

# The Tamarack

Our college. Our news. Our voice.

Naugatuck Valley Community College

November 1, 2019

Waterbury, Connecticut

Vol. 64, Iss. 3

## 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, asleep on benches 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 4,465 people in Connecticut experiencing homelessness, 184 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 61% 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.

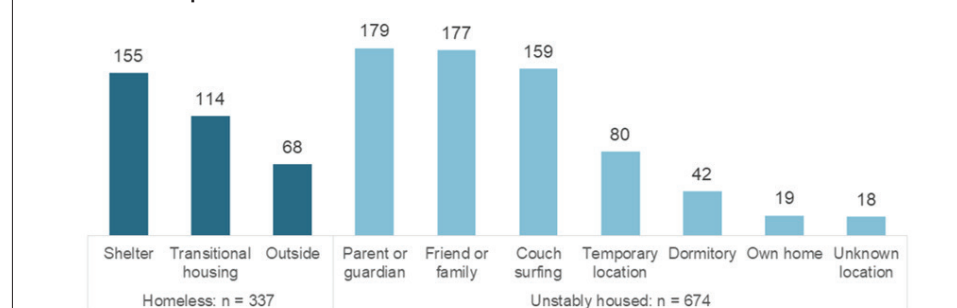
A prison record may make someone unemployable, compounding our society's unwillingness to offer people a second chance. The surge in people on the streets caused by the closing of many institutions during the Reagan era has left many who lived through those years with the false impression that most homeless persons are mentally ill. A brief conversation with many of them would disabuse anyone of that idea.

Other complex factors involve the tragedies of family violence and abandonment. Some individuals opt for the danger of the streets,



Photo Courtesy of Public Domain Pictures

Figure 5: Nighttime locations for homeless and unstably housed 2019 CT Youth Outreach and Count respondents



This chart reflects the answers given by youth to the specific question: "Where did you sleep on Tuesday, January 22nd?" Courtesy of Connecticut Coalition to End Homelessness

rather than enduring continued threats at home. Others are cast off by families who refuse to accept them: a significant number of young people facing homelessness have been disowned after coming out as gay or transgender.

Certainly, the lack of available affordable housing contributes to the problem. Fair market rent for a two-bedroom Waterbury apartment is \$951.00 a month. A person earning minimum wage, and spending 30% of it on rent, would have to work 88 hours a week to afford this apartment. Living in a state where grocery prices are among the nation's highest,

many families choose feeding their children over sheltering them.

One woman staying at St. Vincent de Paul Shelter shared that this is her third time being homeless—but the first time with her children. She just couldn't make it on her salary. The shelter is working with her to help her budget her money and find better employment. She said, "I am not a bad person. I'm a good person. I just need some help. And all the other people staying here are good people, too. We have hopes and dreams and want a better life, just like everyone else."

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 dehumanizing it is. Imagine 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 billions 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 to sign a petition against a development plan for affordable housing. Two duplexes would be built on interior lots in the neighborhood. A few people, adamant this would lower property values and bring "riff-raff" into our area, petitioned the zoning board to rule against it. Since the interior lots were directly behind our land, our signature was critical. Our refusal to sign led to the appeal's failure, and didn't endear us to some neighbors. The "affordable" duplexes were built and rented—at \$1700.00 a month!

Follow the zoning wars in Westport, or Fairfield, or Darien, or even Southbury and Woodbury. You'll discover how we're denying a whole stratum of people a place in our towns. This, in turn, restricts available housing in our cities, and carries a share of the blame for homelessness.

Who are Waterbury's homeless? They are not just the people we encounter on streets and in parking lots. Many who have jobs, but rely on shelters to shower and prepare for work, fall under the radar. Waterbury's homeless can also be people sitting next to us in class. Our peers, who say they're "temporarily couch-surfing," or "living with friends," may be part of our community's uncounted homeless. Perhaps as you read this description you recognized a friend; perhaps you recognized yourself. In coming issues, The Tamarack hopes to introduce you to some of those in the Waterbury area struggling with homelessness. Our goal: to share their stories, to create connection, if only on the page. If you have a story to share, please contact us at [tamarack@nv.edu](mailto:tamarack@nv.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 (IP-V-SAPP) at NVCC. IP-V-SAPP will be provided by individuals educated and trained on sexual assault and domestic violence in collaboration with Safe Haven of Greater Waterbury. Some IP-V-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 by taking initiative to also address the domestic violence aspect of Intimate Partner Violence (IPV).

Clearly, it was a sabbatical well spent, as this semester, Cocchiola has begun the rollout of this unique new program. The first of its kind in the CT 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 (IP-V-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 ("SaVE Act") 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 for notifying purported victims of their 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/intimatepartnerviolence/index.html>, para. 1). The term sexual assault refers to sexual contact or behavior that occurs without explicit consent of the victim (<https://www.rainn.org/articles/sexual-assault>, para.1).

### 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.

- 84% 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 graduate and undergraduate students experience rape or sexual assault through physical force, violence, or incapacitation (<https://www.cdc.gov/violenceprevention/nisvs/infographic.html> & <https://www.rainn.org/statistics/campus-sexual-violence>).

Several workshops have been created and are being piloted this academic year, including *IP-V-SAPP: Where Is Your Line?* focused on healthy vs. unhealthy relationships, related to issues of "Power Over" and "Personal Power". *IP-V-SAPP: Consent 101* is a workshop based on the premise that only "YES" means Yes!

The workshops, featuring student participation, are peer facilitated by an MSW student and a NVCC Social Work Studies

Continued on page 6



## EDITOR'S NOTEBOOK



## 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 hurdle, congratulations! You stuck to it 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 they're a big part of our overall grades.

Lots of times, I notice people have trouble letting go of things, me included. Whether it be objects, ideas, people...or even expectations. This semester I'm taking Philosophy & Practice of Yoga (HUMS130) with Kate Pelletier (she's offering it next spring, too!) and a big theme we're learning about is "no attachment," letting things go, and all that.

That's a very dumbed-down explanation; it doesn't mean letting go of everything and living without any possessions. Certain attachments, though, can bog us down. Similar to a boulder on the edge of a cliff, if you're holding onto it and it falls, it'll take you with it—unless you let go. Those boulders tend to appear in the form of unhealthy relationships and expectations—both our own expectations and those of others.

School assignments can sometimes feel like a boulder weighing you down, and the expectations around those all-important grades can send you toppling down that cliff, leading to a depressed feeling. What's important is not to let go of what you wanted, or necessarily lower your standards, but rather, don't let failed expectations keep you from trying again. Accept that you did your best—and maybe study more for finals—but try not to let those negative emotions bring you down. Easier said than done, I'm aware, but it is possible.

You don't need to practice yoga in order to relax and release, although it certainly does help. There was actually a yoga session in Café West right before midterms to help reduce stress, although it was only the physical aspect. There are plenty of guided meditations online. Regular exercise can also help. Most importantly, set aside some time for you, not so you can study or get extra work done, just to relax. Just to be. It could be fifteen to thirty minutes, maybe an hour, and it doesn't matter what you do, as long as it helps you release that stress.

Again, I know with a busy schedule, setting aside any time can be a challenge, especially for college students. But it really does help, not only mental but physical health. Grades also improve with less stress, speaking from experience, as well as from what I've heard.

Try not to carry your expectations with you everywhere. Accept that you are human, and let go of how badly you did, or how much you didn't do. Instead, focus on the future. Let go of the boulder that is the past. It'll only drag you down, if you don't.

Best Regards,  
Gwendydd Miller  
Editor-in-Chief  
tamarack@nv.edu

## Tamarack

### EDIT MEETINGS

Tuesdays 2:30 pm, S519  
ALL WELCOME!!

## Public Safety Department



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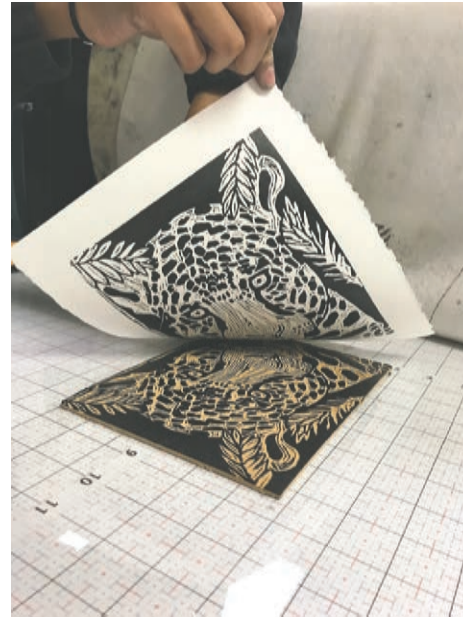
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## Prints for the Amazon

Prof. Amanda Label



Photos Courtesy of Amanda Label

Do you need some affordable art for your home or office? Perhaps some gifts for the upcoming holiday season? Would you like your money to go to a fantastic cause? The Art Club, Action for Animals and the Printmaking class are collaborating on an exciting exhibition called Prints for the Amazon. The goal is to raise money to help fight the fires in the Amazon Rainforest through the charity Rainforest Action Network ([www.ran.org](http://www.ran.org)) by selling limited edition, original prints.

Students in the printmaking class and Art Club members are creating and selling linoleum block prints of animals and plants found in the rainforest and donating the proceeds to support 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 an original piece of art rather than a reproduction. Some of the students have chosen to hand 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.

**The goal is to raise money to help fight the fires in the Amazon Rainforest through the charity Rainforest Action Network ([www.ran.org](http://www.ran.org)) by selling limited edition, original prints.**

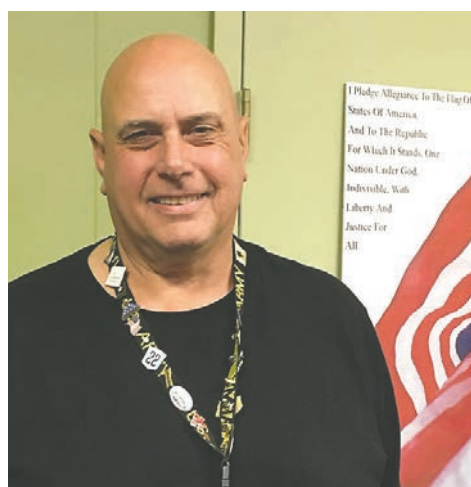
There will be a joint reception on 12/5 from 2:00 – 3:00 PM. Action for Animals is planning a forum to discuss what is happening in the rainforest and ways to help.

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 Label. Please contact her at [alebel@nv.edu](mailto:alebel@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, [alebel4.wixsite.com/mysite](http://alebel4.wixsite.com/mysite).

## Veteran's Voice

### My Monday with Gabe

Steve Parlato



There's a friendly face on campus, but you generally won't meet Outreach Specialist Gabor "Gabe" Kautzner in the halls. In fact, it was Deb DiCicco who first made me aware of Kautzner'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, Kautzner 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 storefront 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.

Kautzner explained his role is to provide support to student veterans, helping them navigate tensions 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, Kautzner 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. Kautzner refers veterans to licensed clinicians at the Vet Center who specialize in trauma, readjustment issues, bereavement and marriage and family therapy. Having recently completed his Masters of Social Work, Kautzner 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." To that 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 homogenous group. Instead, he noted veterans 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, introducing compassionate individuals, such as Gabe Kautzner, into the mix to ease that struggle.

NOTE: Gabe Kautzner 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.

## SGA PRESIDENT



## Victory's in Sight!

Happy November, everybody!

Congratulations on making it this far in the semester. Before we know it, the semester will be coming to an end, so don't lose sight of that finish line! Stay focused and keep working hard!

November is the perfect time to reflect on how far you've come this semester and to really think about what the future holds. For some of us, that's graduation. For others, it's the opportunity to start another semester at NVCC, to set our sights higher, to further excel.

The SGA doesn't have too many November activities planned just yet, but one upcoming event is an important one. This month we'll be holding the annual Fresh Check Day, on November 4th. We invite you to stop by Café West from 11:00 AM – 1:00 PM.

There you'll learn about mental health, and how to stay in a positive, healthy frame of mind, despite the stress of college life. Featuring multiple interactive booths, Fresh Check Day offers the opportunity to pick up information and other resources about mental health. It's set to be a fun and informative day, so I encourage everyone to make it a priority to stop by.

As always, we have SGA meetings every Wednesday from 4:00 – 5:00 PM in room L501. The meetings are open to all students, so I encourage everyone to drop in and see what we're all about! It's a great way to get involved and learn what's happening on your campus. You'll even have a say in what happens on your campus, a chance to use your voice!

If you have any questions, about the SGA or anything at all, feel free to email me at [nv-sga-president@nvcc.commnet.edu](mailto:nv-sga-president@nvcc.commnet.edu) or stop by S516. We're always happy to help students in the SGA office!

Regards,  
Tabitha Cruz



# The Tamarack

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

## Editorial

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## 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're all there to have fun, but as they play a luck-based game, three women have won. All the men have come up empty. One man jokes, "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 at that table wouldn't make such a statement. Men and women have traditionally been divided into a binary. Oftentimes, they're pitted against each other, like a battle must be fought to prove superiority. I hate to break it to people, but in reality, that's simply not the case.

Society tends to judge gender as a narrow, either/or situation. Really, it's much more complex, and this narrowminded attitude causes non-binary (transgender, gender nonconforming, etc.) individuals to face such stigma and misunderstanding. This is not to say people 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 it exists. But that doesn't mean we should accept it blindly.

