

Have you ever felt that you wanted to lose weight but did not want to spend a monthly membership at a gym?

Have you ever felt that you never had the time to work out? BCC's Fitness Center is here to help.

Diane Hamel, Fitness Center Coordinator said, "Our philosophy here is Wellness. We're really looking to educate our student about how to be well which means, thought, spirit, body everything all together."

The Fitness Center is located in the Commonwealth College Center, also known as G-building, in the lower section.

You must be a currently enrolled BCC student, faculty, staff, or alumni.

You must have a valid access BCC card. You can get your access card in room G-221 or K-130.

And you must have proper athletic attire which includes no jeans and flip flops.

It is not open to the general public.

"It makes it really nice for our students because we don't get overcrowded and things like that," Hamel said.

"A lot of students do not realize this, that it is free," she said.

According to Hamel, "The biggest benefit, believe it or not, is stress reduction and taking a break from their mostly very busy, high – pressured life."

Many students at BCC are working, going to school, have family obligations, etc.

"It gives them an opportunity to come in, doesn't cost them anything and they can take a break from that, they can do something for them-

selves," Hamel said.

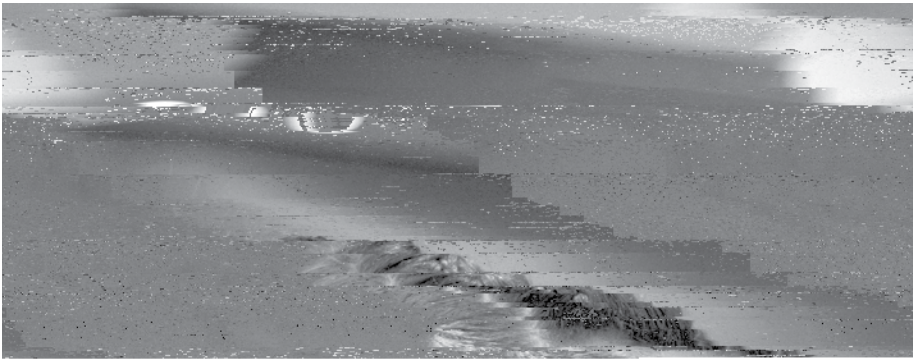
In the summer of 2012, the facility was given a new look.

Some renovations that took place are all new flooring, ceiling, lights, a brand new paint job, new lockers for the locker rooms, new TVs for the cardio area and rearranged the equipment so that it, according to Hamel, "Flows better & makes more sense."

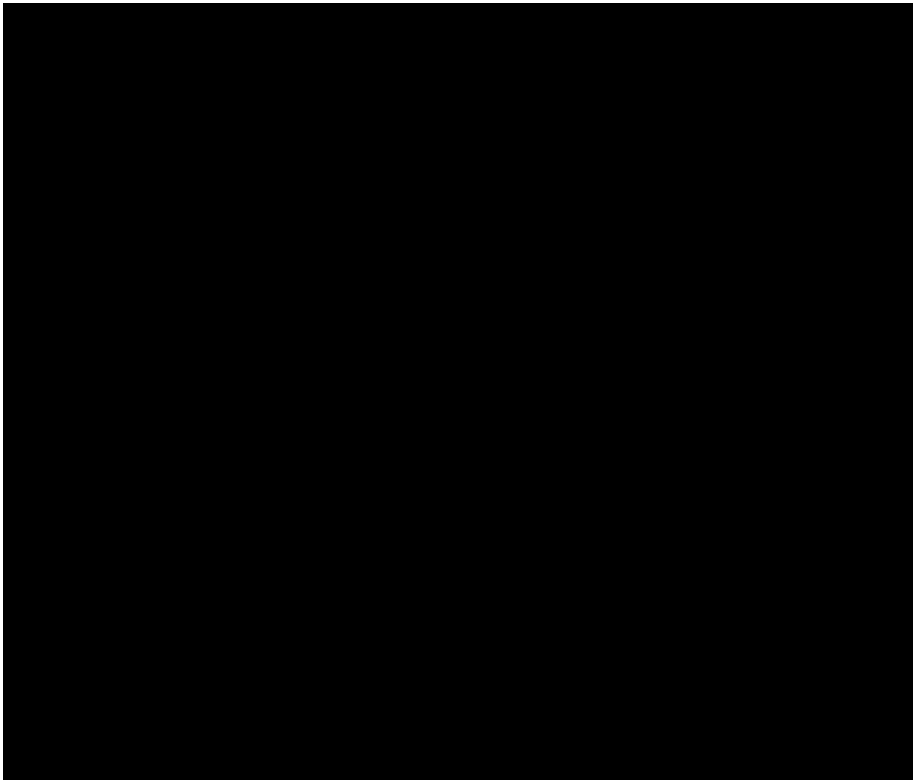
Hamel said that before the renovations happened, "It was like coming into a dungeon, now you come down and it's a happy place."

