

The Tamarack

Our college. Our news. Our voice.

Naugatuck Valley Community College

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Suicide Awareness Month

Bethany Dvilinskas

Suicide. It's a taboo subject, a hurtful word, and leaves a burdening emotion on our shoulders, whether we know someone who's made that choice—or we've considered it ourselves. It's a subject many don't want to talk about or acknowledge because they think it will 'trigger' someone or cause a frenzy among people.

When we hear the word, suicide, we get this sense of sadness, and with it, in the pit of the stomach, an aching pain. In our hearts, we want to help someone who is suffering; we want to make a difference. When we find out about someone dying by suicide, our heart skips a beat, our mind pauses—the thoughts we were thinking, suddenly unimportant—and our eyes well.

It's different than losing someone to cancer. When we find out about someone dying, we naturally wonder how and why, and when the truth is revealed—that they took their own life—there's a heaviness that settles on our shoulders that makes us want to fall down. And it's harder to stand straight ever again.

Part of the reason is our own sense of loss and helplessness, that feeling that we might have done something to prevent the person's tragic choice. Adding to our sense of grief are the judgmental attitudes around suicide. Often, the person who commits suicide is quickly stigmatized, ignorantly categorized as weak or selfish. Not only are they gone, but now they're dismissed by some as "just another statistic". Those attitudes help no one.

When the word suicide comes up, many people automatically think about teenagers, and with good reason. Among individuals aged 15–24 years, suicide is, shockingly, the second leading cause of death. Given the unique pressures on teens, the impulsivity of adolescents, and the sense of isolation many young adults face in our society, it is natural to equate suicide with this age group.

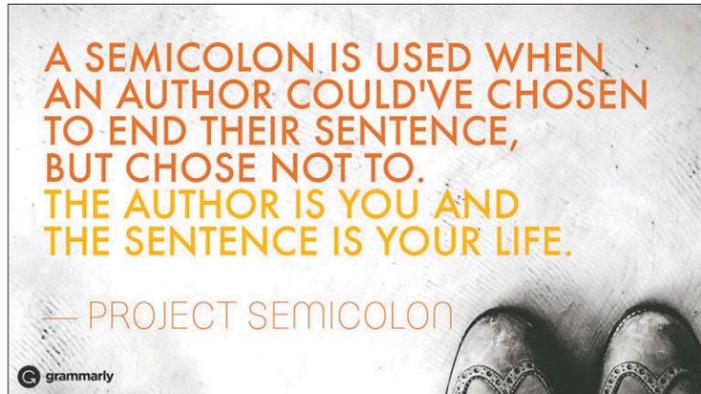
However, it isn't only teenagers who commit suicide. People who are middle-aged, and those older than 85, have had some of the highest suicide rates recently. The particular pressures of each stage of life, paired with depression and other psychological disorders have resulted in suicide being the 10th leading cause of death overall in the United States.

While it is more likely males will commit suicide, and suicide is more common among people with substance abuse issues, a history of self-harm and mental illness, or veterans suffering PTSD, there is no one type of person who is vulnerable. There is also no one answer to this massive problem.

Suicidal ideation involves pervasive thoughts of dying or wanting to die. It can vary from person to person and can range from fleeting thoughts to extensive ones, to detailed planning, or role playing. Suicidal thoughts can occur at any age, and any gender may experience them. Most people who have suicidal thoughts do not actually go on to attempt suicide, but there is a higher risk of suicide attempts in such cases.

Within the last few years, suicide prevention has become popular across social media, in music and films, and even through tattoos. In Project Semicolon, a person gets a tattoo of a semicolon to represent their struggle with suicidal thoughts, or any mental illness for that matter.

There is also a non-profit organization, To Write Love on Her Arms, that aims to provide hope and help for people dealing with depression, addiction, self-injury, and suicidal thoughts. In music, the rapper Logic, has a song titled, "1-800-273-8255," which is the actual number to the Suicide Prevention Hotline. The



songs of NF, an up-and-coming rapper, include deep lyrics, some of which are a reflection of suicide and how one feels living with depression and anxiety.

suicidal thoughts. It could be anyone: the person sitting next to us in class, a friend or family member.

There are signs that a person may be

depressed or having suicidal thoughts. Some of these include excessive sadness or moodiness, sleep problems, withdrawal, changes in personality or appearance, and dangerous or harmful behaviors. Some of these may be cries for help.

When recognizing such symptoms in a friend—or in yourself—it is important to be open and caring, and to seek support. Suicidal thoughts are nothing to keep secret, and the more open we can be about this issue, the less afraid people will be to ask for help.

If someone you know is having suicidal thoughts, it is essential to take it seriously. Remind them there are people who care; encourage them to speak to someone who can help. Urge them to call the Suicide Prevention Hotline at 1-800-273-8255 or text HOME to 741741, 24/7 in the United States. If you are struggling with thoughts of suicide, reach out for help. Pain is worse when we suffer it alone.

Notable NVCC Women

The Tamarack Staff

In honor of National Women's History Month, The *Tamarack* staff invited the women of NVCC to reflect on what it means to be a strong woman. Here is a sampling of personal thoughts and inspirational quotes from just a few of the women who make the College such a vibrant, intellectually-stimulating, and efficiently-run institution.



President Daisy Cocco De Filippis shared these thoughts. "First and foremost, don't be afraid to speak up for yourself in both personal and professional settings. Respect yourself and insist that others do as well. Additionally, you must believe in yourself and take yourself out of your comfort zone in order to advance your career. If your heart and your mind are open to new opportunities you will grow as a professional."



Rose-Mary Rodrigues, Assoc. Director of the ACE finds inspiration in these words from Oprah Winfrey:

"On my own I will just create, and if it works, it works, and if it doesn't, I'll create something else. I don't have any limitations on what I think I could do or be."



Academic Dean Lisa Dresdner shared an excerpt from the Joy Harjo poem, "The Blanket Around Her".

oh woman
remember who you are
woman
it is the whole earth



Instructor of Dance and Dance History Dana Rainey offers wisdom from Sojourner Truth: "That little man in black there, he says women can't have as much rights as men 'cause Christ wasn't a woman! Where did your Christ come from? Where did your Christ come from? From God and a woman! Man had nothing to do with Him."



Bonnie Goulet, Director of Student Development Services, states, "To be a strong woman, it's important to face our fears and overcome our insecurities. This can be an ongoing challenge, so two quotes from Eleanor Roosevelt help remind me. 'You must do the things you think you cannot do,' and 'No one can make you feel inferior without your consent.'"

Human Services Professor Kathy Leblanc draws inspiration from the timeless words of Mahatma Gandhi: "Be the change that you wish to see in the world."



Professor Sandra Eddy advises, "Say yes! Try new things. Explore. Show up. Read. Engage. Smile. Don't hold back. Ask. Be you. Say yes!"



Nancy Betancourt, LABSS Division Secretary shared these powerful words:

"We were created to do what men can't. And if that isn't reason enough for us to be treated equal, I'm not sure what is."

~ Caroline George, *The Vestige*



Prof. Kate Pelletier shares wisdom from her role model, Seane Corn, a yoga teacher, social activist, and all around powerful woman: "KNOW what you stand for without apology. TRUST that the place you're speaking from is bigger than you. If you serve the TRUTH, then the words you speak will reflect that."



Professor Lisa Kaufman draws inspiration from the quote: "Well-behaved women seldom make history." Though attributed to everyone from Eleanor Roosevelt to Marilyn Monroe, it was written by Pulitzer Prize-winning historian, Laurel Thatcher Ulrich, who also authored a book with that title.



Professor Donna Marotti-Deliato reminds us that "True empowerment comes from being passionate about what you do and knowing that you can make a difference!"



"You are your best thing."
--Toni Morrison, *Beloved*

When I read this (decades ago now), I remember so clearly how every part of me went, "Yes!" I carry the quote with me in my every action and interaction, always conscious of the "bestness" of our selves.

~ Professor Julia Petitfrere



EDITOR'S NOTEBOOK



Not Finishing

Looking back to the early 2000s, childhood memories seem a reminder of how great things used to be. Sitting around a group of millennials, or any other generation for that matter, nostalgic of their respective period, brings about appreciation of how things have changed compared to previous times.

Tying it to personal experience, I remember coming home on hazy summer days after school to run off the bus, then sit in front of a TV screen. It was around the hours of 3:00 – 4:00 p.m. when Cartoon Network would air a series called Toonami. On this segment there was a plethora of Eastern influences on cartoons from Japanese culture and specifically my favorite show,

DragonBall Z.

It was this show that grew with me through childhood and into my teenage years. Witnessing all the adventures the main character, Goku, would go on, made me feel as if I was right alongside him in perils and fantastical worlds. All was great; Goku continuously developed higher levels of fighting abilities while facing new adversaries. Meanwhile, I too was growing in my own manner.

The show would go on for many years, and even then, re-runs aired, as the corporate world behind the veil is always looking to milk an industry when it has a chance. Judging the amount of development Goku underwent hints toward a suggestion that, perhaps if the show never ended, the level for him to improve would be endless.

It is this thinking then that, once something has been completed, it loses its means to become something more. Yes, new perspectives can be applied to the original scheme; however, the degrees of variance are limited.

I distinctly remember, after the last episode had aired, I remained seated in awe and confusion at the thought that such a legacy had come to an end. More troubling was the realization of finding something else to do when tomorrow would arrive, and with it, the absence of a new episode.

Peering more keenly into the fog of not completing a task, such as the simple fulfillment of a season of a show or full series, leaves room for imagination and comfort. It is in this realm that a person may dwell on the vast possibilities of where the next set of choices can take the story. This thinking can be applied to other aspects outside of just television shows.

Imagine an artist who only does half of his or her work and then leaves the other to the interpretation of the spectators. From this, there is room for malleability of expression and escape from the onslaught of defined, concrete, reviews. The reasoning behind this is that nothing can be judged completely until the entire work is presented although there is probability for how events will turn out. Yet even then, a majority would rule that the author's ability to surprise the audience is appreciated. Thus, we are left at the same figurative heel of not finishing the work.

Stepping back, our time at NVCC also will end. The GPA each of us has accrued will define us as we receive our associates. But when we go on to a university to get our bachelors, then there is room for "malleability".

Similarly, and thankfully, Goku's adventure did not end in *DragonBall Z*. His adventure would then be carried onto new series, and his level of improvement would gain new heights. I find myself again religiously dedicating time from 3:00 – 4:00 during the week, appreciating the undefined level of Goku and then applying the stated notion to this article. Perhaps, if I leave this article incomplete, then maybe the quality of material to be judged by the reader will be...

Regards,

Alam Khan, Editor-in-Chief
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Tell Your Story!