Gender refers to how people identify as masculine and/or feminine; however, gender isn't that simplistic. Even for cisgender people—those identifying with the gender assigned at their birth—gender identity varies from individual to individual, often on a scale. It's not tied explicitly to a person's physical self; rather, it is related to how they were socialized (for example, girls taught to wear pink; boys encouraged to play sports).

Of course, sometimes people change how they display gender based on their sexuality; that is called gender strategy. 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 211 (Sociology of 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 taught by society; they're not our default. The biggest differences between men and women are physical attributes and hormones. Since these can be changed through surgery and hormone therapy, how different are we, really?

This leads back to the conversation at the table. "Why do women always...? Why do men always...?" This us-and-them factor creates an artificial divide. Why do people insist on continuing that divide? Even if it's intended as a good-natured joke, that kind of language reinforces the narrow binary from which so many have fought to free themselves. Just imagine how uncomfortable a gender nonconforming individual would feel in this situation.

So please, I implore you: Make note of what you say, even when you're just kidding. Avoid pitting men and women against each other, because it honestly doesn't help anyone. And that advice isn't just for men. It goes for every individual, regardless of where they land on the gender spectrum.

To call the wedding wonderful would be a massive understatement, along the lines of calling Chelsea "exceptional." As my student, my first *Tamarack* partner, a nationally-honored PTA grad, President's Circle member, spokesperson for the Cystic Fibrosis Foundation, and award-winning journalist, as a professional ballet dancer, daughter, sister, and friend, Chelsea pours a generous helping of enthusiasm into every aspect of life.

I've no doubt she'll inhabit this latest role with equal joy, commitment, and success. *The Tamarack* staff, who still benefit from her early guidance—and her entire NVCC family—raise full glasses to toast the Wells' new life together. Cheers!

## Unrest in Hong Kong

Jason Hesse

Hong Kong originally came into existence in 1842, when the British Empire seized the island as part of a treaty with China following the First Opium War. It remained under British control for over 150 years, until the territory finally reverted back to China in 1997. This transfer came with a few conditions. At the time, Hong Kong was a developed modern metropolis operating within a capitalist system, while China was functionally socialist and ruled by a single party: the Chinese Communist Party (CCP). Because of the substantial differences between these two economic systems, Hong Kong re-joined China with the stipulation it would retain political and judicial autonomy for fifty years (until 2047) to allow for a more gradual abrogation. This was the birth of the "one country, two systems" concept.

This March, the U.S. State Dept. criticized China for various human rights violations. These include state-sanctioned kidnappings, heavy restriction of civil liberties, and running minority internment camps holding an estimated one million ethnic Uyghurs, an indigenous people only officially recognized by China as a regional minority. For westerners, actions such as these are appalling, especially since they are permitted by the government.

They have, however, been less of an issue for the Chinese people, who have been conditioned to trust their government is helping stabilize and strengthen Chinese society with these actions. Despite China's recent status as a world power, Chinese pride is young and damaged, and their socio-cultural attitudes have not evolved significantly throughout their long and storied history. For a single country with over 1.3 billion people, cultural and societal unity is of paramount importance.

The protests in Hong Kong began as peaceful demonstrations in opposition to a newly

proposed extradition bill which would allow China to extradite criminals hiding from justice in Hong Kong. The protests were initially isolated and occasional, only related to the bill, but they have since evolved into something far more significant that threatens to turn the entire territory on its head. On September 4, Chief Executive Carrie Lam announced the bill would be officially withdrawn, yet the protests did not stop. Following the clash between protesters and police on June 12, protesters also began asking for an independent inquiry into police brutality, among other demands.

...the extradition bill functioned as a spark that blew open a powder keg of social and political distrust.

Since then, most notably during October, violence has been employed by both sides: police began using live ammunition (in addition to tear gas already in use), and protesters began assaulting police with pipes, bricks, and bombs. October 4, Carrie Lam invoked the Emergency Regulations Ordinance to pass a law banning face masks in public gatherings; some political analysts have warned that such an invocation would mark the beginning of true authoritarianism in Hong Kong.

In essence, the extradition bill functioned as a spark that blew open a powder keg of social and political distrust. Residents of Hong Kong fear the iron fist of the CCP and the significant societal changes that would accompany full integration with mainland China. Because of the difference in systems, the people of Hong Kong are allowed more freedoms and social privileges than those under CCP control, but China has already been accused of meddling in Hong Kong politics, and the influence of pro-Beijing lawmakers has become fairly conspicuous.

As protests become increasingly more violent and civil unrest more common, the long-term stability of Hong Kong itself comes into question, and its future looks less hopeful each day. So far, however, neither side refuses to blink.

## Action for Animals

Kamaree Woody / Nicole Zappone



Students Sarah Keller and Zachary Rockman check out the Action for Animals information table at Club Expo. Photo Courtesy of Kamaree Woody

is to make choices regarding food and clothing that are animal-aware and cruelty-free." She goes on to say, "You don't have to be vegan or vegetarian to join the club, but [veganism] is one of the most powerful pro-animal choices we can make." This aligns with the club's mission to help students become informed, active animal advocates.

Although Action for Animals is a new club—with three regular members so far, and Professor Amanda Lebel as faculty advisor—ideas and excitement are already building. Woody says, "Though membership is just beginning to grow, there's been plenty of traffic and energy at events."

Speaking of events, one recent innovative offering was a Vegan Bake *Save*. Featuring all-vegan baked goods, this introduction to the club featured healthy, delicious, cruelty-free treats at no charge. Woody said it offered double savings: no animals were harmed; no money was needed. Three other events are up soon.

There will be another food event, Eating Vegan on a College Budget, with club members demonstrating how to prep satisfying vegan meals for under \$3 each. In early December, Action for Animals will collaborate with Art Club on a print sale/information session benefiting the Amazon Rainforest. At the event, Art Club, also advised by Lebel, will sell original prints with profits donated to rainforest relief efforts. Action for Animals members will educate attendees on the direct link between rainforest devastation and animal agriculture. Woody also mentioned a Cruelty-free Spa Day with free Dove product samples (the company is committed to products free of animal-testing).

These informative and exciting events are sure to be just the beginning for this passion-driven new club. Welcome to campus, Action for Animals, and beast of luck!

## Nuptial News

Steve Parlato



Mitchel and Chelsea pre-ceremony. Photo Courtesy of Steve Parlato

When a dear friend marries, it's cause for celebration. When that friend is a distinguished NVCC alum, it's an even bigger deal. But when the bride is Chelsea Clow, former *Tamarack* Editor-in-Chief, it's news worth printing! October 20, 2019, Chelsea wed Mitchel Wells in a beautiful ceremony at Woodstock, CT's Mansion at Bald Hill.



## Happenings @ Other Colleges

Anjelika Rodis



### Central Connecticut State University

Sonia Nazario, Pulitzer Prize-winning *LA Times* journalist and *NY Times* best-selling author of *Enrique's Journey: The Story of a Boy's Dangerous Odyssey to Reunite with His Mother*, will present a lecture at CCSU on her award-winning book. She has written extensively on current American social issues such as poverty, immigration, and drug addiction. The Hispanic American narrative has been Nazario's prime focus with *Enrique's Journey*, which documents the 17-year-old's experience of gang violence and police brutality that led him and his mother to emigrate from Honduras to the U.S. The lecture takes place November 19th, 11:00 AM – 12:30 PM at the Adanti Student Ballroom. This free event is open to the public, but reservation is mandatory.

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



### Western Connecticut State University

WCSU's Theatre Department presents

*A Little Night of Music*, at 8:00 PM, Nov. 7, 8, 9, 15 & 16 and at 2:00 PM, Nov. 9, 10, 16 & 17. Performances of this classic Sondheim musical take place at the Main Stage Theatre of the Visual and Performing Arts Center, 43 Lake Ave. Extension Danbury, CT. Tickets can be purchased at the door (cash only) or online via Eventbrite:

<https://www.eventbrite.com/e/a-little-night-music-tickets-70819479971>



### Eastern Connecticut State University

ECSU's Center for Performing Arts will present *Our Town*,

the classic, metatheatrical drama written by Thornton Wilder, on November 23rd from 7:30 – 9:30 PM and November 24th from 4:00 – 6:00 PM. *Our Town* takes place in the fictitious town of Grover's Corners, NH and follows the lives of two young neighbors, Emily and George, who eventually fall in love. Wilder's play explores themes such as time, continuity, change, companionship, and community.

Admission: Free for ECSU students; \$5 for other students and groups of 10 or more; \$10 for senior citizens; \$12 for Eastern faculty, staff, and alumni; \$20 for the General Public.

Ticket Reservations: Email: [theatreboxoffice@easternct.edu](mailto:theatreboxoffice@easternct.edu) or phone: Box Office (860) 465-5123. To purchase tickets online, visit: <http://easternct.showare.com/ourtown/>



### New York University

NYU's Grey Art Gallery will be exhibiting select works from Abby Weed Grey's collection of Iranian, Turkish, and Indian Modern Art, now through December 7th. The gallery will showcase a multitude of visual media 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 and admission is \$5.

Grey Art Gallery is located at New York University, 100 Washington Square East, NYC 10003 (between Waverly Place and Washington Place, facing Washington Square Park).

HOURS: Tu/Th/Fr: 11:00 AM – 6:00 PM; W: 11:00 AM – 8:00 PM; Sat: 11:00 AM – 5:00 PM. Closed Sundays and Mondays. Also closed Memorial Day Weekend, Independence Day, Thanksgiving Weekend, Christmas Day, and New Year's Day.

## Honoring 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 graced to be part of each academic

community, but none more than NVCC, where I've served as an adjunct since 2010. Here you will find people who are both caring and, well, out of their minds!

One shouldn't think many members of our community are insane. Quite the contrary! It's simply that they are willing to challenge the paradigm with which they see the world. One's unique worldview, shaped by one's particular interactions and experiences, provides both instructive possibilities and subjective limits. The goal of academia, however, is to expand on the former, while limiting the latter; only then is there hope to have an objective understanding of the world.

We learn most as we make adjustments from cognitive dissonance. People at NVCC know that settling for the comfort of what we know—or think we know—can impede not only 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, not to mention to prodigious level of volunteerism, speaks to the ability of people here to understand both the academic and practical needs of its members.

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 Center for Job Planning and College Opportunities (CJPCO) have been so client-focused, anyone with initiative enough to contact them can develop confidence in their job search. The Fitness Center's milieu is such that an athlete-in-training has personal space, while an individual who is normally uncomfortable with physical activity feels at home. The library will do cartwheels to help a student through a research paper. The cumulative effect of GEAR UP, the First Year Experience Program, the ESL program and the Academic Center for Excellence is that academic rewards are within anyone's range regardless of background. The ACE's one-on-one assistance will not only get one through the next test. It will fill your stomach and feed the soul. The Social Justice Series fosters the understandings that overcome apathy.

The social sciences, particularly the sociological imagination, provide a critical starting point that can forge a mutual understanding of our human condition and inform our interactions. 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. It is the synergy created by that collective will that matters.

The greatest gift in the human condition is free will. Individual agency, more than any other factor, determines the level of our contentment within any range possible. The choice to seek an objective understanding of our world, to be willing to go beyond our bounds of intellectual and psychological comfort, to choose to be open to subjective incongruity, is to avail oneself of eternal truths. That is, in fact, not only true of all physical and social sciences—it is the single thread that most binds all authentic science, art, and faith traditions. And it serves the NVCC community well.

## Club of Many Cultures

Trevor Beninson



Photo Courtesy of Ivelisse Maldonado

October 8th and 9th, those on NVCC's Danbury campus had the pleasure of experiencing a unique event, organized by the campus's Multi-Cultural Club. All were welcomed to sample dishes from various cultures. Club members utilized this time to familiarize participants with knowledge about the dishes being offered, as well as the cultures in which the dishes originated.

Members of the Multi-Cultural Club came together to create a breathtaking display on one of the campus bulletin boards. Countries, including Brazil, Mexico, Spain, and various others, were represented in the decorations on the board. Students also filled the display with information about different holidays celebrated by different cultures.

When I observed the board, I was in amazement. The time and effort put into this work of art surely had my vote in the best bulletin board contest. Through all the decorative cobwebs, one specific piece of information stood out to me, the card reading: *Día de los Muertos*, "Day of the Dead". This is a holiday celebrated throughout Mexico—more specifically in Southern and Central regions—and by those of Mexican heritage across the world.

*Día de los Muertos* typically lasts three days, spanning the end of October and beginning of November. Family and friends come together during this time to pray and remember lost loved ones, with the hopes that the celebration will aid the deceased in their spiritual journey. In Mexican culture, death is perceived as a normal part of the life cycle; therefore, *Día de los Muertos* isn't a period of mourning, but instead a period of celebration. This is a time when they are reunited spiritually with those they no longer can embrace physically.

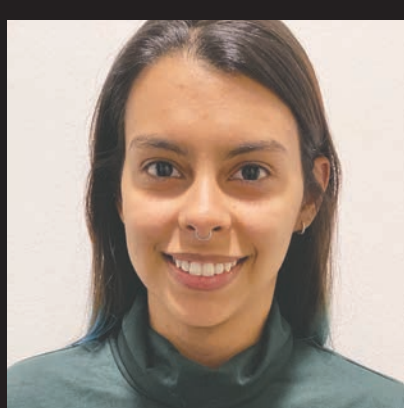
Rituals resembling *Día de los Muertos* date back nearly 3,000 years, indicating this special holiday has been appreciated throughout generations. Although some minor elements have evolved over time, the general premise for the "Day of the Dead" remains the same. In the 20th century, the holiday became a little more organized, in the sense that certain days of the festival became devoted towards specific individuals.

