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Gender Wage Gap

March is Women's History Month, dedicated to congratulating ourselves on how far women have come in freeing themselves from the world's oppressive patriarchy. All dramatic introductions aside, it is true women have come a long way in both recent and not-so-recent years. They are now able to vote, to work, and to make their own life decisions. In today's society, woman contninue breaking away from gender-based stereotypes and shooting for the stars. So that means it's all good now, right? Women and men have totally equal standing in American society... Right?

Unfortunately, women are still subject to implicit (and sometimes explicit) bias regarding their career choices as well as a number of factors, such as physical appearance and behavioral choices—but those are topics for different articles. There has been much recent debate over whether the gender pay gap actually exists. Many people say yes; others deny

it. Research shows, however, that it is a real phenomenon, and its impact is serious—whether you choose to believe it or not. Let's start with an explanation of what the gender wage gap actually is.

According to the American Association of University Women (AAUW), "The gender pay gap is the gap between what men and women are paid. Most commonly, it refers to the median annual pay of all women who work full time and year-round, compared to the pay of a similar cohort of men. Other estimates of the gender pay gap are based on weekly or hourly earnings, or are specific to a particular group of women." This is not to say women are intentionally being paid less; oftentimes, it is an implicit bias that would surprise even the people who determine things such as pay rates.

So how extensive is this wage gap? The AAUW states, "In some occupations, women collectively are receiving billions less than they would with equal pay; for instance, women working as physicians and surgeons are paid \$19 billion less annually than if they were paid the same [rates] as men in that occupation."

> One common reason employers make hiring and wage decisions that are prejudiced against women has to do with maternity leave. Many employers are reluctant to pay an equivalent salary to an employee who might just

for six weeks, especially when that involves
paid maternity leave. When it comes to women
in business, there is often the assumption—
warranted or not—of a conflict of interest
between children and career; this would never
be an issue for male employees. So women are
often unfairly passed over in favor of men for

high-paid positions for reasons having nothing to do with ability or experience. These archaic attitudes effectively block women from income potential equal to their male counterparts.

Another factor to be considered is race. For

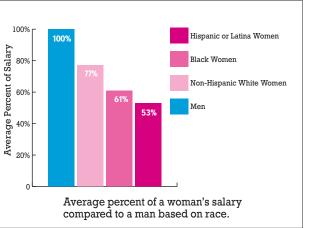
instance, non-Hispanic White women make, on average, 77 percent of a man's earnings, for the same work, whereas Black women earn only 61 percent. The lowest percentage is for Hispanic or Latina woman at 53 percent. The gap varies with age, disability, sexual orientation, and sexual identity. Gay or bisex-

ual men are also affected by the wage gap, as well as transgender men and women.

The types of jobs taken by women versus men also plays a role. Job segregation has been perpetuated by society with the idea that "masculine" jobs, which tend to be high-paying, such as doctor, construction worker, or lawyer, are more suited to the male breadwinner, while women are encouraged to take "feminine" (generally lower-paying) jobs, such as nurse, teacher, or secretary. The problem is that male-dominated industries tend to have higher pay rates than female-dominated industries.

So not only is there a difference between what men and women are paid to do the same job, the type of jobs women have traditionally been expected to take are already lower-paying. Of course, there are plenty of female lawyers and doctors, and it is more common to see males in fields like nursing—traditionally considered a feminine field—so perhaps, with growing gender diversity in these fields, further progress will be made.

The AAUW states, "No matter how you analyze it, the gender pay gap is real, persistent, and harmful to women's economic security."



This has been a long-lasting problem many choose to ignore. With persistence, though, the gap may finally close, and there will be no need for articles like this. However, change rarely occurs without hard work. Women have come a long way, and with continued effort—across the gender divide—they will progress down that long road toward true equality.

Big Man, Big Vision LABSS Associate Dean Brad Baker

"disappear"



On an icy Wednesday morning in late February, Dean Brad Baker met with me at the *Tamarack* office. A tall, grey-haired man, with a slightly raspy voice, he's a gentle giant with an exuberant demeanor. We spoke about his childhood, cinema, and the current state of journalism. Primarily though, we discussed his new position as Associate Dean of Liberal Arts and Behavioral Sciences (a mouthful, I know; let's call it LABSS) and his vision for the department.

B.L. Baker grew up in Midtown Manhattan; his father an investment banker/ film financier, his mother a Broadway costumer. Exposed to the arts at a young age, Dean Baker developed a passion for artistic expression, which presents itself throughout his career.

Growing up, though, his focus turned to athletics. A talented athlete, he played baseball, football, and track, to list a few, yet basketball earned him a scholarship at the University of Illinois. His goal was to play professionally, and later in life become a coach, but during his time at UIC, he freshman year, he transferred to Northern Kentucky University, completing three undergraduate degrees: Music Composition, Speech and Public Speaking, and Theatre.

After college, Baker performed, working on and off Broadway and in film and television. A Screen Actors Guild member at just six years old, his filmography spans working with director John Waters in the film, *Crybaby*, starring Johnny Depp, to a movie Baker hopes everyone gets a chance to watch: *Hell Comes to Frogtown*. In that one, he plays a mutant frog-guard. Yes, you read that right.

Despite his love of film and the arts, Baker eventually realized the field wasn't holding the same interest as academics, so he returned to school, earned his master's degree, and began teaching. This marked the start of a 37-year career in academia; he has taught at eleven colleges and universities in several different capacities. Baker's original plan to become an athletic coach hasn't fallen short; the difference is now he's an academic coach.

Shifting to academics, we discussed how the cost of education relates to students and

life-spanning perspective. I also got his insight on the potential outcomes of free college education. From our conversation, I saw a man with high respect for the education system, and an expansive knowledge of the academic world.

When asked what his position as LABSS Associate Dean entails, he told me his role, as it always has been, is to support the academic journey of students. He elaborated, stating, "[I] wake up every day trying to make [NVCC] as efficient, effective, and as challenging as it can be for those who need this place." Some of his responsibilities include working with faculty, assisting in program development, and consistently working to creating a campus community that works for NVCC's diverse student body.

I asked Dean Baker where he sees the LABSS Division in five years, and he expounded on how he and faculty are guided by two things: What students need as they move forward into their professions, and what those professions may look like five to ten years from now. This includes focusing on monitoring how an industry evolves with ever-advancing

#HereToStay

Assoc. Dean Baker, pictured with his dog, Luna Belle. Photo Courtesy of Assoc. Dean Brad Baker

technology, and building programs, certificates, and degrees that will lead students to be ahead of the curve in their respective industries upon graduation. His explanation of his division's vision reflects not only its goals but NVCC's institutional goals as well. Baker said he was motivated to accept the job because "I wanted to work with people who aren't playing catch-up, but who want to be industry leaders."

From my conversation with Associate Dean Baker, it's clear he and the LABSS faculty, along with everyone at Naugatuck Valley, are hard at work preparing students for a successful future. It was a pleasure speaking with Baker; as an NVCC student, I feel fortunate to have someone with his unique skillset on our team.

EDITOR'S NOTEBOOK



Talk, talk, talk

A lot of talking goes on throughout the average day. Much goes on between people, but more

importantly there is the talking that goes on in your head. Throughout the day you may find yourself conversing in your head about what is going on and how you feel. This is why it is so important to be aware of the conversations that enter our mind from time to time.

Conversations in the recesses of our mind can impact us in such a manner that they could pivot our decisions to behave a certain way. Consider this: You're walking down the hallway and suddenly pass by a group of peers who look to you to offer a greeting. You're caught off guard and bring out an awkward gesture in return that feels out of tune to their vibe. You tell yourself, What is wrong with you? Nice; you suck!

Moving forward, you enter class and remain reclusive, unwilling to partake in group discussion, for fear of messing up again. In your mind, you've subjectively placed yourself in a category of those who are quite awkward to be around, or perhaps you are still spending time on what has transpired.

The negative talk within ourselves needs to be something we continuously check. It comes in the form of a whisper we may perceive to have no effect. On the contrary, athletes, professionals, and those considered successful do the complete opposite. They tell themselves, "Hey, you got this; don't give up; good job; try again!"

When we are young, the encouragement received is expected. As adults, we need to understand we must be our own best encouragers. The next time you find yourself scrolling through social media, ask yourself, "Why do I think my life is not as interesting as others'?". Logically, you will find the snippets someone has decided to share with the community don't completely account for all the other things that may be occurring in their lives.

Self-critique is good, but there is a fine line between focusing on a suspected problem and making yourself feel less worthy. Furthermore, consider the times you have found yourselves in scenarios where you wondered, *Why am I even bothering? What will come from me going down this route?*

The question you should begin with is, "Am I willing?" Before you begin another endeavor requiring a great amount of time and resources, ask, "Am I willing?" This way when you have already wandered down a path, and are looking back at where it all started, you'll be reminded of the seeds of willingness to do something. These days, Social Labelling Theorywhich says our behavior is often determined by how others perceive us—already puts so many on the rails of preconceived destiny, trying to fit the role others have made for them. Fellow friends, student peers, and colleagues, let us instead keep our minds a place in which each of us can find self-love and comfort.

Music and Social Movements

Gwenydd Miller



Music and Social Movements Resources Jenna Stebbins, Librarian As you pass by the 5th floor Library entrance, you will see a new display in the window. These books and films deal with the important role of music in the history of various social movements in the U.S. and around the world. The collection is based on the themes and musicians discussed in the recent Social Justice Series program by Dr. Gilad Harel of the Music Department, "Music and Social Movements." These materials will remain on display through the middle of March. Photo Courtesy of Jenna Stebbins

"Music and Social Movements" was a Social Justice Series event held February 7th. Professors Nikki McGary and Kathy Taylor invited beloved music professor and leader of NVCC's a cappella group and jazz band, Dr. Gilad Harel, to talk about social movements' influence on music and vice versa—considering music has been highly influential in social change. Dr. Harel discussed several styles of music, dating from 1939 all the way to 2014. Some artists he discussed were Billie Holiday, Robert Zimmerman (Bob Dylan), John Coltrane, Charles Mingus, John Legend, and the rap artist, Common.

This was the first Social Justice Series event not held in L501; instead it took place in the Arts Building in A507. There was a large turnout, with the room packed from one side to the other, not a single chair empty. A good number of people found seats on the floor, or leaned against the wall, as they listened.

The first song discussed was "Strange Fruit," by Billie Holiday. Its very graphic lyrics paint a strange, yet clear view of lynchings in the South. The song had deep roots in African-American culture, and was a bold statement against violence based solely on skin color. The song was indeed powerful and did the job it set out to do. The second song was Bob Dylan's "Blowing in the Wind". More abstract and open to interpretation, as Dr. Harel explained, the message itself is never directly stated in the lyrics, but it can still be heard; it is a song devoted to promoting equality.

