

The Tamarack

Our college. Our news. Our voice.

Naugatuck Valley Community College

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“Once we start to act, hope will be everywhere.”

Jason Hesse



Photo Courtesy of Fortune Magazine

AUGUST 20, 2018

School is back in session in Stockholm, Sweden. Classes file in, and children find their seats. They are restive; they swallow their nerves and listen through half-absent ears as they once again endure the gauntlet of education, eagerly awaiting afternoon freedom. But one seat is empty. One ninth-grade classmate is missing from their ranks: fifteen-year-old Greta Thunberg.

Not far away, in the middle of Stockholm, a young girl sits on the cobblestones outside parliament with a sign which reads: “SKOLSTREJK FÖR KLIMATET,” or “SCHOOL STRIKE FOR THE CLIMATE.” She hands out leaflets to passerby that say: “I am doing this because you adults are shitting on my future.” She stays there all morning and afternoon until the school day is done. The next day she goes back, and the next, until the Swedish general election on September 9th, hoping to influence Swedish officials to facilitate reduction of carbon emissions in accordance with the Paris Agreement on climate change two years prior.

Greta eventually returns to school after the general election, but continues to protest on Fridays as a show of faith for the cause and a continued demonstration of the critical nature of the crisis.

NOVEMBER 24, 2018

An independent TED event comes to the capital of Sweden: TEDxStockholm. The theme for tonight is Wonderland. Attendees file into a conference room at Stockholm Waterfront Congress Centre, excited to hear a wide variety of speakers of diverse experience. One speaker, however, is shorter than the others; she looks far younger than expected.

Fifteen-year-old Greta Thunberg takes the stage, delivering a starkly straightforward speech about the climate change crisis. She notes her surprise over the absence of widespread alarm: “I remember thinking it was very strange ... if it was really happening, we wouldn’t be talking about anything else. As soon as you turn on the TV, everything would be about that.”

She stresses the importance of action. “The climate crisis has already been solved,” she says. “We already have all the facts and solutions. All we have to do is to wake up and change.” Her disposition remains stoic, her countenance almost haunted, as she intones her final message: “We can’t save the world by playing by the rules, because the rules have to be changed. Everything has to change. And it has to start today.”

JANUARY 23, 2019

For the last few days, many political leaders, businesspeople, and journalists have flown into a mountain resort in Davos, Switzerland to meet at the World Economic Forum. The mission of the WEF is simple: “improving the state of the world by engaging business, political, academic, and other leaders of society to shape global, regional, and industry agendas.”

A young girl is also attending the WEF, but she does not

fly in. Instead, Greta Thunberg takes a train from Stockholm to Switzerland; she refuses to fly because of the large carbon footprint of modern aircraft. The 32-hour journey crosses three national borders, but Greta is not tired—she is invigorated, ready. Later in the week, she speaks at an official WEF discussion: “I don’t want you to be hopeful. I want you to panic. I want you to feel the fear I feel every day. And then I want you to act. I want you to act as if you would in a crisis. I want you to act as if the house was on fire—because it is.”

MARCH 29, 2019

It is Friday. 25,000 people gather near Berlin, Germany’s Brandenburg Gate, part of a protest movement born in spirit from Greta Thunberg’s original school strike in 2018. Greta Thunberg is there, too, with a few heartfelt words to share. “We want a future,” she says. “Is that too much to ask for?” After speaking, she visits the Potsdam Institute for Climate Impact Research with another climate activist to meet with scientists. The next day, Greta is presented a ‘Climate Action Award’ on German national television for inspiring hundreds of thousands of people to follow in her footsteps, to take the climate crisis seriously.

AUGUST 14, 2019

A 60-ft racing yacht, the *Malizia II*, is docked at a harbor in Plymouth, England. It is built for round-the-world racing, but has been modified to include underwater turbines and solar panels. There is no kitchen, no toilet, no shower onboard. Its sails sport climate change slogans: “Unite Behind the Science” and “A Race We Must Win – Climate Action Now!”

The yacht heads across the North Atlantic to New York City, bringing Greta Thunberg and her father to the U.S. to speak at the 2019 UN Climate Action Summit in New York, and the UN Climate Change Conference in Chile—again, she refuses to fly. German yachtsman Boris Herrmann pilots the yacht on its fifteen-day journey across over 3,000 miles of ocean, reaching New York City August 28th. On August 16th and 23rd, both Fridays, Greta continues her protest, standing on deck, her “SKOLSTREJK FÖR KLIMATET” sign proudly displayed.

