

The Tamarack

Our college. Our news. Our voice.

Naugatuck Valley Community College

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Defeating a Dream?

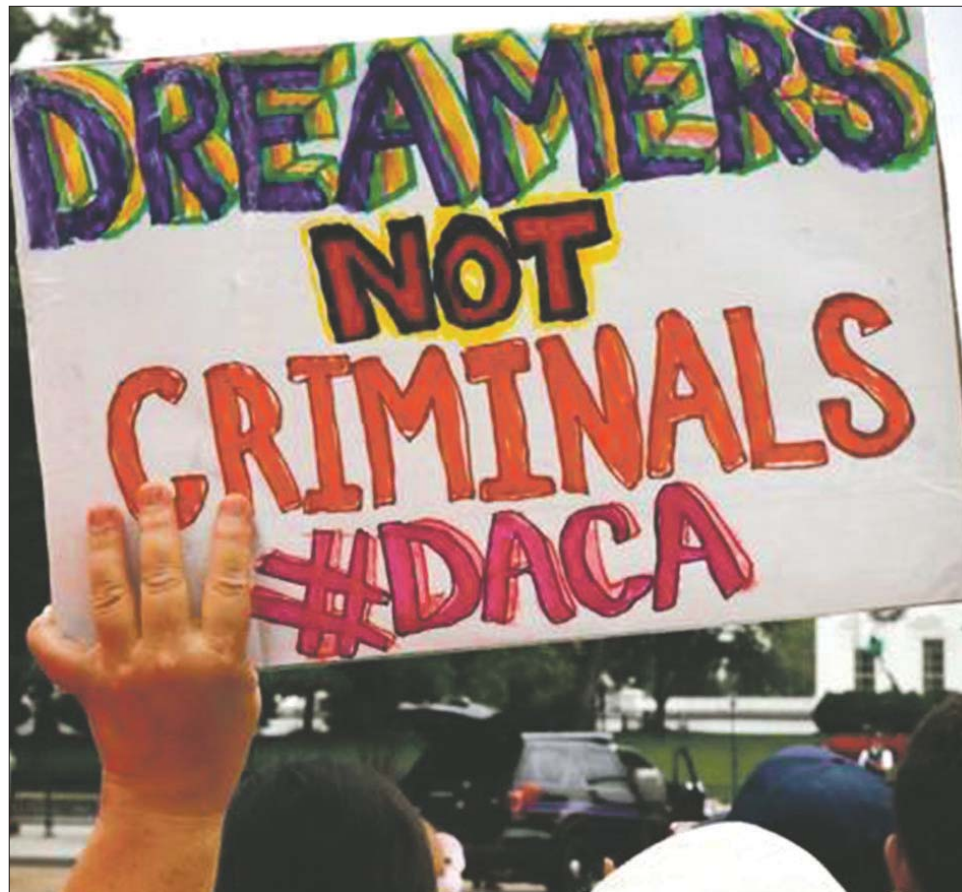
Christopher Gordon and Alam Khan

Early in September President Trump announced plans to rescind President Obama's Deferred Action for Childhood Arrivals program. For hundreds of thousands of young people in America, the future became even more uncertain. It is important to remember many of those affected by loss of protections afforded by DACA arrived in this country as babies; some remained unaware of their undocumented status. They studied for tests, shared laughter with best friends, and worked hard to buy birthday gifts for their loved ones, secure in their presence in the United States. In less than six months that stability could be stripped away.

Deferred Action for Childhood Arrivals, known as DACA, was created under the Obama Administration to provide protection for undocumented youths, often known as Dreamers. By allowing these young people to register and remain in the US, working and pursuing education, the previous administration made a concerted effort to help these children and adolescents grow into contributing residents of this nation.

In keeping with the attempted rollback of most policies of the previous president, the current one has chosen to focus on this program by getting rid of it altogether. Trump has frequently referred to those who come from neighboring countries as criminals, but during and after his campaign, he promised the Dreamers would be taken care of, saying he wished only to deport bad people who posed a threat. His recent decision to rescind DACA protections—calling for a Congressional vote to decide the Dreamers' fate—though not surprising, is alarming.

To be considered as a recipient of the program, a person must have no previous criminal history, neither felony nor misdemeanor. Based on the facts that criminals are ineligible



to apply and children are generally not held legally accountable for their parents' choices, the questions are: Why remove children and young adults from perhaps the only country they have ever known? Should we, as an American society, hold these children in contempt for the actions of their parents?

Many who are against the policy believe it negatively affects the economy by stealing jobs from American-born citizens. This fallacy is given weight when key administration officials, such as Attorney General Jeff Sessions,

voice the opinion that immigrants are debilitating the progress of the US economy. In fact, the ideology of the Trump Administration will likely result in stalling, rather than spurring, economic growth. Utilizing resources to gather Dreamers and send them back to their country of origin requires a huge expenditure.

According to CNBC, an August "report from FWD.us, a pro-immigration reform group co-founded by Mark Zuckerberg, [found] 91 percent of DACA recipients are employed. Canceling the program would mean roughly

30,000 a month would lose their work permits as their DACA status expires." By working legally, these Dreamers contribute substantial tax revenue, yet are ineligible for certain benefits due to undocumented status. The Center for American Progress estimates deportation of Dreamers could cost the US approximately \$433 billion over the next ten years.

The American Dream is built on the claim that those who strive can build successful lives. While the odds of attaining that dream have always favored a certain few, it is un-American to deny opportunity to those in compliance with a system meant to help them see the fruits of their labor. The Dreamers pose no threat to job security for the American-born; they are here for quality education, to find stability. They are here to strive. Given a chance, they could be key to a brighter American future.

Walling off our borders cannot keep out progress. Exiling potential future leaders to countries as foreign to them as they would be to an American by birth is cruel and short-sighted. Removing people who some deem as a problem does not create growth; it causes other countries to resent us—and to grow without us. Rescinding DACA seems to be one step toward "Mak[ing] America Great Again," but "mak[ing]" implies building. By removing a significant population with great potential, we build nothing. And building a wall only succeeds in further damaging an American ideal: unity with the world community.

DACA's repeal is not immediate, but six months leaves little time to act. We must work to persuade Congress to create a law to replace the DACA executive order. If we believe in America as the Land of Opportunity, we must protect our neighbors, our classmates, our co-workers—people we've come to know, to value, to depend on—who are undocumented. We cannot simply write them off after years studying, working, and living beside them. We depend on one another, and we all dare to dream. That is the way of humanity. For the sake of dreams, for the sake of our future, we must unite.



Dolores Huerta



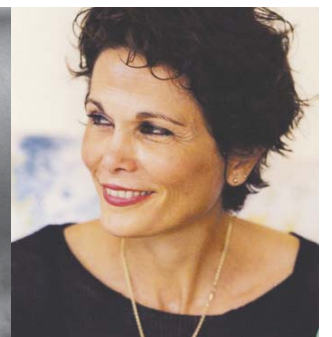
Joan Baez with Martin Luther King



Dr. Ellen Ochoa



Cesar Chavez



Julia Alvarez

¡Celebremos! Let's Celebrate Hispanic Heritage Month

Karlene Ball

Hispanic Heritage Month is an official U.S. observance to recognize the "histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America." The celebration is observed from September 15 – October 15 to coincide with the anniversary of independence of a number of Latin American countries.

According to the U.S. Census Bureau, as of July 2016, people of Hispanic origin make up the largest ethnic or minority group in the country. Hispanics are 17.8% of the U.S. population.

Among the many trailblazers and icons of Hispanic heritage, we celebrate the following:
Joan Baez has been one of our country's

strongest voices for peace, civil rights and social justice since the 1960's. Of Mexican-American heritage, she is known world-over through her songs of freedom and justice sung in various genres. Baez has stood courageously and marched purposefully with many of our Civil Rights leaders of the past, and she continues her activism today.

Mexican-American civil rights activist **Cesar Chavez**, successfully fought to secure union rights for migrant farm workers.

Sylvia Mendez is the child of Puerto Rican and Mexican-American parents. When she was not allowed to attend school in an all-white school district in California, her parents brought suit. The case, settled in 1947, paved the way for the desegregation of public schools in the state.

Dolores Huerta has been a civil rights

activist since the 1960's. She fought alongside Cesar Chavez as co-founder of the movement that secured labor rights for farm workers. In 2012, she received the Presidential Medal of Honor from President Barack Obama.

Dr. Ellen Ochoa is a research engineer, former astronaut and the first Hispanic director of the Johnson Space Center. She became the first Hispanic woman to fly in space and has done so four times.

Fernando Torres who was born in Nicaragua, holds four U.S. patents, including a U.S. Patent for "Automatic Selection of SIM Cards in Mobile Devices."

Dominican-American **Julia Alvarez**, an award-winning distinguished poet, essayist and novelist, may be known best for her novels, *How the Garcia Girls Lost Their Accents* and *In the Time of the Butterflies*.

Associate Justice of the Supreme Court of the United States, Sonia Sotomayor was nominated by President Barack Obama in 2009. The first justice of Hispanic heritage, Justice Sotomayor was born in New York City to Puerto Rican parents.

This month we also celebrate Naugatuck Valley Community College as a Hispanic Serving Institution. The school was first recognized as such in 2015 by the U.S. Department of Education. According to the Office of Institutional Research at NVCC, 31% of our students have identified themselves as Hispanic, up from 27% last academic year. Of course, we are led by author and president of NVCC, Daisy Cocco DeFilippis who traces her roots back to the Dominican Republic. ¡Celebremos!

EDITOR'S NOTEBOOK



Push the Boundaries

There is a lot going on in our society. This ranges from our loved ones being afflicted

by deadly hurricanes to the eventual desensitization over time that comes from listening to those living in tragedy and misery beyond the reach of our country's border.

Some may feel overwhelmed and choose to ignore all the hysteria. It sounds too far from reality, sincerely, with crazy spats between our leaders who have become inhumane in response to those needing help most quickly. We often turn a blind eye, feeling we simply don't have the means to begin helping others yet.

However, we the students of NVCC, are the eventual successors of the previous generation. Yes, we must complete becoming who we need to become through more immersive learning. Still, right now, in our unfinished states, we can have a positive impact on the world.

To those telling themselves they wish they could do more, I say, "Look towards this new semester as a rebirth. It comes every year as a reminder that tomorrow can be improved through our passionate hard work imbued with good intent."

Fall is in the air; pumpkins are ready for picking, and this semester is in full swing. So, what does this mean to those attending Naugatuck Valley Community College? It means an opportunity to take on new challenges and learn from our scholarly professors. But learning shouldn't just be done in the classroom as a standardized procedure.

It must also be embraced through new friendships and in the many groups that are part of the community. Everyone should take the opportunity to not only sharpen their calculus skills, but also to develop how we think to begin with. That should be everyone's goal in life.

Being able to develop our own logical reasoning, independent of those trying to push an agenda down our throats will ensure our society is one that cannot be lied too or lead astray by propaganda.

So, here at NVCC, make mistakes to understand. Try things that scare you; push boundaries—not in the realm of something dangerous or life-threatening—toward scenarios that will broaden your perspective.

Batman's nemesis, Bane, once said, "Now is not the time for fear; that comes later." To apply that here on campus means to be curious and passionate because, as inheritors of a world that seems so gloomy and depressed, we must become the fresh breath our society needs desperately. One day, the next generation will look back at the work we did to contribute to society. Let's hope they question how we did better and more.

Regards,

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

Shining a Light

Alyssa Katz

It's normal to feel sad or down every now and then. Depression is different, marked by chemical changes to the brain, and affecting daily life. This common disorder affects millions of people of all ages. As Depression Awareness Month, October is a good time to shine a light on this disorder.

There are various forms of depression, and multiple treatment options. Typical symptoms include feelings of constant sadness and negativity, worthlessness, and guilt, with persistent sorrow more common in women. Anxiety and depression are often associated with each other, but one does not cause the other, although a history of anxiety disorder is often found in people diagnosed with depression. There is no research proving depression is hereditary.

Major Depression is the most commonly diagnosed form of depression. Symptoms can include: loss of interest or pleasure in daily activities, weight loss/gain, and/or changes in sleeping habits. Other indicators include feeling restless and agitated, feeling worthless or guilty, having trouble concentrating or making decisions, or dealing with a constant repetition of negative thoughts, perhaps even thoughts of suicide.

Persistent Depressive Disorder, known as Dysthymia, is a chronic form of depression. Its symptoms, similar to those of major depression, progress over long periods of two years or more. A patient with Manic Depression, or Bipolar Disorder, often experiences fluctuations between high and low periods. Low periods are marked by symptoms of major depression.

Medication has been shown to be the best treatment for regulating bipolar disorder. At the same time, traditional anti-depressants may not be the most effective because the side effects can cause a greater chance of having "episodes" more often.

When one is diagnosed with depression, hearing the news can be depressing in itself. It's a known fact depression is a leading cause of suicide. When symptoms worsen, and life becomes a downward spiral, sufferers may find no point in living, and attempt to end their own life.