November 1st is dedicated towards honoring deceased children and infants. This day is known as "Día de los Inocentes" or "Día 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."

On these days of remembrance and celebration, people typically visit cemeteries, decorating the graves of lost loved ones with altars festooned with the favorite foods and items special to the departed. This is done because living members are encouraging the spirits to visit and hear the prayers. It's a beautiful act, to say the least.

All it took was a brief glance at a bulletin board to take a trip to an entirely different culture, one I was unfamiliar with. This newfound knowledge has gifted me with a new appreciation. For the first time in a while, I took time out to remember all of the loved ones I have lost. I took a moment to say a prayer to them and let them know they are gone but not forgotten. I plan on taking a trip to the cemetery in the future, maybe on *Día de los Muertos*, to honor the ones I have lost the right way—all because of this club of many cultures.

## alumni SHOWCASE



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-and-a-half 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 academic purpose in life. I always knew I would need a bachelor's degree to pursue a career, but I did not know where to begin. Coming back to school was not easy, and I was really afraid of how I would be accepted in a foreign environment.

It did not take me long to realize I was in the right place at the right time. NVCC welcomed me academically and socially, and

prepared me so well to face my future challenges. I am thankful to my professors at NVCC who prepared me academically, but also pushed me as a person—for instance, Professor Parlato with all the fascinating, yet challenging, writing assignments.

I am also thankful to my mentor, Dr. Kim O'Donnell, who inspired me professionally. Dr. O'Donnell always made sure her students knew they could count on her, and she was the first person to introduce me to research experiences. I enjoyed her class so much, I am now a Research Assistant for a professor at my new school.

I'm currently studying at Quinnipiac University, and my future plans are to apply to graduate programs, and perhaps be part of the educational system once I graduate. Therefore, here is my advice to current students at NVCC:

Firstly, enjoy the college environment; NVCC is welcoming, warm and unique. I miss it a lot, and while I am excited for my next academic steps, I wish I had taken time to enjoy life as an NVCC student more.

Secondly, do not be afraid to ask for help – academically, professionally, emotionally. We often forget there are resources available while we are facing a challenge, so this is a reminder.

Thirdly, connect with your professors! Discuss your future plans or ideas with them; don't hesitate to ask questions if you are struggling with something, and get involved with their projects—especially the ones that most match with your interests.

Lastly, keep your goals 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 missing those times. Trust me. I miss NVCC a lot.

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 experience at this wonderful community college.



## Center for Teaching Deliberate Gratitude

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.

It's so easy to pay attention to life's annoyances and slights. To all the ways things 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're 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 giving thanks is correlated with being happier and having a great 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 to stressors, 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 more 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 when you catch yourself thinking about what's gone wrong). Having an active intention to notice things to be grateful for also helps. This may involve putting time aside daily to reflect on things you can be grateful for, developing a gratitude practice.

What we're each grateful for is unique to us. Some of us will focus on our ability to do things we enjoy or that are important to us. Some will focus on our own accomplishments or on opportunities we've been given. We may also be grateful for people in our lives, or even a single behavior or interaction with a stranger. 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 for us.

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.



**You Want to Know What?**

Every month, a member of the CAPSS office sits down to write an article for this column, "CAPSS Corner". Our goal is always to share information with the student body and campus community regarding events or topics highlighting our expertise. We've written columns about advising, transfer, Degree Works, and mentoring, to name a few.

As I began to consider what wonderful tidbits and insights could be shared this month, I suddenly realized we may be approaching this all wrong. While our goal is to educate and inform, we've never considered whether what we're writing about is what you, as students, want to hear.

We never know how many people read "CAPSS Corner" (though I hope at least some of you do!). So, we decided one way to determine what you want to know would be to use this month as an opportunity to ask you, our students, to tell us. What is it you need to know from us to be the most successful in your educational endeavors?

Here's your challenge: Reflect on your educational journey thus far and where you want to go in the future. Consider whether there are any questions or topics you feel you need more information about. Are there educational 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 – 6:00 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 you're missing that is preventing you from being successful. We look forward to hearing from you!

Regards,  
**Bonnie Goulet,**  
Director of Student Development Services

## Between the Bookends News from the NVCC Library

Jaime Hammond and Travis Feder



Photo Courtesy of Max Raul Egusquiza

Jaime Hammond is the Director of Library Services. Travis Feder is the Systems/Digital Services Librarian.

This time of year, there are many exciting celebrations such as Hispanic Heritage Month, from September 15th through October 15th. In October, we celebrated LGBT History

Month. For each of these important events, the library has provided an online "Featured Collection" for you to browse!

The Hispanic Heritage Month collection includes fiction, nonfiction, and books for children, and the new "Libros en Espanol" collection contains books for adults and children in Spanish.

The "LGBTQ+ Resources" Collection features a selection of fiction, non-fiction, films, and journals addressing LGBTQ+ history and experience. We also have a selection of Lambda Literary Award Winners located in our Award-Winning Titles collection. The Lambda Literary Award celebrates excellence in LGBTQ publishing across a variety of genres.

While you're browsing the Featured

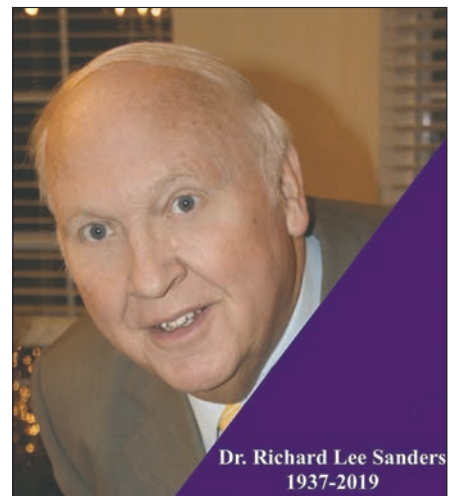
Collections, make sure to check out the New Books collection; this showcase features books that are new (or still on their way!) to the library, and is updated monthly. All of the resources mentioned above are accessible by visiting [nv.edu/library](http://nv.edu/library) and clicking on "browse our Featured Collections," right under the search bar in the center of the page.

As you are doing research for papers and other projects this semester, don't forget that you can make an appointment with a librarian for assistance. Students are often very surprised at how helpful it is to sit down with a librarian and ask all the questions you might have regarding research, citations, and how to pull it all together in your paper. We often hear, "I was nervous to come, but I'm SO glad I did!"

Make an appointment at <http://nvcc.libguides.com/appointments> today! And remember, if you aren't able to come by in person, the librarians are available to help via live chat, also accessible via the library tab on the NVCC website. Whether in-person or online, be sure to check us out!

## Respect and Recollection

Tamarack Staff



Dr. Richard Lee Sanders  
1937-2019

Photo Courtesy of the Sanders Family

"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 emailing him from a conference I was attending in Montreal—full of excited ideas. He immediately scheduled an appointment for when I returned to make plans to implement some of those. I will always remember him as a warm and supportive leader." ~ Dr. Kim O'Donnell

"He was a president who recognized that good work was happening and created spaces for people with imagination and ideas." ~ Dr. Patti Pallis

"I'll never forget President Sanders'

passion for sheltering homeless cats. I reached out to his secretary, Roseann, to tell her about a cat in need. The very next day, Roseann called to let me know President Sanders had found the cat a home." ~ Dr. Lisa Shuchter

President De Filippis expressed sadness at Sanders' passing, writing, "NVCC sends its heartfelt condolences to his family, numerous colleagues and all who knew, respected, and loved him. Dr. Sanders served with distinction for twenty-three years, retiring in 2007. His love of music and theater is recognized by a plaque dedicating the Main Stage Theater at the College in his honor."

Dr. Richard Lee Sanders, Ed.D., passed away peacefully September 21, 2019, at age 82, in River Falls, Wisconsin. Born January 2, 1937 in Clintonville, WI, Sanders graduated from Clintonville High School in 1955. He married Janice Miles on August 30, 1958.

Sanders graduated from the University of Wisconsin—Eau Claire with a degree in vocal and instrumental music. He worked for Wisconsin Public Schools from 1959–1966, and taught music in Milwaukee and West Allis, WI. After earning a master's degree in educational psychology from the University of Wisconsin—Madison in 1966, he accepted a position as research associate for Milwaukee Public Schools, working in that position from 1966–1967.

From 1967–1971, Sanders was registrar and assistant professor of psychology and education at Lakeland College, Sheboygan, WI. He earned a doctorate in educational psychology from Marquette University in 1971 and

held successive positions as associate dean, dean of students, and dean of community services at Lakewood (now Century) Community College in White Bear Lake, Minnesota from 1971–81. While at Lakewood, he held a concurrent appointment as adjunct instructor with Bemidji State University, teaching graduate courses at its extension center in White Bear Lake.

In 1981, he was appointed President of Lincoln Trail College in Robinson, Illinois, a position he held for three years. He became President of Waterbury's Mattatuck Community College in 1984. During his tenure, Mattatuck merged with Waterbury State Technical College, resulting in a name change to Naugatuck Valley Community College. Sanders retired as NVCC President in 2007. He and his wife, Janice, celebrated their 61st wedding anniversary on August 30th, 2019.

Survivors include his wife, Janice; sons, Scott, Todd (Mitch) and Zachary; and one daughter, Nicolle (Nikki) (Sanders) Siriani. His grandchildren include Jessica Sanders Steele, Lauren Sanders, Emily Sanders, Cadence Siriani, Miles Siriani, Adelle Sanders, and Tristian Sanders. His great-grandchildren include Kallie Newbauer and Charlie Steele. Richard is preceded in death by his parents, one daughter, Jennifer Elizabeth Sanders, and one grandson, David Scott Sanders.

Dr. Sanders was a member of numerous local, state and national committees, boards, 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 oratorio choruses 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 Vandalia Senior Center in Vandalia, Ohio and wrote and published three plays, all comedies.

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 accessible for almost everyone. Yes, a 'peoples' college." He continued, "When trying to determine...how many people were impacted by the educational offerings afforded by NVCC and its pre-merger colleges, one must not forget the thousands... who took Continuing Education classes...and countless others [who] never enrolled, but attended...cultural/educational events, frequented the Learning Resources Center, or were youngsters who participated in "Kids on Campus," a summer enrichment program."

The Tamarack and the NVCC community honor President Sanders, who, as head of this institution that has impacted so many, oversaw the transformation of countless lives.

Memorial donations in Sanders' name can be made through [www.foundation4schoolmusic.org](http://www.foundation4schoolmusic.org) or sent to: Wisconsin Foundation for School Music, 1005 Quinn Drive, Waunakee, WI 53597.



## Answering a Need *continued from pg 1*

student, both of whom have been trained in facilitation and in the guidelines related to topics of intimate partner violence and sexual assault. They run approximately 1 hour with time available for questions and comments. This year's MSW student is Hannah Halloran, a UCONN School of Social Work Policy Major. This semester's NVCC student facilitator, Julia Garcia, is a Social Work Studies Major. Both Hannah and Julia have done a marvelous job assisting Professor Cocchiola in coordinating the program and are invested in giving students a positive learning experience.

The first pilot, *IP-V-SAPP: Where Is Your Line?* was well received in a combined classroom for Anne Matrella and Nancy Esposito's FYE classes on October 2nd.

Tuesday, October 22nd, *IP-V-SAPP: Where Is Your Line?* took place in Café West. Tuesday, October 29th, *IP-V-SAPP: Consent 101* was held in Café West. Lunch was served and instructors were urged to bring students.

Professor Cocchiola hopes these workshops become an option for Instructors to utilize in their classes, whether FYE or otherwise. Anyone interested in scheduling a workshop for their class should email Prof. Cocchiola at cocchiola@nv.edu. The hope is that a Blackboard shell will be created by spring 2020, so faculty and staff may go online to request workshops.

## Face from the ACE

### Driven to Empower

Director Rob Sheftel



Hello, I'm Rob Sheftel, Director of the Academic Center for Excellence, (ACE), where I have the honor and responsibility to change and enhance lives, and to empower students. With its free tutoring, the ACE gives students a sharp competitive edge in their academic careers. We offer individualized, 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 compassionate hallmark of the ACE establishes the foundation of our academic success formula. Students who visit the ACE on a regular basis typically earn higher grades than those who do not.

The ACE is a thriving place. Recently we've expanded our modified supplemental instruction program along with our academic coaching. Last semester, we also obtained a grant to help students on academic probation and successfully launched the PASS program. In addition, we spruced up our website and added some expert video tutorials designed to make learning fun and exciting. This semester, I've been presenting a series of workshops aimed at improving academic skills for new students.

Before I came to the ACE, I was Director of the Learning Center at Quinebaug Valley Community College in Danielson, CT, and also served as Program Director of the Willimantic Center, and Enrollment Manager at Rensselaer

Polytechnic Institute. Along with my academic career, I also worked as a professional snowboard instructor in Mt. Snow, Vermont. I helped thousands of people safely enjoy the exhilarating sport of snowboarding.

As an undergraduate, I attended Manchester Community College, where I fell in love with academics and had my own radio show. I graduated with an Associate's degree in Communication and Media Studies. I then went on to Rensselaer Polytechnic Institute, where I obtained a Master's degree in Management.

Beyond the ACE, I live in Manchester with my wife, Kara, and our two children, Reillyn, age 10, and Mackenzie, age 8. We love spending time together and learning new skills, such as creating and building toys. I'm also learning to play the guitar.

