People (Without Homes)

Kathleen Chesto

Welcome to Connecticut. Here, you can find some of the country’s most separate and unequal housing, some of the nation’s wealthiest towns—and three of its poorest cities. And with the nation’s sixth highest housing cost, you will find many of our citizens living on our streets.

We may think we don’t know them, but they are our neighbors. Ask the people on the Waterbury Green, on the steps of Immaculate Conception Church, in the alleys behind businesses. On a one-day count, undertaken in 2011 by the CT Coalition against Homelessness, there were 4,405 people in Connecticut experiencing homelessness, 154 of them in Waterbury. The number has grown steadily since.

More than one third are families with children. In our state, one in five children is homeless. Single women of color with children form a disproportionate number of those seeking shelter in our city, where racial discrimination often leads to economic deprivation. One third of Waterbury’s homeless are working, at least part-time. On the Coalition survey, over 65% of adults experiencing homelessness had a high school education; 16% had higher education in technical or graduate schools. These facts do not come easily to mind when we encounter someone standing on a street corner with a cardboard sign reading: Please Help.

Few people choose homelessness. Homelessness is thrust upon most victims. Often, sudden illness leads to the loss of a job, or to enormous medical bills bankrupting meager savings. Sometimes, a company’s downsizing or a move leads to job loss. Many of us live just one crisis away from homelessness.

A prison record may make someone unemployable, compounding our society’s unwillingness to offer people a second chance. The surge in people on the streets caused by the closing of many institutions during the Reagan surges in people on the streets caused by the just one crisis away from homelessness. Millions of Americans. The term “intimate partner violence” describes physical, sexual, or psychological harm by a current or former partner or spouse. This type of violence can occur among heterosexual or same-sex couples and does not require sexual intimacy (https://www.cdc.gov/violenceprevention/intimate-partner-violence/index.html, para. 11). The term sexual assault refers to sexual contact or behavior that occurs without explicit consent of the victim (https://www.cdc.gov/violenceprevention/sexual-assault/para.12).

That she should have to remind us of this is a sad reality. Most people begging on our streets do not want to be there. If you’ve never had to beg, you are likely unaware of how demeaning it is. Imagine being people being afraid to meet your eyes, looking away, neglecting to really see you. If you have dealt with homelessness—or currently are—you needn’t imagine.

Ours is a liberal state that has provided billons in taxpayer dollars to build affordable housing. Decisions at local zoning boards have thwarted court rulings and laws intended to remedy housing segregation. Connecticut’s low-income housing has all been concentrated in poor cities and towns, increasing disparity in our state.

When my husband and I bought land in Southbury and began to build our home ourselves, we were approached by neighbors with a group looking for an affordable housing plan. Two duplexes would be built on interior lots in the neighborhood. A few years later, a new affordable housing development was approved. People say they’re “temporarily couch-surfing,” or “living with friends,” may be part of our nation’s growing homeless. Perhaps as you read this description you recognize a friend; perhaps you recognized yourself. In coming issues, The Tamarack hopes to introduce you to our own area grappling with homelessness. Our goal: to share their stories, to create connection, if only on their behalf. If you or someone you know is homeless, do not hesitate to contact us at tamarack@nvu.edu. We’re listening.

Answering a Need

Tamarack Staff

In her sabbatical leave application, Professor Christine Cocchiola proposed the following:

I plan on creating and implementing an intimate Partner Violence Sexual Assault Prevention Program (IPV-SAPP) at NVCC. IPV-SAPP will be provided by individuals educated and trained on sexual assault and domestic violence in collaboration with Safe Haven of Greater Waterbury. Some IPV-SAPP “type” trainings presently take place on campus via Safe Haven and by faculty. The purpose of the sabbatical would be to ensure all trainings are available under the auspices of one “program” and to create a system of coordinating trainings on campus. The focus of Title IX has been more on sexual assault; NVCC would be a leader in this area via Safe Haven and by faculty. The focus of Title IX has been more on sexual assault; NVCC would be a leader in this area by creating and implementing an intimate Partner Violence Sexual Assault Prevention Program (IPV-SAPP) at NVCC.

Clearly, it was a sabbatical well spent, as this first of its kind in the NVCC Community College System, the program creates an additional venue for NVCC to educate students on the topics of intimate partner violence and sexual assault.

NVCC’s Intimate Partner Violence Sexual Assault Prevention Program (IPV-SAPP) was developed in response to the Violence Against Women’s Act (VAWA) of 1994, reauthorized in 2013. VAWA requires institutions of higher education to comply with certain campus safety and security-related requirements under its Campus Sexual Violence Act (“SaVeA”) provision, a condition of participation in Title IX, Higher Education Act programs.

These requirements include:

- Report domestic violence, dating violence, and stalking, beyond crime categories the Clery Act already mandates: Adopt certain student discipline procedures, such as notifying perpetrators of victims’ rights; and Adopt certain institutional policies to address and prevent campus sexual violence, such as to train in particular respects pertinent institutional personnel. (http://www.acenet.edu/news-room/Documents/VAWA-Summary.pdf, para. 1, 2).
- Intimate partner violence (IPV), a serious, preventable public health problem, affects millions of Americans. The term “intimate partner violence” describes physical, sexual, or psychological harm by a current or former partner or spouse. This type of violence can occur among heterosexual or same-sex couples and does not require sexual intimacy (https://www.cdc.gov/violenceprevention/intimate-partner-violence/index.html, para. 11).
- The term sexual assault refers to sexual contact or behavior that occurs without explicit consent of the victim (https://www.cdc.gov/violenceprevention/sexual-assault/para.12).

Some statistics:

- 1 in 4 women and 1 in 9 men were victims of contact sexual violence, and/or stalking by an intimate partner; negative impacts included: injury, fear, concern for safety, needing services.
- 8% of victims are psychologically abused by their partners.
- 1 in 5 college women have been verbally abused by a dating partner.
- 11.2% of all undergraduate and graduate students experience rape or sexual assault through physical, force violence, or incapacitation (https://www.cdc.gov/violenceprevention/nisv/informationalfile.html & https://www.acenet.edu/news-room/Documents/VAWA-Summary.pdf, para. 11).

Several workshops have been created and are being piloted this academic year, including IPV-SAPP. Where Else Have You Seen This? The focus is on healthy vs. unhealthy relationships, related to issues of “Power Over” and “Personal Freedom”. IPV-SAPP: Content 101 is a workshop based on the premise that only “YES” means YES!