It's typical to think one can solve the problem on one's own, and there are some techniques to ease depression without medication. Taking walks or exercising gets blood flowing and releases serotonin which can make one feel happier and more energized. Taking up journaling, listening to music, or engaging in other creative activities can also help.

However, going it alone may not work and could be dangerous. Speaking about one's feelings with a qualified therapist could be an important step. Different types of therapy such as psychotherapy and talk therapy can also be helpful. A doctor may determine medication is the best answer—especially if a patient puts him/herself or others at risk—and anti-depressants are often prescribed as part of the treatment.

If sadness persists, despite your best efforts to put on a happy face, talk to someone. Consider seeing a professional. It's best to have support on the journey toward healing, rather than struggling alone in the dark.

Cyber-safe

Matthew Krankall

When we were young, we were taught basic safety tips such as: Look both ways before crossing the street, and don't accept candy from strangers. Those tips have served us well, but as we've grown and learned to live in a world with a perpetual internet connection, we need new tips: Look both ways when crossing the information superhighway, and never take (digital) cookies from strangers. October is National Cybersecurity Awareness month, which is special at NVCC considering our nascent Cybersecurity degree program.

Programs like ours are growing because, ever since the advent of the pointy stick, people of lesser integrity have found ways to make use of new technology to cheat, steal, and kill. Now, in the digital age, the pointy stick refers to "data breach," "identity theft," and many others. We use our phones constantly to mark our location, buy groceries, deposit checks, and so on. Because of that, bad guys are always looking for ways to intercept that information and take it for their own. In honor of this month's

A report from your bank claiming your account has been locked and you need to reset your password could easily be a phishing attack.

focus on cybersecurity, allow me to elucidate on a common form of attack known as "phishing."

Phishing is less like what you see in the movies with green text darting across a screen—rather it is a form of psychological manipulation. Phishing is when an attacker throws a line with bait on it in the form of an email or redirected webpage that compels you to click on it and/or give it information. "YOU JUST WON \$500,000! JUST GIVE US YOUR BANK INFO SO WE CAN SEND IT TO YOU!" is a fairly obvious form of phishing, but there are more subtly insidious ones out there. For example, a report from your bank claiming your account has been locked and you need to reset your password could easily be a phishing attack.

Dealing with phishing attacks is about being mindful of where an email comes from and knowing ways to verify the identity of the sender. Although an email may claim it's from "Bank of America," if the sender address reads "kaiser2241@pleb.me", there's a pretty good chance it's not from your bank. Scammers might also try less obvious attempts like "Service@1bankofamerica.net" or similar attempts that look just close enough to be believable. The best thing to do is contact your bank through a service you know to be legitimate and see if there really is an issue.

Although it can be a bit stressful to think about threats to security, most of us probably naturally check both ways before we cross the street now; learning to navigate the web is no different. As we grow in internet literacy, as individuals and as a nation, cybersecurity will—click-by-click—become more natural for us as well.

Stay safe out there!

Even if one has trouble, it is possible to work on assignments outside class in the nearby computer lab, or request help with specific inquiries or problems. Romao is also understanding if one takes time to explain misunderstandings or work with him on issues.

Professor Romao has definitely put in a lot of work to get to where he is. His results are not only visible; his achievements should inspire us all.

responds to student inquiries. Additionally of note is his willingness to aid students outside class, whether they need further help with material, simply wish to gain more knowledge about a subject, or learn more about their professor. During in-class work time, he circulates around the lab to help students, making sure they are on track, and assisting them with questions.

As a student, I was quite fond of Professor Romao's class. If one keeps up with their assignments, his class has low pressure, making it a good overall learning environment.

Assignments and projects in Professor Romao's class challenge students without being overly demanding. Additionally, he offers extra credit assignments to gain new, supplementary skills that enrich one's knowledge, giving students skills they can use in life and later assignments. In this way, the course is quite dynamic. Professor Romao has definitely put in a lot of work to get to where he is. His results are not only visible; his achievements should inspire us all.

SGA PRESIDENT



A Jam-packed Month

Now is the start of October, which

means if you're reading this, you made it through the first month of the fall semester! Hooray! Too early for Christmas music? Not for me!

This month, the SGA has lots of fun activities planned! For those getting ready to transfer, we have our Transfer Fair on Oct. 4th in Café West, from 11:00 am – 1:00 pm. Anyone interested in clubs? On October 11th in Café West, we're hosting NVCC's annual Club Expo to showcase our super cool campus clubs. Club Expo—which is Aloha Hawaiian-themed, featuring slushy mocktails, tropical thoughts and pretty colors—gives students an opportunity to sign up and be a part of the clubs.

From October 12 -14, NVCC President Daisy Cocco de Filiippi invites us all to join in celebration. The success of the opening of the Founders Hall Allied Health Building is just part of a three-day celebration, of NVCC. On Thursday, Oct. 12th, Confluencia will begin in the Founders Community Room at 5:00 pm. On Friday, Oct. 13th, a dedication and ribbon-cutting ceremony will take place, followed by a thank you to our donors from 2:00 - 6:30 pm.

And on Saturday, Oct. 14th, from 11:00 am to 3:00 pm, NVCC's 50th Anniversary Community Festival will bring food, fun, and games to the Founders' parking lot. There, our SGA will sponsor a bed in the United Way of Greater Waterbury's Bed Races Event. A big thank you to all those who donated!

Also, October 19th, SGA is hosting the Fall Festival. This year's theme is Bluegrass Hoedown! So grab your kerchiefs and come to the 3rd floor plaza from 11:00 am to 2:00 pm to join the fun! Of course, we'll close out the month by hosting a Halloween party in Café West, on Oct. 31st from 11:30 am - 2:30 pm! I can't wait to see everyone there and ready to compete in their costumes!

Now beyond the parties and fun, October also brings midterms, so it's a great time to visit the ACE if you haven't already. There, you'll find success is achievable—and even gets rewarded with waffles on Oct. 10th! Success is achievable, but only if we don't stop until we've achieved it. As Babe Ruth said, "It's hard to beat a person who never gives up." Emily Verdosci

Emily Verdosci

Fun Times Ahead!

Christopher Gordon



Come to Café West to explore some of the fantastic clubs here at NVCC on Wednesday, October 11th. From 11:00 am – 2:00 pm, enjoy a quick trip to the beach for our

"Club Luau" during the annual Club Expo. Meet some amazing people, get some free food, and enjoy talented students exhibiting their skills. NVCC has more than forty clubs for covering just about any area of interest. This is your chance to learn about the exciting activities each has planned—and maybe even join a club or two!

You are formally invited to join us on the Plaza, on Thursday, October 19th for the annual Fall Festival. This year's theme is a Country Hoedown, a chance to wear straw hats and learn to square dance. Enjoy country folk music with friends as we welcome autumn with complimentary food and fun. Fall Fest offers a great chance to decompress with friends after midterms. The sense of fun and excitement is sure to get you motivated for the rest of the semester!

Honoring Adjuncts

Lou Romao, Inspiring Results

Bradley Edwards

Lou Romao has been at NVCC since 1997. Since 1980, he has been practicing coding off and on, and has studied fourteen different programming languages. He has also taught web design at NVCC since 2000. He was the first instructor after Dr. Antonio Biello to teach Multimedia Authoring, something he was asked to do while still a student, before receiving his certificate in Computer Multimedia in 2004. At the college today, he teaches Multimedia Authoring I in the Digital Arts & Technologies Department.

Students value Romao's straightforward teaching ethic and patience, as well as how he breaks down the subject going in, and patiently

The Tamarack

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

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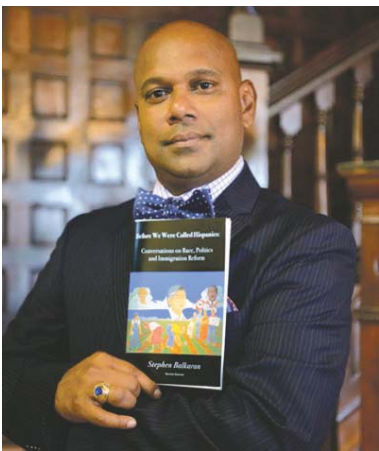


Correction: We botched it!

The Tamarack extends an apology to new Music Department faculty member, Dr. Gil Harel. In proofing our September issue, we failed to notice the omission of part of his feature. Some welcome! The entire piece appears in this issue.

Bravo!

Tamarack Staff



Longtime NVCC adjunct, Stephen Balkaran, has earned a place on an impressive list. He was recently named one of 100 men of color set to be honored Friday, October 20th. The 5th Annual 100 Men of Color Black Tie Gala and Awards Ceremony will be held at the Bushnell Theater in Hartford. Balkaran was recognized as a leader for his many journal publications, his six books on Civil Rights and diversity, and his teaching at institutions throughout CT. We join in celebrating this special distinction. Balkaran is pictured with his recent book, *Before We Were Called Hispanics*.

EDITORIAL

Open Letter to CT Lawmakers

How dare you take opportunity away from me? What gives you the right to squash my future? Don't you realize that for me, and everyone just like me—people you NEED—the future is what you intend to take away? You create a problem and expect me to pay for your mistakes. This situation is complete bulls**t!

If I thought you were even remotely interested, I would tell you my story. I am a community college student. I work hard and have earned my way into a place of high honors. Initially, I wasn't given a second glance by other schools. I didn't have the kind of money to get noticed. Then I was accepted to this college, and now a lot of great schools would pay big bucks to have me. I am the future of Connecticut, and you think I should be thrown away.

Do you honestly think denying intelligent, hard-working, and yes, financially-strapped, individuals a chance to strengthen our state is any kind of solution to the budget crisis? Maybe you should attend a community college, since you clearly don't know the first thing about a strong educational system. Those of us about to lose the only shred of hope this state has for a better future do not appreciate your failures. I won't be the loser here. If my chance to excel is taken away, I can go back to facing the same future as before I came here. You, however, are going to lose your influence and power, simply because you don't care about the people who keep you in said power.

Yes, I am angry, and I know A LOT of equally outraged people, people you forget have a voice. We have the freedom to vote. Despite your best efforts at denial, you must be smart enough to know your tenure as Lords of the Purse Strings is coming to an end. You'd better pray your replacements care enough to improve the wonderful state you tried to ruin, because you certainly can't fix it.

I'm a smart person. I've shown I have the ability to work hard, and care about my fellow Connecticutians. Your tax cuts will hurt many, but I was lucky and earned my right to enter the big schools where I will continue to prove why funding education is so important. I have ambition now, and I'm coming for your job. I've proven I am smart enough to rise above. How smart must someone be to sink to the bottom of the barrel?

Crew 3000: Local Organization, Global Conservation

Mitchell W. Maknis

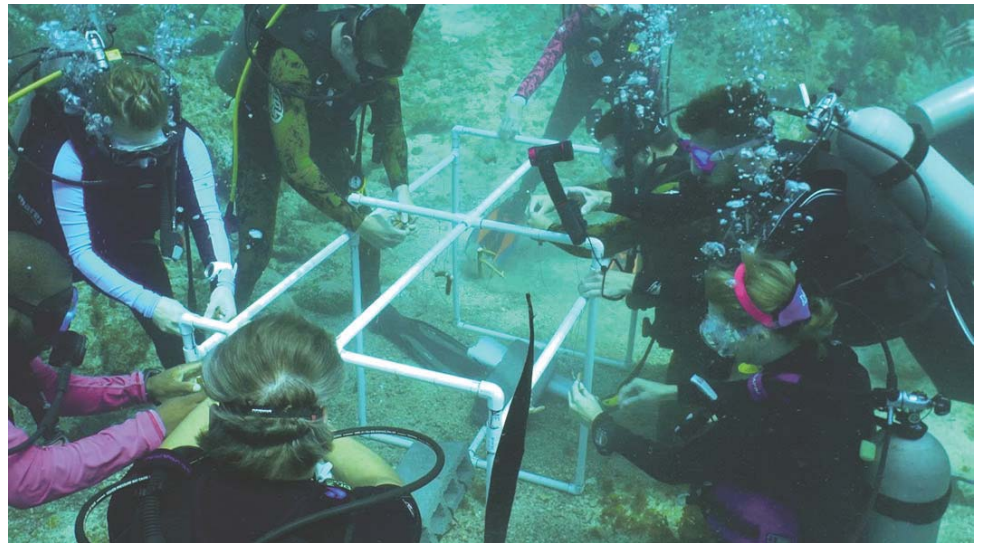


Photo Courtesy of Peyton R. Williams
Crew 3000 divers in Roatan attaching Staghorn coral fragments to a coral table.

Seventy percent of the coral reefs in our oceans have died due to climate change, pollution, and overfishing. These reefs are home to much of the world's aquatic life. Because cause of the coral die off, habitat is shrinking, and underwater wildlife is suffering. A local Connecticut conservation group, called Crew 3000, was created to fight for our oceans' survival.

Crew 3000 is a non-profit organization focused on ocean preservation. The Crew was founded in 2010 under its president, Dr. William Zarillo and vice president, Professor Larry Maknis. During the past seven years, Crew 3000 has trained and certified 40 open water divers, and has over 200 members nationwide. Through the Crew's research and outreach programs, they have created and implemented a successful method to repopulate the oceans' depleted staghorn coral.