The third song was "Alabama," by John Coltrane, written as an emotional response to the KKK bombing of a Baptist Church, which resulted in the deaths of four African-American girls. The instrumental jazz piece emanates intense emotion, communicating tragedy without the use of a single word. Charles Mingus told the story he wanted to tell in a very different way with his song, "Fables of Faubus," written in 1957 as a mock tribute to Orvil Faubus, at-the-time governor of Arkansas. The clownish sounding piece, was meant to make fun of the racist governor.

The final song was also about equality; "Glory," a collaboration between rapper Common, and singer John Legend was used in the 2014 movie, *Selma*. Among its many influential and meaningful lyrics, one that stood out most in discussion was the line "Our music is the cuts that we bleed through," which summarized how music and social movements are truly connected. Dr. Harel explained this is but a taste of a much larger and complex history of music and social movements and their lasting influence on one another. Perhaps he'll agree to host a "Music and Social Movements: Part Two" event.

Look for the fliers for information on the next Social Justice Series.

SGA PRESIDENT



March Offerings

Happy March, everyone! Congratulations, you've

made it through your first full month of the semester. This month, the Student Government Association has plenty planned for students on campus to take advantage of and enjoy

Starting off the month right, we have Waffles for Success on March 6th from 9:00 am - 11:00 am. Stop by the ACE to get some free waffles with delicious toppings as you study for your midterm exams.

To learn more about social media and the responsibilities that go with it, join us on March 7th from 12:30 - 2:00 for a Campus Conversation about society and media. Let's all learn how to stay safe in the world of the web.

Later in the month, come learn more about the deans on campus by attending Lunch with the Deans on March 19th. The event runs from 12:45 pm - 2:00 pm and there will be free lunch for those who sign up in room S514.

On March 20th is our St. Patrick's Day Party from 11:00 am - 2:00 pm in Cafe West. As always, there will be free refreshments and games, and we encourage all students to participate. We'll also have a free potato bar, and if that doesn't encourage you to attend, I don't know what will.

Also, don't forget that the SGA has meetings all month long on Wednesdays from 4:00 - 5:00 pm in L501. We encourage everyone to attend as the meetings are very informative, and are open to all.

Have a great March and good luck on your midterms! Don't forget to study!

Best Regards, Tabitha Cruz

Center for Teaching Fit Matters

Dr. Kim O'Donnell

Former CFT Chair, Kim O'Donnell, a Clinical Psychologist, has been a psychology faculty member at NVCC for over two decades. Professor O'Donnell has a strong interest in advising and mentoring students through their academic process, including helping them transfer successfully to four-year schools.

March lands us in the middle of "transfer season," when many graduating students are busy completing applications to four-year schools. But how to choose?? Whether you're about to graduate, or transfer is many semesters smaller class sizes and quieter spaces, a smaller college may be a better fit. Even among schools of equal size, each school will have its own culture and feel. Visiting a campus is the only way to really get a sense of whether this could be home for a couple of years. I think it's crucial to visit a campus before you commit to attending.

Finally, we all need to consider money when choosing schools. While some schools carry a larger price tag than others, it's sometimes hard to predict what you'll actually pay. Many private schools have much more money available for financial aid and scholarships. Some schools guarantee you won't pay any tuition if your family income is below a cer-





Phi Theta Kappa Honors Society is more than happy to welcome current members

as well as new members in its circle. All the new PTK candidates were invited via a letter stating the requirements which were already met by these students. This semester, the deadline to join the honor society was February 27th.

All new members, including fall 2018 and spring 2019 inductees, will be honored at the Mainstage, Tuesday, May 21st, at 6:00 pm. Family and friends of honored students will be invited to attend the ceremony. A certificate from Phi Theta Kappa emphasizes once more that every effort put towards knowledge and education pays off. A successful student is the one who surrounds herself or himself with successful people. The next bake sale sponsored by PTK members will be on Wednesday, March 6th. This fundraiser will go towards the potential, active members who would like to attend the Spring Regional Conference. Whoever is part of PTK and wants to help out with bake sale preparation and sales, is more than welcome to do so. Another upcoming event PTK wants to spotlight are the elections to select new officers for the following academic year (2019-2020.) If you are a PTK member, and you like to be on the active side, consider running for an officer position. For information, contact one of our advisors: Professors Lisa Kaufman or Greg Harding, or talk to our current PTK President, Erika Crabe. Thank you, and hope to see you all at the next events sponsored by PTK.

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Regards, Alam Khan Editor-in-Chief tamarack@nv.edu



Routine Number, Ext. 58113. Emergency Number Ext. 58112

The department is staffed: 24 hours per day • 365 days per year away, it pays to take a moment to think about your next educational steps.

While our state universities are great choices, I always encourage students to consider all their options. While a school's academic offerings will be central to a transfer decision, finding a good "fit" is just as important. There are many different aspects to "fit". Location may be the most important non-academic factor. Do you need or want to stay in Connecticut? Are you willing to consider leaving Connecticut for school? If you're willing to leave Connecticut, think about how far away you're willing to be—or how far your family is willing to have you go. Even if you want to stay relatively close, there are lots of great schools in nearby states, including New York, Massachusetts, and others.

Another important "fit" factor is school size. Attending a large university, like UConn, is a very different experience than attending a small liberal arts college, some of which have fewer than 2,000 students. Think about who you are. If you love lots of action and you're good at finding your own way, then a large university may be a great fit for you. If you like

"Many students are surprised by how much financial support they might get from those very expensive colleges."

tain level, and others guarantee they'll cover all of your financial need (as determined by the FAFSA) once they accept you.

Many students are surprised by how much financial support they might get from those very expensive colleges. A good rule to follow is you should apply where you want to go, regardless of tuition costs– even though your final decision will have to take costs into consideration.

Your academic advisor and the staff at CAPSS can help guide you towards schools that might be a good fit for you. And remember, it's never too early to start thinking about where you might want to go next! Editorial Alam Khan, Editor-in-Chief Christopher Gordon, Editor-in-Chief Emeritus Chelsea Clow, Editor-in-Chief Emeritus

Alexander Wilson, Senior Staff Writer Nicole Hayes, Emeritus Senior Staff Writer/ Alumni Contributor Richard Bosco, Emeritus Senior Staff Writer

Rick Bellagamba, Staff Writer Kathleen Chesto, Staff Writer Tom Conte, Staff Writer Christian Cruz, Staff Writer Alyssa Katz, Alumni Contributor/Editor Mitchell Maknis, Staff Writer Ryan S. Martins, Staff Writer Gwenydd Miller, Staff Writer/Editor Robert Pinto, Staff Writer Matthew O. Spence, Staff Writer Imani Stewart, Staff Writer Andre J.R. Williams, Staff Writer

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Christine Cocchiola-Meyer, Casee Marie Clow, Miguel Cruz, Elyse Evans, Bernie Fitzpatrick, Amanda Lebel, Nikki McGary, Karen Morris, Josh Rodis, *Guest Contributors*

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EDITORIAL

Need to Know

The National Conference of State Legislature (NCSL) provides the following statistics about sex education in U.S. public schools. Less than half of the fifty states require sex-ed classes. Twenty-four of fifty states, as well as the District of Columbia, require public schools to teach classes on reproduction. Thirty-three states require education about HIV/AIDS. Out of these, only twenty states require teachers to use proper terminology, including anatomically correct terms. This is contributing to an epidemic of STI's, unsafe sex practices, and teen pregnancies.

Many schools still abide by "abstinence only" forms of sex-ed. Some briefly mention other forms of birth control, but emphasize the only 100% effective pregnancy prevention is not having sex. This leads teens to explore sexuality without proper protection. A better way to educate teens is to show safer sex practices, such as wearing a condom or using contraceptives. Teens should be informed both partners have a responsibility when it comes to having sex.

Schools should also fix the heteronormative nature of sex education found in most curricula. Sex-ed often focuses on sex between a man with a penis and a woman with a vagina. In reality, there are many queer teenagers who would need to learn about safe sex practices as well. Even more importantly, students should be taught in terms of gender, rather than sex. Yes, there may be fewer sex organs than gender options, but sex is not limited by what parts a person has.

Students should also be made aware of other types of STIs, not just HIV, and what to look for if they suspect they or their partner has one. Educators should encourage regular testing, and inform students what methods are best for preventing transmission.

Lastly, we need to make sex-ed a requirement in schools across all fifty states. Lack of proper education leads to issues that can last a lifetime. It's important we let teens know what they're getting into when engaging in sexual activities.

Understandably, some still want teens to remain abstinent. This is a valid argument, since adolescent brains are still developing, and their prefrontal cortex, responsible for decision making, isn't mature yet. However, by leading teens to better choices, we allow them to explore their sexuality safely. According to the Guttmacher Institute, there is even a correlation between proper sex education and teens delaying sex. Abstinence-only education is actually dangerous, because it withholds necessary medical knowledge from people who have the right to know more about their bodies and their sexualities.

Proper sex education is beneficial, not just teenagers. It provides the foundation for a better future. Informed teens grow into adults who continue making good life choices, especially concerning sex. Sex-ed is not just a necessity, but a right, for teenagers from all walks of life and any sexual orientation. It needs to be open to all.

A Wild and Holy Thing

Casee Marie Clow



Photo Courtesy of Goodreads

In her 2016 book of essays, *Upstream*, poet Mary Oliver wrote about her Great Ones: writers of the past whose philosophies and ideas guided her own experience of the world. "With them I live my life," she wrote; "with them I enter the event, mold the meditation, keep if I can some essence of the hour, even as it slips away." Oliver's Great Ones included Wordsworth, Shelley, Emerson, and Thoreau, to name a few. "My great ones will be different from your great ones," she advised. I smile as I recognize that, of all my Great Ones, Mary herself tops the list.

The first time I read a volume of Mary Oliver's poetry, I was under a canopy on a quietly sunny midsummer day. I still remember my feverish feeling while devouring the book, cover-to-cover, sometimes forgetting to breathe, others alarmingly aware of each beautiful inhalation. When I finally closed the book to return to the world around me, I found a torrential rainstorm had moved through without my noticing. This is the extraordinary nature of Oliver's influence. Using only the quiet, the commonplace, her work removes the reader from present reality and catapults them into a vision of life enchanted. It's not enough simply to document the fragile companionship of human and nature; Mary celebrates the very eyes, childlike and wizened, that behold these incomparable everyday wonders.