The workshops, featuring student participants, are facilitated by an MSW student and a NVCC Social Work Studies Student.
Letting Go

Midterms came and went a couple weeks ago, so congratulations on surviving! Not just for those with good grades, but anyone who worked hard and stressed themselves out over the mid- semester; congratulations! You stuck it to and came out the other side. I know midterms feel like forever ago at this point. Now, we look toward finals, which we know will put us under the same amount of stress, maybe more, considering this is a big part of our evaluation.

Lots of times, I notice people struggle letting go of things, me included. Whether it be objects, ideas, people…or even expectations in letting go of things, me included. Whether it be expectations in future. Let go of the boulder that is the past. Grades also improve with less stress, speaking to relax and release, although it certainly does help. There was actually a yoga session in Café West right before midterms to help this cause. To create a print, each student designs an image, transfers it to the block and carves it out. Ink is then rolled onto the block and run through an etching press with paper on top to create the print. Multiple copies are made this way, while still keeping it an original piece of art rather than a reproduction. Some of the students have chosen to band color their prints with watercolors after printing. Pricing will start at $15 for an unframed black and white image.

The exhibition will be up in Walkway West between Kinney Hall and the Arts Building from December 2-6, which coincides with the End of the Semester Art Show in the Leever Atrium and the 4th Floor of the Art Department. There will be a joint reception on 12/5 from 2:00 – 3:30 PM. Action for Animals is planning a forum to discuss what is happening in the rainforest and ways to help.

There will be a limited number of each print for sale. A small number will be framed, but most images, unframed, will fit easily into a standard 8 x 10 frame. Students will sell prints during the reception on 12/5. You can also purchase prints through Amanda Lebel. Please contact her at abelel@nv.edu. Several prints will be previewed in November in an exhibit at the Silas Bronson Library in downtown Waterbury. To view some of the prints, learn more about the animals depicted, and find out about the Rainforest Action Network, please visit the preview site, abelel4wisite.com/mysite.

Veteran’s Voice

My Monday with Gabe

Steve Parlatore

There’s a friendly face on campus, but you generally won’t meet Outreach Specialist Gabor “Gabe” Kauzner in the halls. In fact, it was Deb DiCocco who first made me aware of Kauzner’s weekly presence at NVCC. I had the honor of meeting Gabe at his headquarters in Veterans’ Oasis. Though I’m not a veteran, he made me feel right at home.

As a Veteran Outreach Specialist at the New Haven Vet Center, Kauzner is part of an organization spanning 333 facilities in the continental US, plus Hawaii, Guam, and Puerto Rico. Part of the Veterans Administration, Vet Centers operate separately from VA hospitals. Centers were based on a street outreach model to fill a need following the Vietnam War.

Many Vietnam vets weren’t comfortable accessing services through VA hospitals, so it was decided to meet them where they were with counseling and mentorship. The Center model was so successful, due in part to the sense of confidentiality Vet Centers offer; Centers can request medical records from the VA, but the VA doesn’t have access to Center records. This level of privacy, coupled with support, allowed Vet Centers to grow quickly into the expansive network in existence today.

Kauzner explained his role is to provide support to student veterans, helping them navigate issues that come with assimilating from service situations into the particular stressors of college life. Noting that, especially for community college students, other stresses—like socio-economic tensions and interpersonal challenges—are often at play, he said one of his biggest aims is to build rapport with student vets, offering them a level of comfort and support, through his consistent presence on campus.

Having completed three tours of duty, in Iraq and Panama, during his 17+ years in the US Army, Kauzner has experienced firsthand the challenges student vets face. “He’s been working with Vet Centers since 2005 to offer security and camaraderie to others who’ve undergone military training and (or active duty). Kauzner refers veterans to licensed clinicians at the Vet Center who specialize in trauma, readjustment issues, bereavement and family therapy. Having recently completed his Masters of Social Work, Kauzner is looking toward licensure and excited to continue his work helping veterans assimilate to life after service.

Gabe is passionate about helping veterans “understand what’s going on,” giving them resources “to live and accept [life after service],” and “help them develop skills to keep moving forward. End; he is able to make referrals to hospitals and other state agencies when necessary. He spends time at six colleges, including the University of New Haven, Gateway Community College, and NVCC. He is also able to make visits elsewhere, including to community groups and events. For example, he provides outreach and referral to a Waterbury-based group for survivors of sexual trauma, and he recently manned a Vet Center booth at a major New Haven Pride event.

Gabe spoke about that experience with real enthusiasm, mentioning another goal of Vet Centers to promote and embrace diversity among veterans. He referenced the misconception many people share of military veterans as a homogeneous group. Instead, he noted veterinarians come from every walk of life, their diversity similar to that of NVCC’s own community. One thing all veterans do share is a sense of being changed by experience—often in challenging ways. It’s fortunate Vet Centers exist, providing such resources, such as Gabe Kauzner, into the mix to ease that struggle.

NOTE. Gabe Kauzner is on campus this semester on Mondays, from 10:00 AM – 2:00 PM with option of appointments any time at the convenience of students’ workload.
EDITORIAL

The Gender Battle

A group sits at a table: half are men, the others, women. This should be an unimportant distinction, seeing as they are all there to have fun, but as they play a luck-based game, three women have won. All the men have come in second. One man asks, “Why do women always win these things? I swear it’s fixed!”

This is just one small example of the divide between genders—the us-and-them attitude—that persists. If it didn’t still exist, the person asking might not have made such a statement. Men and women have tradition- ally been divided into a binary. Occasionally, they’re pitted against each other, like a battle match, but it’s hard to break it to people, but in reality, that’s simply not the case.

We need to judge gender as a nar- row, either/or situation. Really, it’s much more complex, and this narrowed attitude causes non-binary, gender non-conforming, etc. individuals to face such stigma and misunderstanding. This is not to say you are at fault for misunderstanding; the binary is woven into the very fabric of our culture. It is what people are taught, so it’s natural but exists. That doesn’t mean we should or need to keep it.

Gender refers to how people identify as masculine and/ or feminine; however, gender isn’t that simple. The other, because it honestly doesn’t help any- one. And that advice isn’t just for men. It goes beyond spreading awareness to other stu- dents. Instead, she plans to “use their love for animals to get them active on animals’ behalf.”

Speaking of events, one recent innovative event was a group of educational and exciting events that blew open a powder keg of social and political distort. This was the “one country, two systems” concept. This March, the U.S. State Dept. criticized China for its human rights violations. These include state-sanctioned kidnappings, heavy restriction of civil liberties, and running the types of government holocausts that include millions of ethnic Uyghurs, an indige- nous people only officially recognized by China in recent years. Besides these actions, such as these are appalling, especially since they are permitted by the government.