With Crew 3000's success in the field, many conservation groups in the Caribbean have enlisted the group's aid in creating new coral farms and re-establishing healthy coral into the reefs. The Crew recently finished their latest conservation work in Roatan, one of Honduras' Caribbean Bay Islands.

Citizens of the island had started their own coral restoration project in 2016, but had little success. Twenty-One Crew 3000 members gathered in Roatan this past August to reorganize their original coral fields as well as establish an additional field.

The Crew's observations of the site show stable water temperatures which will be very beneficial for growing coral in the region. Working with Roatan natives, the Crew will collect data for the next nine months. If all goes

as planned, they will return to transplant the coral from the farms back into the reefs sometime next year.

Crew 3000 is one of the few organizations that take part in coral restoration. They are currently working on restoring staghorn coral reefs in Mexico, Saint Lucia, and Punta Cana in addition to the new coral farm in Roatan.

Much of their success depends on understanding the impact of higher water temperatures on the underwater plant and animal life. This is a constant learning process. The data and information gathered through their research allows deeper understanding of what is happening in our oceans. To learn more about Crew 3000 and the other environmental work they do, check out their website: www.crew3000.org.



Photo Courtesy of Robert Herb. Crew 3000 members assembled in the depths in Roatan.

Operation Sabre Strike

Alam Khan



Every summer NATO Allies come together in the Baltic region to hold cross-training simulations in order to be prepared for aggressors or retaliators. After all, it was not that long ago that the failure of these European countries to protect their borders saw the hostile progression of German forces and the inevitable World War II. Today, many forces from around the world come together to show their respective countries' elite branches. Nations which participate include Britain, Australia, and several others. The basic goal is not to evoke angst between bordering countries, but rather to build connections and consider the potential reality of resisting a takeover.

This NATO collaboration, better known as Operation Sabre Strike, takes place in countries most could not find on a map, let alone name the neighboring countries touching their borders. Latvia, a country on the Baltic Sea, has often been used in the past by the Russian Federation as a strategic location in gaining other territories. Therefore, it is incumbent on European allies to maintain this balance of drills in the region, lest history repeats itself.

Aside from the geopolitical reasons, soldiers, sailors, airmen, and marines build camaraderie amongst themselves and with members of foreign ally forces who may depend upon them in dire circumstances and vice versa. Latvia not only gave diverse military members a versatile training experience, it also gave them an opportunity to come upon a vast and diverse culture the average person does not get to experience.

For most it was a bizarre occurrence to see the sun does not set in the summer, since the Baltic region lay so close to the North Pole. Others were more humbled to find that there exists a whole world outside of their small towns. It was powerful to discover people busy living their own lives and striving for the common goals such as pursuit of stability and

happiness for their loved ones.

In general, without context, military operation training with the inclusion of foreign forces might carry a hostile stigma. But where history may repeat itself, a military presence as deter-

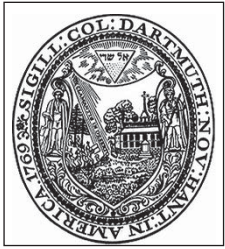
The basic goal is not to evoke angst between bordering countries, but rather to build connections and consider the potential reality of resisting a takeover.

rent is appreciated not just on the world stage, but foremost by those living in areas close to where the action may unfold.

Operation Sabre Strike's good intentions provide justifiable reasons for its continuation. So far, since its implementation, the exercise has maintained its record of keeping peace and curtailing threats. On a personal note, this summer's military cross-training simulation sparked an interest in learning a new language and an appreciation of different cultures. It also allowed me to forge a new sense of brotherhood and bonds to rely on in the future.

Happenings @ Other Colleges

Alyssa Katz



Dartmouth College

Putting aside superstitions, on Friday the 13th, this New Hampshire college takes a glance

at the universe in their campus observatory. Viewings, sponsored by the campus's Physics Dept., are open to the public every Friday night, weather permitting, as it's hard to see stars and planets if it's cloudy or raining. Different objects in space are observed each viewing, from stars, to planets, and even galaxies. Dartmouth's program is so large they even share part of the Southern African Large Telescope, the largest telescope in the southern hemisphere.



San Juan College

In New Mexico, also on Friday the 13th, a documentary will be shown on the roles of

Native Americans. The presentation, *Rumble: The Indians Who Rocked the World*, focuses on Native Americans in music, and "tells the story of a profound missing chapter in the history of American music—the Indigenous influence." The documentary, sponsored by Henderson Fine Arts Center, San Juan College Library, and KSJE Radio, shows the wide-ranging impact of Native Americans on contemporary culture. Music icons like Jimi Hendrix also appear in the film.



Ithaca College

On October 3rd, this New York school will host multiple events for the LGBTQ as

well as Latinx communities. First, in Muller Chapel, will be a gathering to sample delicious chocolates. And while the college is not a designated school of worship, the Muller Chapel is a sanctuary that also hosts services for multiple religions, as well as other faith-based events. Next, the foreign film, *El Canto del Colibri* (The Singing of the Hummingbirds), will be shown. It centers on Latinx fathers and their struggles with their families, immigration issues, and so on. To finish out the day, poet Noel Quiñones will perform selected poetry, specifically "Perfection" and "Confessions". These two poems are available to view on YouTube.



Smith College

Around Halloween, first during the weekend before, and then again on the

weekend after, the play *CREATURE*, will be performed. Directed by class of 2019 student, Isabelle Brown, and written by OBIE-winning actress Heidi Schreck, the play is said to be "very funny, a little bit scary [a] new play about faith and its messengers." It follows the story of Margery Kempe, set in 1401, who receives a vision from Jesus. Has she gone mad from her daily torment, or does she speak the truth? Head to Massachusetts to catch the play and find out!

Center For Teaching

Food for Thought

Dr. Althea Coleman

When not teaching first-year writing students, Assistant Professor of English, Althea Coleman, enjoys hanging out with the likes of *Beowulf*, *Chaucer's Wife of Bath*, and *Shakespeare's King Lear*, as well as authors including Blake, Keats, Shelley, Dickens, Wilde and Shaw, when she teaches *Brit. Lit. 1 and 2*. When her son was a baby, she relied for a time on the generosity of others to make sure she had enough to eat.

As classes begin, students and faculty make long to-do lists in preparation for an educationally fulfilling semester. Many students, however, have an additional basic need beyond books, school supplies and transportation that, if unfulfilled, can dramatically impact their ability to learn and progress toward their degrees.

According to one recent study, two out of three community college students come to school hungry—and many leave the same way. As in elementary and high school, students suffering "food insecurity"—restricted access to nutritional, safe foods—encounter difficulty learning and succeeding in class.

At schools like NVCC, located in cities where many students live at or near poverty level, the need to ensure everyone has enough food is a pressing issue demanding attention. NVCC Human Services Professor Kathy Leblanc and a group of like-minded people are working to help those students who cannot reliably count on having enough to eat by creating a campus Food Pantry.

The pantry, expected to open this month, in a central location on NVCC's campus, will provide free food to students in need in a confidential, welcoming environment. The Pantry will be staffed by volunteers, both students and others, supplied with food donated by local groups and individuals, and open at least ten to fifteen hours weekly. The space is being donated and furnished by the college.

Students in need will be able to access the pantry by showing their student ID cards and filling out a brief confidentiality waiver. Students can select five to ten items per week to begin, with perhaps more food available as the pantry grows. Available food will generally include non-perishable items to consume

on campus or take home to eat after classes.

An undertaking like the proposed NVCC Food Pantry requires many helping hands. Community partners, local food pantries, and concerned businesses will be tapped to help supply the pantry, but much needs to come from the campus itself. So what can we all do to help?

Faculty can donate food and funds to keep the pantry well-stocked throughout the school year. In addition, interested faculty can become involved in the planning committee by contacting Prof. Leblanc, or they can volunteer some time every week to help staff the pantry.

Even more importantly, faculty can get the word out to students about the Food Pantry, so those needing its services feel invited to use it. Faculty can also help identify students at risk of, or actually suffering from, food insecurity. Many faculty, hearing the difficult details of students' lives, have wanted a substantive way to help. Directing students to the Food Pantry is one way to support student readiness and improve the ability to learn and succeed in class.

How can students help? Certainly, students with means to do so can donate food or money to the Food Pantry, and can volunteer to staff it. But students are also in a position to really connect with classmates struggling to keep themselves and their families fed. By welcoming their peers' confidences, they can help create a non-judgmental environment for those who might be reluctant to take advantage of the pantry.

Faculty and staff are encouraged to bring donations of food items to ongoing division and departmental meetings, and students with the means and desire to donate will be able to do so as well. Most needed are: cooking oil, spices, tuna, rice, beans, pasta, and sauce.

As Professor Leblanc writes in her proposal for opening the NVCC Food Pantry, this service is one small step toward solving the issue of hunger in our community, but it is a most important step because it shows NVCC students their needs are recognized and they have a safe place to turn for help.



American author, activist, and lecturer, Helen Keller, the first deaf-blind person to earn a bachelors degree, said, "We could never learn to be brave and patient, if there were only joy in the world." Try to think of those less-than-joyful moments as opportunities for growth.

Bonnie Goulet



A New Navigational Tool

I am more of a dreamer than a planner, but over the years I've learned how important a good plan is when striving to reach a goal. As I traveled my own convoluted path through higher education, I experienced firsthand how vital a plan can be when working towards a degree.

In fact, if you search issues impacting higher education, you will find many articles addressing the time it takes students to complete their degrees. What were once considered "two-year" or "four year" degrees are now taking students three, six, and sometimes eight years to complete—if they are completed at all. This is why I'm so excited about Degree Works, the newest tool for students navigating through their NVCC education.

This online tool, accessible through mycmmnet, helps students understand the courses and requirements needed to graduate. Through Degree Works, advisors will help students create a plan which clearly lays out which courses to take and how many semesters until they graduate.

Degree Works provides a way to track your progress by updating an audit worksheet in real time as you register for and complete classes. This feature helps ensure students do not take any unnecessary classes. If you sign up for a class that's not part of your program, it clearly demonstrates the course is not needed for the degree.

A student considering a change in major can perform a "What If" scenario, selecting different majors to see how previously completed or in-progress coursework fits into them. This way, students can determine early on if changing to a new major will result in an increase in time needed to complete a degree.

Degree works may be new to NVCC, but it is not new in the academic world. Many colleges are using this same program to keep students on track towards graduation. All the schools in Connecticut State Colleges and Universities (CSCU) System will be using Degree Works soon.

If you're planning to transfer to a CSCU institution to complete your Bachelor's degree, you will have the same pro-active guidance to keep you on track and on time in reaching your goals. If you're curious about this new system or need help learning how to utilize it, be on the lookout for workshops being held across campus during the fall semester.



alumni SHOWCASE

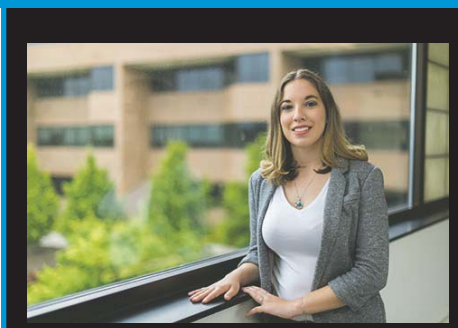


Photo Courtesy of Maximo Raul Egusquiza

Emily Solla

I can honestly say Naugatuck Valley Community College has changed my life for the better. It has provided me with the tools necessary to achieve my dreams of going to the University of New Haven and studying in

A Grateful Heart

the field of criminal justice. The college provided me with scholarship opportunities that led me to receive a \$5000 Fairfield FESP Scholarship.

While having the pleasure of being in the Workforce Achievers Value Education (W.A.V.E) Program, I learned that having people there to lean on and guide you can be a huge help. At NVCC I also learned to become more involved with the community and care for people, whether they were professors, or other students.

I have a couple of professors and mentors to thank for shaping me into the headstrong, independent, and caring person I am today. First, I would like to thank Dave Celotto, Bridge to College Director, for providing me with work study opportunities, and teaching me professional skills I can use in my everyday life. Next, I would like to thank Mitch Holmes and Sue Houlihan, my W.A.V.E coordinators/advisors for supporting me through some hardships in my life. They taught me it is okay to ask for a helping hand occasionally, as long as you are trying to better yourself and the ones around you.

I'd also like to thank Professor Beth Warriner for challenging me throughout my criminal justice courses. She was one of the toughest professors I took during my time at NVCC, but she taught me that even when you fail you should never give up, just keep trying to come back stronger. English Professor Lisa Shuchter and math Professor Harold Burt, taught me about kindness and generosity.

The last person I want to thank, that I hold close to my heart is Rachael DiPietro, the Community College Scholars Program advisor during my time at NVCC. She has not only taught me to be hardworking, but she also made me feel special and confident, which I believe every student should feel while going to college.

My advice for current students is to form connections with the people in the community. Do not be afraid to introduce yourself and put yourself out there. NVCC has become part of my life, and I will never forget where I came from and what I gained here.