Born in 1935 in rural Ohio, Oliver escaped a troubled childhood by finding solace exploring the natural world, reading poetry, and, at

Bipolar Awareness

Tamarack Staff

Bipolar disorder, also called bipolar affective disorder (BPAD), or manic depression, is a struggle for millions of people, with over three million cases of bipolar disorder per year in the U.S. alone, and even more worldwide. Unlike normal depression, which can often be resolved in a few months with the right treatment, BPAD is lifelong. About 25-50% of people suffering from this condition will either attempt or commit suicide. It has been calculated that the mortality rate from suicide is about thirty times higher in those with BPAD than in the general population. Someone I care about once told me that he's afraid to tell anyone about his condition, for fear of scaring them away. Admittedly, finding out someone has this disorder can be heavy, but it isn't something that should be feared, just as we shouldn't fear anyone with depression. Sufferers have a hard enough time getting through life without being outcast by people who are uneducated about the condition. That's what it is really, lack of education. BPAD, or manic depression, is a disorder where the person affected cycles through highs and lows, known as episodes. The highs are often a state of mania, (hence the term manic), usually classified by the sudden sense of happiness and euphoria the person experiences. During this high, they may tend to be hyper, irritable, and sometimes reckless-seemingly out of control. The lows of BPAD are often very depressive, with

age 14, writing poetry of her own. She published her first work of poetry, *No Voyage*, in 1963 at age 28. Over the next 50 years she would publish more than 30 other poetry collections, including Pulitzer Prize-winning *American Primitive* and her *New and Selected Poems*, for which she received a National Book Award.

Throughout her career Oliver was recipient of four honorary doctorates, though she never graduated from the two schools she attended, Ohio State University and Vassar College.

In the late 1950s, she met photographer Molly Malone Cook, who became—perhaps instantaneously, Oliver would tell us—the love of her life. Mary and Molly were inseparable partners, making their home in Provincetown, MA for the next four decades until Molly's death. These years were seminal to Oliver's writing; both her love for Molly and her amazement at the natural world of Provincetown filled her poetry with meaning. In a marriage of solemn grief and ecstatic joy, Mary communicated the boundless connection between human emotion and earthly wonder.

Rarely does the world see a poet like Mary Oliver. Easily one of the best-loved and mostread of her generation, Mary is celebrated even by people who don't read poetry. Perhaps it is her honesty, her simplicity, and her humor that capture the hearts of so many readers, many unsuspecting. For me, it is her wisdom and belief—the way she celebrated through words so many tiny, seemingly trivial things I, too, consider to be of magnificent importance in the world. Her many poems about her beloved dog, Percy, sing to me of my own relationship with animals. Perhaps most profoundly, her longings for a life both wild and grounded feel like echoes of my own.

Throughout her life Oliver maintained a compassionate curiosity to which I immediately became attached. She was at once a sister of the child within me and a companion to my aging, increasingly world-weary self. Certain artists contribute a unique light to the world merely by being alive in it. For me, Mary's light existed to illuminate the beauty, the sacredness of quiet places, in the world—and in our minds and hearts. As I honor her passing this year, I know her light is within me, inseparable from me. I know she has, for me as for so many others, taken her place as a guiding star in the heaven of my mind.

a sense of hopelessness, which may be confused with regular unipolar depression. On top of the actual challenge of these episodes, treatment can be difficult as standard antidepressants can actually worsen the condition rather than making it better. People struggling with BPAD can't help their behavior at times. They may get angry, or depressed suddenly, or be unable to control their emotions, making them unpredictable. Another friend came back from a doctor's appointment one day and told me she was finally diagnosed as bipolar. She then asked me not to tell our other fiends, because she didn't want them thinking she was crazy. I tried to assure her it doesn't mean she's crazy, but unfortunately, that's a common misconception. The things my friends have told me reflect the widespread view of what bipolar disorder is, and that view is hurtful for those close to this subject. That's why those who fear bipolar disorder should seek education on the topic of mental health. This condition is very serious, and left untreated, it may worsen over time. While not something to be taken lightly, BPAD can be managed; with the right treatment sufferers can live normal, healthy lives. Being bipolar is nothing to be ashamed of, but the first step toward acceptance is awareness. That's why March 30, 2019 is designated World Bipolar Awareness Day, to lend support to those struggling, like my friends with bipolar disorder who are some of the most amazing, important people in my life.

Food Pantry 5K Run/Walk Save the Date!

Join the NVCC community right here on campus for our 2nd Annual Food Pantry 5K Run/Walk on Sunday, March 24th, 2019, at 10:00 AM. Please consider joining us or donating!! \$5.00 registration fee for those under 25 years old. \$25.00 registration fee for those over 25 years old.

Find our RACE page online at:

https://runsignup.com/Race/CT/Waterbury/ NVCCFoodPantryFundRaisingRunWalk

Honoring Adjuncts

Bernie Fitzpatrick

Happenings @ **Other Colleges**

Alyssa Katz



College of Southern Idaho

March 15th, CSI will host an overnight "camp-in" for third-, fourth-, and fifth-graders to learn and experience STEAM—Science, Technology, Engineering, Art, and Mathematics. The "Kid's STEAM Camp-In" includes a STEAM-based workshop, fun and engaging scientific experiments, a sneak-preview screening of a new planetarium show, Beyond the Sun, looking through the telescope at the local observatory, and a group scavenger hunt in the local museum. STEAM is still a developing concept, and this initiative intends to educate young students and spark interest in these fields.

https://www.csi.edu/calendar/2019/03/03-15-kidssteam-camp-in.aspx



University of **Colorado Boulder**

Through April 13th catch a climate change-based art exhibit, entitled,

Documenting Change: Our Climate (Past, Present, Future). Using multimedia, from soot to wool to wood and more, the artist depicts different environments throughout timecontemporary and historical eras-from landscapes to photographs or botanicals. The intent is to "consider how our observation of natural worlds is influenced by measures of time and representations of form" and show "environments exist in a state of flux that can be studied and interpreted by a scientist or an artist."

https://calendar.colorado.edu/event/documenting_ change_our_climate_past_present_future#. XGM2AVVKiUI



Reed College

Oregon's Reed College will screen the film, Lorraine Hansberry: Sighted Eyes/

Feeling Heart, March 11th. Though Hansberry wrote the famous play, A Raisin in the Sun, she remains less well known. The documentary highlights her life; the date marks the 60th anniversary of the film adaptation. Hansberry was a queer writer of color and a civil rights advocate. The film focuses on her life, with interviews and rare, previously unseen material. The American Dream remains elusive for many, making her play as relevant as when Hansberry wrote it.

https://events.reed.edu/event/lorraine_hansberry_

Uniquely Suited



I've been teaching at NVCC since 2007, and I love it! A first-generation college student, and community college graduate (Quinsigamond CC in my hometown, Worcester, MA), I've been teaching since 2000 at Western CT State University and Albertus Magnus College-but I love teaching at NVCC the most.

I grew up in public housing and attended public schools. My father and mother had both been trained as automobile mechanics, but my mother worked mostly in a laundry and diaper service (My first job was delivering diapers). I graduated from South High School and attended Quinsig. College was never even discussed in my home. My mother wanted me to work in a bank; my father wanted me to be an auto mechanic, but I wanted to go to college—and community college allowed me the opportunity.

After QCC, I went to the University of Massachusetts. I received my MSW and was a social worker, working in the public housing project where I grew up. Eventually, I attended the University of Hartford for my MPA, while I was Executive Director of the Housing Authority of the City of Danbury, CT. I loved school so much I got into the Doctoral program at UCONN in Political Science.

My grandfather, Charlie Fitzpatrick, was a ward healer for the James Michael Curley political machine in Boston. Politics is the "family business"; I got into politics. I was elected Selectman for the Town of Surry, Maine (the first and only Democrat ever elected). I served two terms, ran for State Rep. and lost.

I feel my teaching style is unique. I tell a lot of stories to elucidate concepts I'm trying to get across. I also feel you learn more when you're laughing than when you're stressing over your work. I teach Sociology, the study of people and groups, so my stories always help explain the concept I'm teaching. I also feel teaching should relate "book learning" with life. Students understand better when given concrete examples from experience, hence my stories. I also teach American Government and, probably my favorite course, State and Local Government. Having been an elected and appointed official, I have a unique perspective on the subject.

I believe community college students are a treasure! Residential college students are immersed in the new environment 24/7, which has its drawbacks, but it's not easy being a community college student. You live in two worlds: the academic world, where you're experiencing new ideas and concepts, trying to make sense of a very changing world. At the same time, you live at home and work in a totally different environment. The community college student must function in both worlds, the old and the new, and it's not easy.

Community college students, especially first-generation students, are exposed to dramatically new ideas and ways of viewing the world. Oftentimes, these new ideas and views don't fit their old environment. Friends and family who aren't exposed to these new concepts may not understand the "new you". My mother couldn't understand how much I changed after going to college. As a student, trying to understand changes in yourself and your new environment often presents a role conflict. I applaud and admire all my students for the journey they're on, and I hope I can help them along the way.

February Happenings, From Profound to Fun

Tamarack Staff

Though a short month, especially due to snow cancellations and delays, February 2019 brimmed with activity. On February 13th, members of the Black Student Union, led by advisors, Professors Julia Petitfrere and Elma Solomon, presented a moving commemoration of the life and work of Dr. Martin Luther King Jr. Held in Café West, the event featured readings by students, faculty, and staff members, as well as video clips and interviews honoring King's legacy.

On February 14th, Café West took on a festive mood, with music, balloons, refreshments, and even a pie-throwing booth. In celebration of Valentine's Day, students, faculty, and staff gathered to dance, laugh, and enjoy some tasty food and great company.

February 19th, Café West was, once again, the place to be, as the BSU provided good food and conversation. "Soul Food Cinema" featured a documentary and catered lunch, with BSU members guiding fellow students and faculty through discussion prompts based on the



Students view the film, Afro-Latinos: The Untaught Story, over plates of delicious soul food in Café West on February 19th.

Photo Courtesy of Tamarack Staff

film. It was another excellent BSU offering that effectively brought Black culture to life during Black History Month. Special thanks go to the BSU and SGA for offering these three wonderful events.



Artistic Achievement

Professor Amanda Lebel



Photo Courtesy of Amanda Lebel

February was the month of the Hartford Art School's annual Community Exhibition, a juried art show open to students enrolled in any Connecticut Community College. Those attending Holyoke Community College, Springfield Technical Community College, and Greenfield Community College were also eligible to submit their work to the exhibit for the possibility of winning scholarships to the Hartford Art School. Students were asked to submit a portfolio of their work, transcripts, a letter of recommendation, and an artist statement. Five Naugatuck Valley Community College students were accepted into the exhibition. They were Jordan Antrum, Beth Edwards, Joshua Poole, Heather Ruszkowski, and Madeeha Sheikh. Several scholarships were awarded at the reception on February 14th, and NVCC's Heather Ruszkowski, who had three works accepted into the exhibition, including "Hoarding"pictured, felt pen, ink wash, 2018-was one of the winners. She was awarded a \$25,000.00 scholarship. Congratulations to Heather and to all of our students who were accepted into the exhibition!