For women? I’ll give you a hint, it’s awesome. For men and women? I’ll give you a hint, it’s not the way we act or what we like. Those traits are re- garded as gender strategies. This is just the tip of the iceberg. If you’d like to learn more about the complexity of gender as a social construct, take SOC 231 (Society and Gender) next spring with Dr. Nikki McGary. Speaking from experience, it’s awesome.

What are the actual differences between men and women? I’ll give you a hint; it’s not how we act or what we like. Those traits are re- garded as gender strategies. This is just the tip of the iceberg. If you’d like to learn more about the complexity of gender as a social construct, take SOC 231 (Society and Gender) next spring with Dr. Nikki McGary. Speaking from experience, it’s awesome.

Gender refers to how people identify as masculine and/ or feminine; however, gender isn’t that simple. The other, because it honestly doesn’t help any- one. And that advice isn’t just for men. It goes beyond spreading awareness to other stu- dents. Instead, she plans to “use their love for animals to get them active on animals’ behalf.”

Speaking of events, one recent innovative event was a group of educational and exciting events that blew open a powder keg of social and political distort. This was the “one country, two systems” concept. This March, the U.S. State Dept. criticized China for its human rights violations. These include state-sanctioned kidnappings, heavy restriction of civil liberties, and running the types of government holocausts that include millions of ethnic Uyghurs, an indige- nous people only officially recognized by China in recent years. Besides these actions, such as these are appalling, especially since they are permitted by the government.

For women? I’ll give you a hint, it’s awesome. For men and women? I’ll give you a hint, it’s not the way we act or what we like. Those traits are re- garded as gender strategies. This is just the tip of the iceberg. If you’d like to learn more about the complexity of gender as a social construct, take SOC 231 (Society and Gender) next spring with Dr. Nikki McGary. Speaking from experience, it’s awesome.

What are the actual differences between men and women? I’ll give you a hint; it’s not how we act or what we like. Those traits are re- garded as gender strategies. This is just the tip of the iceberg. If you’d like to learn more about the complexity of gender as a social construct, take SOC 231 (Society and Gender) next spring with Dr. Nikki McGary. Speaking from experience, it’s awesome.

Gender refers to how people identify as masculine and/ or feminine; however, gender isn’t that simple. The other, because it honestly doesn’t help any- one. And that advice isn’t just for men. It goes beyond spreading awareness to other stu- dents. Instead, she plans to “use their love for animals to get them active on animals’ behalf.”

Speaking of events, one recent innovative event was a group of educational and exciting events that blew open a powder keg of social and political distort. This was the “one country, two systems” concept. This March, the U.S. State Dept. criticized China for its human rights violations. These include state-sanctioned kidnappings, heavy restriction of civil liberties, and running the types of government holocausts that include millions of ethnic Uyghurs, an indige- nous people only officially recognized by China in recent years. Besides these actions, such as these are appalling, especially since they are permitted by the government.

For women? I’ll give you a hint, it’s awesome. For men and women? I’ll give you a hint, it’s not the way we act or what we like. Those traits are re- garded as gender strategies. This is just the tip of the iceberg. If you’d like to learn more about the complexity of gender as a social construct, take SOC 231 (Society and Gender) next spring with Dr. Nikki McGary. Speaking from experience, it’s awesome.

What are the actual differences between men and women? I’ll give you a hint; it’s not how we act or what we like. Those traits are re- garded as gender strategies. This is just the tip of the iceberg. If you’d like to learn more about the complexity of gender as a social construct, take SOC 231 (Society and Gender) next spring with Dr. Nikki McGary. Speaking from experience, it’s awesome.

Gender refers to how people identify as masculine and/ or feminine; however, gender isn’t that simple. The other, because it honestly doesn’t help any- one. And that advice isn’t just for men. It goes beyond spreading awareness to other stu- dents. Instead, she plans to “use their love for animals to get them active on animals’ behalf.”

Speaking of events, one recent innovative event was a group of educational and exciting events that blew open a powder keg of social and political distort. This was the “one country, two systems” concept. This March, the U.S. State Dept. criticized China for its human rights violations. These include state-sanctioned kidnappings, heavy restriction of civil liberties, and running the types of government holocausts that include millions of ethnic Uyghurs, an indige- nous people only officially recognized by China in recent years. Besides these actions, such as these are appalling, especially since they are permitted by the government.

For women? I’ll give you a hint, it’s awesome. For men and women? I’ll give you a hint, it’s not the way we act or what we like. Those traits are re- garded as gender strategies. This is just the tip of the iceberg. If you’d like to learn more about the complexity of gender as a social construct, take SOC 231 (Society and Gender) next spring with Dr. Nikki McGary. Speaking from experience, it’s awesome.

What are the actual differences between men and women? I’ll give you a hint; it’s not how we act or what we like. Those traits are re- garded as gender strategies. This is just the tip of the iceberg. If you’d like to learn more about the complexity of gender as a social construct, take SOC 231 (Society and Gender) next spring with Dr. Nikki McGary. Speaking from experience, it’s awesome.

Gender refers to how people identify as masculine and/ or feminine; however, gender isn’t that simple. The other, because it honestly doesn’t help any- one. And that advice isn’t just for men. It goes beyond spreading awareness to other stu- dents. Instead, she plans to “use their love for animals to get them active on animals’ behalf.”

Speaking of events, one recent innovative event was a group of educational and exciting events that blew open a powder keg of social and political distort. This was the “one country, two systems” concept. This March, the U.S. State Dept. criticized China for its human rights violations. These include state-sanctioned kidnappings, heavy restriction of civil liberties, and running the types of government holocausts that include millions of ethnic Uyghurs, an indige- nous people only officially recognized by China in recent years. Besides these actions, such as these are appalling, especially since they are permitted by the government.

For women? I’ll give you a hint, it’s awesome. For men and women? I’ll give you a hint, it’s not the way we act or what we like. Those traits are re- garded as gender strategies. This is just the tip of the iceberg. If you’d like to learn more about the complexity of gender as a social construct, take SOC 231 (Society and Gender) next spring with Dr. Nikki McGary. Speaking from experience, it’s awesome.

What are the actual differences between men and women? I’ll give you a hint; it’s not how we act or what we like. Those traits are re- garded as gender strategies. This is just the tip of the iceberg. If you’d like to learn more about the complexity of gender as a social construct, take SOC 231 (Society and Gender) next spring with Dr. Nikki McGary. Speaking from experience, it’s awesome.

Gender refers to how people identify as masculine and/ or feminine; however, gender isn’t that simple. The other, because it honestly doesn’t help any- one. And that advice isn’t just for men. It goes beyond spreading awareness to other stu- dents. Instead, she plans to “use their love for animals to get them active on animals’ behalf.”