Jaime Hammond

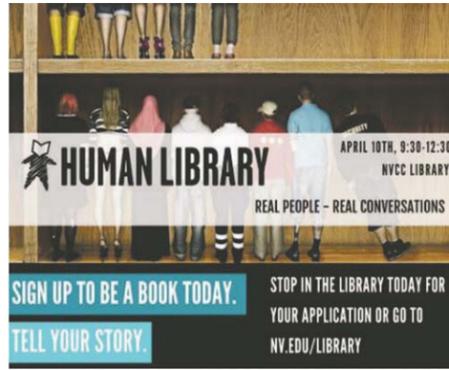


Photo Courtesy of Library

On April 10th in the NVCC Library, people will turn into talking books at the Human Library. The Human Library creates an exciting opportunity for our community to connect one-on-one with each other to share unique sets of life experiences, stories, and knowledge in order to promote values of tolerance and understanding. Human books will be checked out by readers for conversations in the Library to celebrate our differences, break down barriers, encourage new ideas, and strengthen our community. Books are people from all walks of life who have a story to share about any aspect of their identity and experiences.

You can be a book in our Human Library! Your story is important! Are you an expert at something you would like to share? Have you ever gone through a rough patch and made it out okay? Are you a survivor? Is there a stereotype you want to break? Do you have a unique story to tell? Have you had an interesting experience? People from the NVCC community will line up to you hear your story for one-on-one 20 minute conversations. Similar programs at other colleges have included human books with stories about being homeschooled, being a DACA recipient, having a learning disability, changing careers, and growing up in a different country, as well as people who want to talk about their cultural backgrounds, religious beliefs, LGBT issues, body image, and many more unique perspectives. To volunteer to be a book submit an application at www.nv.edu/library or stop in the Library to fill one out.

Everyone is invited to stop by and check out a book on April 10th. You can ask the books questions and listen to their eye opening stories. You never know what someone else has gone through until you hear their story. Come celebrate our differences and be inspired. Don't judge a book by its cover!

AKA Rosie the Riveter

Bayley Shean



Photo Courtesy of PeopleMagazine

Practically everyone who has ever taken a U.S. history class knows who Rosie the Riveter is and can describe her iconic poster. You know, the one with the woman in the red bandana flexing her muscles, with the giant "We Can Do It!" at the top. And if you have no idea what I am talking about, Google "Rosie the Riveter" and you'll see. Rosie was a major influence for women during World War II, boosting the morale of females as they took over the jobs of those who went off to war. Even today, Rosie serves as a role model for every woman who is told that she can't do something.

Food Pantry at a Glance

Mark Kacyrat



Photo Courtesy of Chris Gordon

Our February issue featured an article about the launch of the new NVCC Food Pantry to address student hunger. This month we're following up with specific information for students who may want to make use of the resources the pantry has to offer.

- NVCC's new food pantry will be in Ekstrom Hall. There will be posters all over campus to guide students.
- An inaugural ribbon cutting ceremony with donors will take place on a date to be determined.
- The pantry will initially offer "Grab and go" items. These will include offerings such as granola bars, microwaveable soups, and other items that can be eaten immediately, or later in the day.
- Donated groceries will be made available to students, so they can bring items home to prepare meals (including lunches).
- The supply of food items in the pantry will be kept replenished through fundraisers, individual donations, and by campus and club events.
- Larger donors have provided—and are continuing to donate—more expensive items, such as the refrigerator. A freezer will be arriving soon. These will enable storage of frozen foods and perishables, such as fresh produce.
- The goal is to alleviate the stress of students who face hunger, better allowing them to commit to success in their studies.

For information about the NVCC Food Pantry, contact Professor Kathy Leblanc at kleblanc@nv.edu.

SGA PRESIDENT



Marching Forward

Hello, NVCC students, faculty, and staff! March is here,

and that brings us closer to spring! Hooray!! SGA has a number of events happening this month to raise your spirits as this cold winter drags on.

Our annual SGA St Patrick's Day Party is on March 7th in Cafe West from 11:30 a.m. - 2:30 p.m.! Come check it out; there will be music, food, and lots of green! For those in clubs, we should have received your budget packets by March 1st. With budget cuts happening, make sure your representative attends our super cool budget meeting on March 16th to speak on behalf of your club and its budget needs.

That same week—Sunday, March 12th – Monday, March 18th—is Spring Break! Whatever your plans are, the SGA hopes you enjoy some time away from the stress of school! And speaking of stress, before we experience the reward of Spring Break, we have to get through midterms. Luckily, the library and the ACE are here to help with study and de-stressing activities planned.

The week after break, we have a Healthy Eating Campus Conversation on March 19th. It will be held in room L501 at 12:45 p.m. There's also a Spoken Word event in L501 at 12:45 p.m. on March 21st.

And don't forget: SGA Meetings are held every Wednesday at 4:00 pm in L501. Hope to see some new faces there! Happy March, happy spring!

God bless!

Emily Verdosci, SGA President

Generous Hearts

Tamarack Staff



On Wednesday, February 14th, the Human Services Club held a bake sale to raise funds to help Waterbury's homeless. Although they were stationed in the Kinney Hall

5th floor walkway, students also circulated throughout campus, selling their wares and reminding those they encountered of the true meaning of Valentine's Day: opening our hearts to others. All proceeds will benefit the homeless, with some of the funds dedicated to the purchase of supplies for a blanket-making event held on Monday, February 26th (Pictured left to right are Human Services students, Krychelle Gittens and Joleen Johnson).

Unpacking "Isms"

Kathy Taylor and Nikki McGary

The Social Justice Series resumes this semester with monthly programming aimed at "Unpacking Isms." Using a social justice framework, the Series will continue actively addressing the complexities of historically and systematically rooted inequalities linked to power and oppression, while simultaneously providing a space for dialogue, critical thinking, reflection, and introspection. The February discussion focused on Unpacking Racism. March events address Unpacking (Hetero)Sexism, and April will explore the topic of Unpacking Ethnocentrism and Xenophobia. Classes are welcome and we hope to see many students, faculty, and staff members there!

Panel Discussion - Unpacking Hetero(Sexism), March 8th, 11:10 a.m., L501

Guest Speaker: Dr. Sherry Zane – "Understanding Gender Identity: Transgender, Cisgender and Gender (Non) Conformer," March 26th, 11:15a.m., L501

TED Talk – Unpacking Ethnocentrism, April 4th, 11:10 a.m., L501

The Tamarack

"Standing, like a resolute tree, as your source for news."

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EDITORIAL

I haven't watched,

can't bring myself to sit in front of screens as voices drone. About *lost potential*, about *trophies won*. About *the kindest boy, always willing to...* the *smartest girl, her ready smile*. Or all those

hero-teachers shielding their charges. That single, shaken, shell-shocked classmate—his name might even be Ben—inexplicably spared. How sad they've all become

clichés. Ratings will soar as hordes consume the story frame-by-frame—the jittery cellphone video—as school principals recite zero-tolerance mantras, *No bullying at our school*, as classmates catalogue the *warning signs*: his *online rants*. His grinning camo-ed Profile

Picture it? I don't have to. We've seen this all before. Since Newtown: in Benton, in Salt Lake, Lubbock in Sacramento, East Stroudsburg San Antonio Houston Wichita WestLafayetteGriffithCleveland DetroitFortMyersRoseburgTroutdale Rockford... Remember back

when we thought Columbine was unusual? When we valued children over dollars? So-called leaders have failed us, we've failed us. Now our brightest hope is the anger of teens who say, *Enough*, who say, *Shame on you!* I pray they'll lead us to real healing before the next news bullet I can't bear to watch.

Champions of Truth

Alyssa Katz

Many sexual assault and abuse cases have been making headlines in recent months, spurred by the rise of the #metoo movement. People are speaking up, sharing their frightening secrets of being harassed or assaulted, and are finally being heard. In particular, a major news story focused on Dr. Larry Nassar, who sexually abused over 250 female Olympic gymnasts over the last two decades.

Nassar pled guilty, admitting he misused his medical position to molest girls, convincing them his invasion of their bodies was a form of treatment. Over 150 victims spoke in court during his week-long hearing. Nassar has been sentenced to 40 to 175 years in prison, not including other sentences for child pornography and multiple charges of criminal sexual conduct. "I've just signed your death warrant," said Judge Rosemarie Aquilina, who added that with these charges, he will never leave prison.

As the young women gave their statements, they revealed explicit details of Nassar's abuse. Some were perpetrated as they lay face-down on exam tables. Other young women told of the team physician's late-night hotel room visits during overseas competitions. Nassar began taking advantage of some when they were just 13—or even as young as 8-years-old. Because they were so young, they didn't know what was wrong and what was medically acceptable.

Long before Nassar was charged, several girls stepped forward to complain about the doctor, but their remarks were dismissed, the truth silenced by Michigan State University, USA Gymnastics, and the US Olympic Committee. Others didn't speak up, afraid of backlash and damage to their Olympic dreams. Many victims accused USA Gymnastics and the USOC for protecting Nassar all these years, charging no one was there to protect them.

In response to accusations, USA Gymnastics cut ties with Karolyi Ranch—a gymnastics training camp—where much of the abuse occurred. In addition, the USOC released a formal apology for failing to act on reports of Nassar's behavior. Board members of both organizations have also resigned as a result.

This "army of survivors" includes top Olympic gymnastics, competitors in both the London 2012 and Rio 2016 Games. Among them are Aly Raisman, Jordyn Wieber, McKayla Maroney, Gabby Douglas, and Simone Biles. Raisman, one of the more prominent women to speak out, gave this statement during the hearing, "We, this group of women you so heartlessly abused over such a long period of time, are now a force, and you are nothing. The tables have turned, Larry. We are here. We have our voices, and we are not going anywhere."

The hope is something like this will never happen again, in any sport, or anywhere. Judge Aquilina praised the women for their bravery. Though once afraid to speak—or perhaps worse, brave enough to speak, only to be ignored and disbelieved—they are no longer victims. Instead, these brave young women take their place as vocal survivors, grateful the world is finally listening.



Easing March Madness

When you think of higher education and the month of March, what's the first thing that comes to most people's minds? Usually, March Madness! For community college students, this term can take on a different meaning than for their peers at traditional 4-year universities. While many college students associate March Madness with NCAA Basketball tournaments, for some there is a different connection between the month of March and higher education: the graduation and transfer process.

For some community college students, March can be a time that feels like madness because they're working through the process of figuring out what their next steps are. They have applied, or are about to apply, for graduation (application deadline is March 15!). Some are in the midst of submitting applications to 4-year universities and colleges. Others are deep in search of scholarships to help ease the cost of their bachelor's degree. Still others are looking for that fulltime job for which their associate degree has prepared them.

While their challenges of March Madness don't involve playing a high-level basketball game against strong competitors, or determining what teams they think will win the many brackets, the decisions and responsibilities these students are facing can create a sense of madness if not handled properly and thoroughly. This is where the Center for Academic Planning and Student Success (CAPSS) can help!

Whichever stage of the graduation, transfer, or career search process you're in, we in the CAPSS office are here to coach and assist you. We're able to run degree audits to confirm you are set to graduate, assist with transfer applications, offer career counseling and provide appointments with transfer representatives from the CT State College and University (CSCU) system and UCONN. CAPSS Advisors and Counselors are here to help you plan for and reach your graduation, transfer and career goals. We understand the often crazy schedules and responsibilities our students face, so we are able to provide flexibility in meeting with you by offering in person, phone or email support.

Always remember that *We are here for you!* and *Student Success is our Expectation!* are more than just mottos for all who work in the CAPSS office. Stop by Kinney Hall Room 520, call us at 203-575-8025 or email at CAPSS@nv.edu. Let us help ease any madness you may face and provide the vital information you need, so your decisions are based on facts, not treated like a guessing game or a gamble.