I encourage you to come to the ACE and take advantage of our free tutoring. Come meet our dedicated staff and check out our technology resources and inviting study space.



## Ever Heard of Shays' Rebellion?

Rick Bellagamba

Shays' Rebellion, a series of violent attacks by mostly ex-Revolutionary War soldiers turned farmers, on courthouses and government facilities in Massachusetts, began in 1786, ending in a massive military confrontation in 1787. The ex-soldiers-turned-farmers, labeled rebels, demonstrated against Massachusetts' economic policies which caused poverty and unfair property foreclosures. The rebellion was named for Daniel Shays, a Pelham, MA farmer and soldier who'd fought at Bunker Hill. He and his fellow survivors of the war, received little compensation for their service defeating the British; by 1780 many struggled to survive.

Businesses throughout Massachusetts had demanded immediate payment for goods farmers had previously bought on credit or through barter. At that time, there was no paper money, gold or silver for farmers to settle debts. Also, Massachusetts residents were commanded to pay higher taxes than they'd paid the British, so Governor James Bowdoin's business buddies could make a profit on their investments. With no means to buy, transport, and sell their crops, farmers couldn't make enough money to pay their debts and taxes.

When Boston authorities began arresting farmers and foreclosing on farms, farmers pleaded for a peaceful settlement of their grievances. Those pleas fell on deaf ears, so in August 1786, western Massachusetts farmers began taking direct action against the debtors' courts. In Northampton, Captain Joseph Hines led several hundred men to block judges entering the courthouse. They were joined by men from Amherst, and several hundred sympathizers from neighboring states and colonies. Worcester judges were blocked from holding court by hundreds of armed men. When the Massachusetts militia were called to secure the site, protesters refused to yield.

Many nonpartisan sympathizers joined the cause. Henry Knox, artillery commander during the Revolution and future first U.S. Secretary of State, wrote to George Washington in 1786 warning him of the rebellious insurgents. So-called patriot, Samuel Adams, called for the rebellious farmers' execution. Then a bill was passed excusing sheriffs from responsibility should they kill insurgents. It also declared harsh punishments for "rebels" already in custody or soon to be.

Another bill initiated the death penalty for all militiamen, ex-soldiers, participating in protests. In December 1786, the government's militia assaulted a farmer and his family in Groton, MA, arresting and crippling the farmer. This further fueled flames of insurrection. In January 1787, Governor Bowdoin hired and paid his own army of some 4,400 men under command of General Benjamin Lincoln who was ordered to put down the rebellion.

On January 25, 1787, Shays and other rebellion leaders made secret plans to raid the Springfield Arsenal with 1,200 men. The goal: obtain weapons for the cause and free jailed "rebels." Some were armed with guns, others

with clubs and pitchforks. General George Merrill Shepard, chosen to defend the arsenal, predicting the assault, dug in his forces. Shepard believed the insurgents planned to overthrow the government.

Meanwhile, General Lincoln's troops marched from Worcester toward Springfield to support the protection of the arsenal. Other insurgent groups traveled to join Shays and his fellow freedom fighters. Another rebellion leader, Luke Day, who'd ridden to Quebec with Benedict Arnold in 1775, arrived from the north with 400 men. Eli Parsons led 600 men from the Berkshires, but was routed by Lincoln's militia.

As the "rebels" approached the arsenal, Shepard's men fired two volleys over the heads of the crowd, then fired into their ranks, leaving two dead and twenty wounded. The remaining men scattered, many to Chicopee, MA, attempting to regroup with Revolutionary War leader, Ethan Allen. Allen publicly disavowed the rebellion; however, he quietly gave refuge to some former "rebels" in Vermont.

Abigail Adams, advisor-wife of John Adams, and mother of John Quincy Adams, also showed no sympathy regarding the "rebels." In a letter to Thomas Jefferson, while she was in London and he was in Paris, she described the uprisers as: "Ignorant, restless desperadoes without conscience or principles." She praised the firm steps taken to quash the rebellion.

By summer 1787, many rebellion participants received pardons from newly-elected Mass. Governor John Hancock. That summer, Hancock and his new legislature placed an adjournment on debts and reduced taxes, easing economic hardships farmers struggled to overcome. Some of those pardoned were publicly paraded to the gallows, then released after a few were executed.

At the time of Shays' Rebellion, the new United States was governed by the Articles of Confederation. The spectacle of Shays' Rebellion inspired the debate over the definition for a new U.S. Constitution. That provided the ammunition for Alexander Hamilton and other Federalists who campaigned for a strong federal government to strip states of rights deemed unconstitutional. Nationalists used the rebellion to intensify paranoia, thus convincing George Washington to come out of retirement and take part in the Constitutional Convention, where he was elected first U.S. President.

I could probably write a book with the information I uncovered researching this article. While some accounts of the rebellion differ, the basic facts are the same. The majority of our mythical patriots, heroes and noblemen—and the great birth of our nation—are contaminated by ugly hidden truths. Our independence veterans were criminally mistreated in the late 1700's, as were those people enslaved by Eurocentric noblemen. These oppressed groups actually built America. Oppression existed then; it hasn't ended now.

## Impeachment 101

Kathleen Chesto

The fast-moving impeachment inquiry into President Trump not only has flooded the news with hearings, depositions and subpoenas of present and former top administration officials, it has led to a great deal of confusion about impeachment as a concept. Impeachment is the process by which a legislative body, in this case, the House of Representatives, charges a government official, the President, with a crime. Impeachment does not remove an official from office. It is an indictment, similar to the indictment given by a Grand Jury after a thorough investigation of charges. The indictment declares a crime has been committed. At that point, a trial takes place in the Senate. The president has the right to defend himself; that body has the right to declare the president innocent or to remove him from office.

The impeachment of President Trump was called for by D. Nancy Pelosi, present Speaker of the House. Members of the Intelligence, Foreign Affairs, and Oversight Committees make up the investigative team. Depositions of government officials, or former officials, are now taking place in closed sessions.

On October 11, in an interview with Fox News, Newt Gingrich called the impeachment an "unconstitutional assault on the American people," a strange comment from a former Speaker of the House who called for President Clinton's impeachment.

Is it unconstitutional? Article Two, Section d, of the U.S. Constitution states it is the right and duty of Congress to impeach a president found guilty of high crimes and misdemeanors, collusion with foreign governments or bribery. Far from being unconstitutional, the House of Representatives' present action is called for by our Constitution.

What is the crime? President Trump is being investigated for collusion with Ukraine in an attempt to secure the 2020 election. On July 25, 2019, Ukrainian President Volodymyr Zelensky received a phone call from Trump. During that call, Zelensky asked why his country had yet to receive \$400 million in aid previously promised to them by the U.S. Trump's response to the question was, "I have a favor to ask you."

This statement was followed immediately by a request—clearly heard on White House tapes—for Ukrainian assistance in discrediting the son of Democratic candidate,

Joe Biden. That request can be interpreted as a threat, a bribe, or both. October 7th, Biden joined the many Democrats calling for impeachment.

In response to the present investigation, Trump has instructed officials not to comply with legal subpoenas issued by the investigative team. This is both a clear violation of his office as president, and the breaking of a law to which all Americans are held accountable.

As for impeachment being an "assault on the American people," according to an early October *Washington Post* survey, roughly two-thirds of voters found Trump's request inappropriate; 61% agreed with the Democrats' 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 ploy designed to influence voters in the 2020 elections. However, while the Republican National Committee has committed to spending \$2 million in broadcast ads blasting 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. Max Rose, Democratic Representative for New York City's 11th district, told *Time*, "We have to make sure the American people understand this is a sad day, but the President has brought us to this moment."

Commentators are quick to point out it would be political suicide for the Senate to remove Trump from office. Republicans insist the process will only hurt Democrats because they have not produced a candidate with Trump's "magnetic personality" or power to "sway the American people." These traits are debatable.

It is important to remember impeachment is not about the 2020 elections. It is about upholding our Constitution. In our nation, each of the three branches of government has oversight and power over the others. The legislative branch is entrusted with the authority to limit the executive branch, to make certain no president is above the law. A nation whose leader is allowed to function outside all restraints and oversights is not a democracy. It is a dictatorship.



# Revolutionary Rhythms

## Play it Loud



Through October 1st, New York's Metropolitan Museum of Art hosted an exhibit, "Play it Loud," showcasing the guitars of famous artists from the 1950s

through the present day. My boyfriend Steve and I guessed there'd be maybe a dozen guitars, but we were very mistaken. Room after room were lined with wall-wall guitars, with other instruments also in the mix.

When we first walked in, an ES-350T guitar that belonged to Chuck Berry was displayed. Chuck Berry, primarily a 50s artist, was a cornerstone for the foundation of rock and roll. According to the description, he felt the electric guitar was "the primary instrumental voice of rock and roll."

Now, I got really excited when we saw the Elvis guitar. Elvis's D-18 guitar was used in his early career, with metallic stickers on the front spelling out his name (the "S" lost at some point in time). On the back, the instrument was all scratched up, evidence of his "aggressive" playing style.

In addition to the obscene number of guitars, there were also drum sets from the Beatles, the Who, and Metallica; pianos from a few artists such as the Rolling Stones. Also included was Lady Gaga's ARTPOP piano, the only present-day piece in the exhibit; synthesizers, amplifiers, theremins, sitars, and a few other strange instruments were thrown in. There were even a couple articles of clothing from Prince and Jimmy Page.

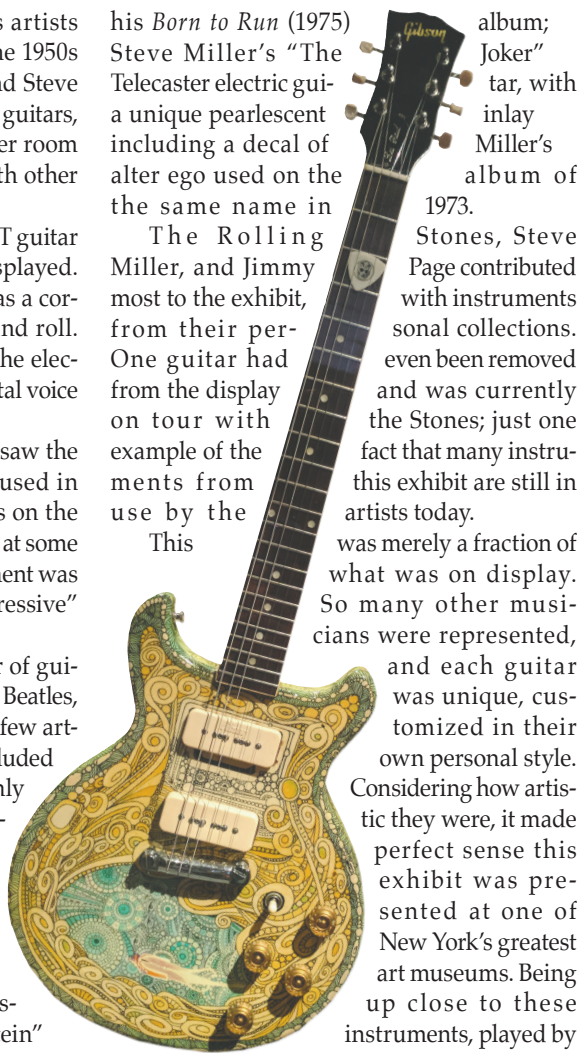
To further elaborate on what was displayed: Eddie Van Halen's "Frankenstein" electric guitar, built by the man himself from random, odd-lot pieces; Jimmy Page's "Dragon" Telecaster electric guitar, which he used to

record all of Led Zeppelin's first album in 1968; Paul McCartney's 500/1 Violin Electric Bass he played at Queen Elizabeth's Diamond Jubilee in 2012; an EDS-1275 electric guitar Don Felder of the Eagles played on "Hotel California"; a fragment of a Stratocaster electric guitar Jimi Hendrix destroyed at the Monterey Pop Festival in 1967; Bruce Springsteen's Esquire-Telecaster electric guitar he played for most of his career—the one on the cover of his *Born to Run* (1975) album; Steve Miller's "The Joker" Telecaster electric guitar, with a unique pearlescent inlay including a decal of alter ego used on the album of the same name in 1973.

The Rolling Stones, Steve Miller, and Jimmy Page contributed with instruments from their personal collections. One guitar had even been removed from the display and was currently on tour with the Stones; just one example of the instruments from use by the artists today.

This was merely a fraction of what was on display. So many other musicians were represented, and each guitar was unique, customized in their own personal style. Considering how artistic they were, it made perfect sense this exhibit was presented at one of New York's greatest art museums. Being up close to these instruments, played by some of the greatest musicians of all time, was really worth seeing.