Speaking of events, one recent innovative event was a group of educational and exciting events that blew open a powder keg of social and political distort. This was the “one country, two systems” concept. This March, the U.S. State Dept. criticized China for its human rights violations. These include state-sanctioned kidnappings, heavy restriction of civil liberties, and running the types of government holocausts that include millions of ethnic Uyghurs, an indige- nous people only officially recognized by China in recent years. Besides these actions, such as these are appalling, especially since they are permitted by the government.

For women? I’ll give you a hint, it’s awesome. For men and women? I’ll give you a hint, it’s not the way we act or what we like. Those traits are re- garded as gender strategies. This is just the tip of the iceberg. If you’d like to learn more about the complexity of gender as a social construct, take SOC 231 (Society and Gender) next spring with Dr. Nikki McGary. Speaking from experience, it’s awesome.

What are the actual differences between men and women? I’ll give you a hint; it’s not how we act or what we like. Those traits are re- garded as gender strategies. This is just the tip of the iceberg. If you’d like to learn more about the complexity of gender as a social construct, take SOC 231 (Society and Gender) next spring with Dr. Nikki McGary. Speaking from experience, it’s awesome.
Honor Adjuncts
Sociological Synergy
Richard Walsh

Naugatuck Valley Community College is the third professional setting where I’ve enjoyed mutual academic empowerment over a thirty-seven-year career. I was hired to be part of the smallest community, but none more than NVCC, where I’ve served as an adjunct since 2010. Here you’ve one unique worldview, shaped by one’s particular interactions and experiences, provides both instructive possibilities and subjective limits.

One shouldn’t think many members of our community are there only for the pursuit of knowledge but our ability to be of constructive consequence for one another. The holistic manner in which the mission of the College is pursued needs to be translated to actual interactions. Examples are endless. The programming of Center for Teaching is always participant-oriented, no matter who the coordinating volunteer is. The Center for Academic Planning and Student Success (CAPSS) and the Academic Center for Excellence is there assistance will not only get one through the course of study, but DO NOT forget to have fun and enjoy the time while trying to find my place and aca-

The goal of academia, however, is to expand on the creative, instructive possibilities and subjective limits. In the final analysis, however, Eli Wiesel was correct: “All collective judgements are wrong; only racists make them.” NVCC is a superlative community because it is defined by those who seek to see each unique person, each act of energy created by that collective will that matters.

The greatest gift in the human condition is freedom. Individuals, no matter who the coordinating volunteer is or another factor, determines the level of our content-

The social sciences, particularly the socio-

logically classified, provide a critical starting point that can forge a mutual understanding of our world, bring the cultural and political, and bring to open to subjective incongruity, is to avail

individuals; and faith and family traditions. And it serves the NVCC community well.

Therefore, here is my advice to current stu-

Stephany Rea
Right Place, Right Time
My name is Stephany Rea, and I graduated from Naugatuck Valley Community College in May, 2019. My first experience in a college environment began in 2012, back in my home country of Brazil. After two years studying there, I decided to explore my horizons and learn a new language, so I moved to the U.S.

I internally struggled for quite some time while trying to find my place and aca-

Secondly, do not be afraid to ask for help—academically, professionally, emotionally. When we are facing a challenge, so this is a reminder.

Finally, I would like to connect with your professors! Discuss your future plans or ideas with them; let them know you are interested in pursuing your career—yes, your career. They are a great resource to talk about your concerns of their projects—especially the ones that most match with your interests.

I keep my plans in mind. Stay focused, but DO NOT forget to have fun and enjoy your time as a student. Time goes by fast, and you will often catch yourself miss-

Every time I drive by the College, I wish

I could go back there, but I am so grateful for the time I had there. I gained so much expe-

rience at this wonderful community college.

New York University
NYU’s Grey Art Gallery will be exhibiting select works from Abby Weed Grey’s collection, including Egyptian, Turkish, and Indian Modern Art, now through December 7th. The gallery will showcase a multitude of virtues, including exploring the cultural heritage of each country and their reaction to global issues in the face of modernity. The event is open to the public, but reservation is mandatory. Register at: https://socialjustice.southernct.edu/nazario.php

Nyack College
Our Town, Christmas Day, and New Year’s Day. To purchase tickets online, visit: http://easternct.nazario.php

Register at: https://socialjustice.southernct.edu/nazario.php

Werewolf nowadays typically lasts three
days, spanning the end of October and begin-

ning of November. Family and friends come together during this time to pay remem-

ber lost loved ones, with the hopes that the celebration will aid the deceased in their spiri-

tual journey. In Mexican culture, death is death—some 3,000 years ago, indicating this special holiday has been appreciated throughout gen-

erations. Although some minor elements have evolved, the majority of the practice, known as the "Day of the Dead" remains the same. In the 20th century, the holiday became a little more organized, in the sense that certain days of the festival became devoted towards specific individuals.

November 1st is dedicated to honor-

ing deceased children and infants. This day is known as “Día de los Inocentes” or “Dia de los Angelitos.” The following day, November 2nd, is dedicated towards honoring deceased adults. This day is known as “Día de los Muertos” or “Day of the Dead.”

For centuries, people have come together in honor of deceased loved ones, as well as to remember ancestors, thus connecting what we perceive as the here and now to the hereafter. It is a time to reflect on the lives of those we have loved and lost. As a result, this celebration is practiced in various cultures, particularly in Latin America and the Caribbean, but is also celebrated in other parts of the world, such as the United States, Canada, and Europe.

The Day of the Dead is celebrated through various activities, including visiting and decorating the graves of lost loved ones with flowers, candles, and favorite foods. Families often prepare altars festooned with the favorite foods and drinks of their loved ones, which are then offered to the spirit world. This act of remembering and honoring deceased loved ones is a way to reconnect with the ancestors and ancestors, who are believed to be present during this time.

The Day of the Dead is a time to reflect on the lives of those we have loved and lost. As a result, this celebration is practiced in various cultures, particularly in Latin America and the Caribbean, but is also celebrated in other parts of the world, such as the United States, Canada, and Europe.

The Day of the Dead is celebrated through various activities, including visiting and decorating the graves of lost loved ones with flowers, candles, and favorite foods. Families often prepare altars festooned with the favorite foods and drinks of their loved ones, which are then offered to the spirit world. This act of remembering and honoring deceased loved ones is a way to reconnect with the ancestors and ancestors, who are believed to be present during this time.