Bonnie Goulet

Veteran's Voice

Shayne Pratte



Hello, everyone. I would like to focus this month's Veteran's Voice column on some issues veterans face when our government has trouble getting things going. As you all know, our government had a brief shutdown in January. This shutdown was due to several factors, from arguments over the fate of DACA to defense spending and children's health insurance.

How does this relate to our veterans? Well, U.S veterans don't get paid during times of shutdown, but U.S. politicians do. Hard-working service members spend their shutdown days not knowing when they will receive their next paycheck.

I personally weathered such a time, back in 2013, during my active service with the Air Force. It's no picnic worrying about whether or not you will be able to pay your bills or provide for your family because of the non-decisions of our politicians.

During the shutdown I endured, many of my friends and I lived paycheck to paycheck. As you can imagine, having your pay deferred by two weeks really impacted our living situations. We continued to work, though technically receiving no pay. While we were

eventually paid for the time we worked during the shutdown, it didn't help during those two long weeks without pay when we were counting on it. Most people see the military as a truly reliable means of making a living, and it is most of the time, but even the military experience moments of inefficiency.

My question is why must members of our military suffer at the hands of politicians who continue to receive hefty salaries during their times of irresponsible indecision? They should continue to be paid. Those who serve bear a far heavier burden than that gaggle of politicians who can't make up their minds about whether or not people who were brought to this great country as children should be allowed to stay.

This country has been and should remain a melting pot, an example to the world that all people are in this together. This is not intended specifically as an expression of any particular political leaning, simply a means of drawing attention to one of the many struggles veterans face in lieu of the inherent danger that comes with the job.

So, next time you hear about a government shutdown, take a moment to think about those who spend their days fighting for our country. They may not be doing it for the money, but everyone has to make a living, and that is how they make theirs.

Join The Tamarack

We're looking for: writers, editors, visual artists, and much more!

tamarack@nv.edu



Bridge to College Program, Black Student Union, *The Tamarack*, & SGA invite you to

Ain't I a Woman!

March 19, 2018

11:00 AM – 1:00 PM Mainstage

A chamber music theatre work for actress and trio (cello, piano & percussion) celebrating the lives and times of four significant African American Women: ex-slave and fiery abolitionist, Sojourner Truth; renowned novelist and anthropologist Zora Neale Hurston; exuberant folk artist, Clementine Hunter; and fervent civil rights worker, Fannie Lou Hamer.



Happenings @ Other Colleges

Alyssa Katz



Kent State University

This Ohio university recognizes the importance of women's history, saying, "But to ignore the vital role that women's dreams and accomplishments play in our own lives would be a great mistake." All month, KSU honors and recognizes women from all walks of life. One event, though, lasts beyond the month: Feminist Fridays, which take place every Friday throughout the semester. Included is also a workshop, "Feminism: Redefining the F Word!" For Feminist Friday this month, topics include "You Can't Stop Me...Women Making History" on the 2nd, and "Where My Dreaming and My Loving Live: Poetry & The Body—Wick Poetry Collaboration" on the 16th. As Kent also states, "We draw strength and inspiration from those who came before us...a truly balanced and inclusive history recognizes how important women have always been in American society."

<https://www.kent.edu/womenscenter/womens-history-month>



Tarrant County College

In Texas, a panel discussion will take place March 20th on women in STEM, Science, Technology, Engineering, and Mathematics. The female guests are Claudia Morales, a Supplier/Quality Assurance Staff Specialist at Bell Helicopter; Anupma Sharma, a postdoctoral Research Assistant at Texas A&M AgriLife Research Center; and Dotty Wolfson, a Water Resource Specialist at A&M AgriLife Research and Extension Center. The panelists will talk about their journeys, their accomplishments, and share some inspiration and encouragement to women seeking to enter a STEM field.

https://calendar.tccd.edu/event/womens-history-month_event_-_women_in_stem_panel_discussion#.WnXoQ66nGUK



El Centro College

On the 29th, a panel discussion about female equality and diversity will be held to celebrate both Women's History Equality Day and Women's History Month. Women of all races are still struggling for equality today in the professional—and the personal—sense. Panelists will discuss discrimination in all levels and forms; how it's affected women throughout American history. They will honor the brave women who have fought, and continue to fight, against inequality to make a needed change.

<https://go.activecalendar.com/dccd/site/ecc/event/womens-history-equality-day-in-honor-of-womens-history-month-1/>



University of Mary Washington

In Virginia, UMW's Women's Month Celebration is entitled, "Nevertheless, She Persisted: Honoring the Courage of Women". All month, the college will host a visual campaign, highlighting inspirational female activists who've fought for equality. The rest of the month is filled with powerful events honoring women: from documentaries to discussions, films, and panels. There will be talks on women's roles through the 1800s to present day, and even a documentary about fashion icon Coco Chanel and the obstacles she overcame to produce one of the world's best-known perfumes. There are plenty more events throughout the month on a variety of topics on women's strength and courage in never backing down.

<http://students.umw.edu/multicultural/programs/womens-history-month/>

Book Blast!

Chelsea Clow



At Waterbury Barnes & Noble with NVCC's Bonnie Goulet, Tracy Mahar, Deirdre D'Amore, and Sue Houlihan (l to r).

The celebration of Associate Professor Steve Parlato's second novel, *THE PRECIOUS DREADFUL*, has stretched from coast to coast. On Tuesday, February 13th, the book's official release date, I was among an enthusiastic crowd of readers—with many familiar faces from NVCC—at the Waterbury Barnes and Noble for a signing. It was wonderful to see crowds of friends, as well as some complete strangers, waiting in line to have their books signed.

Parlato's next stop was a return to Corpus Christi, Texas, for the annual Teen Bookfest by the Bay. While there, on Friday, February 16th,

he visited W.B. Ray High School to lead over 100 students in writing workshops and discussion. The day-long Bookfest was held on Saturday, February 17th. Parlato served on a panel discussion titled, "Nothing to Fear," with Miracle Austin and Ashley Dotson, two fellow YA writers with a dark bent to their fiction.

Back home in CT, Parlato followed up with an official launch party on Thursday, February 22, at the Wesleyan RJ Julia Bookstore in Middletown. He's looking forward to a home-grown celebration here at NVCC. It will take place on Tuesday, March 20th, at 3:00 p.m. in the Playbox Theater. The event will feature Steve and some of his NVCC colleagues reading selections from *THE PRECIOUS DREADFUL* and talking about the book. All are welcome!



A writing workshop with a group of juniors from W.B. Ray High School in Corpus.



With fellow authors at Teen Bookfest.

Music to Your Ears

Professor Gil Harel



Music department students work hard! They study throughout the semester, preparing repertoire in their voice and instrument lessons.

However, save for the juries (which are heard only by a small group of faculty members), they don't have a forum for showcasing the fruits of their labor. For this reason, the Music Department is introducing a Music Society Coffeehouse, allowing students to sing and play the music they work on week in and week out.

In addition to offering live entertainment to the NVCC community, the coffeehouse events will be a perfect way for students to gain experience performing for a live audience. Not only will this provide a sense of real-world synergy between performer and listener, the coffeehouse will be great preparation for professional auditions.

We hope these events will attract a wide and diverse audience, from friends and classmates to neighbors, parents, family, and community members. The first event, featuring members of the college a cappella group, *Fermata the Valley*, will be held in the Playbox Theater on the evening of March 7th from 6:30 to 8:30 PM. Music Society students and faculty are hoping to program two more coffeehouses—one in early April, and another either in late April or early May.

The music students seem very excited for this! I'm hoping it will be both a fun event and an indication of how seriously we musicians take our art. We already have a few acts lined up, including: FtV, the barbershop quartet (Valley Voicemail), vocal performances by a number of students, and some original music by Chris Varanko. We look forward to welcoming the community to this evening celebration of music at NVCC!

alumni SHOWCASE



Kate Ring

Although higher education institutions are abundant in Connecticut, they're not all the same. Any institution can be a school, but Naugatuck Valley, a true learning community, is a very special place.

I still remember my first day here as a student. I'm the first generation born in the United States, and I was the first member of my family, and only member of my immediate family, to attend college. I'd postponed my college plans to financially help my family. The dream of Tisch at NYU ended the day my father was in a construction accident. That door slammed shut. After working in corporate accounting for six years, I was about to become a student again. Finally. I was excited. I was nervous. Okay, terrified!

Semesters were a happy and frenzied blur of responsibilities. Attending school fulltime, I worked in accounting fulltime

A Very Special Place

at a local conglomerate of physicians, worked in my Aunt's gift shop, and cleaned weekend homes in Litchfield county, all while babysitting my niece and caring for my father after his numerous orthopedic surgeries. My grandmother, who raised me while my parents worked long hours at many jobs, was my sole source of encouragement and support. She always assured me, "The tassel is worth the hassle, Kate!"

As graduation approached, both a faculty member and the PTK advisor suggested I apply to Wesleyan University. I burst out laughing; it didn't seem feasible. They both informed me of scholarship opportunities and encouraged me to apply. Graduation arrived, and as I stood on stage, addressing my graduating class as Distinguished Student, I looked into the crowd and saw my grandmother's tears of joy. The tassel was worth the hassle. As I placed the Board of Trustees medallion around her neck, I knew her smile was worth every second of hard work.

With the help of scholarships, I managed to go to Wesleyan, completing a Bachelor's and a Master's degree in Psychology. I focused my research on diversity, prejudice, and the relationship between prejudice and violent conflict and peace resolution. Doors once closed to me were opened with NVCC as the key! Without our special learning community, none of it would've been attainable.

In hopes of paying back NVCC in some way, I applied for an adjunct teaching position. Over the years, I've taught at other schools and worked in various positions in academic affairs. My goal was constant. I accepted positions that would afford me an opportunity to

return to NVCC. Teaching here has always been my priority.

That's my story, but NVCC is a rich and diverse community, and each student has a story. Some are similar to mine, while others are vastly different. The diversity of students, and their stories, is part of what makes this college so very special.

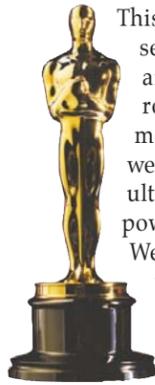
I never forgot the struggles, failures, or triumphs of being a student here. I never forgot the faculty and staff who encouraged me to persevere. As a faculty member, I emulate this in offering similar support to students. I hope this approach allows my students to focus their energy on deriving maximum learning benefits from the course, and facilitates their learning experience. Being a student can be stressful. Hopefully, I help them manage that stress and focus on learning.

Teaching at NVCC is the best position I could imagine. There's no place I would rather be. The night before the first class each semester is filled with nervous excitement and anticipation. It harkens back to being a child who couldn't sleep on Christmas Eve. No semester's ever the same. Students weave a diverse fabric, making each class unique, and teaching such diverse groups is more rewarding than I could possibly convey.

As I approach the end of my fifteenth academic year having the pleasure and privilege of teaching here, I remain ever-grateful for the opportunities NVCC has provided me as student and adjunct. A part-time instructor, my footprint is admittedly small, but I strive to walk as long and far as I can in this very special place!