Alyssa Katz



# Blue Ribbon

Steve Parlato

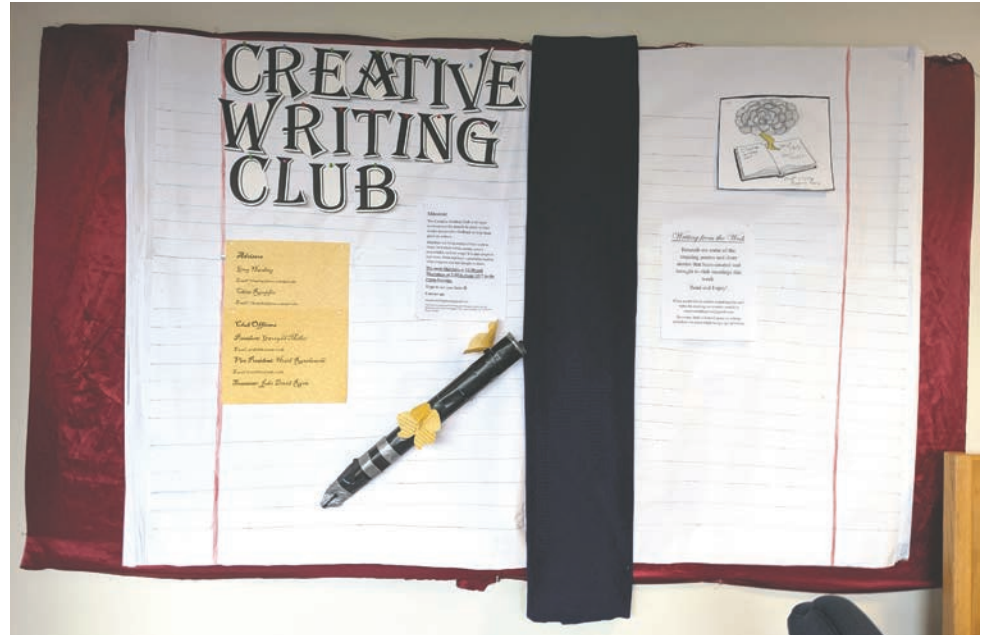


Photo Courtesy of Gwendydd Miller

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 Tree*) to informative (Respiratory Care) to inspirational (the Black Student Union board featuring author Toni Morrison—as a sort of arboreal 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 Gwendydd 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 S517 in Prism Lounge. All are welcome!

# Talking with Persephone's Company

Anjelika Rodis



Often, new experiences prove daunting, but people find ways to prosper facing hardship. *Persephone* (a new myth for a hotter world), by Kristen Palmer, is one such tale. In it, Demeter (Fallon Dignan) attempts

to restore a world where Persephone (Jerusha Wright) can forever remain by her side, even if this results in global imbalance and Demeter's moral decay.

This being *Persephone's* world premiere, I wondered about unique challenges for director Sasha Bratt, not only working directly with playwright Palmer, but exercising her vision with new student performers. "It's not my first time working on a new play," he said. "It's a great responsibility doing *Persephone* first, but as educators, Kristen and I emphasize we're both teachers and artists. This isn't just a production, but a learning experience for students to create their interpretation of story and character from nothing. The beauty of theatre is the act of creation."

Cast members echoed Bratt's sentiments on performing a new play, never having inhabited characters similar to those in *Persephone*. Portraying a fully-realized character supplementing Palmer's vision was intimidating. Lilliana Lopez, who played Jane, expressed the difficulty of performing a character for the very first time, without any example for how Jane should be played. Lopez thoughtfully described her role: "She suppresses herself because no one ever gives her a chance to speak, but deep down she's incredibly complex and emotional." Her careful consideration of her character was accurately transcribed onstage, where she transformed from meek, young girl to jaded, forthright woman later in the play.

Mitchell Wright also rose to the challenge. "This is a new experience; it's exciting," he said. "Kristen is giving us freedom to interpret, so it's fun; meeting new people and being surrounded by bright energies feels revitalizing." Indeed, there was a sense of uplift and fun candor, with Bratt demonstrating how to properly stage a convincing fight sequence with a

random volunteer. His enthusiasm kept students committed not only to understanding character, but to delivering the gravity of the world's predicament in *Persephone*.

Palmer tackles the pressing concerns of global warming—and the morality of those experiencing calamitous change, narratively and personally. Fallon Dignan hoped to show the anger and desperation causing these events through Demeter's personality, which she describes as "incredibly intricate. Many might see her as a villain, but in her eyes, she's doing what's right to get her daughter back." Dignan expressed her biggest struggle was playing "a high-status person who controls the room." However, her ability to inject Demeter with regal flourishes of movement and maternal intonations of voice delivered on the expectations of Palmer's script, in which Demeter's love and dedication to Persephone become a corrupting influence on the world.

The emotionally charged dialogue between Dignan's Demeter and Wright's Persephone energetically captures their conflicting perspectives. Some may empathize with Demeter realizing her contemptible, vile actions originate from a place of obsessive love—while understanding she limits her daughter's individualism. "Persephone is malleable," said Wright. "It's a journey to grasp what it means to be a woman, a goddess, and to understand the ultimate meaning of sacrifice."

While *Persephone* bleakly deconstructs gods falling to levels of corruption mirroring humanity, the growth occurring between each line and behind the curtain was just as meaningful. Like Demeter narratively transforming, the act of becoming another onstage, learning to experience art quite literally, nurtures these students and the community supporting their hard work.

Seeing these student actors struggle, perform, and grow was wonderful. Throughout the process, cast members expressed the stress of expectations, but Dignan acknowledged, "I've learned I shouldn't put so much pressure on failing. Even in important, high pressure roles, I should allow myself to make mistakes; failing creates what the character needs to be."

Greek mythology is potent, especially in modern retellings, because the deities' grand failures and mistakes make them compelling and relatable. Despite being gods, this emphasis on flaws proves the most enduring art speaks to our humanity. As Bratt said, "I reinforce stumbling, and I reinforce growth."

# Remember, remember!

Gwendydd Miller

*Remember, remember!  
The fifth of November,  
The Gunpowder treason and plot;  
I know of no reason  
Why the Gunpowder treason  
Should ever be forgot!*

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:

*Guy Fawkes and his companions  
Did the scheme contrive,  
To blow the King and Parliament  
All up alive.  
Threescore barrels, laid below,  
To prove old England's overthrow.  
But, by God's providence, him they catch,  
With a dark lantern, lighting a match!*

The holiday essentially commemorates the thwarting of a terrorist attack. The "terrorist," Fawkes was a British, Roman Catholic conspirator, bent on securing tolerance for his religion. Catholics had been persecuted under the rule of Queen Elizabeth I, and things weren't much better under her successor, James I.

The British folk verse dates back to 1870 and remains part of the celebration—along with the tradition of burning Guy Fawkes in effigy on great bonfires. This tradition may

seem a little extreme, especially if you take into context its origins, but these days it's all good fun, really.

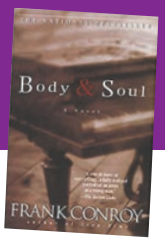
I've only heard about these traditions from my grandmother, so I can't speak from experience, I can, however, share more details of these traditions with whomever is interested. There is a lot more to the verse. Most are probably not familiar with the reasoning behind it anymore, and I'm sure some would take offence, but the rest of the verse goes:

*A stick and a stake  
For King James's sake!  
If you won't give me one,  
I'll take two,  
The better for me,  
And the worse for you.  
A rope, a rope, to hang the Pope,  
A penn'orth of cheese to choke him,  
A pint of beer to wash it down,  
And a jolly good fire to burn him.  
Holloa, boys! holloa, boys! Make the bells ring!  
Holloa, boys! holloa boys! God save the King!  
Hip, hip, hooray!"*

This version of the verse from www.potw.org. The 2006 film, *V for Vendetta*, adapted from the graphic novel, takes inspiration from Fawkes' story—brave rebel, "V," fights totalitarian regime while donning striking disguise: A Guy Fawkes mask.





RECENTLY  
READ

## Body and Soul

Frank Conroy's *Body and Soul* is not my most recently read book, but it is definitely one of my most frequently re-read books. The language is hypnotically captivating, the central characters intense and believable, and the breadth of musical knowledge is a treat for any musician. But it's the story that keeps bringing me back.

Claude Rawlings is a character right out of Dickens, if you replace 19th-century London with post-WWII New York City. Child of an alcoholic, emotionally disturbed single mother, who drives a cab by day and bar hops by night, Claude is left to his own devices in a 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 to shine shoes, search for coins in gutters, and steal. His wanderings take him to the music store of Aaron Weisfeld, a Russian refugee, who is intrigued by the little boy's fascination with written music. The two strike a deal: a beginner's piano lesson book in return for sweeping the store every afternoon. When Claude returns a week later with every lesson in the book mastered, Weisfeld recognizes a prodigy.

Part One of *Body and Soul* depicts the flowering genius of the young boy under the guidance his Russian mentor, with Weisfeld carefully grooming Claude for the life he knows the boy could have among society's elite. In the Park Avenue apartment of Weisfeld's friend, Claude practices daily on a Beckstein grand piano while the owner's butler feeds him and schools him in matters of cleanliness, speech and table manners. A scholarship to a ritzy private school enhances his meteoric rise to fame in the musical world.

Through it all, Conroy fills the journey with beautifully descriptive elements, leading the reader to fall in love with the central characters. The author also provides a learned outline of music theory, from scales to Schoenberg's twelve tone charts. Claude's mother moves into the shadows, and the story of Weisfeld's background and family add an intriguing, mysterious footnote.

Part Two is not quite as successful, perhaps because a growing young boy obsessed with music is far more interesting than the shallow man who develops—someone whose only interest is music. His emotional crash and depression seem inevitable. However, the poignant revelation of Claude's patrimony, its influence on his gift, and eventually his marriage, still hold the reader spellbound. The unraveling of the Weisfeld mystery is a bonus.

My only criticism is that there is no Part Three. After wallowing a bit in Claude's depression, then being jolted out of that by a surprise appearance in the final pages, I desperately want to know what happens next. Even after three readings—as Claude stands in the wings of the impressive London theatre, awaiting his cue to take the stage—I am disappointed to turn the page and find the book is over.

Kathleen Chesto

## Confluencia

## Review/Preview

Jillian Parlato



Photo Courtesy of the Poet's Website



Photo Courtesy of Kathy Chesto

On September 24th, I attended Confluencia, a poetry event with open-mic, to fulfill an event attendance requirement for Prof. Lebel's First Year Experience class. I've attended Confluencia in the past, but I found this 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-Kimura and Vincent Toro, shared their experiences of overcoming abuse and poverty from the specific perspective of Hispanic-Americans.

The experience was much more powerful than I expected: Toro's passionate, at-times furious, 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 into question the real effectiveness of America's relief efforts.

Caycedo-Kimura's retelling of her traumas and eventual victories over misfortune were daunting, difficult to hear, but a true testament to female willpower and resilience. She spoke so openly about heartache and losses, but with the finality, and perhaps acceptance, of a victor. I can only hope she has at last found inner peace, and I applaud her for her bravery.

By attending, I not only learned of the triumphs of the human spirit over adversity, but joined in honoring innovative Hispanic-American poets and writers, 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 certainly intend on coming to more events like this in the future.

The next opportunity is this month! The final Confluencia of fall 2019 will take place Tuesday, Nov. 19th, at 5:30 PM. Held in the Playbox Theater, the event will again begin with entertainment provided by Dr. Gil Harel and Music Society members. Open mic readers will be interspersed with readings from two featured readers: one visiting poet, and another who calls NVCC home. They are Dr. Jose Gonzalez, and Dr. Kathleen O'Connell Chesto.

Born in San Salvador, El Salvador, Dr. Jose Gonzalez authored the International Latino Book Award Finalist, *Toys Made of Rock*, as

well as *When Love Was Reels*. His poetry has been anthologized in the *Norton Introduction to Literature*, as well as in *Theatre Under My Skin: Contemporary Salvadoran Poetry* and *Wandering Song: Central American Writing in the United States*. Co-editor (with John S. Christie) of *Latino Boom: An Anthology of U.S. Latino Literature*, he is a contributor to National Public Radio and has presented at colleges and universities nationwide. A Fulbright Scholar, and editor/founder of *latinostories.com*, González is professor of English at the U.S. Coast Guard Academy in New London.

Author/educator, Dr. Kathleen O'Connell Chesto, has taught middle school through graduate school and traveled the world lecturing and leading retreats. Her many books, education programs, articles and videos on spirituality, religious education, and family have received numerous awards from Catholic Press, Associated Church Press, NCEA, NACFLM and the Christophers. Named "Distinguished Alumna" by Hartford Seminary, Kathy received two national "Lifetime Achievement" awards, an "Outstanding Educator" award, "MS Mother of the Year Award," and was nominated for the Pilot International "Woman of the Year." Kathleen holds a doctorate and master's in ministry and theology. Celebrating 50 years of marriage, she has three children, five grandchildren, and is an NVCC music major.

As always, Confluencia is free and open to the public. Refreshments are served, and students, faculty, and staff are most encouraged to attend!

## CT Pops

Heather Ruskowski

Tuesday nights at 7:30 start with hushed noises: singular tuning sessions, practice of different sections, or just chattering about the past week. Personally, I walk in, sit down, pull my flute out, and tune. Rehearsal runs two hours; within that time, you'll hear snarky saxophones remark, "Are you congratulating us for breathing?" and actual, well—music. We're a mismatched family, working to create something together by night's end.

If you've been near Mainstage during this time, you may have heard Concert Band practicing and wondered, *When can I hear the performance? or Hey! What the heck are they playing? It sounds like that one song...* Well, I can explain a bit.

The lineup for our December 8th

concert—3:00 PM on Mainstage—is a combination of classical works, modern tunes, and, given the season, holiday songs. Conductor Allan Dabkowski, shared details about some pieces to be performed.

The concert opener, "Bells," was composed by Ian McDougall. Dabkowski is excited for this one because it "features the brass section." Following, will be "Scenes from the Louvre," composed by Norman Dello Joio, "one of the more musically diversified and complex pieces," according to Dabkowski. Next up is "Who stole my Kangaroo?" composed by Fred Hellerman, which "deviates most from normal pieces we've done."