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Bakersfield College

In celebration of Women's History Month, California's Bakersfield

College will have a month full of events with the theme "Women and War". President Jimmy Carter proclaimed National Women's History Week in 1980; Congress extended it to a full month in 1987. Last year's events started at the end of February and extended into the beginning of April. Some of those events included a survivor of the Rwandan Massacre; women in leadership joined by state senators; conflicts in Africa, Iraq and Afghanistan; a dramatic play based on a true story following six women during the Vietnam War; and an evening of poetry, art, and storytelling. The campus's Women's History and More (WHAM) program organizes these events to recognize an array of women's accomplishments. https://www.bakersfieldcollege.edu/ womens-history-month

(top)BSU member, Jyrel Hawk reads from one of Dr. King's speeches at the February 13th event. (bottom) Students, faculty, and staff enjoy the party atmosphere and refreshments in Café West on February 14th. Photos Courtesy of Alam Khan



CAPSS CORNER

Transferring to a four-year isn't as crazy as it seems!

Starting your education at a community college is a great choice, and—believe it or not—transferring to a four-year school can be easy. Planning ahead can make the transfer process go smoothly. Consider your academic and career goals, meet with a transfer advisor, research four-year colleges that interest you, and become familiar with their transfer policies.

NVCC has a number of different articulation or transfer agreements with the CT State Colleges and Universities as well as the Guaranteed Admission Program with UCONN. These programs are designed specifically to help students succeed at making the transition to a four-year school. Once you've completed your Associate's Degree, you're assured the 60 credits you've earned from classes at NVCC will count towards transfer; this will allow you to start out as a junior.

Completing your Associate's Degree before transferring saves you both time and money. National research shows that community college students who finish their Associate's Degree program complete their Bachelor's Degree at a much higher rate than those students who transfer with simply a grab bag of credits. Check out all different transfer opportunities. Look at public and private four-year institutions to decide which will be the best fit for you.

NVCC offers a number of ways for you to explore your transfer options. Transfer representatives from Charter Oak State College, Central CT, Southern CT and Western CT State Universities, along with UCONN, visit the CAPSS office regularly. This offers students the opportunity to meet one-on-one and discuss programs of study and the transfer of credits.

Each semester we host a Transfer Fair for over thirty transfer and admissions counselors. Transfer Representatives also make table visits throughout the school year. There are two Campus Conversation - Transfer Workshops offered, one in fall and another in spring. The workshops review and answer questions pertaining to the transfer process. Please check with the CAPSS office, in Kinney Room 520, for more information.

Here are some tips as you move toward graduation and transfer:

- Plan ahead and ask questions.
- Use the NVCC resources available to you. Visit college websites to be sure they have
- your program of study.
- If you can, visit schools that interest you. • Review GPA requirements and transfer timelines.
- Meet with a Transfer Advisor regularly.
- Research and apply for scholarships.
- Consider applying to several different schools.
- If you are eligible, apply for application waivers.
- Don't forget to complete your FAFSA!

Vanilla: Precious as Gold

Imani Stewart



In the East African island nation of Madagascar, the price of vanilla is nearly equal to that of gold. The reason is uncontrolled market speculation and vanilla crop failure in Madagascar. "Mada produces 80% of the global supply of vanilla," according to Aryn Baker/Sahabehava, in Time magazine. When the island was hit by Cyclone Enawo in March 2017, many vanilla plantations were destroyed, decimating vanilla crops. This devastation was followed by a drought.

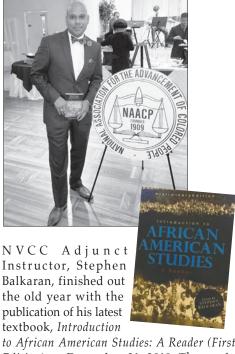
Now farmers are resorting to selling vanilla pods before they fully mature, which impacts the quality of the product. They have started picking pods at eight months when it takes nine months or more to fully mature. The website VegetableGardener.com explains, "The cultivation of vanilla is extremely labor-intensive. The plants themselves don't start producing vanilla beans until after three years. When they finally do bloom, the flowers only stay open for one day and must be carefully pollinated within twelve hours of blooming."

The northeast region of Madagascar suffered the worst losses, and this is where most of the plantations are located. Considering vanilla is one of the most popular flavorings in many cuisines, and a sought after scent for everything from perfumes to home products, the impacts of this vanilla crisis are being felt worldwide, with chefs turning to other ingredients and synthetic vanilla taking the place of the real thing in many products.

While it may seem a small inconvenienceswitching from vanilla to caramel latte—the impact on the economy of Madagascar, and the farmers who rely on vanilla production for their survival, is very real. To learn more about the situation, visit Guardian.com and search "Madagascar's Vanilla Wars".

Another Accolade

Tamarack Staff



alumni showcase



Miguel Cruz

Finding the Answer

When I first came to Naugatuck Valley Community College, I think I felt the way a lot of people do when first coming to college. On the one hand, I had an unquenchable desire to succeed at this important life milestone, yet, on the other, there was this unshakable feeling of uncertainty on how exactly to achieve that success. It seemed college was asking me, a freshman straight out of high school, an unanswerable question. "What are you going to do with rest of your life?"

I have to admit, back then, I wasn't sure what I was going to do with the rest of my week, never mind my whole life. Like many, I wracked my brain looking for an answer-all while trying to pass Algebra tests, while hoping the lines of Shakespeare's Hamlet would make sense, all while battling the rising tide of dread as the date for my first speech in Communication class crept closer. With all that going on at the same time, it was hard not to find myself occasionally asking "What is the point and why am I here?"

However, throughout it all, I was fortunate to have the support of my great family, and the real sense of community at the heart of NVCC, to keep me going. Thanks to the guidance and support of many of the college's faculty and staff, and the diverse array of backgrounds and opinions of the many students I had the privilege of knowing, I received an opportunity to glimpse a larger world beyond myself. A wise man once told me that "to know yourself, first you half to know someone else," and that chance to know others is the greatest opportunity NVCC has given me.

Thanks to that amazing gift, I was finally able to answer that elusive question about what I wanted to spend the rest of my years doing. I knew, after finishing my time at NVCC and getting my associates, I would always want to devote my talents to helping others better their lives. That was the sentiment I carried with me when I transferred to Central Connecticut State University and what saw me through to completing my Bachelor's in English with a minor in Creative Writing in 2018.

Since that time, I've been fortunate to publish in several magazines, including Terra Infirma and Blue Muse, on subjects ranging from climate change to student hunger. I have come to feel one of the best ways to help improve people's lives is to give them an informed understanding of the world around them and the people who live in it. However, what I am most proud of is my work as an academic coach in NVCC's new PASS program. IN that role, I have been able to help struggling students achieve their academic dreams and add to the great community that helped me find my success.



- Once you've received your acceptances, take time to consider all your options.
- Keep an open mind!

Additional Resources: www.nv.edu/ Student-Resources/Academic-Support-Resources/Academic-Advising-CAPSS/ Transfer-Planningwww.bigfuture.collegeboard.org

Sue Houlihan, Retention Specialist

MARCH IS WOMEN'S HISTORY MONTH

Edition) on December 31, 2018. The work, Balkaran's eighth book, a compilation of material on notable Black Americans and their contributions to our nation, is available in paperback.

The Tamarack staff and the NVCC community join in commending Balkaran on this latest literary achievement, which follows his inclusion last October on the NAACP's list of "25 Most Influential Black Men in Connecticut". Congratulations, Professor Balkaran, and keep up the excellent work!

INSTANT **DECISION DAY** Thursday

All transfer students can contact Anthony Jackson for dedicated support - tonyj@njit.edu

Office of University Admissions njit.edu



Arts & Culture

Revolutionary Rhythms

Tina Turner



Photo Courtesy of Facebook

Born Anna Mae Bullock, Tina Turner started her early life in Tennessee. When her parents, who were sharecroppers, divorced, she and her sister were sent to be raised by her grandmother. In the 1950s, Turner moved to St. Louis, where she became immersed in the R&B scene, joining a group called the Kings of Rhythm.

Through that group, and singing in nightclubs, she met Ike Turner, who joined the Kings. They later changed their name to the Ike and Tina Turner Revue, and had their first hit, "A Fool in Love," in 1960. When Ike and Tina recorded their *River Deep, Mountain High* album in 1966, it found greater success in England than in the US. The duo gained more fans as they achieved more success, but few of their songs became hits; they were more known for their stage performances.

It was 1971 when they recorded "Proud Mary," a cover of the Creedence Clearwater Revival track from just a few years earlier, which became one of Turner's most famous hits, renowned for her vocals. Despite the success of the musical duo, Ike and Tina divorced in the late 70s, due to Ike's domestic violence and substance abuse. After that, Tina went on to a solo career, but it was a rocky start as she did not have much to support her family and had to take on odd jobs in order to make ends meet.

Her comeback was met with great success in 1983 with her *Private Dancer* album, which also ended up winning four Grammy awards the following year. On that album was another of her most famous hits, "What's Love Got to Do with It," which gained her a Grammy for Record of the Year and reached number one on U.S. pop charts. In her 40s by this time, she was becoming even more well-known for her signature stage look, with her raspy voice, short skirts, and her punk-styled hair.

As the 80s continued, Turner gained more success as a solo artist, and appearing in the feature film, *Mad Max: Beyond Thunderdome*. She also released an autobiography *I*, *Tina*, which was adapted into the 1993 film, *What's Love Got to Do with It*, starring Angela Bassett and Laurence Fishburne. Turner had more success in the 90s with hits from *Wildest Dreams* and *Twenty-Four Seven*. She also recorded tracks for film, including the James Bond title song, "Goldeneye," and "He Lives in You," for *The Lion King* 2. Ike and Tina were both inducted into the Rock and Roll Hall of Fame in 1991, though Ike didn't attend because he was in prison for drug possession.

In recent years, Turner married longtime partner Erwin Bach and moved to Switzerland where she has collaborated on gospel albums. Last year, the musical, *TINA*, opened in London's West End, depicting Turner's life, featuring her most famous hits. Additionally, she, along with Neil Diamond and Emmylou Harris, received the Lifetime Achievement Award at the 2018 Grammys.