The Fitness Center has the top of the line equipment in excellent condition, including 16 individual strength stations, cable motion station, elliptical trainers, treadmills, life cycles, stair master, concept two rowers, and dumbbells.

The Fitness Center also offers a Sentra 1.8S



Meet Rosa '12
from Santo Domingo,
Dominican Republic





BCC HONORS PROGRAM CHALLENGES STUDENTS

By AMANDA MACDONALD

Are there more challenging courses for students at BCC?

Can I go above and beyond in my academics?

If you have asked yourself any of these questions, you may want to consider attending one of the Commonwealth Honors Program Spring Honors Fairs!

Throughout the Spring Semester there will be several events going on during the Student Activity Period advertising the Commonwealth Honors Program at BCC.

The first one, held on April 3, showcased projects by Honors students and Honors classes.

Current Honors student Craig Vellozo has been putting on these "Honors Fairs" as his Honors Culminating Project, to spread the word about the CHP.

Several professors, including

Tom Grady, Professor of English and Director of the CHP, Dr. Mary Zahm, professor of psychology, and Susan McCourt, professor of mathematics, came to speak about their classes what it means to be an Honors student.

In the fall semester Honors students will have the opportunities to take classes with Professor Tom Grady in Postmodern Studies, an Honors Seminar in Empowering Women with Mary Zahm, or add on a component project (additional honors level project) to any one of your normal classes (with permission of that instructor).

If you have any more questions or would like to learn more about the Commonwealth Honors Program, you can e-mail Tom Grady, the director, at Tom.Grady@bristolcc.edu.

BCC NEWS BRIEFS

2013 JEANNETTE DENNING PRIZE WINNERS ANNOUNCED

The BCC 2013 Jeannette Denning Prize winners include:



First place:

Phanna Phath for her essay,
"Unburdened" (submitted by Farah Habib)



Second place:

Curtis Harkins for his personal narrative essay
(submitted by Meredith Chapman)



Third Place:

Flavio DaCosta for his essay titled
"Stop Copying Me!" (submitted by Mike Geary)

Bill Lawrence, Lara Kradinova, and Chris Souza served as judges.
There were 22 essays submitted.

WIHLAT

What's up with the art? This was the question a handful of dedicated art students found themselves asking each other late one night at the H building, which is located on the BCC Fall River campus the location of the college's art department.

The time was around 9:30 p.m. when I received a text message that read, "You want some great pictures; go to H building!"

I arrived there at about 10:30 p.m. and found the foyer of the building lit by rows of white Christmas lights.

The lights illuminated the abstract art work that had taken students all day constructing and weeks of creating .

However, the display of these completed works was on a time limit: much like Cinderella and her pumpkin carriage and at 11 p.m. the time expired.

Then as if the clock struck midnight, the main lights in the building were turned on and the student artists had to dismantle their creations.

In the blink of an eye, after hours of hard work setting up their works, the student artists were instructed by Laura Carlson, Director of Events Scheduling, to take down everything they had worked so hard to display.

Only a few hours before completion, the artisans were told that their work was to be removed.