The Day of the Dead is celebrated through various activities, including visiting and decorating the graves of lost loved ones with flowers, candles, and favorite foods. Families often prepare altars festooned with the favorite foods and drinks of their loved ones, which are then offered to the spirit world. This act of remembering and honoring deceased loved ones is a way to reconnect with the ancestors and ancestors, who are believed to be present during this time.
Center for Teaching Deliberate Gratitude

Dr. Kim O'Donnell

Former CFT Chair, Kim O’Donnell, a Clinical Psychologist, has been an NVCC psychology faculty member 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. It’s so easy to pay attention to our annoyances and slights. To all the things we aren’t going our way or to the ways we feel mistreated or ignored by others. The reality is our brain naturally pays attention to threats and obstacles–these may contain important information about action we need to take to protect ourselves or to succeed. It’s far harder, for many of us, to pay attention to things that are going well, to the gifts we’ve been given, to the things for which we can be grateful. In this month of Thanksgiving, it seems appropriate to reflect on the act and experience of gratitude. It’s a chance to consider why it may be very important to engage in deliberate gratitude or learn how to routinely practice being grateful.

Psychological research actually shows gratitude can play an important role in our emotional state. Feeling grateful and actively engaged in gratitude is correlated with being happier and having a greater sense of well-being. This seems especially important for those who have a lower sense of well-being to start. Learning to engage in gratitude seems to have a greater positive effect on those who started with a lower initial level of happiness–making it a powerful tool for improving our sense of our own lives. Research also shows those who experience gratitude more frequently are more resilient in the face of challenges, have greater positive emotional states, have better relationships, and better physical health. For college students specifically, studies show links between gratitude and goal achievement.

So how do we practice gratitude? It may be as simple as being mindful of enjoyable moments—focusing on what goes right rather than on what’s going wrong. This may mean forcing yourself to think about what’s gone right in a day or in a relationship (especially if you are thinking about what’s gone wrong). Having an active intention to notice things to be grateful for seems especially important when you are spending time at work or school, a simple way to reflect on things you can be grateful for, developing a gratitude practice. We each have gratefulness that is unique to us. Some of us will focus on our ability to do good for others. Some of us will focus on our ability to do good for ourselves. Some of us will focus on our ability to look back on our lives and think about what’s gone wrong. Sometimes our gratitude may simply be about a beautiful day or even our ability to make new choices in our lives if the current choices aren’t working out. Consider using this month to test how gratitude might affect you—not just on the one day set aside in November. Commit to gratitude for the whole month.

Dr. Kim O’Donnell

Respect and Recollection

Tamarack Staff

“.IO to a new faculty member, the college President often feels a bit intimidating. However, in my early years at NVCC, President Sanders was exceptionally welcoming and open to my ideas and plans. My favorite memory of Dr. Sanders is of him emailing from a conference I was attending in Montreal–full of excited ideas. He immediately scheduled an appointment for me to sit down to write an article for this column, Dr. Richard Lee Sanders, Ed.D.

In a piece he wrote for the 2017 volume celebrating NVCC’s 50th year, Sanders reflected on commencement ceremonies during his tenure, stating, “NVCC and its two predecessor institutions sought to make college affordable for almost everyone. Yes, a ‘people’s college.’” He continued, “When trying to determine...how many people are interested by the educational offerings afforded by NVCC and its pre-merger colleges, one must not forget the thousands...of people who want to know. We want to hear.”

Dr. Sanders was a member of a number of local, state, national, and international boards, committees, and organizations associated with higher education and community service wherever he resided. Both he and Janice were active singers and directors of church choirs and community and orphanage choirs in all the communities where they lived, as well as doing extensive acting and directing of community theater. As a retiree, he directed Readers’ Theater at Lone Star College in The Woodlands, Texas and at the Vandala Senior Center in Vandala, Ohio and wrote and published three plays, all comedies.

“CAPSS Corner” . Our goal is always to share the whole month. Here’s your challenge: Reflect on your educational journey thus far and for what you want to go in the future. Consider whether there are any questions or topics you feel you need more information about. Are there any questions you haven’t been able to get answered? If there are, then ask away. Let us know what you want to know.

You can reach us in many ways. Email us at CAPSS@nv.edu, call us at 203-575-8025, or stop by Kinney Hall, Room 520, any time Monday through Thursday 8:00 AM-5:00 PM and Friday from 8:00 AM until 5:00 PM.

Telling us what you want to know will give us an opportunity to help you reach your educational and personal goals in an informed way. No question is too silly or insignificant. They’re all important, especially if there’s information that is missing that you want from being successful. We look forward to hearing from you.

Regards,

Bonnie Goulet

Director of Student Development Services
Hello, I'm Rob Sheftel, Director of the Academic Center for Excellence (ACE), where I believe in the power of a positive learning environment. The ACE is a thriving place. Recently we've been presenting a series of workshops aimed at improving academic skills and successfully launched the PASS program. In addition, we've been offering drop-in tutoring in math, science, accounting, computer skills, ESL, and writing. I've been at the ACE for six years, and I love working with the students and staff in our welcoming and inclusive learning environment. This fall semester, we're excited to welcome the first cohort of the ACE program, which focuses on improving academic skills and ultimately generating college readiness for students who are currently earning grades that would not lead to graduation.

During that call, Zelensky asked why his request was being investigated for collusion with Ukraine in an attempt to secure the 2020 election. On July 25, 2019, Ukrainian President Volodymyr Zelensky called the impeachment inquiry a "magnetic personality" or power play from the democratic team. This is both a clear violation of his office as president, and the breaking of a law of government officials, or former officials, are deemed unconstitutional. Nationalists used the news with hearings, depositions and subpoenas of present and former top government officials, or former officials, are treated as creating and building toys. I'm also learning to play the guitar.

As for impeachment being an "assault on the American people," according to an article in October Washington Post, roughly two thirds of voters found Trump's request inappropriate. 44% agreed with the Democrat's subsequent announcement of an impeachment inquiry. A later CNN survey indicates those numbers continue to rise. Public support for impeachment is now higher than it was against Nixon or Clinton. This has been called a democratic play designed to influence voters in the 2020 elections. However, while the Republican National Committee has committed to spending $2 million in broadcast ads blast ing impeachment, and Trump's re-election campaign has already spent $1.2 million on impeachment-themed Facebook ads, the Democratic National Committee has spent just $12,000—less than 3% of its digital spending—on impeachment-themed Facebook ads.

Joe Biden. That request can be interpreted as a bribe, or as Trump's "magnetic personality" or power play from the democratic team. He is disregarding the American people's need for clean, transparent government. I believe in the power of a positive learning environment. The ACE is a thriving place. Recently we've been presenting a series of workshops aimed at improving academic skills and successfully launched the PASS program. In addition, we've been offering drop-in tutoring in math, science, accounting, computer skills, ESL, and writing. I've been at the ACE for six years, and I love working with the students and staff in our welcoming and inclusive learning environment. This fall semester, we're excited to welcome the first cohort of the ACE program, which focuses on improving academic skills and ultimately generating college readiness for students who are currently earning grades that would not lead to graduation.