"Bond, James Bond," arranged by Stephen Bulla, and "Hallelujah," from the motion picture, *Shrek*, arranged by Michael Brown, both are "crowd pleasers." There will be a few holiday pieces, too, like "Sleigh Ride," composed by Leroy Anderson; "An American Christmas," arranged by Robert W. Smith;

and "Hanukkah Fantasy," arranged by Jerry Brubaker.

The final piece, a touching work, will be dedicated to Allan Krasnow, who tragically passed away in June. "Amazing Grace," composed by Frank Ticheli, a memorial, is the work in the concert Dabkowski looks forward to most.

This is not the exact rundown, but approximate works to be showcased. Don't worry about remembering each piece; at the start of the concert, Dabkowski will explain program notes for each piece.

If you're reading this, thinking, *I used to play \_\_\_\_\_*. Maybe I can, I'll leave you with this: Conductor Allan Dabkowski told me he "would like to reach more NVCC students who've played all the way through high school to join" Concert Band. Rehearsals are Tuesdays from 7:30 - 9:30 PM on Mainstage. If you're not a music student, and are taking continuing education classes, it is just a \$45 fee to join.

## An Inky Venture

Hannah Vitarelli

Growing a business from nothing is challenging. It not only takes funding, but passion and commitment to reach those desired business goals. Together, partners David Duncan and Hannah Vitarelli took the risk to create Brass City Ink, a local screen-printing business.

The business they formed together happened by chance. David Duncan has been a one-man band, printing apparel for his private clothing label, sold exclusively online over the years. When a friend asked him to print custom apparel for his business, David knew he'd need another set of hands to get the job done. This first endeavor the duo took on together led

them to create Brass City Ink.

Together, Hannah and David have 20+ years of experience in printmaking. Currently a printmaking student at NVCC, Hannah has always had a passion for art. Her college career and classes have helped her gain experience in both the business and art fields. David was once a student at the College as well and went on to take specialized courses at an art institute.

As a form of art, printmaking is a tedious process, from designing artwork to printing the images on a run of products. Silk screening is a form of printmaking used to make clothing, but has also been used for years by artists to create art prints.

Brass City Ink not only prints their own line of clothing, but has been making custom apparel for other clothing brands, schools, businesses, and bands. Their own designs range

from pop culture art, unique designs drawn by artist friends, and of course, their signature "Brass City Ink" t-shirts, as well.

Currently, Brass City Ink is nestled in a small private studio that's gotten a bit snug for the growing business. Hannah and David hope to expand soon into a more open studio where they can merge a space for Brass City Ink and Hannah's vintage clothing brand, Eight Track Vintage. When the expansion is underway, they hope to offer more services to their customers, such as custom embroidery.

If you're interested in information about the business, or would like a free quote to get your project started, check their website, [BrassCityInk.com](http://BrassCityInk.com). You can also reach them by email at [info@brasscityink.com](mailto:info@brasscityink.com) or by phone (203)-493-0919. Find them on Instagram and FB @BrassCityInk!

Lineup Changes  
Good and Bad

Matthew Spence

I want you to do this for me: imagine your favorite band or group without a certain member. How do you think that will fair? Lineup changes within a band are like any form of change: difficult to accept. However, like any other change, these may be for the best or may be for the worst.

Every band is unique on their merit; they all have people who play a key role in the group, who spark creativity and make the magic that the band carries. Sometimes, that

is irreplaceable and unattainable.

This leads me to Led Zeppelin. Drummer John Bonham's passing was a massive blow to the band, but when it came to the decision of carrying on, they opted not to, due to Bonham being a near and dear friend. They also knew no one could come close to capturing what John brought to the band.

Whether it's due to tragic death, amicable quitting, or fallouts, a band having to change their lineup can be difficult to pull off. Of course, it's challenging, but many bands have done lineup changes that worked out for the best. AC/DC is a prime example; after lead singer Bon Scott's passing, the band brought in Brian Johnson and found even more success with more iconic records.

The Red Hot Chili Peppers is another example. They brought in Chad Smith to replace drummer Jack Irons after he left, and John Frusciante filled in for the late Hillel Slovak. Frusciante would go on to make some of the best music of the band's career. The group has changed its guitarist lineup over the years and still are critically revered (granted the Dave Navarro era marked a bump in the road for the band).

Pink Floyd, with David Gilmour; Genesis, with Phil Collins; Blink-182, with Travis Barker; the list of bands that have lineup changes and remain consistent is apparent, but sadly that isn't the case for every band. Again, it isn't a simple thing, especially when certain members brought a spark to the band's art and presence.

One prominent example of this is Blink-182 after Tom DeLonge left the band and was replaced with Matt Skibba. While Skibba isn't bad in his own right, most people feel the chemistry between Mark Hoppus and DeLonge was what helped bring the group's charm. Plus, their songwriting and vocal dichotomy was a big trademark of the band, so without that, their luster is pretty much gone.

Smashing Pumpkins, Van Halen, Black Sabbath, Journey, the list of bands with controversial lineup changes continues. Like most things involving change, we have to accept and make the best of what's left. When in doubt whether new means improved, it's comforting knowing the original music is still here.



## FACE IN THE CROWD The One Constant

Mahnue Sahn

My name is Mahnue Sahn, and I am currently an NVCC student. My academic focus is Biology, and I intend to transfer to a university this coming spring to earn a Bachelor's in Biology or Biomolecular Science. My story begins in Boston, where I was born. At age four, I moved with my family to Waterbury, CT, where my journey continued. Going to school in Waterbury—to Catholic school, might I add—was an experience that has inadvertently shaped me into who I am today.

My overall college experience is an interesting one, at best. Originally, I attended a state school in Pennsylvania, majoring in Biology. My time there had bright moments, but also some dark ones. Going there opened me up to a multitude of individuals from different walks of life. I was like a baby learning to be human for the first time—completely out of my comfort zone.

Over time, however, I realized how much the environment did not cater to what I truly wanted. I spiraled a bit, losing bits and pieces of myself along the way. The only thing that stuck with me throughout that time was my love for poetry and poetry writing. I would use poetry to cope with my many issues.

I left that school, and came back to CT, lost and uncertain. I did not want to stop my college journey, so I began attending NVCC. As a result, I became clearer in my wants, needs, and goals for my career.

As I stated before, the only constant in



Photo Courtesy of Mahnue Sahn

this variable-filled roller coaster was poetry. I started writing poetry in middle school, after my 5th grade teacher pulled me aside and gave me a notebook. Poetry has become an avenue for all my forms of emotional expression. When I do not have paper, I pull out my phone and jot down stanzas in my iPhone Notes.

My favorite poets—Sylvia Plath, Walt Whitman, Langston Hughes, Emily Dickinson, Maya Angelou, Gwendolyn Brooks, Alice Walker, James Baldwin, T.S. Eliot, Oscar Wilde, etc.—have been role models and inspirations for my writing. I have much to learn in this realm of writing, but I hope the trek never ends.

Coming to NVCC has helped me find myself. Although I took an unorthodox path, coming to this school has opened my eyes in many ways. The people I've met here, the courses I'm taking (especially my Creative Writing course), and the environment are slowly helping me find myself, preparing me for the next and final steps of university. Despite this path being unpredictable and, at first, undesirable, I am grateful things turned out this way.

## Ask Nicole An Introduction

Hello, I'm Nicole! I've been a student here at NVCC, in paralegal studies, since fall 2017. This is the third college where I've studied, and I don't plan on stopping just yet. I graduated high school in June, 2008, and started Norwalk Community College that fall. I finished in spring 2011 with a degree in Criminal Justice.

Then, my grandmother got sick, so I took a year off. In March, 2012, when she passed, I asked myself: What am I going to do now with the rest of my life? I was 21 and needed a plan. Fall 2012, I finally achieved my dream: acceptance to Western Connecticut State University. I transferred my credits from Norwalk and continued on with Criminal Justice.

Just before I started that fall, I'd broken up with a boyfriend I was dating for a little under four years. I'd lost sight of who I was. I needed to put myself back together. That breakup was for the best, as I got to learn and become who I really wanted to be. I also had to take care of myself and get my life back together as I dealt with other personal issues.

That first year at WCSU was amazing; I learned so much. I now knew what I wanted to do. I switched my major to Professional Writing, as writing has always been one of my passions. It's still part of my everyday life, as I freelance for a few local newspapers.

During summer 2013, I met a man who saved and completely changed my life. He helped me get through the last few semesters of college by becoming my study buddy. He even helped me get through biology class,

which I'd previously failed and was taking a second time. In spring 2016, I graduated with a bachelor's in Professional Writing. That fall, I married my study buddy.

A year later, I began another college adventure here at NVCC, in pursuit of a certificate in Paralegal Studies. This spring, I'll graduate; after that, I'm considering pursuing a master's degree in English.

With my experience navigating higher education—and dealing with obstacles along the way—I'm a natural to offer fresh perspectives on others' academic journeys. My first piece of advice for all aspiring students: Dream big and shoot for the stars. No dream is too big, and there's always a way to get where you want to be. I'm excited to offer my thoughts on the academic issues on your mind. Email your questions to asknicole@comcast.net; I look forward to hearing from you!

Sincerely,  
Nicole Zappone

*Disclaimer: Ask Nicole is designed for NVCC students and others to discuss college-related topics (academics, college transfers, school/life balance, etc.). Questions, sent anonymously, will be answered as such. Content should be appropriate for all audiences. By submitting a question, you grant The Tamarack permission to publish it. Names and contact details will never be included or shared.*

*The columnist's personal opinions and views offer an individual perspective on topics submitted. They are not intended to treat or diagnose; nor are they meant to replace treatment or care from a licensed professional, physician, or mental health professional.*

*This column is not meant to replace professional, financial, medical, legal, or other advice; it is published to encourage communication on topics of interest. The columnist, its author, and The Tamarack are not responsible for outcomes due to readers following the columnist's advice. Readers are, of course, solely responsible for their own actions.*

## Our Communal Web

### Native American Heritage Month

Lisa Steele

In 1915, Red Fox James, member of the Blackfoot Tribe of Montana, rode horseback for 4,000 miles through 24 states seeking support for a single day to honor Native Americans. His efforts went largely overlooked by the White House, where he presented a document full of signatures collected from legislators on his journey. It would not be until 1990 that President George H. W. Bush would officially proclaim November as National Native American Heritage Month.

This month, the more than 573 tribes across our nation gather to celebrate the existence and contributions of their cultures. Our state is no exception. The word *Connecticut* is an English form of Algonquin words meaning, "beside the long, tidal river." Though many tribes who lived and traded with our state have dwindled, several of our town and place names still echo their indigenous languages.

CT tribes officially recognized as active are the Golden Hill Paugussett, Mashantucket Pequot, Mohegan 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 warriors, but the sick and elderly, along with mothers and children, were shot while fleeing their homes, which were engulfed in flames. Hundreds of Pequots died that day, while colonial officials exulted in the gory scene. Few in subsequent generations had ever heard of this, as it was thought not palatable to teach.

Sadly, this is just one example of the systemic racism targeting indigenous peoples. From newspaperman (later beloved author

of *The Wonderful Wizard of Oz*) L. Frank Baum calling for the total annihilation of Native Americans in a pair of 1890s editorials, to the recent battle over the Dakota Access Pipeline infringing on sacred tribal lands, the oppression continues.

Yet, as Chief Seattle of the Duwamish (c. 1786 – June 7, 1866) said, "Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect."

Several powerful local events will honor Native American Heritage this month—some in conjunction with Veteran's Day—each an effort to strengthen our communal web:

**November 3: Scouts and Soldiers-Native Americans in the Colonial Wars** Living history, family-friendly, demonstrations of soldier contributions, cultural life, artifacts and crafts. Mill Hill Historic Park, 2 East Wall Street, Norwalk 1:30-3:30 PM.

**November 5: Community Dinner with Edgar Heap of Birds** Dinner with Edgar Heap of Birds, artist and Traditional Elk Warrior Society Leader, Cheyenne Nation of Oklahoma.

Yale Native American Cultural Center, 26 High Street, New Haven 6:00 - 8:00 PM.

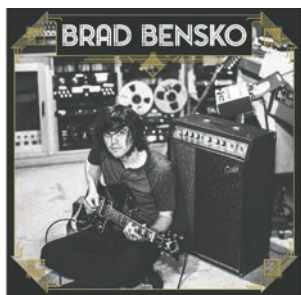
**November 9: S.B.F. Animal Rescue, Inc. Presents, "In the Spirit of the Horse" Painted Pony Traditional Fundraiser** Traditional painted ponies and halter ceremonies, Native American drumming, crafts, dancing \$5 parking, Donation \$20, (meal included). 96 Swimming Hole Road, Harwinton 10:00 AM – 5:00 PM, Rain or Shine.

**November 9: Native American Program-Indigenous Cooking** Foodways, culture, and history with Wampanoag Chef Sherry Pocknett. Wood Memorial Library and Museum, 783 Main Street, South Windsor 10:00 AM – 1:00 PM.

**November 9: Mashantucket Pequot Honoring the Veterans Powwow** Honoring all veterans, active military, and their families, ceremonial dancing and regalia. Free admission to veterans and 1 guest (with ID), active military and 1 guest, and children under 6. For info: (800) 411-9671 or Email: visitor@pequotmuseum.org. Mashantucket Pequot Museum & Research Center, 110 Pequot Trail, Ledyard 10:00 AM – 5:00 PM

## Brad Benkso Musician/Entrepreneur

Mitchell W. Maknis



A connecting thread spans the history of music and its multitude of genres. New England musician, Brad Benkso, is so inspired by the

musical era he loved listening to while growing up, he's integrated its sound into his own groundbreaking works. Benkso's aspirations began in elementary school when he was ensnared by the lure of classical symphonies.