According to one of the student artists, Daniel Leonard Powers, the display added, "color to a dry boring white building."

"And it is ridiculous that must be taken down the same night it was installed! This is the art building! Let it be an art building!" Powers said.

Sadly the display was removed before it could have the possibility to inspire anyone.

Carlson responded that, "At no time did I tell them to take it down."

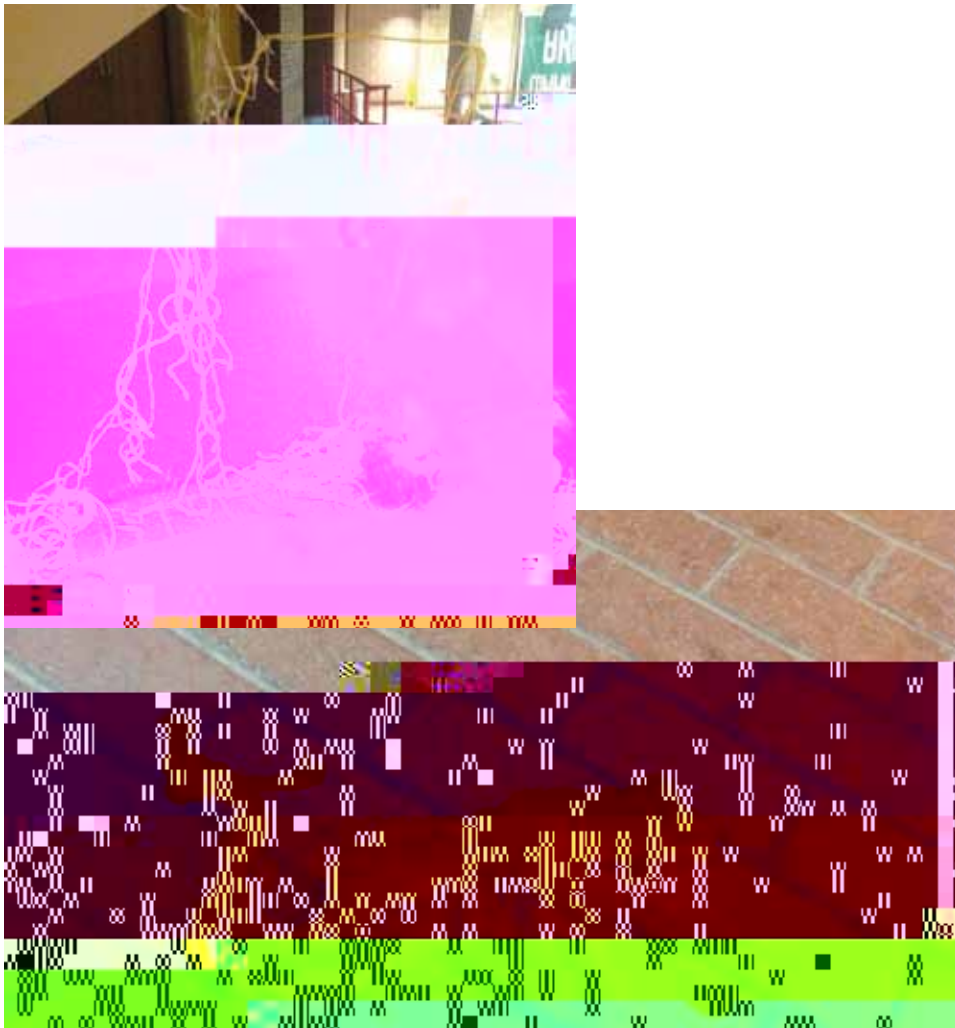
"I'm an artist myself and we're here to support students."

According to Carlson, who was reached by telephone, there was a misunderstanding.

"What I tried to tell the students was that before they put up their display," they need to fill out a facilities reservation request in order to protect the display.

She said she had spoken to the students' professor about the issue.

According to Carlson, without the necessary request form, their display might have been accidentally taken down.