“Time’s Up” for Hollywood at this Year’s Oscars

Mark Kacyrat



This month’s Oscars concludes a season of honoring film’s best and brightest, in an industry rocked by scandal. Last year, more than 70 women in film were galvanized to speak up and ultimately destroy the career of powerful movie mogul Harvey Weinstein. The prolific producer was exposed by accusers for decades of sexual harassment and assault, perpetrated using his money and power to silence his accusers,

covering up his behavior. *The New York Times* reported the sale of his business has stalled after New York State’s Attorney General Eric Schneiderman filed a lawsuit against The Weinstein Co. on February 12.

Weinstein’s fall sent shockwaves through the entertainment industry and others. Women (and some men) are more empowered than ever to speak up against powerful men. Hollywood, which is unafraid to flaunt progressive values, has been forced to embrace introspection and begin taking steps addressing its historically sexist and misogynistic underbelly.

This pervasive underbelly became a key theme at January’s Golden Globe Awards, with most female attendees dressing in black. News and social media took note of actress Natalie Portman’s scrutiny of “all male nominees” when she presented the Golden Globe for Best Director. The *New York Times* noted several highly qualified female candidates for the Best Director Golden Globe. These included Lady Bird director, Greta Gerwig, and *Mudbound* director, Dee Rees.

More infamous, was actor James Franco showing support for victims of sexual misconduct on stage when accepting an award. Immediately afterward, numerous women came forward with accusations of sexual misconduct against him according an LA Times report published a day before Oscar voting ended on January 12. This has resulted in speculation that Franco was consequently snubbed for a predicted Oscar nomination.

The push for greater gender-equality in the film industry will likely permeate the Oscar ceremony, March 4, and remain relevant beyond, according to *The Washington Post*. The Academy of Motion Picture Arts and Sciences is already under the shadow of “#OscarsSoWhite” in 2015 and 2016. This movement, protesting the lack of racial diversity among the Academy and Oscar nominees, managed to impact the industry’s archaic practices. As reported by *The Post*, 774 new members were admitted to the Academy in June last year. The *Post* adds that nearly a third of them are people of color.

This year, African-American nominees appear in both Best Actor and Supporting Actress categories. While the Academy has shadows of the “#MeToo” and “Time’s Up” movements looming large, in the aftermath of mounting sexual misconduct allegations, this year’s roster reflects changes taking place within the Academy, according to *The Post*. Greta Gerwig scored a Best Director nomination for *Lady Bird*, while *Mudbound*’s Rachel Morrison is the first woman nominated for best cinematography. *Mudbound*’s director, Dee Rees, has become just the second African-American woman in history to be nominated for Best Screenplay.

Lastly, while it remains to be seen whether any of these nominees will win an Oscar, the nominees hope their impact is felt. Greta Gerwig says, “I wanted to be a director for a long time, and what gave me courage was seeing all the great women who came before me... Seeing Kathryn Bigelow win that directing award and Sofia Coppola nominated for it meant the world to me. And what I hope at this moment is that women and girls of all ages watch the show and feel inspired to make their movie the way I was inspired by all of those brave women.”

Honoring Adjuncts

Born to Write

Kelly Goodridge



Photos Courtesy of Kelly Goodridge

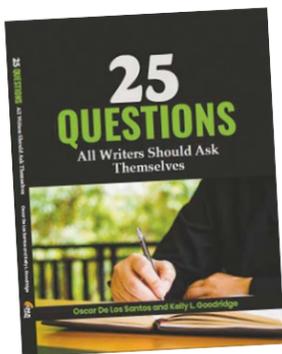
I’ve wanted to be a writer since I was in elementary school. It all started the Christmas I was seven years old and unwrapped a pink leather-bound diary. I’ve chronicled my life since then. Over the years, I’ve expanded my diary to include story ideas where I record life experiences and quirky news and events. I hold a B.A. and M.F.A. from Fairfield University and a M.A. from Western Connecticut State University.

I’ve taught writing and English courses at Western Connecticut State University (WCSU) for 18 years and Composition and English courses here at Naugatuck Valley Community College (NVCC) for 14 years. Teaching is a blessing, a job that allows me to share my love of writing and literature with students. NVCC has been a wonderful place to work and teach. I’ve met so many wonderful colleagues I admire and respect who have helped me on this journey (Patti Pallis, Steve Parlato, Wade Tarzia, Doug Goodrich, Kim O’Donnell and Jane Hoblack). I’ve also met and worked with so many creative and talented students.

I’m married to a fellow writer and writing professor, Oscar De Los Santos, who also teaches at WCSU. My son, Alexander, shares my love of learning, and we have a ten-year-old sassy Jack Russell terrier, Beowulf.

I love to write and read. I’m just finishing *Witness to Roswell* and I read *The Little Paris Bookshop* over winter break. My husband and I co-authored a book last year, *25 Questions All Writers Should Ask Themselves*, which is due out next month. Our book is designed to help all writers. The collaboration process was great fun and I encourage students to yes, write, but to also consider collaborating with others. Besides the writing handbook, I also have a short story coming out in a collection of short fiction that pays homage to old-time pulp fiction. Collecting vintage treasures is a guilty pleasure. I’m convinced if I lived a past life that it was in the 1940s. I’m drawn to fashion, music, décor, dishware, and films from the 40s.

The best writing advice I’ve ever received besides developing a thick skin to handle criticism, is to write and edit independently. Trying to do both simultaneously is unproductive. I try to write one day and edit the next.



Loved it? Hated it?

Send us your letters in response to articles, features, and profiles in *The Tamarack*. Limit them to 200 words and email them to tamarack@nv.edu with the subject line **READERS RESPOND**. Letters may be edited for length and grammar.

Center For Teaching Keeping Time

Dr. Patricia Pallis

Dr. Pallis, a longtime Center for Teaching Committee member, is a past CFT Teaching and Learning Consultant. A Professor of English, she is currently Humanities Chair in the LABSS Division.

Right now is a good time for true confessions. I forgot I was supposed to write this Center for Teaching article for *The Tamarack*. I could make up lots of excuses for not having it done until right before the deadline, but the truth is I just forgot. And that happened because I didn’t put it on my daily to-do list, and it didn’t get there because I never included it in my planner. The real irony is that I’m writing this after leaving the First Year Experience class I teach and... well... you have to know that we were talking about the importance of time management.

I decided, given my timely (no pun intended) reminder about the importance of managing our time wisely, I thought I’d write about time management. Because, for the most part, I’m really good at managing my time and accomplishing my tasks. One of the first things I tell my FYE students is the value of saying “no.” (Clearly, I had forgotten this when I agreed to write this article for the newspaper.) Seriously, though, there is real value in being deliberate in what we agree to do—before we find ourselves in the bind of double-booking ourselves or literally taking on more than we can accomplish (or accomplish well). Certainly, there is real value in keeping a to-do list. My favorite part of the list is checking off things I’ve completed. (I wrote on it, just now, “complete this column,” so I could have the satisfaction of checking it off the list.) Checking things off the list is a real stress-reducer for me, and that is important—because maintaining a healthy level of stress means I will be more productive.

I would recommend that, first (whether you are student, staff, or faculty), you take a good hard look at your schedule. Are you getting everything done you need to/want to accomplish? Are you able to do the work well—to the best of your ability? If you answer no to either question, then it is time to rethink your time management strategies.

What I’d like to offer is my list of top six items for managing time—which work for me (most of the time):

- Know what is important to you, and make sure you are using your time on those things. (That is, think about your goals—both short and long term.)
- Use some organizational tool (whether electronic or paper) to keep track of your schedule.
- Start each day with a fresh look at what must get done and what you would, ideally, like to get done. Tackle the must-get-done list first.
- Learn to say no. For some of us, that may take more practice. And certainly, we have to recognize there are things we can’t say no to, and there are some things we don’t want to say no to.
- Get plenty of sleep, eat good food, and exercise. These three things will increase your energy (both mental and physical).
- Make time for fun and relaxation. Life can’t all be work and study!

A final note from Ralph Waldo Emerson (“The American Scholar”): “This time, like all times, is a very good one, if we but know what to do with it.”

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Wonder Woman Legacy: An Interview with Christie Marston

Mitchell W. Maknis



Photo Courtesy of Tracey Maknis

In summer 2017, Warner Brothers released *Wonder Woman* on the big screen, and this iconic DC character acquired newfound fame. The film, starring the talented Gal Gadot as Princess Diana and directed by Patty Jenkins, has broken box office records; according to Box Office Mojo, it earned over \$412 million in Domestic Box Office alone.

The movie was an origin story for Diana of Themyscira, and like most heroes, *Wonder Woman* had her humble beginnings. I spoke with Christie Marston, the granddaughter of *Wonder Woman* creator, William Moulton Marston, to gain some insight. I wanted to know how *Wonder Woman* came to be. Christie told me her grandfather was a psychiatrist working at DC Comics as a consultant. Marston was jokingly told he should create his own superhero. Taking it to heart, he went home and talked it over with his wife, Elizabeth. She encouraged him to write a story, but to create a female superhero because the market had enough male heroes. Marston took her advice and also used his wife as an inspiration for the character. *Wonder Woman* was introduced in *All Star Comics* #8 in 1941;

her own comic book series launched about six months later.

When William Moulton Marston passed away in 1947, other writers took the helm for the comic. Marston's son, Moulton "Pete" Marston, according to family history, always loved *Wonder Woman*. As a child, he'd given his father story ideas for the comic. Later, after discovering ebay, Pete began collecting any and all *Wonder Woman*-related merchandise he could find. The torch was passed to Christie in 2009 when she began curating her father's collection. Pete passed away in January 2017, but Christie continues her father's tradition of collecting and organizing *Wonder Woman* memorabilia in the Marston Family Museum.

I wondered what Christie thought of the summer's blockbuster film. She laughed recalling the nerve-wracking lead-up to the film's premier, knowing it could have gone either way. Her nervousness stemmed from *Wonder Woman's* portrayal over the years. She said many of the comic writers didn't truly understand *Wonder Woman's* values, and therefore, couldn't bring her to life properly. She told me she was quite proud of the film's portrayal of the character, praising director Patty Jenkins for her understanding of the values of the Amazonian princess and her masterful depiction of those values.

In closing, I asked Christie, as *Wonder Woman's* real-life "granddaughter," her opinion of what *Wonder Woman* stands for. Her answer? *Wonder Woman* believes in equality, for everyone. She is always kind; she puts the caring of others before herself. Finally, *Wonder Woman* stands for love. Christie Marston is a truly remarkable woman, much like the character her grandfather created. You can find her on her website and social media platforms.

Share the Wonder!- *Wonder Woman* Network: www.wonderwomannetwork.com/ShareTheWonder.html

On Facebook at: Share The Wonder: The Marston Wonder Woman Message Project or on Twitter: @ChristieMarston

FACE IN THE CROWD

Following My Own Path

Mary Shampang

Hello, my name is Mary Shampang! My family and friends refer to me as Molly. I sometimes see confusion on a lot of faces when I am called by a different name. Thanks to my Irish family whom I love deeply, it has been a confusing mess since birth!