Tamarack Edit Meetings

Tuesdays 2:00 - 3:00, S519
ALL WELCOME!!

Social Justice Series

Nikki McGary and Kathy Taylor

Using a social justice framework, the new Social Justice Series actively addresses the complexities of historically and systemically rooted inequalities linked to power and oppression by providing a safe space for dialogue, self-reflection, and learning.

As an institution of higher education, these challenging times offer us an opportunity for both intervention and conversation, so we can engage in dialogue, raise awareness, and cultivate critical thinking. Dialogue

As an institution of higher education, these challenging times offer us an opportunity for both intervention and conversation, so we can engage in dialogue, raise awareness, and cultivate critical thinking.

is an important pedagogical tool that provides the foundation for lifelong learning, and the Social Justice Series will strengthen relationships among students, faculty and staff, and encourage members of our campus community to contribute to the “engaged citizenry that supports a more vibrant democracy” (NVCC’s Strategic Plan, Toward a Splendid College; Priority Two).

The Social Justice Series will be hosting events that address a broad range of issues, including education (in)equality, environmental justice, implicit bias, unpacking privilege, and how opportunities and resources are mediated by race, class, gender, sexual orientation,

immigrant status, religion, etc.

In September, Kathy Taylor and Nikki McGary held a workshop for faculty through the Center for Teaching (CFT) entitled, “Exploring Vignettes: Developing Social

The Social Justice Series will ... encourage members of our campus community to contribute to the “engaged citizenry that supports a more vibrant democracy”

Justice Literacy”, in which faculty discussed common challenges that professors face when social justice issues arise in the classroom.

On October 12th at 12:45pm (in L501), the Social Justice Series will host a TED talk at which attendees will be encouraged to engage in a dialogue about inequalities and the meaning of a “social justice framework.” Also in October (Date TBD), the Social Justice Series will host CT Students for a Dream to talk about college access, undocumented youth, organizing and advocacy.

In November, a guest speaker, Dr. Barbara Gurr, will discuss structural violence, native rights and the Dakota Access Pipeline.

Throughout the remainder of the academic year, we will be holding events open to students, faculty and staff. Please stay tuned for details! We also recognize the vastness of a social justice framework, and welcome suggestions for related events and/or future topics. Please contact Nikki McGary (nmcgary@nv.edu) and Kathy Taylor (ktaylor1@nv.edu).

STUDENTS & FACULTY NARCAN TRAINING

Training will include:

- Overdose Prevention Strategies
- Signs & Symptoms of Overdose
- How to Administer Naloxone
- Good Samaritan Law
- Support Information & Resources

2-hour Events!

FREE *REGISTRATION REQUIRED

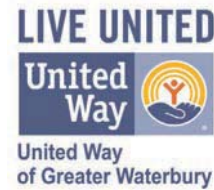
Call or e-mail

NVCC’s DARC Program

Dr. Sandra Valente

(203) 596-8655

svalente@nv.edu



**LOCATION,
DATES &
TIMES:**

WATERBURY

Naugatuck Valley
Community College
Kinney Hall Rm. K715
Wednesday 9 am—11 am
October 11, 2017

HOSTED BY:



NVCC’s DARC Program and Recovery Society is hosting this training to increase knowledge of the opioid crisis, develop knowledge on use of NARCAN and promote awareness of the signs and symptoms of opioid overdose and resources for treatment.

**Tamarack
Edit Meetings**

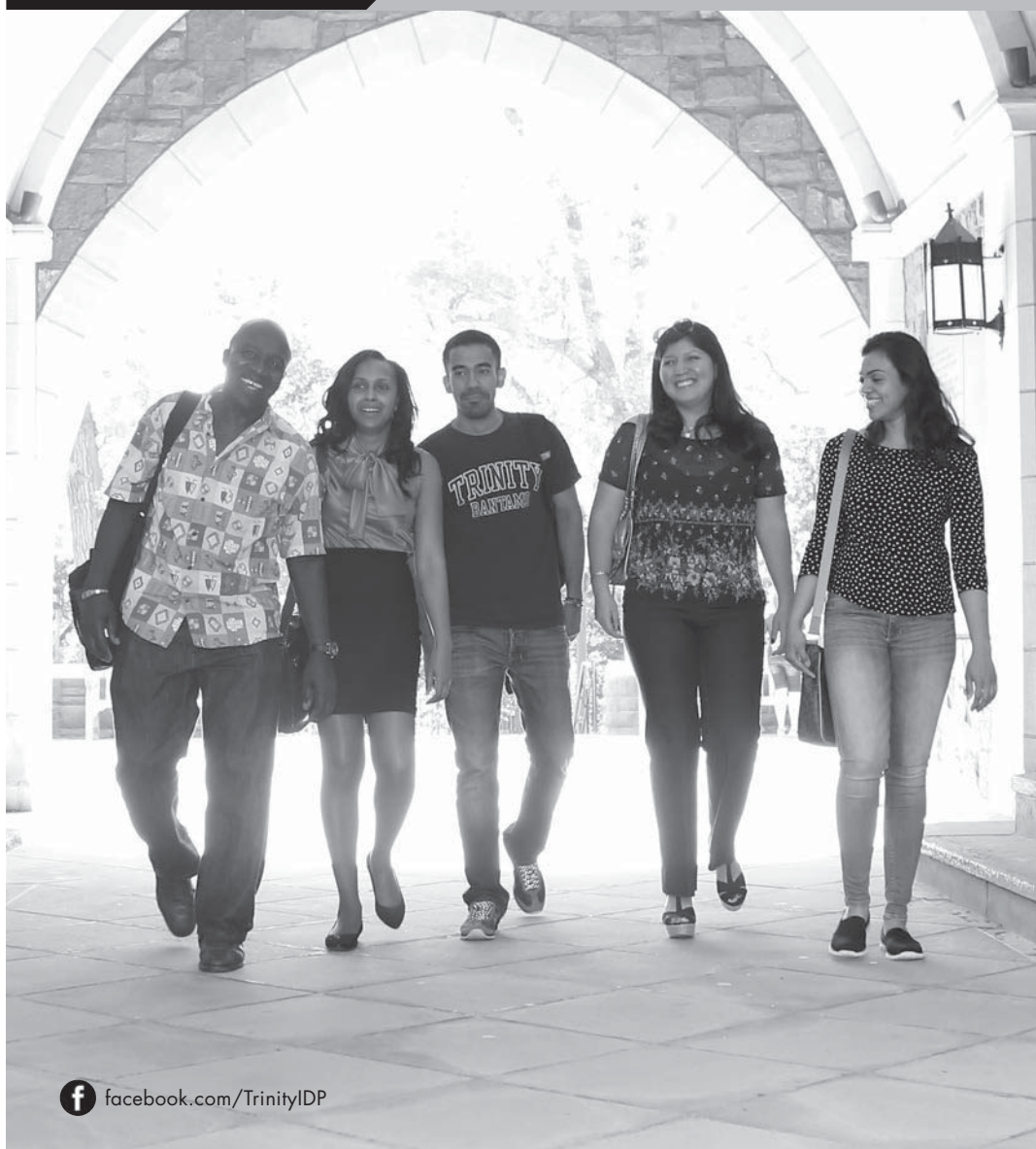
**Tuesdays
2:00 - 3:00, S519
ALL WELCOME!!**

SPEAK UP

Are you interested in where your Student Activities Fees are spent? If so, voice your opinion at NVCC’s Student Government meetings held every Wednesday, 4-5 p.m. in L501, across from the Library. For more information call 203-596-2185, stop by S516, or emailSGA@nvcc.commnet.edu.

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TRINITY IDP

Revolutionary Rhythms

King of Pop



Michael Jackson made a name for himself at a young age, and became one of the most famous and best-selling artists ever. Gone too soon as all great artists are, he is still loved and respected by his fans, and is still incredibly popular.

Surrounded by music his whole life, it showed early on that Michael's talent had surpassed expectations, and it was believed he would have a long singing career ahead of him. His biggest inspiration was James Brown, from whom he adopted a lot of his dancing moves and musical style. Michael started with the Jackson 5, and he and his brothers had hit singles like "I Want You Back," "ABC," and "I'll Be There," but the youngest Jackson had thoughts about going solo.

He wanted to make his own music, and have more creative control, so he went on his own with a new manager. With hits such as "Rock with You" and "Don't Stop till You Get Enough," Jackson's rise to stardom reached new heights. When *Thriller* released in 1982, it was a mish-mosh of different songs with no common theme. That was exactly what Jackson wanted: to prove his sound was different—funkier than

Jackson 5's—and all his.

No one thought Michael could top *Thriller*, until he did on the Motown 25th Anniversary Live television special. After singing Jackson 5 hits with his siblings, he performed "Billie Jean," debuting his iconic moonwalk. Others had done it in the past, but when Michael moonwalked, everyone was in awe. Pair that with the "Thriller" music video, and he was on top of the world. The 1987 release of *Bad* was hotly anticipated, but with *Thriller* on such a high, *Bad* received many negative reviews. This may have begun the downward spiral to his life and career, as he'd already begun multiple surgeries to change his appearance.

The 90s tarnished Jackson's career further when molestation allegations were made by a young boy who'd stayed at his home, Neverland. Jackson claimed hosting children at his home was his attempt to recapture a childhood he was deprived of as a performer. While he was acquitted of all charges, the trial permanently damaged his reputation.

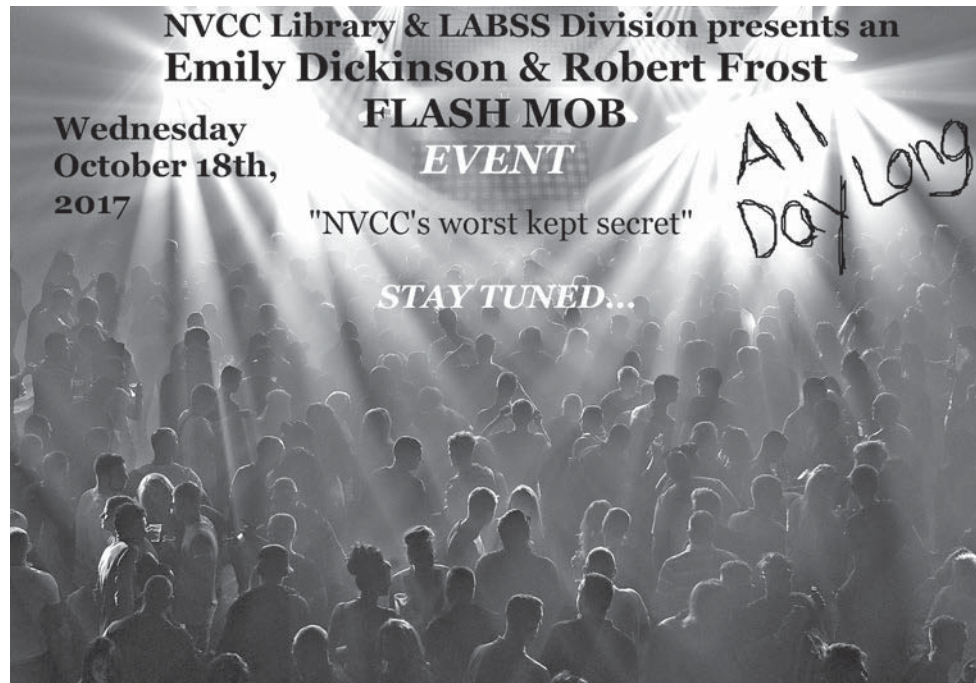
By the mid-2000s, Jackson was dependent on prescription drugs; he'd lost his zest for performing and the joy of his earlier years, becoming more reclusive. Finally, in 2009, Jackson announced an ambitious 50-concert tour. Sadly, it was never to be. Following a great rehearsal, he went into cardiac arrest the next day. The King of Pop was dead—at only 50 years old, older than Elvis Presley—but lost to the same fate.

While Jackson's best years were far behind him—from the Jackson 5 to *Thriller*—his title as King of Pop is undisputed. He brought a new sound and performance edge that set him apart from all others. No one else will ever wear his crown.



Alyssa Katz

Come And Read And Rhyme With Us! Special from the Library & LABSS Division



On October 18th, crowds will gather across campus to celebrate the poetry of Emily Dickinson & Robert Frost.

"Students, staff, and faculty will slam some serious rhymes," according to English Instructor Chris Rempfer who, along with librarians Jaime Hammond and Jenna Stebbins, is planning the event. Rempfer continued, "Over the summer, Jenna and Jaime were brainstorming ways to connect the campus through literature and they recalled that I pair Dickinson and Frost as New England poets in my ENG 102 classes. They came to me with the idea and everything came to life from there."

Here's the lowdown:

20 minute (or so!) 'flash mob' gatherings will happen at designated times around campus to be published in early October. All members of the NVCC community are encouraged to participate, and faculty are encouraged to bring their classes for a brief study break!