An educational cultural spring break 2013 trip to Rome and Florence for BCC students and friends of BCC was coordinated by Joe Yasaian.

Chester State University from Pennsylvania and Gadsden State Community College (Community College)

This was the second year that such an educational experience was coordinated by BCC.

Five BCC students: Amanda Benevides, Sarah Conrad, Lianne Dauplaise, Maegan McConnell, Cortni Oliveira, graduate Preston Souza, adjunct instructor Lou Khoury and his wife Gail left Boston on March 15th for Rome.

Upon arrival to Rome, the BCC group was joined by students and faculty from West



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Dr. Myrna Goldenberg, professor emerita and independent scholar, came to BCC to speak to the students about her research of Women and the Holocaust.

Dr. Goldenberg combined her interests in Women's Studies and Holocaust Studies to delve into the research of how women dealt with hunger during their times in the camps, sexual violence against women in the camps, and how women survivors have coped with

life after the Holocaust through poetic and artistic expression.

She has written several compelling books on women and the Holocaust, including: *Different Horrors, Same Hell: Gender and the Holocaust, and Experience and Expression: Women, the Nazis, and the Holocaust*.

She has taught classes on philosophical issues within the Holocaust, the politics and culture of the Holocaust, literature of the Holocaust, and Jewish women in international perspectives.

"Many women dealt with hunger by creating recipe books," Dr. Goldenberg said.

"It seems like a strange way to deal with hunger, but it helped the women remember their identities as homemakers, wives, and mothers," she said.

According to Goldenberg, many of the recipes made by the women in the camps contain fairly strange ingredients because the women who were creating these recipes were not the primary cooks of the family before they were taken away.

These recipes can be appreciated as a way the women in the concentration and death camps struggled to survive.

Although they were not works of culinary masterpiece, these recipes were ways that women

coped with their desperate circumstances.

Sexual violence and the Holocaust has been a controversial subject among scholars.

"Many male scholars do not believe that rape and sexual violence occurred during the Holocaust," Dr. Goldenberg said.

"The Nuremberg laws forbade any sexual intercourse of an Aryan before the Holocaust."

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Course Offerings

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Intensive Elementary Portuguese

6 semester credit hours

POR 203

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POR 214 / ENL 200

**Introduction to Portuguese
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POR 308

Advanced Portuguese

3 semester credit hours

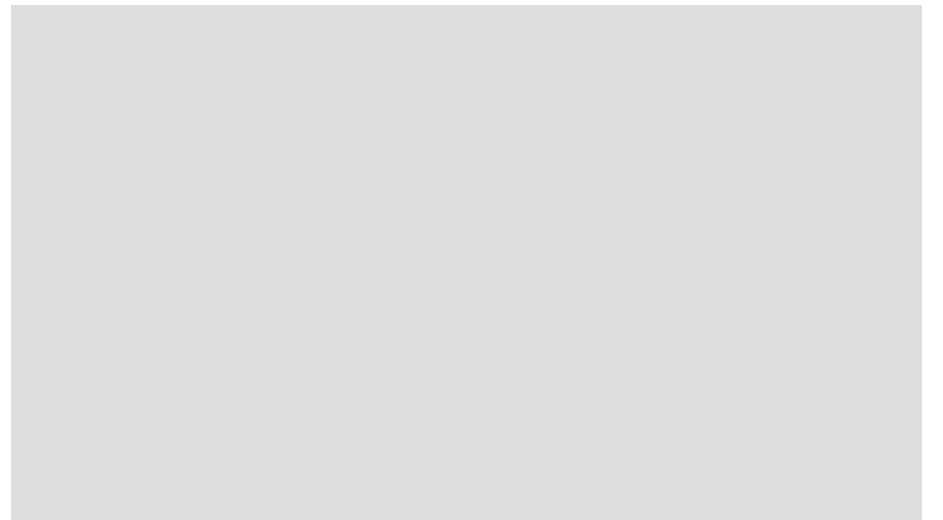
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HST 376

Brazil: History and Culture

To register, please contact:

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