Alyssa Katz

Atta BoAhhHH! Red Dead Two

Alam Khan



Go back twenty years. You'll find the average gamer child utilizing just eight megabytes of storage for long hours overnight, staying awake to save progress on a 32-megabyte ram powered PlayStation2. A lot has changed since then, with progress in hardware architecture allowing developers to push more detail into each aspect of video games. The gaming world, by comparison, has come a long way. How much more detail you ask? Well, Red Dead *Redemption Two*, in essence, highlights the vast leaps the gaming world has made. Red Dead Redemption Two is a fictional, story-driven game featuring outlaw, Arthur Morgan, member of the Vander Linde Gang. In an era that saw the United States tame its western front, there are few areas that will grant Dutch van der Linde and his gang respite. In an effort to adapt to the times, Dutch has a "plan" to see his gang out of this lifestyle. His problem? He just needs a little money. Consequently, this leads you, the player, as Arthur Morgan, to saddle up on your "BoAhhHH (boy)," go into town, and hassle folks for some change. Simple enough? The beauty of all this lies in the focus of quality at each aspect, between the main, story-driven campaign, and the optional side stories. Gone are the days of trivial objectives involving fetching a token of symbolic value from point A to point B. To grasp how much detail there is to consider, every time you get into an altercation, Arthur may lose his hat in the process. You need to make sure your "BoahhHH' is fed. You need to make sure you are fed. You haven't shaved or gotten a haircut? Great, now you look like a warm, grizzly, mountain man who came out of the back end of a cave. Even the design on the pistols you carry can be articulated to conform to your specific style.

Going back to comparison, over a 20-year span, Red Dead Redemption Two needs 99 gigabytes of storage to play on an 8-gigabyte ram-powered Playstation4. The amount of information you can put in such a big file is tantalizing. Rockstar Games producers have meticulously spent a long time developing a masterpiece that deserves praises and respect from even the harshest reviewers. Although the game was a masterpiece in itself, the manner in which people are pushed to develop them needs to also be highlighted. Video games require an intensive amount of resources to develop. It can take years to deliver the final product. Coupled with the demand from fans and corporate desire to make money, producers will push their developers to work long hours in order to meet deadlines. This is exactly the controversy surrounding Rockstar Game producers. Some have said on occasion they worked a mighty 100 hours per week! Video games, such as Red Dead Redemption *Two*, offer a medium of narration where players feel they are virtually part of the game. It's natural to get lost in the storyline and action. However, in purposely enjoying such a great piece of work, one shouldn't focus only on the finished product. To do so risks turning a blind eye to the countless hours spent polishing and perfecting.

Argama Witch, Empowered by Art

Mitchell Maknis



Inspiration is a powerful force; it can compel an individual to experience and explore the unknown, as well as encourage one to pursue a dream. Argama Witch, formerly known as Syo, takes inspiration from the essence of Japanese art forms, illustrating distinct pieces and enchanting the eyes of anime and pop culture fans alike.

This New England artist combined her love for art, gaming, and manga, ultimately forming the amalgamation, Argama. Raised by an artistic family, Argama Witch's love for art was spawned at a young age; she doesn't remember a time when she wasn't drawing. She credits manga as her most prominent artistic influence. She elaborates that reading and emulating the art form has brought her happiness and a sense of empowerment.

Her artistic journey hasn't been easy, however. She felt discouraged throughout high school and college, noting that her college professors continuously criticized her art style. Some even recommended she give up her aspirations of becoming an artist. Even with this lack of support and criticism, she wasn't deterred. She persevered, forging her own path, and devised ways to hone her illustrative skills.

Argama Witch became a member of the mundane workforce when she was just eight years old. As a self-taught artist, she was only able to bring her art to conventions on her time off from work. Dealing with a rough job environment in recent years, she reveals that she endured long hours on graveyard shifts, and worked persistently to combat anxiety and depression rooted in sexual harassment and bullying. However, that changed when she met her husband who saw beauty in her and her work. With his continued encouragement, love and support, she strengthened her resolve and quit her day job to focus on her dream of being a full-time artist.

Since that time, Argama Witch feels she has proven herself by enjoying a successful art career within the convention circuit. She has won numerous art contests and has self-published her manga-styled story: AuburinGrain Academy, available on amazon.com. Her distinctive work has even warranted many con-goers to commission personal illustrations, ranging from popular anime characters to the obscure; such as a rendition of a taco fighting a hot dog in wrestling outfits. Typical items for sale at conventions include prints of her original artwork, as well as her own iterations of pop culture icons. Argama Witch also expanded her market by printing her designs on products, such as key chains, stickers, and pillows. Due to the success of these offerings, she intends on further expanding her merchandise line and is excited about people's reaction to her growing business. To inquire further about her work or learn how to commission pieces, contact her at ArgamaWitch on her many social media outlets. Or check out Argama Witch in action on her YouTube channel. To view her ever-growing product line, visit her Etsy Shop at

A Spooky Serial

Gwenydd Miller



In the journalistic tradition of serialized fiction, The Tamarack occasionally features a multipart story by one of our staff. We hope you enjoy part one of Gwenydd Miller's paranormal fiction.

Supernatural Journal Entry 1 February 9th, 2019 10:08 PM EST:

This is the journal of Ellie Smith, age 20. My goal is to document any supernatural encounters I have over the next few months. I never thought I'd be starting a journal like this. I'm not a big believer in the supernatural, but events of late have left me without much choice. It's hard to talk about how I lost my best friend a few months ago. The police said she OD'd. I didn't even know she did drugs. She was a straight-A student; it was a surprise for everyone. Maybe that's why she did it. I'm in the cemetery, set up at the edge of her grave, facing the shining stone bearing her name:

Rebecca Turner, age 19

Do not weep for me for I walk amongst the angels.

10:30 PM:

Becca and I always loved cemeteries, always wanted to visit one together at night, but we never did. Of course she always scared easy, so I'm assuming that's why. Unlike me, she was a big believer in the supernatural, so it's funny I'm the one in a spooky graveyard looking for ghosts.

11:13 PM:

A few days ago I was on the phone with Becca's mom, trying to console her, and I heard Becca's voice in the background. I got so choked up I couldn't talk. That's when Becca asked if I could hear her. I hung up as fast as I could come up with an excuse. Ever since, I've heard things on my radio; even my iPod somehow turns to static on occasion, which I thought was impossible. I've come with a radio set to static, but I haven't heard a single thing yet, other than white noise.

11:40 PM:

Still in the cemetery and still there hasn't been a peep from Becca. I'm starting to think I imagined it all. I'm going to head home soon.

Entry 2 February 23rd, 2019 11:59 PM:

Late start tonight, but I've set up again in the cemetery, this time against a tree for back support. Radio's set up, two thermoses of cocoa, extra flashlight batteries and blankets, and five classes worth of homework. Can't wait for Spring Break.

https://www.etsy.com/shop/ArgamaWitch.

12:39 AM:

Still nothing spooky. Hope it's not another wasted night. At least I've gotten a lot of work on my assignments done.

1:20 AM:

I'm really tired and almost out of cocoa; going to pack up soon. Doesn't seem to be any supernatural events tonight.

3:11 AM:

Seems I dozed off sometime before packing up. Heard Becca's voice in the static upon waking. It almost felt like a dream, and just like a dream it's fading fast. She called me—"Ellie!"—she said it's hard to get through, but there's something she needs to tell me. She disappeared right after...I need to find a new way of contacting her.

"Supernatural Journal" will continue in the April issue.

Coming Attraction A Post-apocalyptic Play

Joshua Rodis

Following the successful production of a mainstream musical, *Little Shop of Horrors*, on Mainstage last fall, the NVCC Theatre Department plans to shift gears this spring with a production of *Mr. Burns, a Post-Electric Play*, to be presented April 4th - 7th in the Playbox Theatre, 3rd floor of the Arts Building.

The work is a three-act play that takes place in a post-apocalyptic world, in which the power grid is no longer active, and technology, such as movies, television, and recorded music, are no longer a feasible means of entertainment (hence the title, *Post-Electric*). The show, written by Anne Washburn, first premiered in May, 2012 at the Woolly Mammoth Theatre Company in Washington D.C. Washburn's, *Mr. Burns...*, portrays what will happen to theatre following the apocalypse.

Act One revolves around a group of survivors, in a near future shortly after the apocalypse, who try to recall the The Simpsons' "Cape Feare" episode, an abridged, parody version of Martin Scorsese's 1991 Cape Fear remake. Because electricity can no longer provide televised or motion picture entertainment, people turn to live performance, and Act Two follows the same group of survivors seven years later, now a traveling theatre troupe, reenacting the "Cape Feare" episode for paying audiences. Act Three takes place 75 years later, as a theatre company reenacts "Cape Feare" in a more ritualized form of live theatre, performing the episode as an operetta including live musicians, song, and even masks and headdresses that resemble Simpsons characters.

Mr. Burns, a Post-Electric Play may be a dark comedy, but its story is most relevant to life, people, and artists alike. It's a story of community, of people coming together to make art and how that instinct lives on through generations. "It's about the evolution of art," says Teagan Gavin, one of the actors in the show. "Art is always evolving, and you can change and mold it to whatever you'd like it to be."

Kevoy Somerville, another cast member, stated, "This play really focuses on connection and what brings people together. It really focuses on how individuals grow together and what can be created together. *Mr. Burns...* is about life. It tells how life is preserved, and with it the stories that connect even the most unrelated of lives remain. It combines the essence of play and musical to show how stories bind us together. Stories grow and change, just as lives do, to become something entirely new."

Performances will be Thursday through Saturday, April 4th, 5th, and 6th at 7:30 PM, and Sunday, April 7th at 2:00 PM. For more information, or to reserve tickets, stop by the theatre office, room A302, or call the Box Office: (203) 575-8193.

Ms. Supa Dupa Fly

Matthew O. Spence

Missy Elliott's induction into the Songwriters Hall of Fame, coming this year, makes her the first female rapper with this prestigious honor; the first male rapper being Jay-Z in 2017. With this distinction set in stone, recognizing Elliott's outstanding career of over 25 years, she's finally reached the point where she can be considered the greatest female hip-hop artist of all time.

When it comes to the best female rapper of all time, Lauryn Hill is usually someone's answer. Hill's career and impact are undeniable, but over the years it's become questionable whether she truly deserves the "the best female hip-hop artist" title. For one, there are countless lawsuits and scandals surrounding her album, The Miseducation of Lauryn Hill, over songwriting credits and music written for the album. Her catalog doesn't include much music from her; in total she has three official studio projects to her name-those being two Fugees albums and her one solo album. Added to that is her reputation for average live performances; she's often late or doesn't show up or cancel her show.

Missy "Misdemeanor" Elliott, on the other hand, put in a tremendous amount of work for herself; before releasing her breakout in 1997, she got her foot in the door of the music business (and continued throughout her career) as a songwriter and producer. She wrote songs for Aaliyah, such as "One in a Million," "Hot Like Fire," and produced/co-produced songs, such as the Grammy Award-winning, "Lady Marmalade".

With five platinum albums, one gold album, and several hit records, Missy Elliott isn't a tourist in NYC or on the Billboard Charts. Other qualities that made Missy Elliot stand out as an artist, and in hip hop in general, are her plus-size body type and her unique and off-thewall videos. With most women rappers before Missy, the majority fit the status quo of how a woman "should appear," selling the same brand of sex appeal to a male audience. This is not to discredit them, but Elliott was different.