Last semester, we also obtained a grant to start a career development program along with our academic coaching and counseling. Students who visit the ACE on a regular basis earn higher grades than those who do not. The ACE is a thriving place. Recently we've been presenting a series of workshops aimed at improving academic skills and successfully launched the PASS program. In addition, we've been offering drop-in tutoring in math, science, accounting, computer skills, ESL, and writing. I've been at the ACE for six years, and I love working with the students and staff in our welcoming and inclusive learning environment. This fall semester, we're excited to welcome the first cohort of the ACE program, which focuses on improving academic skills and ultimately generating college readiness for students who are currently earning grades that would not lead to graduation.

Shays' Rebellion, a series of violent attacks by mostly ex-Revolutionary War turned farmers, on courthouses and government facilities in Massachusetts, began in 1786, as a response to over 300 years of high taxes and budgeting. Last semester, we also obtained a grant to start a career development program along with our academic coaching and counseling. Students who visit the ACE on a regular basis earn higher grades than those who do not. The ACE is a thriving place. Recently we've been presenting a series of workshops aimed at improving academic skills and successfully launched the PASS program. In addition, we've been offering drop-in tutoring in math, science, accounting, computer skills, ESL, and writing. I've been at the ACE for six years, and I love working with the students and staff in our welcoming and inclusive learning environment. This fall semester, we're excited to welcome the first cohort of the ACE program, which focuses on improving academic skills and ultimately generating college readiness for students who are currently earning grades that would not lead to graduation.

As for impeachment being an "assault on the American people," according to an article in October Washington Post, roughly two thirds of voters found Trump's request inappropriate. 44% agreed with the Democrat's subsequent announcement of an impeachment inquiry. A later CNN survey indicates those numbers continue to rise. Public support for impeachment is now higher than it was against Nixon or Clinton. This has been called a democratic play designed to influence voters in the 2020 elections. However, while the Republican National Committee has committed to spending $2 million in broadcast ads blast ing impeachment, and Trump's re-election campaign has already spent $1.2 million on impeachment-themed Facebook ads, the Democratic National Committee has spent just $12,000—less than 3% of its digital spending—on impeachment-themed Facebook ads.

Joe Biden. That request can be interpreted as a bribe, or as Trump's "magnetic personality" or power play from the democratic team. He is disregarding the American people's need for clean, transparent government. I believe in the power of a positive learning environment. The ACE is a thriving place. Recently we've been presenting a series of workshops aimed at improving academic skills and successfully launched the PASS program. In addition, we've been offering drop-in tutoring in math, science, accounting, computer skills, ESL, and writing. I've been at the ACE for six years, and I love working with the students and staff in our welcoming and inclusive learning environment. This fall semester, we're excited to welcome the first cohort of the ACE program, which focuses on improving academic skills and ultimately generating college readiness for students who are currently earning grades that would not lead to graduation.
Remember, remember!

Remember, remember! The fifth of November
The Gunpowder treason and plot;
When, as they say, our ancestors
Did the scheme contrive,
Threescore barrels, laid below,
The gunpowder treason and plot.

Remember, remember, the fifth of November,
For King James’s sake, Give us libation,
Holloa, boys! holloa boys! God save the King!

A rope, a rope, to hang the Pope,
For King James’s sake!

Remember, remember, the glorious 5th of November
When our ancestors
Did the scheme contrive
Threescore barrels, laid below,
The gunpowder treason and plot.

Remember, remember! This is an old folk verse commonly sung in England to celebrate Guy Fawkes Day. My grandmother used to sing this as a child, and it was passed down to my sister and me over the years. The fifth of November shall always be remembered as the day Guy Fawkes tried to blow up Parliament and assassinate King James I. This story is told in the next verse:

A stick and a stave
For King James’s sake!

If you won’t give me one,
I’ll take two,
The better for me.
And the same for you.
A rope, a rope, to hang the Pope.
A penny for your eyes.
A shilling for to see how she goes down,
And a jolly good fir to burn him.
Hulloa, hulloa, hulloa! God save the King!
Hoo, hoo, hoo!

This version of the verse from www.potr.org.

The annual SGA Bulletin Board contest always brings out the competitive spirit, along with real creativity and artful design. This year saw some truly striking displays lining the halls. From charming (Early Childhood Education’s Giving ‘Tis to informative (Respiratory Care) to humorous (the Black Student Union board featuring author Toni Morrison—a sort of arbor goddess of creativity), NVCC’s many clubs made a great showing.

First prize went to the Creative Writing Club for their much-larger-than-life journal and pen design. Congratulations to the Tamarack’s own Gwennedy Miller. President of the CW Club for conceiving and crafting the board with the help of Heath Ruszkowski, VP John David Ryan, Treasurer; and other club members. The Creative Writing Club meets Mondays at 12:30 PM and Thursdays at 2:15 PM in S557 in Prism Lounge. All are welcome!
Frank Conroy’s Body and Soul

Not is my most recently read book, but it is definitely one of my most frequently re-read books. Frank Conroy’s language is lyrical, captivating, the central characters intense and believable, and the breadth of musical knowledge is impressive for any musician. But it’s the story that keeps bringing me back.

Claude Rawlings is a character right out of Dashiell Hammett’s The Maltese Falcon, with post-WWII New York City. Child of an alcoholic, emotionally disturbed single mother, who drives a cab day and bar hops by night. Claudette lives in a decrepit basement apartment under the Third Avenue El. The only diversion from this stark poverty is an old, out of tune piano. Claude spends his days watching feet passing by his window, and trying to plunk out radio music on its yellowed, broken keys.

When he “starts school,” his mother’s neglect provides the opportunity to gainfully employ the time. From a young age, Claude iscared in, and steers him toward a career in music. He becomes a legend in the music world.

The treatment of Puerto Ricans in the aftermath of Hurricane Maria, was especially poignant. He called this part of the book, “a real effectiveness of America’s relief efforts.”

Cardeyo-Kimuira’s retelling of her traumas and her cultural victories is of immense value. Despite daunting, difficult to hear, but a true testament to female willpower and resilience. She spoke so openly about heartache and losses, but with the faith and perseverance of a Fulbright scholar, she learned to control her temper. I only hope she has lost that inner peace, and I applaud her for her bravery.

I have learned of the tri-umpuls of the human spirit over adversity, but joining in honoring innovative Hispanic-American poets and writers, and past and present. I feel humbled to have experienced this event, and I would definitely have attended even if it wasn’t a course requirement. I cer-tainly intend on coming to more events like this in the future.