Now in North America, Greta Thunberg appears on Comedy Central’s *The Daily Show*, September 11th. She attends protests at the White House between September 13th and 20th, speaking at the UN Climate Action Summit in New York on September 23rd. In her *Daily Show* interview, when asked what people should do, she says “If I were to choose one thing everyone would do, it would be to inform yourself.”

The paralysis of inaction is only remedied by education, and, by Greta’s own account, this is always the first step towards change. It is easy to feel small—inadequate in the face of such a massive undertaking. True, the world is never changed by only one person. But in the words of Greta Thunberg: “You are never too small to make a difference.”

Death of a Pathmaker

Joseph Welles

As we mark another October, National Breast Cancer Awareness Month, people worldwide pay homage to broadcast journalist, political analyst and best-selling author, Mary “Cokie” Roberts. Survived by her husband, two children, and six grandchildren, Roberts died of breast cancer September 17th at the age of seventy-five.

Fellow journalists were quick to praise her. Fox News Chief White House Correspondent John Roberts, called her “a true pioneer of business and a revered colleague,” and ABC News President James Goldston honored Roberts for “her kindness and generosity, and sharp intellect,” noting that she “made ABC a better place and all of us better journalists.” *60 Minutes* correspondent, Lesley Stahl, said Roberts’ death was like “losing the best sister you could ever have,” adding that her friend’s professional mantra was always, “Do no harm.”

Born December 27, 1943, in New Orleans, Cokie Roberts was raised in a highly-charged political atmosphere. Her father, Hale Boggs, served as Majority Leader for the House of Representatives and was an outspoken member of the Warren Commission, which investigated the 1963 assassination of President John F. Kennedy. After Boggs’s death—a plane crash in Alaska in which wreckage was never found—his widow, Roberts’ mother, Lindy Boggs, was elected to the House of Representatives, the first woman elected to Congress from Louisiana. Accompanying her parents through the halls of the Capitol, Roberts saw the inspiring and ugly realities of the political machine.

Graduating from Wellesley College in 1964, Roberts launched a groundbreaking career spanning forty-plus years. Her public presence began as a radio correspondent for CBS News. She then joined NPR (National Public Radio) in 1978; in 1988, she became a member of ABC News. She earned many accolades, including a 2008 Library of Congress “Living Legend Award,” an Edward R. Murrow Award, a Walter Cronkite Excellence in Journalism Award, and a Grammy. A prolific writer of nonfiction, her works on the unheralded role of women in history made her a best-seller. She was also President of the Radio and Television Correspondents’ Association.

Always aware of the responsibilities of sound journalism, Roberts opened herself to others. While on NPR, she gave listeners a chance to pick her brain over a wide range of topics, in a segment named, “Ask Cokie”; all questions were gamely answered. One common question was to be expected. Because her brother could not pronounce her middle name, Corinne, the family settled on Cokie. Her generosity extended to her public breast cancer fight. In 2002, battling the illness, she appeared on-air wearing a wig, determined to raise awareness of the disease.

In 2013, on assignment in St. Peter’s Square, waiting hours in the pouring rain for smoke from the Vatican signifying the choice of Pope Francis, she chided herself for her sarcastic view of the proceedings, reminding herself, “You jerk. You are really not getting it. This is a moment of history that will be maybe the only time in all these peoples’ lives that they have this front seat to history, and you’re so privileged you get it all the time.”

Cokie Roberts did not just find a way, she plowed a path for subsequent women to follow. She picked through brambles of sexism as a seasoned reporter, repeatedly asked by underlings, “Can you type?” something no male senior reporter would ever be asked. When a colleague talked about women being granted the vote, Roberts replied voting was a right of a U.S. citizen, not something “a bunch of guys granted.” Cokie Roberts’ inroads in her profession demonstrated to aspiring journalists—female and male—the possibilities such persistence affords.