She embraced her size—though that almost prevented her from having a music career from the jump—and showed that women in hip-hop can be more than something to look at. She proved women could do what they wanted if they were talented; by dressing in the most outlandish, cartoonish, stylistic, and innovative outfits for her videos, she paved the way for artists like Nicki Minaj and Lady Gaga.

A piece on Elliott, from *Dazed* magazine, brought up an interesting point to credit her; she gave co-signs to upcoming female artists like Ciara, supported all female artists around her, and represented unity between female rappers. If Ms. Hill isn't the GOAT, then Missy "Misdemeanor" Elliott is definitely sitting on that throne. In fact, Missy herself, in a 2016 interview, said it best: "Before Missy.....there was no Missy, or anyone in comparison, doing what Missy was doing."

Anime vs. Manga

Christian Cruz

Anime is such a niche market of entertainment, a place where teens and young adults go to get their quirky content about supernatural acts and outrageous storylines. However, what makes anime and manga so different yet the same? For those who read manga first, when they hear about an anime release (like when books become movies), they're almost always hesitant to watch the movie. They have a biased opinion going into it, an assumption that, if original material is not incorporated, then it's a bad adaptation.

At times I feel this way, as well, with anime and manga. It's hard at times to take a step back and truly appreciate a work for what it does well when we're obsessively comparing it to the original content. For example, last year I read a manga called A Silent Voice, about a young boy who bullies a deaf classmate and later tries to make amends for his acts. Throughout his middle school/high school years he picks up a part time job, learns sign language, and decides to meet the girl he bullied to apologize for everything he did. The manga is masterful at pacing out his actions and depicting how he felt about every new interaction he had with her. It does not end on some grandiose note, but I felt it was not needed. The message was sent loud and clear.

My issue comes with the adaptation—the fact that it was a movie, first off. This manga would have been a perfect twelve-episode series, but it became a movie. Of course, with movies there's a time constraint. This original was a seven-volume manga, which by comic standards is not that long, but it had enough content for an anime series instead of a movie. Even still, enough on that issue; let's get into the movie.

My issue with the movie is that the message changes. Granted, any message combating bullying is welcome in any form of entertainment. However, the way the message changes in this movie is that it becomes an overall look at the main issue. I have no problem with seeing the whole situation for what it is through multiple perspectives and how it affects each character. The issue for me occurs when filmmakers change scenes to create a conflict or to get there sooner. In the manga, I loved the subtle buildup to each event, each character subconsciously adding to their internal snowball of problems until they pop. In the movie, it all came rapid-fire and, although as a standalone it is very good movie, I cannot help but feel it could have been done better.

There are points where the pacing jacks up and some improbabilities that seem a bit outrageous. However, as an individual movie it is very well made. Maybe, if I could put my bias aside, I could appreciate this movie for the message it sends. One thing animation will always have over books or comics is that feeling of watching it unfold. To hear music in the background, to be able to see certain scenes play out exactly as imagined, is an exhilarating feeling itself. When putting it all together, it brings the realization that this is why we read and watch.

Black and White

Tom Conte

Tuxedos are synonymous with weddings, banquets and royal jubilees, but did you know they're more than just rentable ensembles for once-in-a-blue-moon occasions? Tuxes originated in the 19th century when the upper crust held galas to rub shoulders with famous, influential, interesting individuals.

Picture a gentleman in white shirt, black trousers, matching cummerbund and bowtie. The coat is similar to a suit jacket, but with pointed or peaked lapels and is, you guessed it, black. At black-tie events all gentlemen wore this "uniform" because such events were considered a woman's time to shine.

Wearing elegant evening gowns in vibrant colors, unwed ladies were encouraged to show off, often by singing, or giving a musical recital, in hopes of finding a suitor. Being married to an "important" person or being of peerage, married women were also celebrated for their elegant appearance.

White-tie events, the most formal in the western world, also date to the 19th century. For white-tie, men swapped their cummerbunds, bowties, and coats for white vest, white bowtie and tailed coat, but it didn't stop there. Gentlemen also adorned top hats, white gloves and an optional cane. Ladies went even more "noticeable," in opulent gowns, large hats, shoulder-length gloves, satin shawls, velvet cowls, and long overcoats.

As with black-tie, white-tie events were the ladies' chance to shine. However, whitetie events usually featured a person of honor—like a monarch, pope, or duke someone of major influence to the country, kingdom, or region. At these events, women hoped to be noticed, by other attendees, of course, but mainly, by the guest of honor.

Another note, in terms of gentlemanly attire, is the boutonniere, a floral ornament worn on the lapel of a tuxedo. Usually, if accompanied by a lady, the man would wear a boutonniere matching the color of her dress. If a gentleman was alone, he wore the colors he wished, but what about corsages?

That's a tricky subject. Today, a corsage, worn on a woman's gown or wrist, usually matches her dress and/or the gentleman's boutonniere. At black- and white-tie events, corsages were not as common as boutonnieres. Again, these events were meant for women to shine, to display their talents and prestige, to be seen by those of higher social status.

Today, some view women who attended these formal parties as socialites. This view is both correct and wrong. Not all who attended enjoyed being the center of attention, but for what it's worth, black- and white-tie events show not everything before the 20th century was male-centric. In fact, these events were more than just pretentious gatherings of social elite; despite the obvious display aspect, these galas became stepping stones for more progressive, fair treatment of women.

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their own fault. Another is that you shouldn't

help by giving change because they will just

and insulting. There are many reasons that

could have brought a person into the situa-

tion they're in, and to judge anyone for being

in this devastating position is an awful thing

to do. Homelessness is a tragic experience that

could happen to anyone from any walk of life.

It can happen to a friend, a family member, or

oneself. Just think, if it was your loved one out

"One's life has value so

long as one attributes

others, by means of love,

friendship, indignation

there, how would you want them to be treated?

those less fortunate, and it starts with being

more mindful of the way we treat others. If

you encounter someone who is homeless,

please don't pretend they're not there. Afford

them the same kindness, respect, and dig-

nity you'd offer anyone else. Start by acknowl-

edging them; remember, they're no different

from you. Perhaps if more people would make

a point to acknowledge everyone's inherent

humanity, and show a bit more compassion,

we might come a little closer to mending this

We need to do better as a society to help

value to the life of

and compassion."

- Simone de Beauvoir

Statements like these are unjustified

spend it on drugs and alcohol.

Minimum Wage What Are You Worth?

Ryan Martins



The minimum wage, established in 1938 as part of the Fair Labor Standards Act, has provided fundamental protection for working class Americans. The wage ensured entry-level workers could support themselves and stay above the poverty line. However, today, 20% of those earning minimum wage are living at or below the poverty line. Why?

For the last ten consecutive years, the cost of living in America has kept rising. In the last three years alone, it's gone up 14%. Yet, in the last decade, the federal minimum wage hasn't budged. Historically, federal minimum wage would consistently go up, but since 2009 the rate has remained \$7.25 hourly. If that figure sounds prehistoric, or insensible, it's because it is. For many Americans, including college students, minimum wage is the most they can make, and it's not enough. Yet, policymakers have continually neglected minimum wage until recently.

Now, some large corporations and state governments have realized the only way to stitch the financial bullet-hole caused by the ever-increasing cost of living is by raising the minimum wage. Companies like Amazon have started a companywide \$15-an-hour minimum wage, supplemented by lobbying in Congress for \$15 to become the new federal minimum. States like New Jersey, Massachusetts, and New York have blueprints to reach \$15 in the next few years, by progressively raising the minimum wage year after year.

In Connecticut, though, things are a bit different. Before and directly after Governor Ned Lamont was elected, articles on a higher state minimum wage filled the newspapers. However, despite showing his commitment to raising the minimum wage and the alleged priority it has in the Capital, there have been no solid advancements in terms of a blueprint on how to reach \$15 hourly. Considering Connecticut is the eighth most expensive place to live in the U.S., perhaps a more hurried approach would be beneficial.

The federal minimum wage's stalemate, though, is sadly a result of politicians and corporate executives claiming that raising the wage would produce a disastrous blow to the American economy, threatening nationwide job security and making it harder for small businesses to turn a profit. It seems these naysayers have forgotten President Theodore Roosevelt's admonition: "Do not let any calamity-howling executive with an income of \$1,000 a day, ...tell you...a wage of \$11 a week is going to have a disastrous effect on all American industry." Yet, when the argument against raising the wage is put under an economist's microscope, we find no concrete, viable evidence a higher minimum wage would significantly harm the economy. In fact, some economists have placed what is virtually a disclaimer at the end of their research papers, stating in effect, they "don't know yet" and "there is more work to be done." Data isn't there, yet policymakers have remained adamant that hiking up the minimum wage would be pounding a final nail into the coffin of America's economy. While economic professionals scratch their heads and poke their calculators, politicians play partisan ping-pong in Washington. And at their leisure, inner-cities across the state and nation continue to suffer. For the 2.8 million Americans who live off of minimum wage, the teakettle continues screaming for help.

A Truly Human Struggle

Andre J.R. Williams

Winter can bring many troubles. From car problems, to shoveling, it can be a nuisance. While that may be the case, many of these issues are extremely minor compared to the harshness winter brings to those who are less fortunate. For many who are homeless, it becomes a challenge to make it through this brutal season alive.

Homelessness rates in the United States are climbing. With societal factors, such as the rising cost of living, and the prevalence of addiction, this isn't too surprising. Very often, individuals who have become homeless are treated unkindly. Some people do this consciously by engaging in active abuse or blatant rudeness. Others may not realize they're being unkind in unconscious and subtle ways, such as avoiding eye contact and ignoring a homeless person on the street. The latter may not seem like a big deal to some, but in reality, it is dehumanizing and can be more harmful than you'd think.

In a study titled, "Dehumanized Perception," researchers found people are less likely to engage in social cognition with those who are homeless. This means they often fail to consider their thoughts and emotions in the way they would with other people. This is damaging because this lack of consideration can lead homeless individuals to feel even more isolated from society than they'd already felt. Also, historically, when we have dehumanized groups of people, it has played a part in some of the most shameful and inhumane crimes committed against humanity, including slavery and the Holocaust.

Although many variables are at play as to why the homelessness problem doesn't seem to be improving, the fact that we engage in this dehumanized perception certainly doesn't help. It also isn't helpful that many people judge these individuals and make assumptions about their situation. Some sentiments

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.

Readers Respond

Dear Editor,

In response to your article, "Public Enemy Number One?" about press and news being an enemy to the public, that's the reality. Is the media enemy to the people? Yes, press and news reports are far from being accurate. Often, news reports misleading statistics or wrongly interprets scientific studies to improve their stories' attractiveness. Some news being fake and untruthful make the society's life full of lies and make the people careless on what really is going on in the world. Those untrue events and news [mean] people don't know what is really happening around the world they are living in. The type of news the press [reports], for example political news, works as a manipulator to the people instead of being the honest informer on current events. The press takes advantage of the trust they have from the community and uses it to only give news and information they want the community to know. It is very important for the people to know whether the press is telling the truth or not because it makes them aware and ready for what happening is around them. However, on the other side, you can find a lot of useful and important articles that could be helpful throughout daily lives, such as health, weather and traffic reports. It is important for our campus newspaper to carefully monitor the media before it can be displayed to the students.