I started attending Naugatuck Valley Community College in the fall of 2014. I took a year off after high school to care for my grandmother who was a nurse at St Mary's hospital for over 50 years. I also took another year off after having taken a class with a professor who knocked down my self-esteem as far as math went. I retook that class with another professor when I decided to return, and I'm proud to say I passed with flying colors.

I have since learned that I am in control of my education and where I want to go in life, so I am back. I am taking more credits than when I started college. I may be going at a slower pace, but seeing as though I am the first person in my immediate family to attend college, I think I am doing a pretty darn good job!

I find it difficult to decide which career path I would like to enter. I am currently enrolled in an EMT course as well as a music course that I need as an elective for credits. I'm thankful I took Human Biology beforehand because it was a nice foundation for the EMT class.

I am planning to continue my education in healthcare. My two directions in mind are radiology and nursing because most of the



Photo Courtesy of Mary Shampang

"I am in control of my education and where I want to go in life... I may be going at a slower pace, but seeing as though I am the first person in my immediate family to attend college, I think I am doing a pretty darn good job!"

women in my family are nurses. Seeing as though I want to be my own person and not completely be a follower, my ultimate goal is the become a Certified Registered Nurse Anesthetist (CRNA).

I have heard from many people that I shouldn't become an EMT before nursing, but I just do things my own way. That is just who I am. My college career may be a long one, but I am loving every minute of it. My friends Sarah, Alam, and Andrew are my college support system, and I have an even bigger one at home.

If you see me around NVCC don't hesitate to say hi! I tend to be deep in thought while walking about the campus, but I love making new friends!

Revolutionary Rhythms

Challenging the Status Quo

Alyssa Katz



Sisters Ann and Nancy Wilson were part of the hard-rock group, *Heart*, who gained hits not only in the 70s and 80s, but also in recent years since their comeback. *Heart* challenged the status-quo and making a statement: not only male artists could be talented musicians.

Growing up, both Ann and Nancy were interested in music, particularly pop and folk, and had taken a stab at the music profession after college. Nancy started as a folk singer, but Ann had joined an all-male group—originally based in Canada—*Heart*. When Nancy joined the band, it began to develop, raising its standards. Once they signed with a record label, their debut album in 1975, *Dreamboat Annie*, received extraordinary views. A few hit singles from the album were "Magic Man" and "Crazy on You". 1978's *Little Queen* was also a hit, especially "Barracuda", which was written out of frustration over how slimy the music business can get.

By 1985, *Heart* went in another direction with a new label, and a self-titled album that included hits such as "What About Love?" and "These Dreams". Other records were released

as well, but the 90s saw a hiatus for the band as Nancy and Ann went down a new path.

The duo formed an acoustic quartet called the *Lovemongers*, which became their prominent focus. *Heart* wasn't completely forgotten, though, as they were often in the public eye of VH1, and Greatest Hits albums were additionally being released. Nancy and Ann veered off on their own projects around 2000, but would eventually get back together to record new material for *Heart* in 2010.

Both being songwriters, Ann and Nancy dabbled in collaborations for movies. Ann was featured in the songs "Almost Paradise," "Best Man in the World," "Surrender to Me," and others. Nancy, on the flipside, wrote musical scores for movies such as "Jerry Maguire," "Almost Famous," "Say Anything," and others.

Much success has been seen for *Heart* within the last five years since their comeback. They were inducted into the Rock and Roll Hall of Fame in 2012, as well as receiving a star on the Hollywood Walk of Fame that same year. In 2013, *Heart* performed at the Kennedy Center Honors. Led Zeppelin is one of their biggest inspirations, and it was an honor to perform their hit, "Stairway to Heaven," in front of the remaining original Zeppelin members, which brought them to tears.

Since 2015, Ann has been doing her own thing, experimenting with blues and rock music. Nancy continues to compose scores for movies and television. *Heart* dominated the stage with their edge, and continue to prove women can do anything.



Alyssa Katz

A Midsemester's Daydream

Fallon Dignan

What the Puck? If someone had told me my first semester at NVCC that I would audition for *A Midsummer Night's Dream* and land the role of Puck, one of my favorite characters, I would have politely told them, "I am a dancer, not an actor, but you are very funny." Of course, I am always open to trying new things, especially when it comes to art. Even more, I am fortunate enough to have people who believe in me enough to trust that I can do both. This semester, I've spent most of my time in the Theatre Department, running lines and working on character development at rehearsal.

What the audience sees on the night of the show is a culmination of several weeks of work from the director, designers, cast, and crew. As an actor, my job comes in the middle of the process. By the time I was cast, the director had already planned out how he'd tell the story, and the set was already being built. Once I got cast, my job was not only to memorize the lines, but also to develop my role in a way that brings truth and life to the character.

NVCC's *A Midsummer Night's Dream* will be my first Shakespeare performance. It is an intimidating thing to tackle the intricate language of Shakespeare, but in the Theatre Department, under the direction of Sasha Bratt, it has become a challenge I have loved working toward. The production has a lovely set, fantastic crew, and extraordinarily talented actors. Dance is still my major and my number one passion, but ever since joining the Theatre Department I have found a love for acting that is not going away.

A Midsummer Night's Dream will be presented in the Playbox Theater, Thursday - Saturday, March 1st - 3rd at 7:30 p.m. and Sunday, March 4th at 2:00 p.m. All tickets are \$10 and can be purchased by calling 203-575.8193. Reservations are recommended!

Look into the Future for PS4

Elena Frey

PS4 is launching very exciting games for the new year. There's a long list but I'll be focusing on only the most anticipated games. At the end of January, we saw games such as *Dragon Ball Fighters*, *Dissidia Final Fantasy NT*, *Velocity 2X: Critical Mass*, and *Street Fighters*. February releases included games such as *UFC 3*, *Dynasty Warriors 9*, *Secret of Mana*, and *Sword Art Online*. *Devil May Cry* is out in March, as well as *Far Cry 5* and *Ni No Kuni 2*. The latest *God of War* will be debut on June 30th.

The following lineup explains what will be different from past games of the same title. In *Far Cry 5*, there will be a more freedom to roam the map and do missions in any order a player chooses. Some characters you encounter will follow you and help you with your missions. You can also play Co-Op missions throughout the game.

Dissidia Final Fantasy NT will have a different combat system, where players are fighting three vs three instead of one-on-one combat. You can still fight one-on-one if you'd like. *Ni No Kuni 2* will have a new storyline with new characters. Also, the game play promises to have more buttons to be utilized in the game.

The game most people have been waiting for, where the producers had drawn out the story until the last moment, is *Kingdom Hearts 3*! Many people who have followed the *Kingdom Hearts* franchise know how long the story has been going on without any real ending. No one really knows where this final game will take us. I'm waiting for this game with great anticipation in hopes it will be the best game Square Enix and Disney have ever produced. We'll have to wait patiently for the release on December 31, 2018.

Until then, we'll have plenty of new adventures to keep us busy!

A Soldier of Love's Legacy

Matthew Spence

Making her 1984 debut with the album, *Diamond Life*, with her eponymous band, Sade has left a stamp on "Quiet Storm" R&B and music in general. With her smooth contralto voice, her music remains in everyone's lounging playlist. From "Smooth Operator" (1984's *Diamond Life*) to "No Ordinary Love" (1992's *Love Deluxe*), Sade became a teacher of love and romance and everyone is grateful for it.

With six studio albums, a nearly thirty-year career, and 75 million records sold worldwide, Sade's career is an incredible accomplishment. Often being cited as pioneering Neo-Soul and being labeled as the "quintessential" Quiet Storm artist, Sade has gone to influence many R&B artists in recent times, such as Princess Nokia, NIIA, and many more.

Many artists have expressed their love for Sade's music and Sade Adu herself, including Beyoncé, who stated that she is one of her favorite female artists ever. Beyoncé actually wrote an open letter to Sade in which she states, "For years, I've turned to Sade for inspiration.....Her music has been a true friend, as all true music should be."

During an interview on MTV, the late-great and talented Aaliyah discussed Sade, mentioning she idolized her and believed that "She is an amazing artist and performer." Sade's impact goes a long way in R&B, but her music and influence also found their way into hip hop culture.

Hip-hop has shown appreciation for Sade Adu and her band's music throughout the years, with some of the biggest hip-hop artists expressing their love. Drake has declared his admiration for Sade on several occasions; his love for her is so boundless, he has gotten not one, but, two tattoos of her.

If rappers aren't mentioning her on social media, an article or so on, they're doing so in their music. She's been referenced in endless hip-hop records through the decades from artists such as Kanye West, J. Cole, Big Sean, Yasiin Bey (formerly known as Mos Def), The Notorious B.I.G., Rakim and many more.

If rappers aren't mentioning her in their lyrics, the band's music is being sampled for their own. Sade has been sampled by numerous hip-hop artists, including MF Doom, Drake, Snoop Dogg, Freddie Gibbs, Mobb Deep, just to name a few.

Throughout her career, Sade has garnered many accolades and awards, including a Grammy for Best New Artist in 1986 and being ranked #50 on VH1's 100 Greatest Artists of all Time. Additionally, Sade was appointed Officer of the Order of the British Empire in 2002 and Order of the British Empire in 2017 for her contribution in music. Though she stays out of the spotlight, Sade remains a beloved music figure. Even if she never releases another piece of music, her legacy is established.

A Deep-sea Delight

Matthew Conroy

Before the spring semester began, I had the pleasure of attending *SpongeBob SquarePants: The Broadway Musical for Everyone*. The show debuted in Chicago and made its Broadway debut last fall. I'd really been looking forward to this, since I have interest in musical theater and have always been a *SpongeBob* fan.

Now, some think *SpongeBob SquarePants* isn't ideal for Broadway, but the creators had a unique vision for bringing the cartoon to life. The set was composed of various objects that would be found in a beach-like setting. Rather than literal costumes, the actors wore clothing items or had their hair and makeup styled a certain way, to represent these iconic characters.

The musical also had great new songs and an original plot. In it, *SpongeBob*, that optimistic sea sponge, learns a huge volcano is about to destroy Bikini Bottom. Everybody is terrified, but *SpongeBob*, Patrick Star, and Sandy Squirrel save the day. *SpongeBob* is a unique spirit who believes there is always a way to have optimism in times of crisis. Sandy thinks well on her feet, and creates these weird inventions that benefit everyone in the end. And Patrick just wants his voice heard, believing he has really good ideas. The actors really portray the heart of each character.

The musical did a great job capturing the spirit of the cartoon, but as I exited the theater, I realized *SpongeBob* is more than just a cartoon. In fact, this show—and the distinct personalities of the characters—hold life lessons. I also learned anything could be adapted into musical theater. Just because something odd is put on stage, doesn't mean it's not good. *SpongeBob* got a lot of great reviews from different critics. The Huffington Post categorized it as "The Surprise Hit of the Season!" and The London Telegraph called it a "bubbly musical delight."

If you're hesitant, I recommend you give this musical a chance. Just because it's based on a cartoon series doesn't mean it's not good. It has a story that's not only appealing to kids but also to adults. Plus, most of the actors in the musical are making their Broadway debuts, and their energy is infectious.