The next opportunity is this month. The final piece of fall 2019 will take place on Tuesday, Nov. 19th, at 5:30 PM. Held in the Playhouse Theater, the event will again begin with entertainment provided by Dr. Gil Haard and Music Society members. Open mic read-ers will be interspersed with readings from old favorites and emerging voices, another who calls NVCC home. They are Dr. Jose Gonzalez, and Dr. Kathleen O’Connell Chiesa.

Born in San Salvador, El Salvador, Dr. Jose Gonzalez authored the International Latino Book Award Finalist, Tots Made of Rock, as well as Hanukkah Fantasy, arranged by Jerry Brubaker. As a final piece, a touching work, will be dedicated to Allan Kranow, who tragically passed away in June. “Amazing Grace,” com-posed by Frankie Franklin, will be featured in the concert Dabkowski looks forward to.

The final piece of fall 2019, though exactly ambiguous, can work to form an evocative, well-constructed, and simply resonate.

If you’re reading this, thinking, I want to play... Maybe I can, leave you with a quote: “Conductor” Allan Dabkowski told me that he would like to reach more NVCC students who’ve played all the way through high school band, but not quite. The concert Dabkowski looks forward to is from 7:30 - 9:30 PM on Mainstage. If you’re not a music student, and are taking continu-ing education classes, it’s just a $45 fee to join.

Confluencia Review/Preview

Jillian Parlatio

On September 24th, I attended Confluencia, a poetry event with open-mic, to fulfill an event attending requirement for Prof. Leibe’s First Year Experience class. I’ve attended Confluencia in the past, but I found this event particularly moving. It honored an event particularly moving. It honored Hispanic Heritage Month, so accordingly; many readers paid homage by selecting works from esteemed Hispanic poets and writers. Two successful poets, Luisa Caycedo-Kimuira and Vincent Torro, shared their experiences of childhood, and expressed the issue of poverty from the specific perspective of Hispanic-Americans.

The experience was much more powerful than I expected. Torro’s passionate, at-times furiously, delivery of criticisms, hopes, and fears for the state of the world, and specifically the treatment of Puerto Ricans in the aftermath of Hurricane Maria, was especially poignant. He called this part of the book, “a real effectiveness of America’s relief efforts.”

Cardeyo-Kimuira’s retelling of her traumas and her cultural victories is of immense value. Despite daunting, difficult to hear, but a true testament to female willpower and resilience. She spoke so openly about heartache and losses, but with the faith and perseverance of a Fulbright scholar, she learned to control her temper. I only hope she has lost that inner peace, and I applaud her for her bravery.

I have learned of the tri-umpuls of the human spirit over adversity, but joining in honoring innovative Hispanic-American poets and writers, and past and present. I feel humbled to have experienced this event, and I would definitely have attended even if it wasn’t a course requirement. I cer-tainly intend on coming to more events like this in the future.

The next opportunity is this month. The final piece of fall 2019 will take place on Tuesday, Nov. 19th, at 5:30 PM. Held in the Playhouse Theater, the event will again begin with entertainment provided by Dr. Gil Haard and Music Society members. Open mic read-ers will be interspersed with readings from old favorites and emerging voices, another who calls NVCC home. They are Dr. Jose Gonzalez, and Dr. Kathleen O’Connell Chiesa.

Born in San Salvador, El Salvador, Dr. Jose Gonzalez authored the International Latino Book Award Finalist, Tots Made of Rock, as well as Hanukkah Fantasy, arranged by Jerry Brubaker. As a final piece, a touching work, will be dedicated to Allan Kranow, who tragically passed away in June. “Amazing Grace,” com-posed by Frankie Franklin, will be featured in the concert Dabkowski looks forward to.

The final piece of fall 2019, though exactly ambiguous, can work to form an evocative, well-constructed, and simply resonate.

If you’re reading this, thinking, I want to play... Maybe I can, leave you with a quote: “Conductor” Allan Dabkowski told me that he would like to reach more NVCC students who’ve played all the way through high school band, but not quite. The concert Dabkowski looks forward to is from 7:30 - 9:30 PM on Mainstage. If you’re not a music student, and are taking continu-ing education classes, it’s just a $45 fee to join.
Our Communal Web
Native American Heritage Month
Lisa Steele

In 1915, Red Fox James, member of the Pequot, Mohegan and Eastern Pequot, and the Pequot massacre of a Pequot village, where not only the Pequot, Mohegan and Eastern Pequot, and the Pequot massacre of a Pequot village, where not only the

During high school, Bensko refined his musical ambi-
sioned to produce a full-length album. Having specific ideas about the sound he wanted, he tracked down a vintage analog tape machine and sold his

After graduating, Bensko returned to Connecticut to produce and release his debut album. He notes his debut’s success wouldn’t have been possible without the generous support of his fans and friends.

Brad Benisko
Musician/Entrepreneur
Mitchell W. Makais

CBT tribes officially recognized as active are the Golden Hill Paugusset, Mashantucket Pequot, and Eastern Pequot, and the Schaghticoke.

Beyond Thanksgiving, Pocahontas and the Trail of Tears, the history of native people is mostly overlooked in our schools. Mystic, Connecticut was the site of an infamous 1637 massacre of a Pequot village, where not only the Pequot, Mohegan and Eastern Pequot, and the Pequot massacre of a Pequot village, where not only the

CBT tribes officially recognized as active are the Golden Hill Paugusset, Mashantucket Pequot, and Eastern Pequot, and the Schaghticoke.

Beyond Thanksgiving, Pocahontas and the Trail of Tears, the history of native people is mostly overlooked in our schools. Mystic, Connecticut was the site of an infamous 1637 massacre of a Pequot village, where not only the Pequot, Mohegan and Eastern Pequot, and the Pequot massacre of a Pequot village, where not only the

Beyond Thanksgiving, Pocahontas and the Trail of Tears, the history of native people is mostly overlooked in our schools. Mystic, Connecticut was the site of an infamous 1637 massacre of a Pequot village, where not only the Pequot, Mohegan and Eastern Pequot, and the Pequot massacre of a Pequot village, where not only the

Connecticut and towns are losing trees at an alarming rate. This is caused by years of drought and storm damage, insect infestations, and just simply old age. These causes have taken its toll on the trees, weakening their defenses, making them more susceptible to pests and diseases. This problem is more severe in urban areas, but is an issue all across the state. It was estimated that Connecticut has lost 80,000-90,000 acres of trees in the last few years, and thousands more are at risk.

Do you remember that big micro/macrorust storm we had in 2018? Think of all the trees that were damaged in that storm. In more forested areas, it is not a big loss if some trees topple over; in some areas, they can even help themselves, dead trees provide fertilizer for new life. But that is not the case everywhere. Most of the funding the state received after that big storm was directed at those areas. In newer areas, new trees were not replanted to replace those lost, leading to a further deficit.

