NFC East is an interesting division as the Eagles will have to go through the Cowboys and Giants, who have a chance to improve from a year ago. Not having Dez Bryant could actually improve the clubhouse chemistry for the Cowboys, and having a full year or Elliot will be a huge boost for Dak.

As for the Giants, this will be an interesting year for Manning. With Odell Beckham Jr. returning and having a huge contract extension, Manning will have his favorite target back in action. Barkley is another addition to this talented roster, which means the Giants are set to make some noise.

Although the 49ers have taken huge steps forward, the NFC West will be a runaway division for the Rams. The Rams have arguably the best roster in the league, and should contend for a Super Bowl.

The NFC North is a battle of two between the Vikings and Packers. The Vikings have upgraded at the quarterback position by signing Cousins this offseason. As for the Packers, they

will always have a chance, considering they have Aaron Rodgers. Rodgers recently signed a record-breaking deal with Green Bay, setting himself to make the most guaranteed money in NFL history.

The NFC South is by far the best division in football. The Saints, Falcons, and Panthers all held a playoff spot a year ago, and it looks like it will happen once more.

As far as the AFC goes, the Patriots will remain the king of the hill despite losing Danny Amendola and having Julian Edelman suspended to start the year. As long as Brady and Belichick are together the Patriots should have no problem running the table.

The rest of the AFC is made up of three elite teams such as the Steelers, Jaguars, and Chargers. The rest of the AFC is compiled of mediocre teams battling for wild card spots. Unlike the NFC, this conference lacks depth.



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Why NCAA Athletes Should Be Paid

JELSON MONTERO
Sports Editor

One might think that a scholarship is enough to keep NCAA athletes satisfied with their college experience, however it is not nearly enough. NCAA athletes have long performed for these universities, sacrificed a great deal of time, and brought in a large amount of revenue which implies that they should be paid.

Marc Edelman, a contributing writer for Forbes, wrote an article called "21 Reasons Why Student-Athletes Are Employees and Should Be Allowed To Unionize."

Edelman said, "The typical Division I college football player devotes 43.3 hours per week to his sport -- 3.3 more hours than the typical American work week."

Football athletes are not the only ones affected by NCAA rules; in fact, basketball athletes are subject to these rules as well. "Meanwhile, the annual NCAA men's basketball tournament affects more than six days of classes," Edelman says.

It is ironic that universities continue to make a point that a scholarship is good enough; however, sporting events are causing athletes to miss class in order to bring in revenue.

Alex Kirshner, a contributing writer for SBnation, wrote an article on this called "Here's how the NCAA generated a billion dollars in 2017."

In this article, Kirshner says that \$128,113,594 in revenue comes from championships and NIT tournaments. With these athletes performing at such a high level, it makes sense for TV Networks to get in on the fun and partner up with the NCAA organization.

According to Kirshner, television and marketing revenues add up to \$817,517,801. With so much revenue accumulated by the NCAA, it only makes sense that student athletes would get a share of the revenue. After all, it is their hard work that allows these universities to continue to make billions of dollars.



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