SpongeBob SquarePants may not be a classic, like *Phantom of the Opera*, but the show succeeds as its own extraordinary piece of musical theater. Hopefully, *SpongeBob SquarePants: The Musical for Everyone* will earn favor with audiences and become a long-running Broadway musical. Of course, I may be biased, because, as you might have guessed, *SpongeBob SquarePants: The Musical for Everyone* became one of my favorite shows after seeing it. This show already has a lot of great support, but I recommend you add yours by seeing it. You won't regret taking the opportunity to see this exciting Broadway show. It's incredible!

Star Wars: The Last Jedi

Elena Frey



Since its December 15th release, *Star Wars: The Last Jedi* has brought many people back to a galaxy far, far away to share in the adventures of Rey and company.

The story picks up after the dramatic ending of *The Force Awakens*, in which Rey came face-to-face with a grizzled Luke Skywalker.

It seems there was a different direction taken in the latest movie, with a real nod to the original trilogy, more heart, and a twist of betrayal. Also, some new relationships unfold, even throughout all the life-and-death battles and goings-on. A handful of new characters join *Force Awakens* favorites—Finn, Kylo Ren, Poe Dameron—to add a little more spice, a

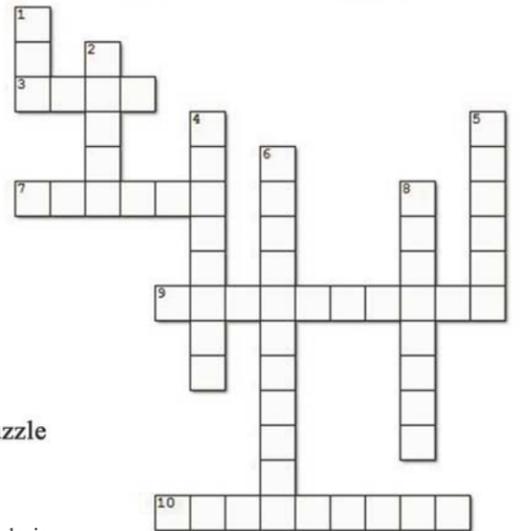
touch of romance, and a lot of humanity. And it wouldn't be a new *Star Wars* film without some cool creatures. In this one, we meet the Porgs, cute little creatures that inhabit the remote island where we first see Luke Skywalker. The presence of Carrie Fisher (in her final *Star Wars* appearance) as General Leia Organa and Mark Hamill, as her twin, reluctant Jedi Master Luke Skywalker, make this latest stop on Rey's quest to understand the *Force* a bittersweet must-see.

Most of the time crowds start to thin out a week after a movie release. Not in this case. At the end of the second week, there was still a crowd of people to see *Star Wars: The Last Jedi*. The unexpected death of Carrie Fisher has undoubtedly made an impact on the film's popularity. Viewers are grateful to have one last chance to spend some time with this unforgettable character, who will be remembered forever as Our Princess.

Many fans attended the movie in head-to-toe *Star Wars* attire, excited to see the film in theaters. Though the movie has not done as well as *The Force Awakens* and *Rogue One*, the next installment is already in production, and the *Star Wars* Franchise is sure to continue to be seen and loved by fans for years and years to come.



Alpha Beta Gamma: Tau Chapter
(Business Honors Society)
Business Management Crossword Puzzle



Across

3. To function or operate according to plan or design.
7. A financial plan for a defined period of time.
9. The person or persons who control or direct a business or other enterprise.
10. A complete list of items such as property, goods in stock, or the contents of a building.

Down

1. A system of rules that are created and enforced through social or governmental institutions to regulate behavior.
2. A type of product manufactured by a particular company under a particular name.
4. Stimulate (someone's) interest in or enthusiasm for doing something.
5. A financial gain, especially the difference between the amount earned and the amount spent in buying.
6. To work together, especially in a joint intellectual effort.
8. A plan for performing work or achieving an objective, specifying the order and allotted time for each part: finished the project on schedule.

For information on joining ABG please contact: Robyn-Jay Bage, M.P.A. Professor of Management rbage@nv.edu

Answer Key on page 10

FINISH WHAT YOU STARTED!



BAYPATH.EDU

Transfer Information Session Dates

Wednesday, April 18, 5:00 pm - 8:00 pm

Wednesday, May 9, 5:00 pm - 8:00 pm

Wednesday, May 23, 5:00 pm - 8:00 pm



That's What She Said



Jessica Ney

To the Anti-Feminist

I've seen an influx of blog posts written by young women who are anti-feminist, for lack of a better term. They start with something like, "I'm a twenty-year-old woman, and this is why I'm not a feminist." They then proceed to go on about the physical differences between men and women: our musculature, our brains, our biology, whatever.

I can agree with them, because men and women are different. We were built in different ways and have different strengths and weaknesses. But just because a man can lift more than I can or is wired in a more aggressive way doesn't mean he deserves more than me. Not to mention there are thousands of women everywhere who are laborers, plumbers, electricians, farmers, firefighters, sanitation workers and so on. Just because some young white women think they don't "need" feminism, doesn't mean our movement isn't doing good for them—and for all of society.

Feminists are still widely misunderstood, so the ignorance and straight falsehood running rampant through the internet and world only hurts the equality we're trying to achieve for everyone. You don't have to be a feminist. But don't trash what we're fighting for. Don't sit upon your pedestal and call us hippies and femi-nazis and bra burners. That is not who we are.

Sure, those people are represented under the name feminist, but so is everyone who believes in equal rights. A feminist can be a man, a woman, a person of color, a child, a trans person, a person anywhere across the gender and sexual identity spectrums. Anyone can be a feminist if they support the cause of equality.

That being said, I can agree the feminist agenda sometimes seems to exclude those in traditional roles, such as homemaker. Women in these roles are unfortunately sometimes still seen as powerless when, in fact, they are fundamental to society. Many of us want to hold power positions outside the home, because we have felt powerless. We are fighting for positions such as CEO, and senator, and PRESIDENT, because there's no reason we can't do jobs that have been filled predominantly by males. Yet there's still a double standard that allows men to more easily take on a traditionally female role. Example: why is it okay for a man to be a nurse, but god forbid a woman wants to be an electrician?

Back to those blog posts. Ladies, you're entitled to your opinions, but don't take for granted what feminism has brought you. Everything we women have results from women fighting, bleeding, for that right. Voting, owning property, divorce, wearing what we please, having a credit card, education, contraception. I could go on. For feminism to truly be a power for good, it needs to be respected and taken seriously. So when you toss the feminist agenda around as one fueled by hate and ignorance, you're ruining the name that's been carefully tailor-made.

Do not negate your own personal power as a woman by saying a man can "do" more than you. When there's an obstacle, we overcome it. When there's chaos, we calm it. We create life in our bodies, we hold homes on our shoulders. We are the voices of reason and change. If we can't be united, we cannot be powerful. So again, I say, every woman does not have to be a feminist, but she should proudly be a woman—and have some respect for her sisters (and brothers, and others) who are fighting for us all.



Fluff, Gills, and Adoption

Mary Kate Halmose



Photo Courtesy of Hallmark Channel

The Superbowl is over! The Eagles won 41-33—Sorry, Patriots fans. But while everyone was invested in awesome plays and expensive commercials, I was being awed by a few other sporting events that probably never made the evening news. February 4th—Super Bowl Sunday—Kittenbowl V, Fish Bowl IV, and Puppy Bowl XIV kicked off on Hallmark Channel, Nat Geo Wild, and Animal Planet. I'm more into the Kitten Bowl than the Puppy Bowl, but they're both equally adorable.

The Super Bowl's become so ingrained in popular culture some people who don't remotely like or follow football are somewhat peer pressured into watching it, simply because it's the THING to do. But buried behind the expensive, outrageous commercials and men pile-driving themselves at each other, are softer, simpler events that could appeal to those who don't particularly like football—but definitely love animals. Some of these events also shine a light on adopting pets from local shelters rather than buying from a store or a licensed breeder. They also share stories of perseverance and determination of pets who got a second chance at life.

Since 2014, the Kitten Bowl, a game of adorable kittens playing "football," has featured kittens rescued from areas affected by disasters or found living in poor conditions and moved to shelters waiting to be adopted to forever homes. Kittens participating in this year's Bowl were rescued from areas affected by Hurricanes Irma and Harvey. The Kitten Bowl is set up in

a three-game format with four teams playing tournament style, until a winner emerges in the final game. This year, the Pouncy Panthers won, beating the Little Longtails 34-28 in overtime. The audience can also vote for the MVK, Most Valuable Kitten. This year's winner was Dew Drop of the Pouncy Panthers.

If you're not a cat lover, there's always Animal Planet's classic Puppy Bowl. Puppy Bowl XIV is still living up to its expectation on just how cute puppies can be. Like Kitten Bowl, the Puppy Bowl is also an adoption event, helping spread the word that local shelters are filled with dogs capable of filling the role of best friend. This year's Puppy Bowl showcased 39 puppies from 48 shelters across 25 states, all ready to show just how cute and playful they can be in the hopes of finding their forever homes. The Puppy Bowl is an all-out, one-game event between two teams. This year, Team Fluff beat Team Ruff 52-47. Viewers voted Bear from team Fluff as the voted MVP.

If you're interested in watching a bunch of fish swimming around a giant tank, then you might want to check out the Fish Bowl on Nat Geo Wild. This year they even had penguins, and a halftime show. The Los Angeles Clams faced off against the Buffalo Gills. For pet lovers who'd much rather be watching a bunch of cute kittens or puppies tackling each and playing with toys, instead of grown men in Super Bowl LIII, I suggest 2019's Kitten Bowl, or Puppy Bowl. Maybe even tune in to the Fish Bowl. They're all sure to be fluffier or wetter than ever next year!

Sisters, All

Alexander Wilson

March is National Women's Month. These thirty-one days are designated as a time to remember all the women before us who have served to make this world a better place. It's also a perfect time to remember that womanhood is not defined by having a uterus.

You read that right. A person does not have to have a uterus, a vagina, or breasts to be a woman. The slogan of the first Women's March, last year, was "Pussy Grabs Back," a reference to Donald Trump's offensive statement recounting grabbing women by their genitals. However, this slogan is—though not intentionally so—a very transphobic one, as there are

trans women in the world who have either not undergone medical transition yet, have chosen not to have surgery, or are in the middle of it. New calls to action have since arisen, such as the popular, "Support your sisters, not just your cis-ters!" After all, women everywhere deserve to be heard, no matter what.

Trans women are women. Cis women are women. Black women, white women, Hispanic women, Muslim women, Jewish women, Christian women, gay women, bisexual women, asexual women, and all others who proclaim they are women are women. Women need to be heard. Remember this, because women make up over half of the population, and they've suffered marginalization, oppression, and abuse in silence long enough. So celebrate National Women's Month by opening your minds, and hearts to all women.

Spring Semester Transfer

Bethany Dvilinkas

I completed my associates at NVCC in December and have transferred to another college to get my bachelor's degree. Entering the four-year school, I've found it fairly hard to transition. I wasn't given a tour of the school, and it felt like I was thrown in. When I started at NVCC, they held a new student orientation, gave a tour of the school, and students were able to meet many faculty members before classes began. At my new school, I was basically on my own and didn't receive any of the perks NVCC offers. My sister goes to the same school I'm attending now, so she gave me a small tour, but I still don't know where most places are or what's located in each building.