If you would like to read, contact Jamie Hammond, Jenna Stebbins, or Chris Rempfer (e-mails below). Tell us if you have a favorite Frost or Dickinson poem or, if you want us to supply you with one, we're pleased to do that, too.

crempfer@nv.edu; jhammond@nv.edu; jstebbins@nv.edu

Editorial Meetings NOW Tuesdays 2:00 - 3:00 Pm
In S519, Prism Lounge. JOIN US!

Fall 2017 Events

September

"Understanding Mormonism" with Colleen Darnell
Thursday, September 28, 12:45-2:05, Library 4th Floor

October

"How Society Treats Sexual Orientation" with Jay Halpern
Tuesday, October 17, 12:45-2:05, Danbury ACE D201

"Holding on to Faith While Trying to Save Alex"
with Christa Mahalik

Tuesday, October 24, 2:20-3:40, Danbury D202

"Accepting Alex" with Virginia Abraham

Thursday, October 26, 11:10-12:30, Library 4th Floor

November

Keynote Discussion
Stonewall Speakers

Wednesday, November 1, 9:30-11:00
Cafe West- Sponsored by the Gender and Sexual Diversity Club

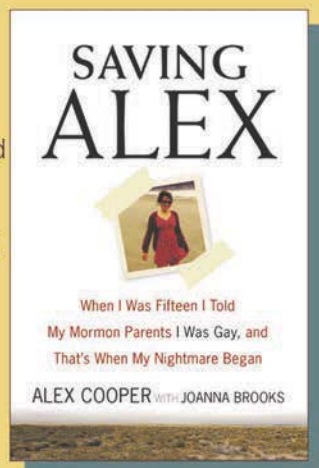
Ted Talk Discussion with Lou Lombard

Thursday, November 9, 2:30-3:45, E440

December

Ted Talk Discussion with Angela Tiru

Monday, December 4, 12:45-2:05,
Library 4th Floor



Questions?
Please contact Ron Picard RPicard@nv.edu
or Jaime Hammond JHammond@nv.edu

ONE BOOK
ONE COLLEGE

Continuing Notice of Nondiscrimination
Naugatuck Valley Community College does not discriminate on the basis of race, color, religious creed, age, sex, national origin, marital status, ancestry, present or past history of mental disorder, learning disability or physical disability, sexual orientation, gender identity and expression or genetic information in its programs and activities. In addition, the College does not discriminate in employment on the additional basis of veteran status or criminal record. The following individual has been designated to handle nondiscrimination policies regarding disability policies: Robert Dziwak, Director of Facilities/Section 504/ADA Coordinator, Room C216, Naugatuck Valley Community College, 750 Chase Parkway, Waterbury, CT 06708, 203-575-8235. The following individual has been designated to handle nondiscrimination policies regarding sex discrimination as well as other forms of prohibited discrimination: Jacque Swanson, Associate Director of Human Resources/Title IX Coordinator, Room K704, Naugatuck Valley Community College, 750 Chase Parkway, Waterbury, CT 06708, 203-575-8043.

FACES IN THE CROWD Scales of Justice

Earl Ormond

I'm Earl Ormond, Program Coordinator of NVCC's Criminal Justice Program; this is the start of my second year at NVCC. Born and raised in Trumbull, I've never left. I've been married for 28 years. My wife and I have four children: three girls, and a boy. So far, three of my kids have attended CT universities.

Following twenty-one years of police experience in the Stamford Police Department, I retired at the rank of Sergeant. Prior to retirement, I attended law school at night. In fact, I went to school in the evenings, while working as a sergeant on the midnight shift. This gives me an understanding of the complicated schedules of many NVCC students.

After graduating from law school, I worked as in-house attorney at CT's Amphenol Corporation. Retired from the Stamford PD, I began working at a New York law firm, eventually opening the Southern CT law firm, Ormond Romano, LLC, in 2010.

Although my work schedule is demanding, I find time to follow sports—particularly baseball and football, and I've enjoyed filling the position of umpire. Guitar is another hobby outside school and work.

In 2010, in addition to starting the law firm, I began teaching at Housatonic Community College. I enjoyed being in the classroom and working with students entering the field of Criminal Justice, so when the position of Program Coordinator opened at NVCC, I considered it a good next step.

As I begin my second year at NVCC, I'm most impressed by the work ethic of our students. Many students work while attending school and, although this can be challenging, it helps them understand what hard work is. The staff and my new colleagues

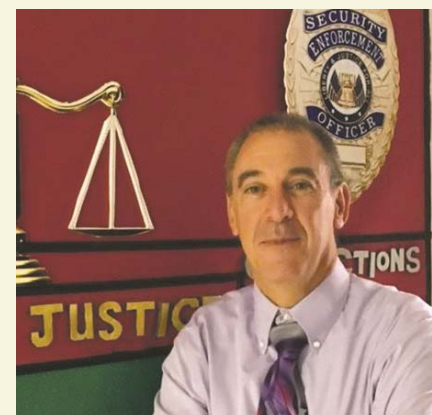


Photo Courtesy of Earl Ormond

I'm most impressed by the work ethic of our students. Many students work while attending school and, although this can be challenging, it helps them understand what hard work is.

have also made a great impression; they've been very helpful and welcoming.

One challenge as Program Coordinator has been making sure I properly advise students. This is a major element of my job, and an important one. I always try to work with individual students to help them understand their options as well as the different requirements of the major.

One goal I have is to continue to grow the program. I also want to make sure NVCC—and our CJ grads in particular—stays connected with the Greater Waterbury community.

I'd like to offer one piece of advice. Although life can be complicated, and balancing school and work is a challenge, remember this: hard work can overcome almost anything.

Public Safety
Department



Routine Number, Ext. 58113.

Emergency Number Ext. 58112

The department is staffed: 24 hours per day • 365 days per year

HSU Celebrates Hispanic Heritage Month

Karlene N. Ball

Hispanics have had a profound and positive influence on our country through their strong commitment to family, faith, hard work, and service. They have enhanced and shaped our national character with centuries-old traditions that reflect the multiethnic and multicultural customs of their community.

Hispanic-Americans have made and will be counted on to continue to make important contributions to our society to ensure its bright future. To honor these contributions, the Hispanic Student Union will celebrate Hispanic Heritage Month with a *charla* as well as an afternoon of music for your listening and dancing pleasure.

Please join us Monday, October 9 at 11:30 am in L501, as we welcome Antonio Garcia-Lozado, Ph.D. to speak on "Shaping the Bright Future of America," the theme of Hispanic Heritage Month this year. Professor of Hispanic-American Literature at CCSU, his work has appeared in publications including *Anthropos*, *Quimera*, *Hispanía*, *Revista de Estudios de Literatura Colombiana de la Universidad de Antioquia*, *Mapocho*, and *Aleph e Inti*. Garcia-Lozado has presented at conferences worldwide, including at the University of Bonn (Germany), the University of Valencia (Spain) and the National University of Colombia. Currently, he is working on two research projects entitled: *La vision crítica de Europa a través de la literatura latinoamericana* and *Poética de Andrés Bello*.

Also join members of the HSU on Wednesday, October 18 from 12 – 3pm, in Leever Atrium as we wrap up Hispanic Heritage Month with music and dance. In addition to a local DJ, enjoy music by *Mariachi Son de mi tierra, CT*. This talented group will serenade us with authentic Mexican Mariachi music. That will be followed by Latin dance lessons. Don't miss it!

For information on the Hispanic Student Union, contact Karlene Ball at kball@nv.edu.

Multicultural Affairs Kicks Off Fall Event

Karlene N. Ball

Naugatuck Valley Multicultural Affairs has planned the first of many events this fall to kick-off the academic year 2017-2018.

Please join us on October 4, 2017 from 11:30-1:00 pm in L501 for a lecture, *Amusing Musings on Being Bicultural by a "Dominican-York"*.

Robert Chase, M.S.W., LCSW worked for thirty years as a social worker, pre-trial competency monitor, and expert witness for the State of Connecticut. He has taught psychology and Spanish at schools including Asnuntuck Community College, Tunxis Community College, the University of Saint Joseph, and the Yale Center for Language Studies. Bob began

Please join us on October 4, 2017 from 11:30-1:00 pm in L501 for a lecture, *Amusing Musings on Being Bicultural by a "Dominican-York"*

traveling and making friends in the Dominican Republic more than thirty years ago. He met and married his wife Clarisa Medina there. She became a Dominican-American citizen; he became an American-Dominican citizen, and both worked at learning, appreciating, and being able to thrive in each other's linguistic and cultural realities.

Bob will discuss how immigration in a small world calls for biculturalism and bilingualism. He will explore linguistic and cultural variables and give comical examples of errors. Bob will speak dearly and personally about the benefits of bilingualism and biculturalism: on being adroit and adaptable, on helping others to thrive and on feeling at home within the cultures.

For more information on Multicultural Events, please contact Karlene Ball, at kball@nv.edu or (203) 575-8156.

It Returns

Trevor Lilly



Stephen King's infamous novel, *It*, received its second movie adaptation, opening September 8th, the first film in a 2-part series. The new release focused on the children's perspective of the story, whereas the book and the 1990 miniseries alternated between the main characters' experiences with the creature, whose main appearance to both kids and adults was as a clown, Pennywise.

The new release of the movie is a very timely one for a number of reasons. The first, and possibly most obvious, is the very recent clown fiasco of 2016 that we are still having a hard time believing actually happened. The nation as a whole is still recovering from the incident, and with Halloween creeping steadily closer, new reports of clown sightings and pranks are already surfacing.

The second reason is that in both the book and film adaptations, the kids find out that *It* returns once every 27 years. And it just so happens that this year marks the 27th anniversary of the original 1990 adaptation starring Tim Curry. Either this was a clever decision on the studio's part, or there is a deeper force driving

the phenomenon to return every 27 years, just as the book describes.

Both the movies and the original book prey on many people's innate fear of clowns. There are many theories on why this fear exists, but no one has an exact answer. One such theorist, a clinical psychologist by the name of Dr. Dena Rabinowitz, suggests that it is because "We don't like things that are familiar but then a little bit off. And so, clowns look like people, but there's an oddity." She also adds that if clowns are seen only in circuses or child birthday parties where we are familiar with them, then it's not as scary. But if they are anywhere else, like in the woods, then alarm rises.

I recently watched the movie for myself, and being one to usually laugh at horror movies, I was on the edge of my seat for most of it. That being said, I will gladly watch it again the next chance I get, and am already anticipating its second installment, said to come out in 2019. I encourage anyone who dares to join me to see *It* for yourself. To quote Pennywise: "If you join me, you'll float too."

ONE in EIGHT women



WILL BE DIAGNOSISED WITH BREAST CANCER in their lifetime

The Fresh Flash!

LOOK for a new FLASH FICTION prompt every month!



October 15, 2017 Flash Fiction/Poetry Prompt

Two men stopped me on my way into our local post office. One flashed a badge at me and whispered, "We need your help for a top secret sting operation. We can't give you any of the details, only that you are to walk into the post office, go up to the counter with the gentleman named Bert working it, and say to him, "My stamps are looking a bit square these days, if you know what I mean.".... (Thanks *Writer's Digest!*)

Finish in 200 words or less....send to Freshink@nvcc.commnet.edu by October 15.

Winning entry published here, in *The Tamarack* and entered for Grand Prize

Fresh Flash Fiction April 2018

Goin' Country

Alyssa Katz



County fairs bring communities together to enjoy good food and entertainment. I went to the Bridgewater Fair and the Bethlehem Fair this August and September. It's fun to see the different events and entertainment, while

also browsing the vendor tents, and of course, enjoying some great food.

The 66th Annual Bridgewater Fair was held August 18 - 20. There were many ribbon-awarded contests with baked goods,

vegetables, flowers, jams, various hobbies and quilting. These stay on display after judging is completed for all to see and maybe get inspiration about competing in a competition themselves. My favorite has to be the photography exhibit. It's cool to see people's artistic talents; winning a ribbon would must pretty nice, too, especially Best in Show.

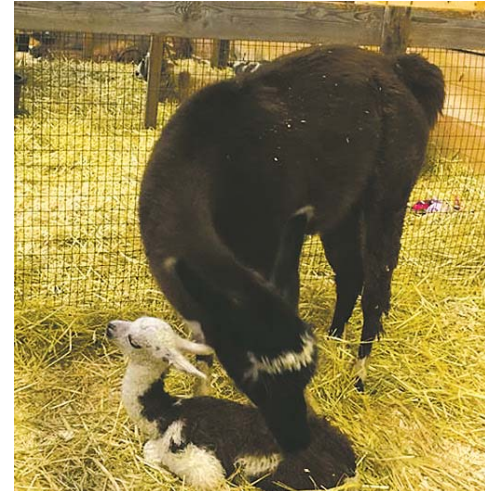
If you're into rides, most fairs have plenty. If you're a fair foodie, then there's plenty to eat. You can also attend a number of events such as tractor pulls, and woodcarving demonstrations. Many vendors offer tchotchke items, cars, and even sheds. This year, a new event was a free-style motor-cross show, where riders performed a trick once they rode over a jump—that's what my parents and I saw as we first walked onto the fairgrounds. If you're interested in competing in any of next year's contests, such as photography, quilting, or even tractor pull, check their website for participant guidelines. <http://www.bridgewaterfair.com/>

The 93rd Annual Bethlehem Fair was held September 8 - 10. This fair has more vendors, tents, and contests to participate in and/or view. Like the Bridgewater Fair, there were also musicians on the bandstand, playing country songs and other genres. Plenty of vendors served up tons of food. Something new this year was a Civil War reenactor tent, which was very interesting to see.