His inquisitive mind sought intricate knowledge of the historic composers to whom his music teacher introduced him. Enamored, Benkso learned piano to follow in the footsteps of his early idols: Mozart and Bach—that is,

until he heard about a musical group known as The Beatles. After listening to his father's copy of *Abbey Road*, Benkso's musical ambitions shifted. He transitioned from the classics into 1960's rock.

As young as eight years old, Benkso began calling into oldies radio stations, requesting songs. Listening to The Everly Brothers, The Monkees, The Beach Boys and Elvis Presley, Benkso came to realize his love for oldies music. He recalls these artists' distinctive styles as a "major influence in life throughout middle school and high school." He began acquainting himself with a variety of instruments, as well as dabbling in songwriting.

During high school, Benkso refined his skills on piano, guitar, trumpet, and bass, playing in local bands. By this time, Benkso knew he wanted to be a musician; however, his parents had other plans. While supportive of their son's musical ambitions, they insisted he further his education in a field other than music.

He enrolled in the University of New Hampshire's American History Program, considering becoming a teacher. He vividly recalls how, during classes, one moment he'd be diligently

taking notes; then his musician's heart would take over, and he'd find himself writing lyrics and melody to a new song. Benkso admits leaving class to finish his thoughts and start recording. He never stopped playing music, and soon realized his parents' good intentions "to save him from a life of poverty" would be in vain.

After about a year and a half of this cycle, it became apparent music should be his focus. He transferred to Boston's Berklee College of Music. This enabled him to pursue his passion full-time and refine his craft. At Berklee, he was able to direct his attention towards music production and engineering, ultimately paving the way for Benkso to produce his debut album.

After graduating, Benkso returned to Connecticut, determined to produce a full-length album. Having specific ideas about the sound he wanted, he tracked down a vintage 8-track reel-to-reel tape (HAL), but this old-fashioned equipment presented creative limitations. Working with this antiquated equipment prohibited him from putting too much on the track, and he wanted to make every single element count. He sincerely believes those limitations fostered a greater sense of creativity

because of artistic choices he was forced to make. Benkso also dealt with personal tribulations, but all these difficulties gave life to new songs he hadn't intended to put on the album.

An independent artist, Benkso handles his own promotion, engineering, and marketing. He notes his debut's success wouldn't have been possible without "great friends" assisting him "when [he] completely lost perspective." He's since transitioned to making his musical vocation full-time, founding his recording company, Bearded Cat Studios, in Mystic CT. Having his own label has allowed Benkso to collaborate on innovative pieces with many New England artists, as well as working on his next album. Though recording is an expensive process, he doesn't worry about studio or engineer costs: he does it all himself. He joked, "I couldn't afford it otherwise."

Brad Benkso's works are on Spotify, Bandcamp, iTunes, YouTube Music, and other platforms. Physical copies of his album are located at Mystic's Vault of Coffee as well as various other CT-area stores. Stay up-to-date by following Benkso's social media platforms, including his website: [www.bradbenskomusic.com](http://www.bradbenskomusic.com)



## Earth Matters

### Connecticut's Dying



#### Trees

Alyssa Katz

Connecticut cities 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 mass effects on the trees, weakening their defenses, making them more susceptible to pests and diseases. This problem is more serious 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-/macroburst storm we had in 2018? Think of all the trees that were lost during that time. In more forested areas, it is not a big loss if some trees topple over; in some areas, they can even regenerate themselves, dead trees providing fertilizer for new life. But that is not the case everywhere. Most of the funding the state received after that big storm was spent on tree removal; therefore, new trees were not planted 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 trees very useful for: tool handles, baseball bats, bows and arrows—and of course, firewood—ash trees, once plentiful, are now an endangered species. Nearly 400 of these trees have been removed, after having been defoliated—and practically disintegrating. The culprit? A particular beetle called the emerald ash borer, that feeds only on ash trees, specifically on their bark.

Other insect infestations across the state have included white gypsy moth caterpillars that feed on oak, birch and beech trees, devouring their leaves, leaving them vulnerable to disease and death. The hemlock woolly adelgid is another scourge of CT forests; it feeds on hemlock twigs and needles, essentially stripping the trees' nutrients.

Potential solutions have been proposed to rid CT of these pests. They include introducing the insects' predators or spraying insecticides. However, either of these solutions could be costly, both financially and due to long-term effects. Because these insects are not native to the US, they do not seem to have many natural predators. It seems unwise to introduce other non-native species into the mix. The use of pesticides, most of which have been proven to be extremely detrimental to the environment, also seems rash—especially when this option also offers no guarantee of the trees' survival.

Trees are more valuable than may be realized. They not only provide oxygen, but also absorb toxins that cause pollution. By reducing air pollution, trees can also lower asthma rates. Their shade cuts down air conditioning costs in summer, and they also soak up excess groundwater to slow flooding.

While they obviously provide shelter for countless animal and bird species—which are now in more danger—trees are also crucial to our way of life. The planet's survival, and therefore our own, depends on these threatened forest sentinels. Without trees, CT's landscape would be a barren one. Do our state a favor, plant a tree today—or donate to one of the local environmental charities working to preserve CT's ecosystem. You can find several here: <http://www.eco-usa.net/orgs/ct>.

## My Freshman Experience

Arie Coles

I'm Arie. As a first-semester freshman here at NVCC, I decided to write about my experience from when I first walked through those doors

**"Remember, if you think you're alone, there are a bunch of other freshmen in it with you, including me. We've got this!"**

till now. Like many students, I take the bus. For me, it wasn't all that different from taking the bus in high school. I didn't know anyone, so I kept to myself. Downtown, I noticed a lot of teenagers wearing backpacks, waiting at the very stop where I'd go to catch the 442 bus.

I arrived at school early, around 7:30 a.m. I wanted to be early for my 8:00 a.m. class. What freshman wouldn't? Again, I didn't see anyone I knew. To keep from seeming awkward or alone, I just walked around a bit to familiarize myself with the school.

As I was walking, I did see someone from my old school, WAMS. This was perfect! We exchanged schedules, so we could see if we had any classes together. Sadly, we didn't, but she noticed something off about my schedule. She said I shouldn't have been at school yet because, that day, my class didn't start until 12:45! What a perfect way to start the first day of college, right? No, I'm serious! It was.

Instead of sitting down with my phone, possibly going to sleep like I thought I might, I explored the school. My first stop was the cafeteria, where I saw a lot of people from my old school—including alumni who'd graduated before me. They were all so nice, even the ones I hardly ever spoke to!

After that, I started mapping out the locations of my classes. Two classes have different

locations on different days, so it was easy to get confused. As I did this, however, I noticed a pattern in the schedule. Call me whatever for not realizing it sooner, but hey. It was my first day; cut me some slack. Under "Room," it might say something like T650. This means Technology Hall, 6th floor, room 50.

This helped me big-time, to the point where I started helping others find their classes. I walked them over, face-to-face with the door they'd eventually step through to meet their teachers. Some said things like, "Thank you so much! I don't know what I'd have done without you!"

I loved hearing those words. Not because I felt like some sort of superhero, but because I started thinking what could've happened if I wasn't there for them. Maybe someone else would've helped, or maybe they'd have given up with no idea where their classes were. It made me happy knowing I'd helped someone in need—on the day they needed it most.

After this, I made my way to the ACE. I introduced myself as someone who would come there on a regular basis. Let me tell you, I've kept my word. I'm always there, whether I'm alone or not. I knew I'd need them in the future, and I was right. I always go there for help, or my friend and I study or do homework there. I've actually met some cool people who routinely go there as much as I do. I truly recommend the ACE. If tutoring help isn't enough reason, you could also go to catch up on homework—or come by just to see me! I'm pretty chill, too, y'know!

There you have it. Some of you may think your first day's too embarrassing to share. Maybe some other first-timers had an easy time getting around. Either way, I'm sure a couple months in, you're all set, ready to face what's next! Remember, if you think you're alone, there are a bunch of other freshmen in it with you, including me. We've got this!

## Breaking Up – EMO291

Chris Gordon

Breaking up isn't something many do willingly. We choose our partners for a reason, and sometimes staying in a toxic relationship seems better than letting go. Toxicity may be caused by a toxic partner; however, this isn't always true. I'm not focusing on relationships that go truly bad or end up being dangerous, but ones that seemingly should work out—and don't. For those breakups, toxicity may be the result of two personality types that simply did not mesh.

One consequence of a breakup is holding onto good memories, and blaming the former partner for ruining things. Unfortunately, the other person may hold the same point of view—only about you. Blame isn't helpful; it may cause more harm to yourself than you realize. I speak from personal experience.

I recently chose to forgive an ex, allowing me to let go of anger I was holding onto. That anger had become an ache in the back of my mind; it weighed heavy on my heart. *How dare she treat me so badly?* I'd sometimes think out of the blue. I didn't even realize I was holding onto my toxic memory until I talked with a friend about their recent breakup. While considering all I've learned about interpersonal psychology, I realized I wasn't following my own advice. It's true: psychologists make the worst clients.

So, I forgave my ex for committing the most horrible of sins: not living up to my expectations (Insert revelatory music here). I did not do it for her; I did it for myself. And that's what I hope you'll do after a painful split, forgive your ex without reservation. Immediately after forgiving her, I felt a rush of ease. I was no longer stuck, accusing her of hurting me. Instead, I could take a second look at the memories and recognize subtleties of my own behavior. She was hurt too,

possibly because of things I did. It wasn't a one-sided breakup after all!

People tend to inflate the work they do in their own minds, not just about relationships, but in general. It's the brain's way of protecting an ego when confronted with inadequacy. It's a biologically inherited trait, so don't argue you don't have that problem. We all do. Consider a time you had a group project. I guarantee you didn't do the bulk of the work...at least not if you were in a group with me, because I did the bulk of the work. See how ridiculous that is?

Another point to keep in mind after a breakup: It's okay to say you worked hard on your relationship. Just don't fall into the trap of claiming your ex-partner did nothing. Mine put up with me, didn't she? That's really hard work!

Probably the most important thing about relationships is not to ignore them when they fail, or try to forget they existed. Feel free to regret them—I regret a few of mine—but never lose the lesson your ex had to teach you. As college students, and as human beings, we should always be learning anyway. Someone should make relationships a course for credit.

Remember, it's not all about you; in most cases, two people are hurting. Forgive. Reflect. Learn. That's as simple as it gets after a breakup. Forgive your ex for not being exactly what you needed. Reflect on your part in the relationship, with awareness your memories may be unique to you. Learn to recognize what you can do differently, so you can have an equal partnership in the future.

You deserve the best. So does your next partner. Recognizing that your ex does as well is a sign of growth. So, take time to heal; then, get back out there, and never stop growing.

## Queer Code

### Transgender Day of Remembrance

Alexander Wilson



*On December 28, 2014, a young woman took her life because her family didn't accept her. Her name was Leelah Alcorn. This piece is dedicated to her, and all of my other brothers and sisters who left this world too soon.*

This year marks two decades since the inception of Transgender Day of Remembrance by Gwendolyn Ann Smith, who was determined to set aside a day to honor her sister-in-arms, Rita Hester. Rita was murdered in Massachusetts the year prior, and Gwendolyn realized action needed to be taken. Transgender people everywhere were becoming victims to violent acts, many ending in death.

This day is not only to remember those people; it is intended as a call to action. What began as a small internet-based project, morphed into an international vigil for all who have been targets of the worst kinds of transphobia.

I cannot begin to tell you how much writing this article pains me. I was one of the first people to see the news break about Leelah Alcorn. Her last blog post circulated Tumblr rapidly, finding its way across my dashboard the following morning. I didn't know her, but I wish I had.

She committed suicide after attempting to come out to her family and live her life on her terms. Instead, her conservative Christian parents disowned her. They sent her to a conversion camp to enforce her gender at birth. It all became too much for her, so she did the only thing she thought she could do. Her final words were, "My death needs to mean something. My death needs to be counted in the number of transgender people who commit suicide this year. I want someone to look at that number and say, 'That's fucked up' and fix it. Fix society. Please."

It could just as easily have been me. It could have been anyone who wasn't accepted. It could have been anyone, period. So many people are lucky to be accepted. So many others do not have the luxury of acceptance. This year alone, there have been 18 traceable deaths of transgender people, most of them trans women of color. This does not include deaths we cannot trace back to other people, nor does it account for suicides.

Eighteen may not seem like a large number to you, but think about it this way. Eighteen people have lost their lives because someone else thought they shouldn't exist. Eighteen people had their lives cut short because someone decided the world would be better without people just trying to live their truths.

No one deserves to have their life ripped away from them in gruesome and horrific ways just because they're transgender. Being transgender doesn't stop us from being human. All the word means is we were born with bodies that didn't match our gender. We have existed as long as humans have lived.

This is my call to action for you. With the current administration, protections for LGBTQIA people are under attack. Those for transgender people are practically nonexistent. Therefore, it is up to you. Cisgender people have a privilege trans people never will: your voices will always be heard over ours. I say this, not as opinion, but as fact, verified through data and personal experiences.

You have a choice. You can stand aside, claiming it's not your problem. Or you can act. We are your classmates, your friends, your family, your neighbors. Violence ends with you. Will you help protect us?

**Alexander, who doesn't want to see another name added to a statistic**

### 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](mailto:tamarack@nv.edu) with the subject line READERS RESPOND. Letters may be edited for length and grammar.