Transferring in spring is very different because everyone already knows everyone; I feel a little like the black sheep in class.

Teachers also expect transfer students to have learned the same content at the community college, and while I certainly learned a lot at NVCC, there are many differences in the way things were done.

At NVCC, there is a wonderful team of advisors in the CAPSS to help students with anything, from academic advising, to personal counseling, transfer planning, and career planning. I felt I had the best advice from Sam Johnson in CAPSS, and I still go to him for help getting used to my new school.

At my new school, I don't have the same level of support to pick my classes, or someone to guide me in the specifics—like figuring out how many classes I have left, or planning my career path. I also felt like I didn't have a say in my minor because there were not many

Earth Matters

Littering



Alyssa Katz

Littering does a great harm to the environment. Many thoughtlessly discarded items contaminate soil, bodies of water, and also harm animals. People may not realize the damage done when one litters, so here are reasons why you should put more thought into where you deposit your trash.

Sometimes trash is scattered by animals due to unsecured bins, or waste can fly off vehicles if not secured properly. The problem is litter attracts more litter, continuing to pile up, and before we know it, there is a ginormous mound of trash. When discarded improperly, trash harbors bacteria and attracts vermin; broken glass and medical waste create health risks, and un-snuffed cigarettes can cause fires. In addition, littering gives communities a bad image, as people get the idea residents do not care.

Plastic and glass are actually two of the worst materials due to the time it takes them to break down. It takes one million years for a glass bottle to decompose; in a landfill, because of the conditions, it can take even longer. A plastic bag can take about 1,000 years to decompose.

For proof about the effects of littering, take a look at a remote South Pacific island, Henderson Island. Halfway between New Zealand and Chile, it's deemed the world's most littered piece of land. When researchers went to the island in 2015, they counted over 53,000 units of man-made consumer goods that washed up on the sandy shores. The majority of trash was plastic, and the problem goes deeper than that. What researchers also found were hermit crabs using plastic containers as their shelters, and animals entangled in fishing nets.

The island sits on "a counterclockwise current that collects floating debris from the shore of South America." In addition, it's as if every discarded item in the world that gets taken away into the ocean gets deposited on Henderson Island. It was estimated that about 3,500 pieces of trash wash up on the beach every day. Also alarming was that numerous items are buried at least four inches below the sand, as well as many items stuck alongside cliffs. Because no humans live there, weather conditions have been the cause of burying the trash.

What's also shocking is that Henderson Island is supposed to be one of the United Nations' largest marine reserves. Yet there is so much litter it takes away the beauty of a place ironically "untouched" by humans. Jenna Jambeck, an environmental engineering professor, stated, "It's like the ocean is spitting this plastic back at us." If the human race as a whole can put more effort into how we dispose of garbage, animals will suffer less, and nature can remain beautiful.

options that pair with an English major. The meeting with my advisor felt rushed, and I just ended up picking a minor without putting much thought into it.

I ran into Sam recently and explained about the minor issue I was having because I feel like it is useless in my case. He suggested I go for a business minor because I will at least have other experience instead of just English. He helped a lot in our conversation, and I appreciated it greatly.

If you are transferring in the spring semester, make sure to look for resources at your transfer school, and talk to other people before agreeing upon a minor. You should also make sure to schedule time to tour the school to learn about your new surroundings. And don't forget, you'll always be welcomed back to NVCC's Center for Academic Planning and Student Success.



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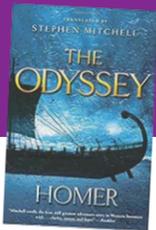


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RECENTLY READ



The Odyssey

Homer's second great work (the first being *The Iliad*), *The Odyssey* takes place ten years after the Trojan War, following "long-tried royal Odysseus" (61) and his journey home to Ithaca. At the same time, back in his homeland, his son, Telemachus, doesn't know if his father is dead or alive, and haughty suitors are trying to woo Odysseus's wife, Penelope, while also wreaking havoc among the household.

While *The Iliad* told more of violence, trickery, and betrayal, *The Odyssey* still highlights those themes, but also speaks more of determination, patience, and loyalty. Fate once again plays a major role in the book, as well as the role of the Greek gods—and the dire consequences when they are displeased. As Hermes, messenger to the gods, states, "Beware the wrath of Zeus! Let not his anger by and by grow hot against you!" (60).

Wise Odysseus had no idea it would take ten long excruciating years for him to return home, nor had he any idea how exhausting the journey would be, for it was perhaps far worse than anything he had experienced at Troy. Even though he was battered and beaten, feeling at times as though there was no hope, he never lost his spirit. To return home was all he wanted—to see his people, his son, and his wife, as when he proclaims, "Yet even so, I wish—yes, every day I long—to travel home and see my day of coming. And if again one of the gods shall wreck me on the wine-dark sea, I will be patient still, bearing within my breast a heart well-tried with trouble; for in times past much have I borne and much have toiled, in waves and war..." (62).

As for Telemachus, he gained maturity during the course of the book. He knew the troubles the suitors were causing, but never knew how to stand up to them. It wasn't until he went on his first journey to find answers about his father that he learned more about himself, and that it was time to be the man he was, instead of the child he was used to being.

In addition, with countless flashbacks throughout the story, there are glimpses of what happened at Troy after the end of *The Iliad*. The one thing they never speak of, though, is how Achilles dies. Also, while *The Odyssey* is written by the same author, there are little "style changes" that pop up throughout the story. For instance, Athena is spelled Athene, Cronos is Kronos, and Diomedes is Diomed, to name a few. Whether this was by Homer or by whomever translated it, the meaning does not disappear either way. Nevertheless, for a book that is thousands of years old, Homer's *Odyssey* remains a literary masterpiece.

Alyssa Katz

Readers Respond

Dear Alexander Wilson,
Your article, "Just an Average Guy," is beautifully written! You, sir, have a large amount of bravery sharing your feelings and stages of adolescence with your audience... I applaud you for keeping a humble yet humorous tone in your writing about being transgender, saying, "I personally think I am quite a delight" (6) when talking about how others view you and compared to how you view yourself... Keep up your confidence, Alexander Wilson. I felt as if you were sitting across from me telling this story. Anyone reading this, going through the same obstacles in life to be themselves, can read your article as a relief... This explanatory statement can help others not feel alone and discover themselves. Thank you for your positive outlook on life and keep being you!

Sincerely, Crystal Verostek

Dear Editor,
Bethany Dvilinskas, I was reading your article, "A Tale of Two Coreys: Feldman's Fight," and I completely agree... sexual assault and harassment allegations have been the topic of discussion for years but nobody seemed to pay attention until now. Many people, including actors, have been victims, including Corey Feldman. ...he was a boy when he appeared on the Dr. Oz Show to talk about what happened to him [and] he was told that he was "damaging an entire industry." Why is it that when other people tried to come forward about these type of situations, they got justice, but when Feldman tried to come forward multiple times, he never got the justice he deserved because of an industry.

Sincerely, An NVCC Student

Dear Editor,
I am very pleased after reading your piece on Soup Kitchen Sundays. It is really touching to know that we have such kind students, staff, and professors that gather early Sundays to prepare and serve food to the less fortunate. It caught my attention that the work is not physically demanding but it's not such an easy job from chopping onions to reminding folks there is only so much to go around. Those involved do deserve public appreciation for the fact that they give of themselves so another person has a less hungry day.

Sincerely, NVCC Student

Dear Editor,
In "The Truth," Jessica Ney's writing focused mainly on the lack of understanding our society has about sexual assault. Ney references the influx of sexual assault allegations against big names in Hollywood

and how they used their power to sexually assault and abuse young Hollywood actors. She ties these allegations into a lack of communication in our society. She states that there is no "statue of limitations" on one's wellbeing and reminds us of the importance of the word "no," that we need to teach young women they have the right at any time to say no to sexual contact, that their consent is mandatory.

I completely agree teaching the importance of consent to all children, male and female...should be...an important aspect to early childhood education. She goes into detail on how allegations are played off by calling victims liars and investigating the victims more than the predators. Victims should be believed...instead of having to prove their allegations as true.

We as a society go about sexual assault allegations wrong... we need to spend more time teaching young women and men the importance of boundaries and consent. [E]very sexual assault claim should be taken seriously and should not be dismissed. No more little kids should have to grow up knowing what happened to them was wrong but being too afraid to speak out about it because they will be called liars. No one should have to be afraid to deny a sexual encounter because of what could happen in the future.

Sincerely, NVCC Student

Dear Editor,
The article, "Face in the Crowd: Second Chance," by Justin West, was very necessary. By sharing his story, [West] demonstrates that no matter how old you are you can always jump start a road to a new life. You're never too old to follow your dreams. You're never too old to go to school to further your education.

People who view this article might look at this as inspiration or motivation to do better. This man had everything handed to him his whole life. Slowly he started messing everything up. He dropped out of high school, got diagnosed with diabetes, needed a kidney transplant, and lost two of his friends. I don't think his life could have gotten any worse. He passed up opportunities that came his way and he didn't want to work for anything.

Now that he has been attending school, he has been making everything a priority and doing what he should. He's president of the honors society. This article gives me faith because, when I put myself down for not having good grades, or not being able to complete an assignment, I can refer back to Justin and say, if he can do it, so can I. He took a lot of losses in his life, and he changed completely for the better. If he can make it through college, so can I.

Sincerely, Chanel Lopez

Thank You All



Being Brave

Anxiety is not a pleasant experience. I know this because, in addition to a recent panic attack, I usually experience doubt around a lot of normal, everyday experiences. I'm not ashamed of this; in fact, anxiety is a pretty common diagnosis. Only depression is more common. There is no need to be ashamed of a fact of life I am not alone in experiencing.

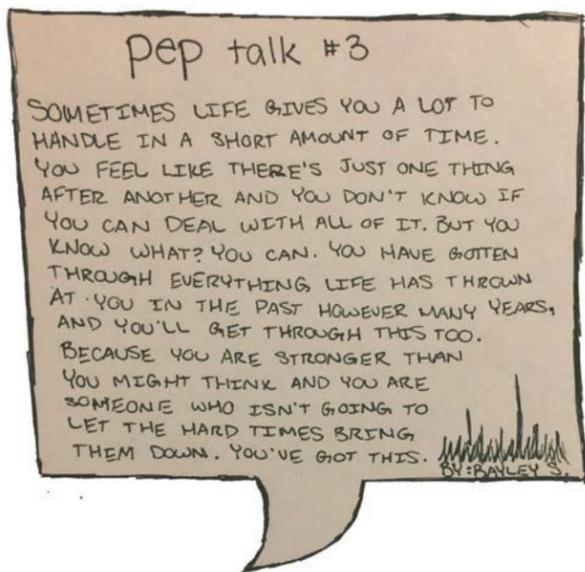
There is a lot of bravery in our everyday life, from a writer who hesitantly shares a story idea, to a singer who steps up to the mic for the first time. It doesn't seem like bravery at first, but let me ask you this: Would you dare to risk the scorn and ridicule by doing either of those things? Some of you say, "Yes," and to you I say, "Congratulations." To those who would not take the risk, I do not blame you, nor think any less of you, because I am someone who does not always take the risk.