Dear Editor,

societal wound.

Autism, or autism spectrum disorder (ASD), is a condition that causes challenges within social skills, repetitive behavior, lack of speech, and nonverbal communication. People often tend to think that a person with this disorder is incapable of showing feelings or emotion. In the article, "Love on a Neurotypical Spectrum," Mark Kacyrat debunks these constant assumptions of how people with autism [are] unable to express their feelings. It's amazing how studies have proven 73% of ASD participants indicated romantic relationship experiences. After reading this article, I feel that people should change their mindset in thinking that a disorder can limit one from sharing indistinguishable characteristics of a normal human being. Kacyrat states, "In fact, studies show people with autism may have greater emotional capacities that may not be obvious to neurotypicals" (6). It's important to keep in mind that divergent attributes don't define the individual. Behaviors such as flirting may seem natural for neurotypicals but can be mystifying for the atypical mind. Despite the challenges of autism spectrum disorder, it's not impossible to find love.



Remember back in middle school and high school when your history teacher would talk about times of old, and the great adventures, tragedies and discoveries that took place. Usually students sat at their desks and listened, uninterested in memorizing dates, locations, and historical figures. Reading the textbook is also part of humdrum classroom life. What if I told you reading about history can be entertaining and informative?

For those interested in Napoleon and his escapades, many would find books on the historical figure and the battles he took part in to be quite long, dry reads. What if I told you there was a better way to learn about Napoleon, especially his downfall at Waterloo? A book written by Bernard Cornwell, titled, *Waterloo: The History of Four Days, Three Armies and Three Battles*, describes in detail how the battle took place with vivid accounts by those there during the horror of it all.

Quite a few events which take place in the book have gruesome depictions of horses and men being ripped apart by cannon and musketry. The weather also had a violent effect on the battle that would shape the history of Europe. The book also features works of art influenced by that fateful event. Lady Butler's painting called, *Scotland Forever!* depicts the charge of the 2nd Heavy Dragoon Regiment known as the, Royal Scots Greys, during the Battle of Waterloo.

Ironically, Cornwell's account describes the actual event that took place involving the Scots Greys, which was quite different than what the painting portrays. In reality the Scots Greys countercharged Napoleon's heavy cavalry during the final push of the battle. The Scots Greys galloped through their own infantry lines, trampling over soldiers of the 92nd Regiment of Foot called Gordon's Highlanders. Some of the Highlanders grasped onto the stirrups of the charging Scots Greys and were carried into the fray against the Cuirassiers of Napoleon. There are a couple renditions of the Scots Greys charging at Waterloo that depict the 92nd Highlanders being carried away.

Another concept most do not know is that it rained for days, causing the wheels of wagons and cannon batteries to sink, making them impossible to move. This caused Napoleon to wait longer than he preferred in order to let the ground dry. Wellington positioned his troops behind a foothill, but the mud stained their scarlet-red uniforms. The Dutch and Prussian armies had to wade through the flooded rivers and creeks on their way to regroup with the British. Chaos ensued throughout the battle and the fog of war took hold.

Most people have never heard of the minor skirmishes that took place, such as the battles of Quatre Bras, Hougoumont, Wavre, and others. The author's depiction of this historical event blends the energetic description of battles comparable to those in *Lord of the Rings*, with an emphasis on the human condition and individual emotions reminiscent of *War and Peace*. This culminates in an enjoyable textbook that reads more like a novel, giving the reader valuable and unique information and vivid imagery of what took place during that fateful day, June 18, 1815.

Sincerely, Kamilia Natour ~ Sincerely, NVCC Student



Tom Conte

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Queer Code Affirmation



To be fair, I'm biased. As a trans person, I'd like to be told I'm valid. Then again, who wouldn't? Who wants to navigate life alone, thinking there's no hope of feeling "normal"? I'm figuring nobody. That's why several doctors have studied extensively how best to treat transgender youth. The vast majority find the best course of treatment is affirmation.

Essentially, they advise listening to these kids. "What?" you exclaim. "Listen to my child? But they 're too young to—" Nope. Try again. Funnily enough, they know better than you do what they're feeling.

Children also have a concept of self from infancy on, and can grasp the concept of gender in preschool years. It's understandable you're concerned about the well-being of children. No one's forcing them into surgery before they hit puberty, just asking that you let them express their gender identity, rather than forcing them into the box they were assigned at birth.

It's been proven time and again: children and teens who aren't allowed to express their identity are more likely to develop depression, engage in harmful behaviors, and commit suicide. I'm not saying it's automatic this will happen, nor am I saying these issues won't develop if they're allowed to shine as themselves. I just think any parent should want to keep their child from harm, especially when there are so many ways to get around this bump in the road.

When a trans child begins showing early signs of puberty, they can start a course of hormone blockers. Not harmful to the child, this delays the onset of biological puberty, so kids don't begin to form secondary sex characteristics of their assigned gender at birth.

Not gonna lie. I'm a little jealous I didn't get this opportunity, as are many trans people I know who were forced to go through the puberty their body wanted, not the one they wanted. We can still get by, though.

Once they reach an appropriate age, trans kids can start hormone replacement therapy. For trans girls: estrogen and progesterone; for trans boys: testosterone-the same hormones produced by their cis counterparts. It's just that they don't make their own hormones. However, with prescribed hormones, they can experience puberty like their cis friends, meaning a much lower chance of developing characteristics that would cause dysphoria. Then, once they hit the magical age of eighteen, they can pursue remaining medical treatments, including surgery, if they desire.

I'm not a huge presence on Twitter, but I follow a lovely LGBTQIA+ advocate, who's not only the mother of a trans daughter, but the wife of a lovely trans woman. I could never battle internet trolls like she does. Every day, I see men and women shout cries of child abuse

Earth Matters Deep Freeze

Alyssa Katz



The end of January saw some pretty intense cold conditions caused by what is being referred to as a "polar vortex".

January 20th, Connecticut was hit by an ice storm that brought on such frigid conditions it was hardly bearable. Unfortunately, that storm, and its brutal winds, caused thousands of CT residents to lose power. Even if power was restored the next day, many also had their pipes freeze-and then burst-thereby extending the days without heat until they were fixed.

With temperatures in the teens and near zero, in some cases, below zero-before the effect of wind chill-to say it was "mighty cold" is an understatement. While it wasn't a lengthy storm, it did a great deal of damage, bringing to mind the micro/macro-burst we experienced in May 2018, which was also short-lived, but again, caused a massive amount of damage.

The Midwest, on the other hand, dealt with far worse than we experienced in New England. Chicago and areas around Lake Michigan, in particular, experienced such a deep freeze there were record low temperatures of -30 degrees or more. Twenty-one people were reported dead as a result of such conditions, and dozens were admitted to hospitals with cases of hypothermia or frostbite. It was dangerous and even life-threatening to be outside for more than ten minutes.

After the excruciating week, it finally

warmed up, but to too-warm-for-February temperatures with highs in the 50s. While New England and the Midwest were able to thaw out, what exactly caused the intense freeze? And why was it so extreme?

Both the North Pole and South Pole have what is called a polar vortex encircling them. This vortex traps and contains cold air and low pressure, typically causing them to remain in those areas. However, when the vortex weakens, usually due to intrusions of warm air, a piece of it can break off, with the jet stream pushing it outward towards the equator. In this case, the freezing cold was brought on by the polar vortex encircling the North Pole. It's been suggested this latest weakening of the polar vortex was the result of climate change. In fact, NASA's Aqua Satellite, with data collected between January 20–29th, shows polar vortex arctic air spreading across the Midwest, clearly causing those significant drops in temperature.

As killer cold gripped the nation, President Trump, tweeted, "What the hell is going on with Global Waming (sic)? Please come back fast, we need you!" Typically, he did not take this situation seriously, nor does he seem to understand-or care aboutthe serious implications. Scientists quickly pointed out that global warming doesn't imply winter no longer exists. Maintaining climate change is most likely the cause of these recent, frigid phenomena, they also warn more extreme weather conditions are likely to occur as Earth continues to warm.



The city of Chicago is pictured on Day Two of the January 2019 Deep Freeze. Courtesy of Huffington Post

Religious Stereotypes

Gwenydd Miller

This world comprises a multitude of religions; some seem strange, some more mainstream. The big three we pay a lot of attention to are Islam, Christianity (in its many forms), and Judaism. Buddhism and Hinduism are also major faiths. Growing in popularity are New Age faiths, such as Wicca and Neo-Paganism. only two things there that don't apply to me (the cauldron is outside, and the potions are mostly tea), but people hear I'm Wiccan and immediately have a picture in their heads. I actually don't believe what most Wiccans believe, which is why I prefer Neo-Pagan, because not as many people have a stereotypical image for that. We all prefer different names. My cousin prefers being called a witch, while others choose to call themselves Wiccans. The problem is people don't always see the variations, and that causes misconceptions, stereotypes, and prejudice. People also fail to recognize one group or person does not speak for the rest. I've been told me what my faith is before, simply because I wore a pentacle necklace. I've had people call me a devil worshiper more than once. Even if they didn't intend to be insulting, it was. I don't even believe in the devil. Thankfully, as New Age religions gain a foothold in pop media, that has occurred less and less. However, people still assume, because they know someone who is Wiccan/ Pagan, they know my beliefs, too. This is an issue for many people, not just of my faith, but I don't feel I have the right to educate anyone on religions other than my own. I just want to bring awareness to the issue. We're always told "Don't judge a book by its cover." Well, please don't judge a person by their religion, especially when you don't know much about it.

Veteran's Voice Women Warriors: American Strong





I'd like to address the important roles women have played in our armed forces. From the Revolutionary War to the present, women have been the unsung heroes of America's armed services. However, they haven't gotten praise, respect, or

post-deployment services equal to men.

Women have served in the U.S. military for hundreds of years. Soldier Deborah Samson served in the Continental Army. Women continued to be valuable in the U.S. military during and after WWII, as a necessity. Over 40,000 women served in the 1991 Gulf War

> "From the Revolutionary War to the present, women have been the unsung heroes of America's armed services."

and engaged the enemy at an unprecedented level. In 1990, the USS Acadia served in the Persian Gulf with 1,260 sailors aboard-360 were women, the first time women served with men in an integrated unit during wartime conditions within a war zone.