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12:30 PM  
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## On the Rink

### Center Ice

John Williams



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 plans 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.

Neither team scored in the third period, so the game went into overtime. In OT, Capitals' left-wing, Jakub Vrana, scored the game-winning goal to seal the victory over the St. Louis Blues. The other three games on opening night

were the Ottawa Senators versus Montreal Maple Leafs; Vancouver Canucks versus Edmonton Oilers; and the San Jose Sharks versus Vegas Golden Knights.

Hockey fans all over the world are excited about the 2019 season. Could this be the year for your team? There's always hope when the season starts. Fans are ready to see what their team will do this year. Some teams made trades to make their teams bigger contenders. Other teams relied on the draft to acquire young talent, hoping to find the next All-Star soon.

According to NHL.com, these are their Super 16 teams heading into the 2019-2020 season.

- Tampa Bay Lightning
- St. Louis Blues
- Boston Bruins
- Nashville Predators
- Toronto Maple Leafs
- Washington Capitals
- Dallas Stars
- Calgary Flames
- San Jose Sharks
- Colorado Avalanche
- Vegas Golden Knights
- Florida Panthers
- Pittsburgh Penguins
- Winnipeg Jets
- Carolina Hurricanes
- New York Islanders

I'm looking forward to seeing which team will make it to the Stanley Cup Final and win the championship series this year. Which rink warriors are you cheering for this year?

## 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 that 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 twelve 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 never will 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

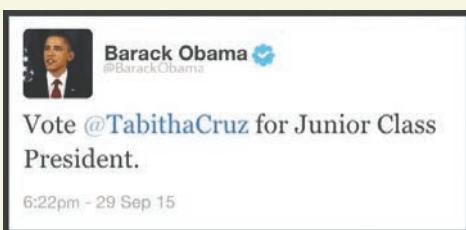
said simply, "Every time I fell down, I got up." Get up.

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 do 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!

## Fake Facts

Tabitha Cruz



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*—messed 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 in good 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.

Everywhere I look is an abundance of misinformation we continue to post. This ranges from "self-help" tweets to deep fakes to dangerous "life hacks." The channel, *5-Minute Crafts*, is notorious for creating fake hacks and recipes that don't work—and worse, are often

harmful. Their most famous video, "Real Food vs. Fake Food" makes false claims about the content of food we eat, claiming there's plastic in rice and pieces of metal in baby food. The video was removed, but not before accumulating over 80 million views.

Many people I follow on Instagram and Facebook reposted the video, claiming it was real, without bothering to question its validity. A quick Google search would've resulted in countless videos debunking the video and warning viewers about what not to believe on the internet.

*5-Minute Crafts* has also posted "hacks" encouraging viewers to make very poor choices, for instance: placing strawberries in bleach, or eating ice cream made of activated charcoal. While *5-Minute Crafts* may be among the worst offenders, plenty of these kinds of videos go viral. It's also worth mentioning none of these videos include disclaimers warning viewers about how some hacks might not work. Rather, they're simply labeled "DIY," or "At-home Hacks."

While not all internet misinformation has malicious intent, it's important to realize not all information is true. Aside from dangerous posts—like bleach-soaked berries—many encourage quick fixes that just don't work. Several self-help tweets for face and body claim "if people simply eat right and drink water" depression and acne will suddenly disappear. Not only do these hacks and tweets further stigmatize issues like depression and acne, they perpetuate stereotypes that those afflicted with such issues just aren't doing enough.

Worst of all, when we post and repost false information, we tell these content creators it's okay to post misinformation, instead of holding them accountable for harm they cause. When we see these kinds of posts, we should take a minute, research, and see what's true. If it's false, we must call out people on their actions. Otherwise, if we aren't doing our due diligence, checking internet "facts" and "hacks," we're also responsible for perpetuating dangerous behavior.

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## Thank You All

### EXPO-entially Grateful

Kathleen Chesto



They say there's no such thing as a free lunch, but if you attended Club Expo October 9th, you know that's just not true at NVCC. All you had to do was visit 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 colors, and masks identifying them. But you couldn't have missed the great "cityscape" covering the unfinished wall on the south end 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 welcoming as a smile and personal greeting. Thank you for being there to provide those.

Terpsichorean Dance Society, and Fermata the Valley, the *a cappella* group sponsored by Music Society, did more than talk about their clubs. They shared their talents. Considering how early it is in the school year, and how little time there's been to polish their presentations, they did a wonderful job entertaining us all. They should plan on being inundated with new members!

Thank you to all the new students who took the risk of coming to Club Expo to learn more about our community. We hope you felt welcome and found possibilities for broadening your time here at NVCC—as well as opportunities for making new friends and developing new interests.

Thank you, SGA, for the food, DJ, and t-shirts for the workers. Those who've never attended another college may not realize just how extraordinary our NVCC SGA is. To our board of officers, our senators, and the club advisors—and, of course, Karen Blake, Alberta Thompson, Lisa McManus, and Paula Massey—we offer an enormous thank you for a great Club Expo.

## Time for a Raise

Robert Pinto



It's time we raised wages for over forty million American workers. The federal minimum wage has been frozen at \$7.25 per hour for over 10 years. It is unconscionable to think so many people must rely on such low wages at jobs that should pay a fair wage.

Since Ned Lamont was elected here in Connecticut, he followed through with his promise of raising the minimum wage to \$15 per hour. October 1st, the CT wage rose 90 cents, from \$10.10 to a total of \$11 per hour, for minimum wage workers. Over 300,000 CT workers got a raise. By June 1, 2023, the minimum wage in Connecticut will be \$15 per hour. Now Connecticut can proudly proclaim one of the highest minimum wage rates.

With extra money in their pockets, consumers will be able to spend more money in stores, which in turn will help the state economy substantially. This extra money earned will go right back to communities where minimum wage earners work and call home. With rising costs, especially the increases in food prices over the past few years, increasing the minimum wage will help lift the burden for workers.

Currently, 29 states and Washington D.C. have a minimum wage above the federal minimum of \$7.25 hourly. So far, seven states have committed to raising hourly minimum wage to \$15. These workers are winning, and it shows. Movements such as The Fight For 15 Movement have made substantial impacts for many years now.

But the fight is not over. Five states have not adopted a state minimum wage: Alabama, Louisiana, Mississippi, South Carolina, and Tennessee. Looking at these states, it is fair to say progressive leaders play a serious role in whether a state's minimum wage is increased. If workers want a raise in the minimum wage, electing progressive leaders is an important step.

Data shows raising the minimum wage has amazing societal benefits. According to Oxfam, "The roughly \$120 billion extra paid to workers would be pumped back into the economy for necessities such as rent, food, and clothes. Economists have long recognized that boosting purchasing power by putting money in people's pockets for consumer spending has positive ripple effects on the entire economy." Income inequality data from Oxfam shows, "Just 30 years ago, the average pay gap between CEOs and workers was 59 to 1; last year, it soared to 361 to 1. The average CEO makes \$13,940,000, while a minimum wage worker makes \$15,080: a gap of 924 to 1."

It certainly is fair to say hard work does not automatically equal stock buybacks, dividend reinvestment plans, and millions of dollars in bonuses for the average worker. If it weren't for consumers and hardworking employees, CEOs of big corporations like Walmart would not be able to sustain their lavish lifestyles. It's time minimum wage workers got their fair share of earnings. Let's raise the hourly federal minimum wage to \$15.

## Out of the Service, Into the Classroom

Daniel Cacchillo

When it comes to pursuing an education, all students theoretically have an equal opportunity to chase their goals. Some groups, however, may have a different obstacle, or obstacles, than others. Some may even have similar obstacles they can compare and even support each other with. One group included in this issue is military servicemen and veterans.

Like a great many of the younger generation of newer servicemen, I enlisted into the military right out of high school with the belief that I did not want to further my education. After one 4-year contract, that completely changed, but even though I had many more factors pushing me forward, I still had some stressors holding me back. One such issue includes adopting the mindset of being a student again.

The last time I thought and acted like a student was my senior year in high school, which was five years ago. When I was assigned homework, it was on paper or some kind of writing work. In contrast, during my time in the service, my homework included staying in shape every day, keeping my uniforms clean, and staying out of trouble. About five years passed without having an obligation to write an essay or even solve a math problem.

My mindset was on physical work, and nothing but work, with the exception of learning new material about my job. I was not exactly required to sit down in a classroom, take notes, and study for a test. For me to learn something was essentially learning a skill I would take with me to the field for hands-on work the next day. I'd retain that skill for another upcoming time of need, especially since I had the same Military Occupational Specialty (MOS) for my entire enlistment and worked two other civilian jobs before restarting school.

There are a variety of ways this differs from classroom life. In a classroom environment, I may be learning skills I will use in the future, but it is a relatively more distant future. It is then up to me to find a way to study and retain the information. Another big dissimilarity is environmental. In the military we were all taught to hold ourselves to a higher standard, to act as if someone is always watching.

When making the transition from that life to the student life, it is easy to recognize a less stressful environment where we can relax a little bit; however, it is hard to let go of certain habits. That is why if someone learns these habits, it can be easy to observe and point out someone who used to be in the military. A few examples include the way we walk, observe our surroundings, and even talk. These habits are difficult to let go because they essentially get drilled into our minds.

There is no doubt college will not be without its struggles, but it all comes down to how to deal with them. The best way to handle a veteran who is struggling to fit back into society is to just look at them like any other student, while acknowledging their unique experience.

## That's What She Said



Enough!

*Resident feminist, Jessica Ney, has had a particularly challenging few weeks: beginning her nursing career and losing a family member in close succession. This column, which ran in its original form in November 2016, is sadly, just as timely today.*

Jessica Ney

There's an epidemic spreading through America. It lurks behind closed doors, in dark alleyways, and, yes, on college campuses. The fear it strikes in our hearts is nationwide, if not worldwide. Young women everywhere are learning how to be alert and how to be afraid, when they should be learning how to be themselves.

On November 25, International Day for the Elimination of Violence against Women, we recognize this terror: domestic abuse, rape, abduction, assault; each year the numbers rise. Each day, three women die as a result of domestic violence, and one out of six women has experienced an attempt or complete act of rape. If these statistics don't shock you enough, place your daughter in a victim's shoes. Your wife, your sister, your very best friend, yourself.

Imagine being unable to walk down the street at night, because you're too terrified of what may be out there. A future ruined because of one night's—or morning's, one afternoon's—tragedy.

I myself have a knife in my car, and I hold my keys at the ready to stop an attacker. Fear has shaped me, because I refuse to become a statistic. The sad reality of this terror? Some believe women are not worth worrying about. Not acknowledged as survivors, or even considered victims, too often, we are called instigators. Or unaware. Or careless.

Thankfully, some changes are evident. We have shelters for abused women; cops are being trained to respond more effectively to domestic abuse, and there is EROC, End Rape on Campus, a group advocating for survivors.

But I still urge you, as women and men—as humans—to educate and protect yourselves and those you love. Know your rights; know what emotional abuse looks like in relationships, before it becomes physical. Love yourself enough to know what treatment you deserve. Leave the person who puts you down. If someone doesn't fight for you, that person is against you. It is only a matter of time until you'll feel stuck.

Take a self-defense course; learn to protect yourself, even on the most basic level. I hate that this is the advice I have to give, but we must be prepared; we need to take ownership of our bodies, of our own lives. To make a change, we must take a stand.

But let's be proactive. Let's not just prepare to face violence. Let's continue our efforts to stop violence before it happens. How? By teaching children to value one another equally regardless of gender—and by modeling that behavior ourselves. And not just one day each November.

## Minority Faiths

Gwenydd Miller

"Politics and religion have no place at our dinner table." With Thanksgiving coming up, and family members having differing views, some consider this the real Golden Rule (it may extend to any topic about which people have strong opinions). Well, I'm sorry, but I'm going to talk about it. I believe, in the right situation, we can talk about sensitive topics without offending anyone. The key is to take ourselves out of the equation and know our audience.

One reason I feel so free to voice my

religious beliefs is because not many people have a clear concept what my religion—neo-Paganism—really is, and the beliefs are so different from the mainstream, which is both a blessing and a curse. It's a blessing because I don't have people arguing with me, and a curse because most institutions don't recognize it as a religion, so it's incredibly hard to get religious holidays off of school or work.

One of the biggest holidays for me is Samhain. If you read my article last month, you know that is the Pagan holiday Halloween stems from, yet I still had to go to class and ask for time off of work. This might not seem like a big deal, but it irks me that I have to ask for an important holiday off, but we get

Thanksgiving off automatically. Don't get me wrong, I'm not complaining about having a day off! What bothers me is that we get all the Christian holidays off, and even some like Thanksgiving that aren't really religious at all, and the true meaning has been lost through the years.

Patriotic holidays are fine, in my opinion; they're more about remembering and celebrating an event, whether it be the independence of a country, or the end of a war. Those holidays can be celebrated, for the most part, regardless of religious beliefs. It could be argued Thanksgiving is one such holiday, seeing as it's specific to the US. But that doesn't change the fact: Halloween is a big

religious holiday for me, and I still have to come to school.

One saving grace is that at some schools the days off are determined by the school. Silver Cross, for instance, has a large Jewish population in the area, so that school chooses to close on Jewish holidays. This means change can happen. It truly is a majority-rules situation, with majority religions receiving recognition and preferred treatment. It's not just about difficulty getting holidays off, either, but that sometimes those who practice differently are overlooked, made to feel odd, or even mocked. Like anything, the answer lies in education and respect. These generally lead to understanding.