Recently the New Haven area has suffered a significant loss of ash trees. While ash bark’s strength and elasticity has traditionally made the tree a favorite for baseball bats, handrails, baseball bows and arrows—and of course, firewood—ash trees, once plentiful, are now an endangered species. Because of this, the town has removed, after having been defoliated—but practically disintegrating. The culprit? A particular beetle called the ash borers, that feeds on only ash trees, specifically on their bark.

Other insect infestations across the state have included white gypsy moth caterpillars—which have included me. We've got this!
A breezy autumn night, October 2, 2019, the NHL kicked off their 103rd season with an exciting slate of games for opening night. The defending Stanley Cup Champions, the St. Louis Blues, hosted the 2018-2019 Champion Washington Capitals. Both teams had won their first Stanley Cup title. Blues fans smiled and cheered at Enterprise Center, as the Blues raised their Stanley Cup Championship banner in a special pre-game ceremony. Little did St. Louis know, the Capitals had planned on spoiling the night with a win to start their 2019 campaign. The Blues may have underestimated their rivals, since they’d previously swept the season series against the Capitals in 2018, outscoring the Capitals 9-3. The Blues started the game fast by scoring a two-goal lead on Washington early in the first period. Washington’s 10-time All-Star, Alex Ovechkin, scored his first goal of the season late in the first period, to cut the lead going into the second period. Dmitry Orlov then scored a power play goal in the second to tie the game 2-2. Ovechkin, scored his first goal of the season two-goal lead on Washington early in the first season.

On the Rink
Center Ice
John Williams

Fake Facts
Tabitha Cruz

Barack Obama
Vote #TabithaCruz for Junior Class President.
VoteOnline 20-Sep-15

At fifteen, I ran for junior class president. It would be my third time running for class president, and I really wanted to win this time. Having lost the last two times, I knew promising a trip to Six Flags wasn’t enough; I had to step up my game. This time, I’d get former US President Barack Obama to sponsor my candidacy through a tweet. Doing exactly that, President Obama tweeted, “Vote @TabithaCruz for Junior Class President.” Many of my peers—taken aback that the president actually sponsored me—messaged asking if it was true. Meanwhile, the comments were filled with people saying it was fake. Of course, the image was fake! Barack Obama didn’t know who I was, nor did he care about me running, and ultimately losing, my 11th grade election. When I posted the fake image, it was all good in fun, I figured everyone would know it was clearly fake. But not every fake internet post is for fun. Quite frequently, these fake posts are dispelling information that does actual harm. And we’re often the ones helping fake information spread by not fact-checking the content we see daily on social media. A quick look at Barack Obama’s actual Twitter account would’ve revealed he didn’t actually endorse me.

Thoughts on the Journey
Kathleen Chesto

In October, I completed three quarters of a century on this planet. I have spent more than 25 years of my time as a student and about 35 years as a teacher, in some formal capacity. Every truth I’ve discovered, on my 75 trips around the sun, I am still struggling to master. I’d like to share twice of the more important truths with you, not as advice (remember, I am still learning) just in hope of saving you some work along the way. Some end with imperatives. These are not commands for you, the reader, but reminders to me that I’m not there yet.

1. People need to believe they are good before they’re willing to try to be better. When we don’t believe we’re “good enough,” we are secretly afraid we will never be so. Why try? Believe in people. Faith is contagious.

2. Life is a terminal illness: no one gets out alive. Our days are numbered, and just like the numbered copies of famous paintings and the numbered print runs of first edition books, the fact that they’re limited makes each one more valuable.

3. Many things work again if you unplug them and give them time to reset, including people. When I was young, my mother always said, “Things will look better after a good night’s sleep.” She was wrong. Things usually looked just as bad in the morning. What was better was my ability to cope. Take time out.

4. Wrong is not the opposite of right. Wrong is the beginning of right. We have to be willing to do things wrong many times on the way to getting them right. After winning the 1970 US Figure Skating Championship, Janet Lynn was asked by a commentator how she got to be such a great skater. She said simply, “Every time I fell down, I got up.” Get up.

5. A corollary: “if at first you don’t succeed, try, try again,” doesn’t always work. Sometimes we need to try differently—or we need to ask for help. Sometimes we just need to try something else. I really can’t say everything I’d like to do, but everything I want to do is worth trying.

6. I don’t have to be wrong in order for you to be right. The whole truth may simply be bigger than both of us. Listen for the other’s truth. When I won’t listen, I am definitely wrong.

7. Power can be delegated or bestowed by a title or position. Authority has to be earned, by competence, transparency, and respect. Power and control can be maintained by fear and coercion. Authority is destroyed by either. Authority works better.

8. Praise can be toxic. It can teach us to seek approval instead of self-satisfaction, to live up to someone else’s expectations instead of discovering our own. Use it sparingly; accept it even more judiciously.

9. Prayer is not answered because we are good. Prayer is answered because God is good.

10. Success teaches us we are competent. Failure teaches us everything else. Celebrate failures. There will always be people to celebrate with you.

11. Don’t worry what people think about you. Most of them don’t think about you at all.

12. There is always more to learn. Biology teaches things that aren’t growing are dying. Keep growing. I guess that is why I am still in school.

See you in the halls!
Thank You All

EXPO-nently Grateful

Kathleen Chesto

They say there’s no such thing as a free lunch, but if you have attended Club Expo Oct. 9th, you know that’s just not true at NVCC. All you had to do was come to one of the five club tables, and you could eat for free! If you came in with the crowd who’d been waiting in the hall for the doors to open, you may not have had a chance to notice decorations hanging from the ceilings, tables covered with superhero cloths, and masks identifying them. But you couldn’t have missed the great “cityscape” covering the unfinished wall on the south side of Café West.

This was all the work of members of the Student Government Association and student volunteers who spent several hours the night before, making the room festive and welcoming. To all who worked so hard, thank you for your time, your energy, and your creativity.

Thank you to the club members present all day at club tables, sharing your groups’ missions and activities, and enticing people to join. The time you gave to your classmates, particularly those new to the College, is priceless. All the bulletin boards and flyers in the world aren’t as well covered as those showing the unfinished wall on the south side of Café West.

Thank you to our board of officers, our senators, and club advisors—and, of course, Karen Kathleen Chesto—our EXPO-nently great Terpsichorean Dance Society, and the Student Government Association and student volunteers who worked so hard to make Club Expo the success it was.

And thank you for a great Club Expo. We are grateful you took the risk of coming to Club Expo to learn about the clubs at NVCC. Thank you for a great Club Expo.