Yes, there were animals! Like the Bridgewater Fair, you roam through barns

to see cows, chickens, ducks, rabbits, and so on. Some animals were even available for adoption, and an elephant and camel were on hand to offer rides. At one point on Sunday, an announcement was made that a llama had just given birth, so everyone flocked into the barn to see it. This came at a bad time for this reporter, as I was too short to see over the mob and missed seeing the baby.

Attending these fairs with my parents is an enjoyable tradition. There's something for everyone, and you don't have to be a country girl/boy to appreciate it. For info on vendors, event schedules, or to participate in contests next year, see their website: <http://bethlehem-fair.com/home.html>.



Fiction Feature



Alyssa Katz

Writer Alyssa Katz offers this short story as a companion to her news piece on depression.

Barricades of the Mind

I'm in a hole. "Please! Please help me!" A pit so deep I can't get out.

I'm ugly, I'm worthless, I'm a waste.

The walls of the abyss are as slippery as ice when I try to climb out, as if my own mind is holding me prisoner.

"Please help me! I can't get out!"

No one ever cares about me.

The simple pleasures of everyday life bring little joy, and then I'm back to this state of solitary sadness. Such a slump is not a front, or a mask I put on for sympathy; this is me. The problem is once I feel progress has been made, the void gets deeper, and darker.

I always seek your approval and never receive it. Nothing is ever good enough. I just want you to be proud of me.

The light feels so out of reach, and I'm only spoiled when I'm able to experience the happy for even a brief moment.

"Help! Please! Is anyone there?!"

Even the things I enjoy bore me after a while. And when I'd prefer to be alone, that's just the tumor plaguing my brain, because the truth is I hate being alone.

Nobody needs me, no one loves me.

Some days are better than others. The better days things seem normal, at least to the blind eye. The worse days are large struggles. I have to fight it every day. I have to fight plunging into complete darkness, yet it's a battle I can never win; I always lose.

"Someone please help! I'm trapped down here!"

The tears flow too often, and I sleep too much. The desire to venture out into the world is enticing, but chains hold me strapped to surrender. Sometimes I wonder what would happen if I got into a car accident. Death, the worst fear. No, just injured. Would anyone visit me in the hospital? Would there be a large crowd, a trickle select few, or again, would I be alone?

What's the point in anything? I don't love myself, I don't even like myself. I have no purpose.

What is happiness like? It's been so long I don't remember what it feels like. Voids are filled only temporarily, whether a relationship or vacation or something equally as exciting. I don't mean to push people away. Maybe you do care, maybe you do love me, but sometimes when the dark cloud covers my sun, I feel like I keep pushing people away.

"Help! Anyone?!"

This chasm has been enlarging for many years, and continues to do so. I fell down here when I was a teenager, and have been trying to get out ever since.

"Please help me! I thought I could do this on my own, but I can't! I need help!"

I'm through being strong on my own. I need the help of another. Sometimes it's not possible by yourself. I need help.

SAFE SPACE



We are an open and affirming student club with a threefold mission:

- 1) to raise awareness about sexual and gender diversity on and beyond campus
- 2) to provide support for LGBT students and our allies
- 3) to embrace diversity in all of its forms.

MEETING TIME: Mondays at 2:00 pm

(Contact Nikki for location – see below)

All are welcome!

Club Adviser: Nikki McGary (nmcgary@nv.edu)



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FACES IN THE CROWD With Each Show

Joe Lowndes

Check it out. My name's Joe, and I'm twenty-five years old. I arrived here with one purpose in mind, and that was to further my education in any way possible. NVCC was an affordable, realistic route to take. Prior to coming to NVCC, I had a turbulent high school education. However, I graduated from Kennedy High School in 2012 and what left with me was a new passion. This passion was for theatre and acting.

Upon arriving here at NVCC in the spring of 2013 as a part time student, I immediately jumped into becoming a theatre major and attended acting class. Fast forward to now, I am full time, and I've been involved in eight productions here at NVCC. I have found a new piece of myself with each show. Through the theatre program here, I have found love, passion, friendship, determination, and a creative fellowship that all push one another.

Thankfully, I have not had many problems during my time here. I have had fantastic classes, classes that were simply necessary, and a small speedbump. One speedbump, however, managed to teach me a valuable lesson: failing is an option.

Now, quickly, I would like to share a quote with both present and future students alike – "Fail Forward." You may be told failure is not an option, or that failure is the end of the line. However, failure is a part of all our

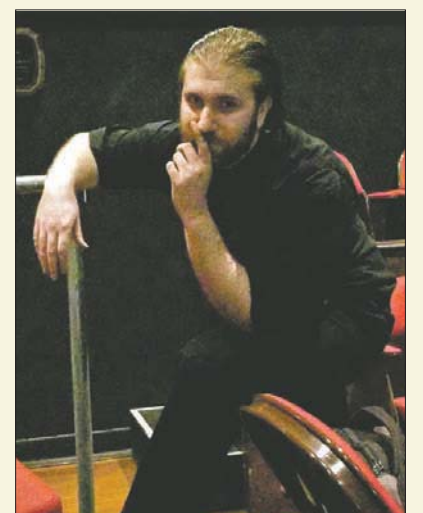


Photo Courtesy of Joe Lowndes

Through the theatre program here, I have found love, passion, friendship, determination, and a creative fellowship that all push one another.

lives. When you experience it, let it push you forward, not pull you back.

In all honesty, NVCC has been a place for me to learn and grow as an individual. Regardless if you're here for one semester or ten, use the time to gain knowledge. In my remaining time, I plan to take in every lesson. Once my time here is spent, I hope to work more as an actor. The goal is to be professional, to become the next Tom Hardy.

Self-Published Author

Bethany Dvilinskas



Writing has always been my passion. I knew at a young age I wanted to be an author, and even set a goal for myself to be published by the time I'm twenty-one. In May, after many rejections from publishers and agents, I

decided to publish a novel myself.

The process of publishing my novel online was difficult because I had doubts like, *Will people actually read my novel?* and *What if they judge my writing?* But I knew that unless I chose to ignore those second guesses, I would never know if people liked my work.

Publishing on Amazon was a challenging experience because most of the major decisions were up to me. I created the ISBN, had to establish all of my rights, plus upload and have my novel approved for publication. I went through

I knew that unless I chose to ignore those second guesses, I would never know if people liked my work.

the uploading process about five times until it was approved, which took seventy-two hours. I designed the book cover myself, using a picture my friend took a while back. I edited it by changing the color and tone of the picture to complement the words.

It took me about ten months with an additional six months to write, edit, and design my book. My novel, *The Secret Five*, is the first in a trilogy that follows five friends trying to survive within the confines of a secluded cabin. The five friends get forcibly sent to the cabin after they witness a government official's murder. While none of the friends know how to live on their own, they teach themselves how to cook, clean, and hunt for food. As the days turn into weeks and then into months, the relationships between the five friends start to break down. Screams become louder, and secrets come out.

You'll find my novel, *The Secret Five*, on Amazon. <https://www.amazon.com/dp/B072BX3XP7>

Fun Festivals and Seasonal Scares

Tamarack Staff

Nothing beats the crisp autumn weather for spirited local adventures. Here are a few well-known, and some not-so-well known, area cheer and fear sites to visit:

Agricultural Fairs

Harwinton Fair: Oct. 6th-8th, 2017, Locust Road, Harwinton.

Old-fashioned country event featuring animals, pig races, oxen draw, antique tractors, bluegrass music, magic, and of course, fair food!

18th Annual Portland Fair: Oct. 6th-8th, Exchange Club Fairgrounds, Route 17A, Portland. Coleman Bros. midway, carving demonstrations, truck pulls and mud runs, R.W. Commerford & Son's petting zoo, animal rides and exotic creatures.

Hometown Bounty

Southington Apple Harvest Festival: Oct. 1st & Oct. 6th-8th, Town Green, Main Street.

Apple Valley street fair at its yearly best, with tasty food, crafts, vendors, entertainment and yes, bed racing!

12th Annual CT Garlic & Harvest Festival: Oct. 7th & 8th, Bethlehem Fairgrounds, Main St. North/Rt. 61.

Rides, games, food, and live music at a garlic-themed (even ice cream) fest. Plenty to sample and ponder at this quirky annual event. No

So Much to Celebrate!

Tamarack Staff

October 12 – 14, NVCC's campus will be more exciting than ever as the College community celebrates. Oct. 12th features the first event of this 3-day celebration of NVCC's 50th Anniversary. Join us as we continue our series of literary evenings, with Confluencia filling the Founders Hall Community Room with music, poetry, and inspired conversation. Friday will feature a ribbon-cutting at Founders, as well as faculty and student exhibitions, and a donor thank you event. Saturday, the Founders parking lot will be alive with food, games, and entertainment as NVCC hosts a Community Festival open to the public.

The traditional Confluencia poetry reading, Oct. 12, will also feature the release of a commemorative publication marking NVCC's milestone. The program includes an open mic—students, faculty, and staff are encouraged to share original work—and featured readings by NVCC staff and faculty. Assoc. Prof. Steve Parlato will host, with readers to include Public Relations Associate, Claudia Ward-de Leon, whose fiction and essays are widely published. Joining her are English faculty members, Assoc. Prof. Kate Pelletier, a teacher and healer, whose work incorporates yogic philosophy; Assoc. Prof. Julia Petitfrere, who writes vivid prose and poetry, influenced by her life experience and her passion for social justice; and Instructor Christopher Rempfer, an accomplished writer of fiction, and a gifted actor and musician. The event is free and open to the public.

Friday, October 13, festivities begin at 2:00 with dedication and ribbon cutting ceremonies planned for outdoors. In the event of rain, activities will move into the Juan and Carmen Núñez Atrium, with a reception and tours scheduled. Greater Waterbury community members are welcome and will have a chance to explore the Center for Health Sciences. A reception honoring donors to the Capital Campaign for the Center for Health Sciences is planned for 4:30pm.

On Saturday, October 14, 2017, the College will host the Naugatuck Valley Community College 50th Anniversary Community Festival. Taking place in the Founders Hall Lot, this all-day event is free and open to the public. It will feature delicious food, children's games, live music and entertainment. Mark your calendars for this three-day event in celebration of NVCC's fifty years bringing quality education and opportunity to the Greater Waterbury community.

kissing booths, thankfully.

Orchard Offerings

Lyman Orchards, 3 Lyman Road, Middlefield. Pick ripe apples and pumpkins throughout October at this 275-year-old family business set on acres of impressive rolling hills. Navigate the corn maze, visit the store for produce, gifts, and delicious homemade baked goods.

March Farm, 160 Munger Lane, Bethlehem.

All-American farm and orchard with pick your own apples and pumpkins, hayrides, corn maze and playscape. Excellent cider donuts. Pond side animal yard for the young at heart.

Jump Scares and Gore Galore

Nightmare on Wolcott Street, Through Oct. 30th, 1058 Wolcott Street, Waterbury.

Award winning venue, more than 55 rooms of sheer terror, consistently given high horror marks by visitors.

Hella Good History

2017 Spirits Alive, Oct. 13th and 14th, 43 Church Drive, Cheshire.

If real life mystery is more your speed, the good folks of the Cheshire Historical Society have planned another lamp lit graveyard history tour. Well-crafted and atmospheric tales of long dead denizens.

In Tune with New Faculty

Dr. Gil Harel



Photo Courtesy of Gil Harel

Gil Harel is excited to assume his responsibilities in NVCC's Music Department. Professor Harel earned a PhD in Historical Musicology from Brandeis University in 2012, and has spent the past five years serving as faculty at CUNY Baruch College in Manhattan, New York. At Baruch, he taught classes ranging in size from 20 to 110 students, honing his teaching skills and earning the Presidential Excellence Award, Baruch's most prestigious teaching award. Dr. Harel has also taught at Brandeis University, as well as the Southwestern University of Finance and Economics in Chengdu, China.

In initial visits to campus, Harel was "blown away" by the scope of NVCC's arts program, and at the physical space used for performances. While Baruch offered many advantages for music students, performance opportunities were rather limited. Professor

Harel was therefore thrilled to learn he'd have the opportunity to conduct the college chorus, musically direct the show, and do much more. He sees Naugatuck Valley as a unique place where art and music flourish in a fertile environment, where the campus itself functions as a nexus for creativity and expression not only for students, but for the greater community.

This coming semester will feature many exciting projects, including a production of the 2008 rock musical, *Next to Normal*. Professor Harel calls it a "very intelligent, very cerebral, very relevant," show, featuring "a top-notch score." As such, he anticipates the show will attract a wide pool of interested students.