However, in 1994, there was a setback for women when Defense Secretary Les Aspin implemented a rule prohibiting women from serving in a unit whose prime purpose was engaging in direct ground combat. That rule was not reversed until 2015. Change was gradual; some positions were available to women immediately, but each military branch had until 2016 to request exceptions to the new rule. On Dec. 3, 2015, the Pentagon announced all combat jobs would be open to women.

In a press conference, Defense Secretary Ashton Carter said, "There will be no exceptions" to the new rule. The historic announcement officially overturned the 1994 Pentagon rule restricting women from combat roles such as infantry, artillery, and armor. That 1994 rule had remained in place despite the fact that women were often in combat during the conflicts in Iraq and Afghanistan in recent years.

With the reversal, more women today are taking on leadership roles, including the first female Army Rangers, Captain Kristen Griest and Lieutenant Shaye Haver, graduating in 2015. As of that year, women made up about 15% of the U.S. military. Today they number more than 165,000 enlisted and active duty, with over 35,000 serving as officers.

Even though the currently ten percent of U.S. veterans are female, they are often overlooked. Those brave women tend to fall through the cracks of the support systems in place for our veterans. The support system was designed by and is still dominated by men. However, the mental, physical, and military service needs of women are often very different from those of male veterans. A study performed by the Disabled American Veterans (DAV) found that organizations and government agencies in charge of providing support for female veterans usually fail to understand the unique needs servicewomen may have after going through deployments. With more women than ever joining the military and taking part in combat missions overseas, this misunderstanding is concerning. Many VA facilities and military medical care providers cannot even provide basic medical services for women, such as prenatal or gynecological care. Some facilities even outsource mammograms for military women. As more women serve in the military, the rates of PTSD in female veterans continue to keep pace with male statistics. Although some trauma is caused by combat or related stress, the effects of Military Sexual Trauma (MST) have an outsized effect on women. If you are a female military veteran, or on active duty, don't be afraid of the VA. In fact, fight for your rights to have the same quality of care as men. I'm behind you, as are many male veterans.

at her

Okay, what? I also follow the daughter. She's quite funny, and more importantly, not a victim of abuse in the slightest. She's thriving. I, on the other hand, an actual survivor of child abuse, want to laugh. Because she treats her child with basic human decency, she's considered a horrible parent! Uh huh.

It's amazing what science has accomplished, especially in the last ten years. Medical procedures are safer; trans people have more options to be themselves; doctors agree the best choice is to let us be us. It's like we knew what we needed all along, and now science backs us up. Cool.

If you want more information about puberty blockers, HRT, or anything else in this article, send an email. I won't bite.

Never stop being yourself. It's worth it.

Lex the Queer King

These are all more or less prominent religions in the U.S., but people who practice them are not always met with the same treatment.

There is a growing concern of bias against individuals because of their faith. Islamophobia, for instance, is probably one of the most visible issues we face as a society. Now, I'm not going to pretend I'm an expert on anyone's religion but my own, and even then I'm still searching, learning. But I have seen and experienced bias and microagressions from those ignorant of what I really believe. Honestly, I blame stereotypes for everything.

Growing up in the Wiccan/Pagan community, one thing I learned is there are far more religions than most people think. Many umbrella terms exist for various religions falling into similar categories; for instance, Christians may be Catholic, Lutheran, Baptist, or Born Again. There are also Jehovah's Witnesses, and many other denominations. There's more than one type of Pagan too.

Forget the idea that we all wear cloaks, are earth lovers, make potions and have cauldrons in our rooms... Okay, I admit there were

Opinions

That's What She Said



Full Power

I have recently begun a new dedication to myself, in an effort to make some positive changes in my life. I

Jessica Ney

started with the gym. This is not a resolution article; please keep reading! I started going to the gym as a way to lose weight, sure. But I have found much more than that has changed since I started working out regularly. I have found power.

Power is not a word women often think to use when talking about themselves. I have, however, begun to think about myself and my abilities differently. I started making changes in my body and how I treat myself, and it is shining through my work and school, and how I interact with others.

A very dear friend told me I looked "powerful" the other day. I was shocked and taken aback by the compliment. That's just not how we typically speak to each other. But why not? We all have something that makes us shine, whether it be knowledge, or strength, or having alone time, or caring for others. We all turn into someone else when we face what makes us passionate.

I've realized it is our responsibility to each other to uplift and empower. Our community has seen some great changes. We have several powerful women at the forefront, women who know what they stand for, but we need the unique power of *all* women to propel us into real meaningful change.

So I challenge you, ladies, to find what makes you feel powerful. Find what makes you feel proud and accomplished. Hold onto that feeling; then turn it into action. Start with yourself. Cut out negativity, people who bring you down. Work on your needs and aspirations. We cannot help others if we cannot help ourselves.

It does not matter if your progress feels small. Your needs are yours alone. Goals should start small, so they can be achieved. Start by standing up to that person who makes you uncomfortable or small. Take that job offer, take that promotion. Get on the treadmill. Read that book. Talk to that guy.

Sure, our world is in a tumultuous stage, but we can't allow despair to take over. Instead, we need to be the enactors of change—and that means seeking out our own power. After all, our shoulders must get a lot stronger if we're going to hold up our daughters.

Thank You All

Fermata the Valley

Kathleen Chesto

"Music is love in search of word." — Jacques Offenbach

Among the many student groups that do so much to enhance the community spirit on our campus, Fermata the Valley stands out for its willingness to add its voice in support of the efforts of others. FTV is the campus a cappella group, the brainchild of Danielle Eitapence, a 2018 graduate and past president of Music Society, and Music Society advisor, Dr. Gilad Harel. In the last eighteen months, FTV has become synonymous with Music Society.

Since its inception, FTV has been invited to sing at numerous college events. These have included Confluencia, Lessons and Carols, All-College Meetings, the dedication of Founders Hall, SGA parties and the SGA banquet. The group also performed at the tribute to Dr. Wilfredo Nieves, the dedication of the sculpture and planned garden outside Tech Hall, and the December CFT "scarf event" to assist the homeless, to name a few.

Invitations to sing are often extended only days before these events. The members unfailingly scramble to put together a group, no matter the number available. They then learn the music and bring their unique brand of joy and enthusiasm to the event. All this is accomplished while planning their own events, learning their own music, and, of course, tackling their coursework and other obligations.

A sincere, heartfelt thank you to all of the members of the group for your willingness to be such a vital and visible part of our college community. Thank you for the hours of rehearsal every week. Thank you for the coffeehouses, the free cookies and coffee, and the opportunity for everyone to share their musical talents. Thank you for the caroling and peppermint cocoa, for the unexpected music in the hallways, the parking lot, the patio, the cafeteria, and Prism Lounge. Thank you, Dr. Harel, for the inspiration and leadership that make it all possible.

The composer, Jacques Offenbach, once said, "Music is love in search of word." Thank you, Fermata the Valley, for spreading your own particular kind of love around across NVCC's campus. We'll be listening for you!

FACE IN THE CROWD Up for a Challenge Karen Morris

Hi. My name is Karen, and I am the Accounts Payable Coordinator here at NVCC. I'll begin with a little background. A lifelong resident of Connecticut, I grew up as part of a large family, with my parents, three sisters, and multiple animals. I have a twin sister who is two minutes older than I am, making me the youngest member of the family. We've always had a variety of animals, but I currently have two dogs and three cats. When I'm not busy with them, I like to read, do craft projects and spend time with my family.

I received my undergraduate degree from Gettysburg College, initially majoring in biology. However, in the second semester of my senior year, I changed my major to Religion. One of my most memorable experiences during this time was having the opportunity to spend a month kayaking in Alaska the summer prior to senior year. It was a class sponsored by the School for Field Studies. We were one of two groups there to study the effects of the Exxon Valdez oil spill on area wildlife, concentrating on harbor seals. It was a great way to learn in an untraditional environment.

After graduating, I went to work for multiple companies, including working at Kohl's, an attorney's office, and Wiremold. My job directly prior to coming to NVCC was at UConn Health in Farmington, where I was part of the Department of Immunology

Why So Sorry?

Imani Stewart

So apparently, Barbie has a vlog channel. She's had it now for two years! How come I didn't' know about this?! In all seriousness, she actually tackles some very tough topics, one in particular that I had no clue was an issue until she explained: the word "sorry".

This word, for generations, has been used as a way to apologize. If you're in someone's way, owning up to your wrongs, or expressing your manners, it's the natural go-to. But what people don't realize is overusing the word sorry can result in a lot of self-doubt.

Barbie explained in her video that not everything we think we did wrong deserves an apology. Example: In my computers class, a young lady didn't understand an assignment, so she kept asking questions. And after every question she asked my professor, she followed with "I'm sorry I keep bothering you." But isn't it his job to help? Thank goodness my professor explained that she didn't have to say sorry for asking questions. He simply stated she was the student and he was the teacher, and that's what he's there for.

I've even caught myself apologizing for things I shouldn't have. For example, in a recent *Tamarack* meeting, I apologized for having multiple ideas. Thankfully, my colleagues and peers reminded me I should never apologize



administration staff. This was my first job working for the state, and while I found it very different from the corporate world, it was a great learning experience. While at UConn Health, I earned my MBA from Southern New Hampshire University. Receiving my MBA gave me the additional skills needed to apply for my current position.

I started here at NVCC in September of 2017. Some tasks I perform in my position as Accounts Payable Coordinator are invoice processing, reporting, helping with inventory, processing travel authorizations, and assisting with payment issues departments have regarding their budget. I enjoy the wide variety of opportunities my job offers and the fact that no two days are alike. I've learned many new skills since coming to NVCC, and I have met some wonderful people.

My goal for the future is to keep challenging myself. I encourage each of you to do the same.

for having ideas, especially if they're constructive ones.

So how does the word sorry really affect us? Well, first off, it gives off a sense of confidence. If you apologize for everything, you'll never be true to yourself and actions. You'll always overthink your words, and hesitate in your actions instead of having full confidence in yourself and your decisions. Apologizing for everything isn't polite. It's troubling.

How we fix this? Simply by practicing saying it less often. As a society, our norms may make that seem much harder than it sounds, but it's possible. For example, don't put yourself down because your bluntness made someone uncomfortable (unless you're being truly offensive). When you're in someone's way in the grocery store just say, "Excuse me" instead of "I'm sorry."

If you want to ask a question, but you're afraid to bother someone, just say, "Do you mind helping me?" See, no sorry attached where none is needed. In today's age, people, especially young people, often need to work at feeling a sense of self-worth. This can often be true of young women, many of whom have been trained from childhood to be expert apologizers.

So, it begins with never apologizing for being human. We all make mistakes; we're all confused, and fifty years from now we may still be confused. Turns out we all can learn a thing or two from the woman who's been doing it all without apologies for 59 years. Thanks, Ms. Barbie.

Tamarack Edit Meetings

Tuesdays 2:30 - 3:30, S519 ALL WELCOME!!





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