This "Thank You All" is for all the brave souls who've inspired me, and still inspire me, to sometimes brush anxiety aside and continue on my way. Thanks to this oftentimes hidden group I have shared my words with all of you, and while it might not be the most elegant column, it is something I had to be brave to accomplish.

It is not always easy, but those of us who experience anxiety are not alone. Hopefully, my words will inspire others to be brave and push anxiety aside, for a small while at least. Having written that, I'm now going to ask any brave soul to share their own experiences that make them feel alone. I'm not asking lightly. As a psychology student, I know the realities of being labeled with a diagnosis.

But for anyone feeling alone, please share your stories with The Tamarack. I assure you there are others at NVCC who will understand, others who feel the same way. I'm not asking you to reveal your names, or even to have your stories published—if you do not want to.

The Tamarack is privileged to be an organization which strives to enlighten and uplift everyone. Showing our readers they are never alone is a worthy part of that goal. Thank you all for showing me how to be brave.



ABG CROSSWORD ANSWERS

ACROSS

3. WORK
7. BUDGET
9. MANAGEMENT
10. INVENTOR

DOWN

1. LAW
2. WORK
4. MOTIVATE
5. PROFIT
6. COLLABORATE
8. SCHEDULE

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Shelter of the Month

To the Rescue

Bethany Dvilinskas



From there, she was sent to Rhode Island where she underwent surgery for ten straight days. The boxer, appropriately named January, had mastitis, an infection of the mammary glands. Because she was over-bred and the infection was left untreated, the amount of scar tissue was very serious. Now, a few weeks later, January has gained weight and is fully recovered from her surgeries.

Brass City Rescue Alliance holds several events during the year—fewer during winter.

The March shelter of the month is Brass City Rescue Alliance, a non-profit organization located in Middlebury.

In January, you may have heard about a dog dumped in Waterbury. She was found severely malnourished, and vets weren't expecting a good outcome. Brass City Rescue Alliance came to the rescue, picked up the dog, and brought her to Canton Veterinary Hospital.

Some of their efforts include fundraisers to collect donations for dogs and cats in their shelter. They also hold regular adoption events to find loving homes for the animals.

To check out the dogs and cats, and potentially adopt one, visit Brass City Rescue's website at www.adoptapet.com/bcra or view their Facebook page, Brass City Rescue Alliance, for more information.

Winter Wonderland

Alyssa Katz

While March 20th marks the beginning of spring, winter still consumes the majority of the month. Most people don't like the cold, and many say they'd like to move down South. Many also claim summer as their favorite season. I, on the other hand, am in the small percentage of crazy folk who like winter. In fact, it's my favorite season. Do I like every aspect of winter? No. But come on! It's not all that bad. There are plenty of reasons to like winter.

Some cons of winter are shoveling, and, of course, driving in snow—worrying about black ice and slippery conditions, scraping car windows—basically, winter and cars don't mix. Some other downsides to winter are how dry it is; the higher likelihood of getting sick; the extreme cold; the possibility of frozen pipes; and the worry of power outages.

I may have listed lots of reasons to dislike winter, but there are plenty of positives as well: less humidity, no bugs—and you have to admit, the snow does look pretty. Additional reasons why I like winter: My birthday is during the winter, and also, my favorite holiday, Christmas. Oh, and the winter Olympics every four years, too.

As we become adults, we tend to lose that winter joy we experienced as kids. We didn't have to work or drive, and we didn't

have school when it was really bad out. The best thing to do was to suit up in snow gear, grab our sleds, and head outside to play. Who can forget snowball fights, catching snowflakes on our tongues, drinking hot chocolate, building snowmen/forts/igloos, and making snow angels? Why do we become cynical about snow as we get older? Instead of enjoying it like we used to, we worry and complain about all the cons listed above.

From an environmental viewpoint, global climate change is taking away winter, melting the polar ice caps, and making the surface of the Earth much warmer as the ozone depletes. So, we shouldn't cheer when it's 55 degrees in January, because it shouldn't be that warm in New England this time of year.

Of course, this is all a matter of opinion. I'm certainly not expecting you to just fall in love with winter; we all have our preferences. As I've gotten older, I admit I've lost some of that joy I felt as a kid, and I've fallen into worrying and complaining about snow. But when it last snowed, and I looked out my window to view the white-covered landscape, I smiled to myself because it looked so pretty. So while you're anxiously awaiting foliage to sprout and temperatures to rise, I'll appreciate nature's snowy wonderland. Spring's nearly here, but hey, don't forget, in the past, it has snowed in April.

FACE IN THE CROWD Graphic Jokester

Vismel Marquez

I was born and raised in Santo Domingo, Dominican Republic, where I lived for nine years before migrating to the US. Almost everyone who knows me is aware I was born with sickle-cell disease and have a slightly shorter life span due to it. Sure, it's a coping mechanism, but humor is how I approach life.

I can find humor and sarcasm in nearly everything. This includes the fact that I'm currently attending my sixth year here at NVCC just to earn a two-year degree! I've had a lot of fun, though, as a trusted keeper of what I affectionately nicknamed "The Dungeon," this isolated place on campus with no windows in its computer labs. Many are unaware of its existence, though people sometimes wind up there, mainly because they get lost looking for the bookstore. This "dungeon" is the Digital Arts Technology Department. This mysterious place not only houses my major, but is my second home, where I work as student assistant for department head, Professor Ray Leite (aka dungeon master).

My ultimate career goal is to break out in the world of graphic design. This is a passion I discovered by accident, just about. I originally wanted to become a detective, but moved away from that when taking my health issues into account. I was accidentally placed in a graphic design class in high school, when I was supposed to be in shop class. I hated it at first, given the way it was taught. As I explored what I could do on the computer, though, I was drawn to the field.

The second year I took graphic design, I won a poster contest for Hispanic Heritage Month. After graduating from Crosby High School, I came to NVCC to major in Digital Arts Technology- Graphics/Animation.

I eventually became student assistant for the DAT Department. As SA, I'm handle



Photo Courtesy of Vismel Marquez

various duties including tutoring students who need extra help with their assignments. I also help create many posters for productions from the Theater department and Stage Society, among other projects. Being a student assistant has taught me many skills. Chiefly, it has given me an immense amount of work experience.

I've also learned how to visualize and merge ideas better, whether an idea is mine or from someone else. This is very helpful when coming out with a final product. This is in addition to the time management skills my job has taught me. More specifically, my increased knowledge from both classes and being SA has helped me become faster and more efficient when working. The more you do something, the better you get at it. I've also been able to get experience working with clients directly.

Everything I've learned and skills I've gained, I hope to use in the future. This is whether I work for a company or my own business. Speaking of which, I recently launched my own line of screen printed t-shirts and hooded sweatshirts.

I've also developed a big network of friends during my time at NVCC. All of us are like a family. My advice for new NVCC students is: don't get frustrated easily. Success takes time and dedication. If you don't achieve it at first, don't give up! Keep on trying!

Inspirational Woman

Alyssa Katz

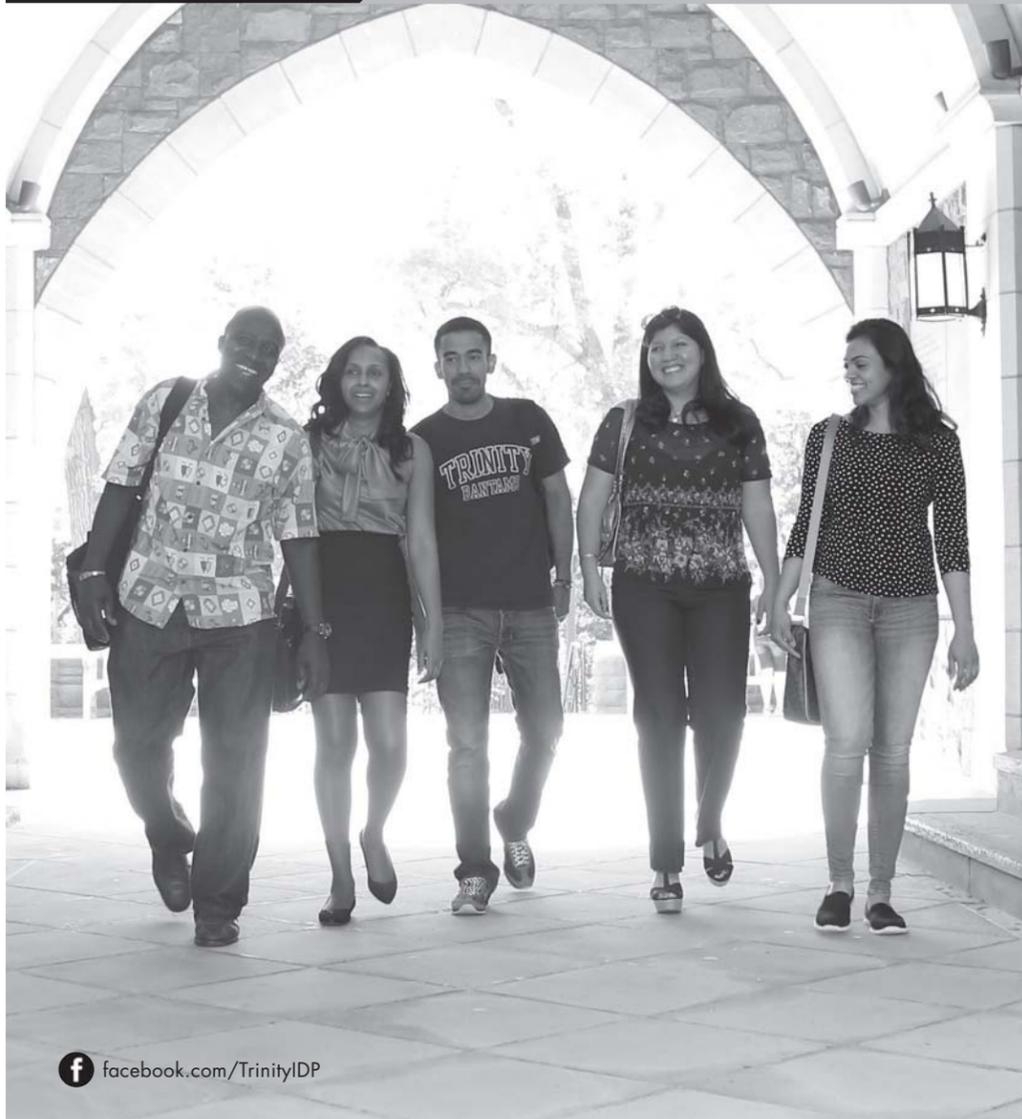


My grandmother, "Nonna," is more inspirational than I ever realized. When my grandfather, "Pop," was diagnosed with type 1

diabetes, she quit her job to take care of him, while also raising two kids. Whenever things got difficult or scary, love prevailed. They've been married for over 50 years, and even though my Pop can't do all the things he used to, because of his illness, my Nonna doesn't love him any less. Her strength, love, and loyalty make her a truly inspirational woman.

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