Dr. Harel will also take up the conductor's baton with the college choir. A pianist and singer himself, he's particularly eager to work with other singers in the creation of great music. As a grad student, he wrote his dissertation on the choral works of Johann Sebastian Bach; as a performer, he has sung repertoire going back as far as the medieval period. Also a language enthusiast, Professor Harel emphasizes the powerful way choral singing can enhance our learning and understanding of languages.

Another project Dr. Harel has in mind is the creation of an official musical a cappella group. From barbershop quartets to renaissance madrigals, the possibilities in such an ensemble are seemingly endless. Looking forward to working with those who share enthusiasm for teamwork and artistic creativity, Harel extends a warm invitation to the entire campus: "Please consider joining the chorus as we fill the campus with resonating harmony and positivity."



The quote, "Knowledge is knowing that a tomato is a fruit, wisdom is not putting it in a fruit salad," is attributed to British journalist and musician, Miles Kington. How will you use the knowledge you acquire at NVCC wisely?

Healthy Relationships



Join us in honor of Domestic Violence Month as we discuss healthy relationships, healthy communication, and "fair fighting" with Nikki McGary & Christine Cocchiola-Meyer

Thursday October 12th, 2017

@ 11:10 AM – 12:15 PM

Location L501

Co-sponsored by the Human Services Student Club and the Women's Center



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Earth Matters

Barreling Spirals and Wave Trains



Alyssa Katz

With Hurricanes Harvey, Irma, Jose, and Maria creating tremendous damage, causing extreme flooding, and costing many lives, powerful storms seem to be the new norm. Though it's early to tell, Harvey's extensive damage likely surpasses that caused by Hurricane Katrina in 2005. Harvey may even be designated the worst recorded hurricane in US history. Even more alarming is the prospect of more powerful storms such as this one in the future. But why? How do these catastrophic storms form? And what makes them so intense?

In Harvey's case, scientists are calling it not only a natural disaster, but a man-made one as well. Paving and development of wetlands in Houston contributed to massive flooding when rainwater had no chance of being absorbed. Plus, with the rise of CO-2 levels, water and air warm, and hurricanes thrive in warm conditions. Temperature can affect the intensity of a storm as well, in the ocean and the air. Generally, hurricanes form in the warm region off the African coast; cyclones and typhoons are the same as hurricanes. They just form in different oceans and take different paths.

Other water-related natural disasters are tsunamis. These form from underwater activity such as earthquakes or volcanic eruptions. While hurricanes expend much of their energy as traveling across the ocean, tsunamis can cross entire oceans without using much energy. While tsunamis may be a foot or less in height on the surface of the open ocean, once they reach more shallow water, they slow in speed, but grow in height. In earthquake-prone areas, it's best to stay far from the shoreline. An earthquake is a warning sign of a potential tsunami. Also, it's not just one killer wave; instead, a tsunami is series of waves, a "wave train," reaching over ten—even 100—feet high, travelling at around 500 miles per hour.

Not only that, tsunamis act as a vacuum of sorts, sucking whatever gets hit by the massive waves back into the water. So many lives are lost, and homes and habitats are completely destroyed. The vacuum effect also impacts the environment when toxic pollutants are sucked into the sea from the receding wave, killing marine life. Soil contamination also occurs, threatening agriculture, as inland water, like streams and rivers, are contaminated, seeping into ground soil.

We need only look to Puerto Rico or Barbuda to witness the destruction left in a hurricane's path. Meteorologists predict that, magnified by factors like global warming, these monster storms will continue to wreak havoc. While pollution contributes to hurricane intensity, the after-effects of tsunamis cause environmental disaster. As we try to reduce our environmental impact by living greener, we should also brace ourselves for whatever's next.

Perhaps Benjamin Franklin had kinesthetic learners in mind when he said,

"Tell me and I forget.



Teach me and I remember. Involve me and I learn." Whatever your personal learning style, engagement—getting truly involved in the learning process—is one major key to success.

A New World

Elena Frey



Photo Courtesy of Litchfield Hills Photography

My excitement and anticipation walking into a new school the first day were off the charts. Going from high school to college, the change brought on immense nervousness. As I walked from class to class, the familiarity of my friends melted away, leaving me uncomfortable and lost. Sure the cafeteria is spacious and has many food choices, but I might have felt more comfortable going there if something had been arranged for first year students.

Visiting NVCC multiple times helped me ease my way into school with less worry of where to go. I was able to attend New Student Orientation at the Mainstage back in August. Hearing the administrative staff and professors speak encouraged me and made me feel more comfortable. Being there, I was informed that professors are here to help us any time. They want to see us succeed and graduate. They informed us of a tutoring program in the Academic Center for Excellence (ACE) that has different sections for different needs such as Math, Writing, and Psychology.

Attending First Year Experience class for the first time, we were told about the benefits of figuring out what you want to become as soon as possible. Professor Lombard also told us not to drop out of First Year Experience because the class offers many resources for success—plus, we'll just have to retake it down the road. I took my first test, and I surprised myself on how well I did. Also, I felt the same way, more confident, after completing my math assignment.

There are many ways to get involved outside class, too. NVCC offers many clubs—such as Art Club, Fresh Ink Literary Magazine, The Tamarack, and more—that give students many advantages throughout their time here. Some of these include getting to know people and doing community service. Club membership may even help you understand what you'd like to be in the future.

NVCC definitely has a lot to explore. I've yet to have the chance to see the library and all it has to offer, so I'm looking forward to attending library instruction with my FYE class. I look forward to spending time in the library in the near future.

As I approach my second month at NVCC, I'm excited to see how I'll grow over this year. I look forward to attending the clubs and extracurricular activities. I can definitely say I'm feeling more at home.

Text versus Voice

Bradley Edwards

It's something heard all the time: "It's better to talk to people in person." And "You can't trust anyone you type with over the internet" is common among other cautions and warnings. But, there's more to both forms of communication—and the mediums through which they're expressed—just as there's more about the online scene in general that not many people are inclined to acknowledge.

When one doesn't use a keyboard often, doesn't interact informally with those who communicate via keyboard often, or is only familiar with phone texting, the argument that it's better to talk with people in person holds a lot of weight. Now, let's talk about the people who've actually grown up using chat programs, adapted, and become familiar with the tells of language and attitude people can express with their words over the keyboard.

It's a lot harder to try and tell them their relationships are fake or their communication is abstract construction, because, while there are certainly intrinsic differences between typed and spoken information, communication is simply communication. A face to a common person is an avatar to another; not the pretty face someone might put on their Facebook profile,

My First Year Experience

A Second Year Student

For me, the first year experience course, though a common college staple, was a formality I felt was a waste of time. On the surface, it sounds like an excellent idea: expose newly registered students to college life, acclimate them, alleviate their worries about the system,

For me, the first year experience course..was a waste of time... it sounds like an excellent idea: expose newly registered students to college life, acclimate them, alleviate their worries about the system...In practice, it sometimes becomes a source of stress for students, emphasizing problems rather than mitigating them.

and so forth. In practice, it sometimes becomes a source of stress for students, emphasizing problems rather than mitigating them.

Primarily, in a course where students are promised acclimation, problem alleviation, and security, they shouldn't be thrown books, regular homework, or straining assignments. I found the class's content superficial, simply because the information it provided was typically either already understood, or deliverable without stressful evaluations. Time management, balancing work ethic, and study skills are all important, but teaching them in a way that demands these right away seems counter-intuitive.

The problem one faces, then, is how to track student evaluation without strictly adhering to scores for judging knowledge retention. The answer is to shape the course in a way that explicitly eases assaulting students with expected work. For example, mandatory reads outside the standard textbook could be limited, while still prodding students towards growth.

In the first semester, other courses will educate a student on the college's standards for performance and punctuality. To me, FYE felt like the most dehumanizing parts of institutional education rolled into a big package with no meaningful content to mitigate the cog-in-the-machine feeling.

It's promising that there is an attempt to better acclimate students and address their worries. This course's strength lies in its intent: the basic principles of promoting time management, work ethic and discipline, along with strong decision making, and introduction to college resources. The challenge is to introduce content in a way that actually engages students, while working around regulations that force them into superficial performance mode.

That's What She Said



Jessica Ney

Feminism and Faith

Recently, I was speaking to a friend about my beliefs when they stopped me and asked, "How can you be a feminist and a Christian?" I was shocked. I didn't understand this woman's mindset. How could my faith restrict my beliefs on equality, mutual respect, and self-love? How can one go without the other? I know my standpoint is not without critics, though. People will say that Christianity is a white male-dominated faith, and in practice, it is. But in Scripture, it's not.

Jesus was a man of Middle Eastern descent who was raised by a woman scorned in her community. There are multiple stories of Jesus interacting with women: sitting at their tables, healing them, and taking their counsel—just one example is the case of Mary Magdalene, who was a member of the disciples, Jesus' closest followers. There are psalms about the importance of women in the family and community, calling for that their strength and skill is to be boasted of and praised. I am reminded throughout the Bible that I am important and a masterpiece, being compared to a jewel in the crown of my God.

Islam is also a misunderstood faith. Muslim women can be some of the most powerful and outspoken of feminists. The Quran, the holy book of the Muslim faith, has images of women, such as the wife of their prophet Mohammed, who speak boldly, own property, and demand respect. Muslim women respect their bodies as temples, and because of that fact, they are able to be autonomous, because their culture has desexualized them. The misconception of Muslim women as restricted is really just ignorance on the part of those who know little about the religion.

The issue at hand here is not the part religion plays in our lives, but with how the Western world views different faiths. When the majority of people think of religion, they see rules, restrictions, and misogyny. But it is quite the opposite. There are rules in religion, of course, that cannot be denied, but a person chooses to be spiritual. A woman in the US can pick her beliefs and follow them as she chooses. Religion can be a freeing choice for many women. Being a feminist means affording respect, support, and understanding to all women, regardless of individual beliefs.

Before It's Too Late

Tamarack Staff

With the CT State budget still in flux, and proposals threatening further deep cuts to education funds, now is the time for NVCC community members to get involved. Whether we're a part of the student body, or a staff or faculty member, each of us has witnessed firsthand the power of this institution to change lives for the better. We all have a responsibility to make our voices heard to ensure the quality services available at NVCC are not further impacted by the slash-and-burn attitude many lawmakers have shown in regards to education. Contact your legislators to call for support of NVCC, the CSU System, and CT public education in general. Get involved with SGA-sponsored efforts to raise awareness of the good work we do at NVCC. Sign up next time we have the opportunity to make a trip to Hartford to share your stories of how NVCC has impacted your life and future. Let's join together before it's too late to make a difference. Send your statements in support of higher education funding to us at tamarack@nv.edu. Take the time to call or email your legislators. Let's do this!

Thank You All



Disaster and Community

Chris Gordon

September has been a very hectic month, starting with Harvey, then Irma, progressing through Jose, and into Maria. Hurricane season sprang up in horrible fashion—followed by the massive earthquake in Mexico—and by all reports, further severe weather is to come. The Caribbean has been the most devastated, with best estimates running at 6 months before power can be fully restored, let alone permanent housing rebuilt.

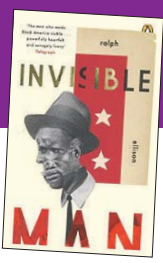
To students, staff, and faculty who have family in the Caribbean, Mexico, Puerto Rico, Texas, and Florida, please know the NVCC community is here for you. This is the time for outreach and support. To those not directly impacted by the wild weather, please donate however possible: time and money, kindness and prayers. It goes without saying, I thank you all who are already dedicated to rebuilding our global community.

In the same spirit of charity, I would also like to thank everyone who helped support the United Way by buying candy or donating to the Mattress Race fund. Every dollar you give helps the United Way support members of the community in need as they start to build (or rebuild) themselves and their families' lives. The candy you bought now will plant seeds of hope for many in need in the Greater Waterbury area for the future. On behalf of those you have supported, I thank you now.

One final offering is for all of the students this semester who have decided to grasp the school spirit and join the Student Government Association as senators. Events that enrich the lives of students are only possible through your work and leadership. Nothing is more rewarding than seeing a party or event you helped set up filled with excited students relaxing and having a good time during the school year. You are examples for all students of the kind of quality NVCC has to offer.

RECENTLY READ

Invisible Man,
by Ralph Ellison



"Clothes don't make the man, but they make all of him except his hands and face during business hours, and that's a pretty considerable area of the human animal," said George Horace Lorimer. You might not recognize this quote, but I think many of us understand this feeling. The feeling of not being an individual, but merely a suit at a desk doing a simple job.

Ralph Ellison, in the time of the Harlem Renaissance, explored this concept with his pivotal novel *Invisible Man*. Donning many different uniforms, the unnamed protagonist finds himself a victim of fate. The young man works to bring meaning to his life as well as to the many African-American men and women, all of whom he could represent.

The central character of *Invisible Man* is smart and ambitious, but he is never seen as anything more than a tool for others, who are usually white. In trying to find his place in the world, he concludes that no one sees the individual—not just himself, but all people—as a driving force, but merely the image that is easiest for people to handle at a given time, or an overall organization.

Invisible Man, not to be confused with H.G. Wells' *The Invisible Man* (be mindful of that "the"), is a tale that sets the hero into wildly differing roles, sometimes being a fantastic leader, and other scenarios in which he fails to rise to the occasion asked of him. He is presented as quite literally "the everyman."

Ralph Ellison wrote with conviction of a man who recognizes how easy it is to remake oneself with very little effort. Sometimes it is as easy as putting on a hat, large glasses and a fur coat. It is not the man you are seeing, but the image you expect to see. There is a term for this in psychology, but I don't need to bore you with technical jargon (attribution theory).

Suffice it to say, *Invisible Man* is a work of art anyone, of any skin color, should consider. It is not the hero's skin color that matters in the end; it is what the hero chooses to do when he knows no one is paying attention to the hidden truth beneath the surface.

Chris Gordon

Moving Day

Chris Gordon



This hurricane season has been unusually harsh, with seven storms of hurricane-grade, four of the seven reaching Category 3 or higher. Unfortunately, the season is far from over. Devastation has already been intense, in Texas, Florida, Puerto Rico, and the rest of the Caribbean.

There is a lot of speculation about why many living in the paths of these storms didn't evacuate. Some mean-spirited people have questioned the intelligence of those who have lost so much for refusing to leave their homes. Sadly, this is not an uncommon response. In the world of psychology there are explanations for why people respond so harshly.

Before going into any details about possible reasons, I would like to ask all those who laugh at others' misfortunes to think about a few points:

- When planning a trip, how long does it take you to get ready?
- When moving, how long does it take to pack all your items?
- How long does it take to find adequate transportation for your belongings?
- Lastly, what if every one of your neighbors was doing these things at the same time?

Under normal circumstances, moving is an involved process; I know from direct experience, having moved a time or two. It wasn't the easiest task, and there were no natural disasters to contend with at the time. I don't remember it taking less than a week to get everything set. And to have someone actually move all one's belongings as well? That takes a little longer.

Before you accuse me of false equivalence, I'm well aware that a planned relocation and fleeing a storm are different. But they're not so different that what I'm asking you to imagine won't apply. Fleeing one's home is not something to be accomplished in record time; these storms form quickly and make landfall rapidly and with unimaginable force. Meteorology has progressed in the past few years, but not enough to prevent tragedies such as those seen this season. For many, coming to terms with the fact that evacuation is vital to survival—let alone finding a means to escape—is virtually impossible.

I will now get to the main psychological point I alluded to before going off on a tangent about imagination. The storms so far, Harvey, Irma, Jose, and Maria, have been unpredictable with terrible, unfathomably painful results. This makes every person not directly affected react in some unique ways. Some respond with compassion, others with indifference, and some with scorn.

Responding with scorn or indifference is not due to directly evil intent, but quite possibly out of unacknowledged fear and a need to impose control on the uncontrollable. Mother Nature is outside human control. No one knows with 100% accuracy what the next minutes will bring.

Rather than heaping payback scorn on someone for their unacceptable reaction, remember it is better to try educating them, helping them understand why they feel a need to attack these victims. Knowing themselves, and what their reactions might mean, is the first step toward making changes in the world, both personally and globally.

Choices, Choices

Alyssa Katz

World Vegetarian Day, started in 1977 by the North American Vegetarian Society, takes place on October 1st, kicking off Vegetarian Awareness Month. WV Day's purpose is to celebrate those committed to a vegetarianism, while educating and providing tips and options to those considering a vegetarian diet as part of a healthier lifestyle.

According to the WVD website, a plant-based diet has an impact beyond personal health. Saving animals from factory farms

A vegetarian lifestyle conserves natural resources like freshwater, fertile topsoil, and irreplaceable ecosystems, while reducing greenhouse gases that accelerate global warming.

and slaughter, vegetarianism mitigates pollution caused by animal agriculture. Globally, a vegetarian lifestyle conserves natural resources like freshwater, fertile topsoil, and irreplaceable ecosystems, while reducing greenhouse gases that accelerate global warming. Of course, there are personal benefits like reduced health risks from heart attack, stroke, cancer, and illness from food-borne pathogens. Whether or not one is ready to go vegetarian, there are other factors to eating healthy.

Many opt to go organic—and avoid GMOs—as a means of eating healthier. Simply put, Genetically Modified Organisms are plants or animals with altered DNA. Altering the DNA of crops by chemically-induced methods can protect plants from insects and disease. Plants are also treated with growth hormones to increase yield. Some farmers also feed animals hormones and antibiotics to promote growth. Efforts to see larger profits are troubling due to the presence of potentially harmful chemicals in food. Organic products, free of GMOs or pesticides, offer all-natural, healthier—if more expensive—options.

Corn, one of the most common genetically modified crops, is used widely as an ingredient. 80% of packaged foods contain trace GMOs, and fresh produce is not necessarily safe. Looking for proof? Compare organic and non-organic strawberries at the grocery store. Non-organic berries will generally be abnormally larger, and genetically-modified tomatoes look too perfect.

GMOs not only affect humans, they also affect animals, and the environment. Exposure in humans may cause birth defects, weakened immune systems, and even behavioral disorders. Genetic modification can harm soil-based organisms such as worms, and can decimate insect populations, wiping out a food source for other species. Environmental impacts include soil contamination and mutations caused by cross-pollination. The use of herbicides has also created "superweeds"—the mosquitos of plants.

At the grocery store, look for labels that read "Non-GMO," meaning no growth hormones or pesticides were used. Not ready to go vegetarian? At least seek safer options, like natural meat from "grass-fed" animals. Locally grown foods are generally fresher and more natural as well. Buying from a farmer's market can be a good way to go. Sure, organic food is more expensive, but knowing what goes into the food you're eating might be worth the extra cost. Whether vegetarian or organic, remember: You are what you eat.

What to Watch

Imani Stewart

As a person who's interested in just about everything, I love finding new things and suggesting them to, well, EVERYONE. Recently, I was checking out all the Youtubers I watch to see if they'd uploaded anything new. Sadly, that day it was a no. So, as a bored human being does, I started looking for interesting content, and I came across this channel called *WatchCut Video*.

Their content consists of social experiments. Now, I know when you hear the word experiment you automatically want to yawn. That right here is not the case. They take experimenting to a whole new level. Most of their experiments have to do with relationships such as "Exes Play Truth or Dare," or "Blind Dates Play Fear Pong," and even "Couples Describe Their First Time." Yeah I know!

It doesn't stop there, either. It gets super personal, too. They do "100 People Tell Their Pet Peeves," or "People Take off Bras for the

First Time." I've been watching these videos for a while, and honestly, I love them!

My favorite ones are with kids, for example: "Parents Tell Kids Why They Smoke Weed" and "Kids Describe Their Fears to an Illustrator." To be honest, it only gets better—but it's not all funny content. They also ask about real world views, mental illness, and sexual preference, even about war. I've caught myself shedding a few tears on this channel, too.

I love YouTube; it tends to always relax me when I'm having a really bad day or hype me up when I'm having an awesome day. Trust me, I do not subscribe to everyone. Nor do I watch everything, but if the title's right and the content looks good, I will check it out.

Hopefully, I get to share more great suggestions for our readers. Like I said before, you should check out *WatchCut*. The channel posts Mondays and Fridays, and they always have content. Don't forget to leave them a big thumbs up. If you absolutely can't live without them, press subscribe and add them to your post notifications.

if I was in prison for some reason and I was given this choice, I would say no, because I have always wanted to carry and produce a baby, so I would just wait for the extra 30 days.

~ Sincerely, Skylar Kelchner

Dear Editor,

Thank you for the information you shared in the article, "Climate Change Is Real," as I didn't know President Trump wanted to withdraw the United States from the Paris Climate Agreement. I learned that many CEOs from different companies want the United States to stay in the Paris Climate Agreement. I agree with the leaders that the United States should stay in the Paris Climate Agreement because all Americans

should know the importance of climate change, and try our best to help the Earth. Let future generations know what will happen if we ignore climate change, what the effect of climate change is. I disagree with President Trump who said "It will hurt the US economy and cost countless jobs if the country remains in the agreement." The effect that climate change brings us is already being shown. The hurricanes we are facing now are the best but also a painful example to Americans.

Sincerely, NVCC student

Dear Editor,

Your piece, "On Community Colleges," by Pres. DeFilippis, makes me happy to hear how much NVCC cares for the students and

their education. I have never been in the situation of making important decisions like administrative budgets or shaving purchases to only the essential, but hearing how NVCC is making these decisions for the success and future of their students makes it so I and many others know we're getting the best possible education. Financial status should never be the reason someone is unable to attend College or University. The amount of money someone spends on college shouldn't change or affect the level of education you get or how you get it. Education is important to everyone and this article has shown me that "moving the people can move the state."

~ Thank you, Tanner Williams

Readers Respond

Dear Editor,

In response to the article, "Freedom, but at What Cost?" by Nicole Hayes, the author tackles one of the main issues society is dealing with today: freedom. If I was personally put into a situation similar to what the White County prison is doing, I would choose to stay in jail for the extra 30 days. In my view, the prison is giving a choice between losing the ability to produce life for an extra 30 days of freedom, which is going against what your body was made for. I am transgender, and right now, we cannot get surgery to carry a baby, but in the near future, the science will be there. So,

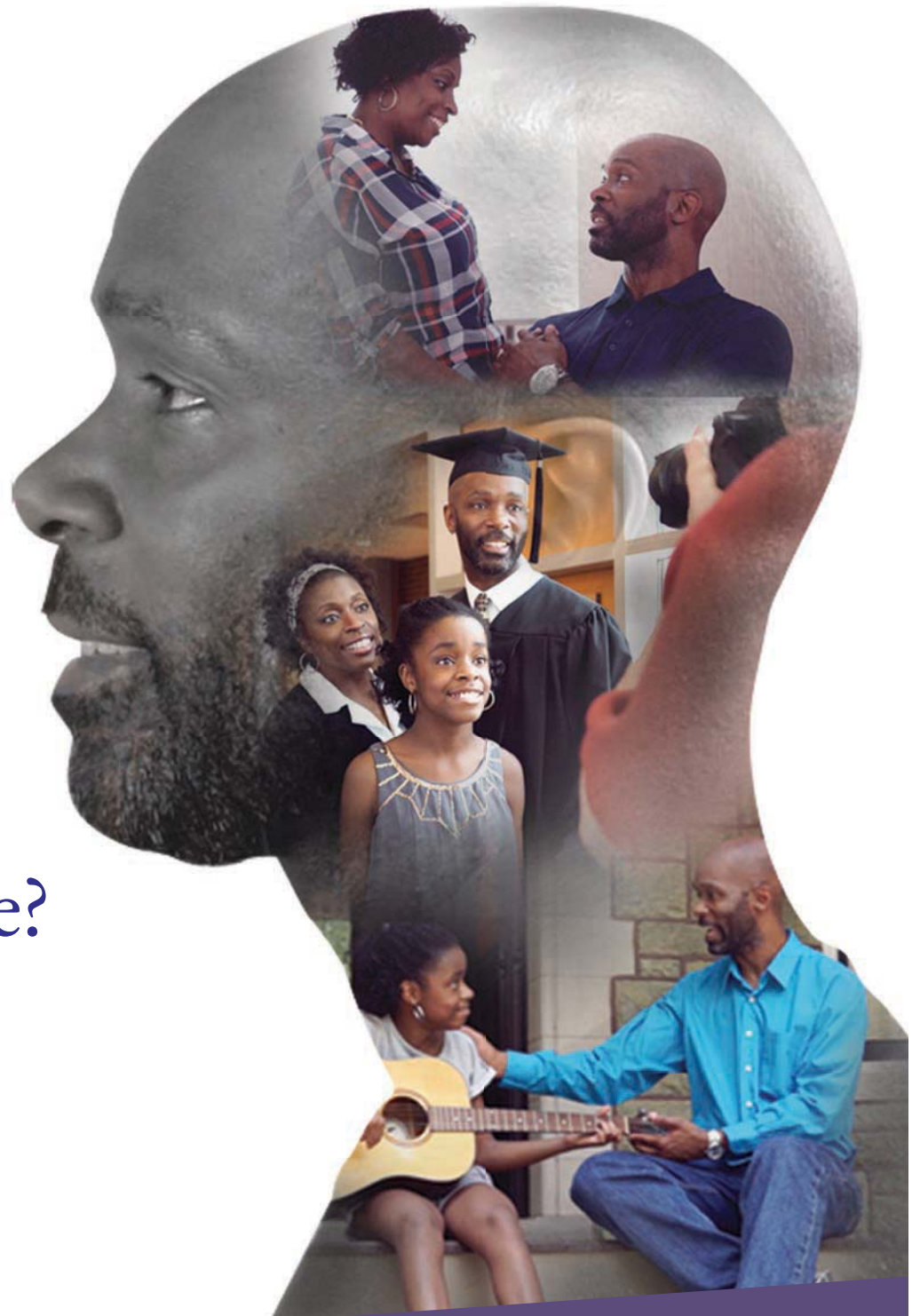


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