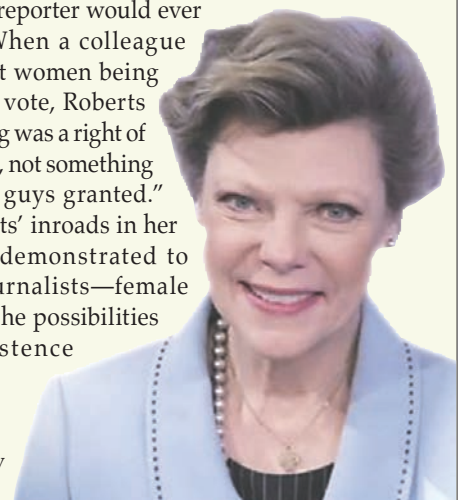


Photo Courtesy of ABC News

EDITOR'S NOTEBOOK



Significant Enough

Gwendydd Miller

This month is my favorite for many reasons (no, it's not my birth month). I especially like Halloween and the costumes. Not the flimsy, overpriced, store-bought ones, just dressing up in general. I love expressing myself through makeup. It's somehow much easier to be myself when I'm dressed as someone/something else.

If you think about it, we all wear masks every day, even if they're not as noticeable or fun as those we wear on Halloween. We dress up like professionals for work. We dress up for a night out with friends. We relax in casual mode when at home. Occasionally, all these masks we wear—the many roles we play—can be overwhelming. I'm sure most fellow students can relate, as we have so much to balance between school, family, and jobs. It can get hard; it can be crazy.

Only a little over a year ago, I was just another student, not very involved on campus. Last fall, I started taking on more responsibilities, and somehow, here I am now with all these titles. I'm not sure how I even got them. There's a man I know; he's gentle, sweet, funny, and wicked smart. He's probably the most wonderful person I've met. I thought I couldn't possibly compare to him, but one day he told me he doesn't know why people act the way they do towards him. He doesn't feel he's all that wonderful.

I've heard many stories like this. I even feel that way myself most days, but I was so surprised to hear him say it. From my own experience, it sometimes feels like I'm put in these roles and depended on, but I don't deserve it. Many of us have a fear that, one day, everyone will wake up and discover we're a fraud. One amazing professor put a name to this for me, calling it "Imposter Syndrome".

My favorite example of this is when I attended a live interview of author Neil Gaiman. It was a wonderful experience, and he had lots of great things to say... but what stuck with me most was a story he told about a party he attended with a lot of big, important people. He said he met another Neil, and their conversation confirmed neither Neil felt they'd done anything significant enough to belong there. He later revealed the other Neil was Neil Armstrong.

If a famous author and the first man on the moon can feel that way, how valid is that feeling, really? So, this October, as you don your masks and costumes, try to find a greater appreciation of the different roles you play in your own life. Maybe you'll even recognize you do deserve all the wonderful chances—or enthusiastic praise—you're given. Odds are you do.

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

"No Deal" to No Deal Brexit?

Kathleen Chesto

If you think American politics has become acrimonious, brash and vituperative, you might want to look "across the pond," as the British say. British politics has long been considered polite to the point of stuffy, although the Netflix series, *The Crown*, has somewhat tarnished that image. This nation that widely castigated our last election, and met Trump's last two visits with protest and ridicule, recently elected a prime minister considered by many on both sides of the Atlantic a Trump "wannabe"—due to his uncivil, divisive nature.

Boris Johnson's recent attempt to push through a "no deal Brexit" on October 31 has brought Parliament and the nation to the brink of chaos. Parliamentary ministers returning to work on September 2 were greeted on Parliament's steps by angry crowds bearing flags, posters declaring "no Brexit," and pictures of Johnson with "liar" scrawled across them.

Inside, the atmosphere was no less chaotic. Rebellious lawmakers voted to seize control of the Brexit agenda and proceeded to veto every Johnson proposal. The embattled prime minister proposed a new general election for October 14, in hope of replacing his opponents. Members of his majority Conservative Party voted against him to defeat the proposal. One member walked across the floor, joining the other side, while Johnson continued his speech.

Until now, much world discussion on Brexit has focused on the Northern Ireland border. However, in the last few weeks, the government has released studies of probable effects of a no deal Brexit on the British economy. These include critical shortages of medicine, fuel, and fresh produce. The stock market indicates a potential sharp drop in the value of the pound. Parliamentary minister Phillip Lee, listing the problems—and possible resultant riots and crime—told the BBC, "This is not what the people of Britain voted for." And British citizens not motivated by the Irish border question, have been activated by the specter of problems hitting closer to home.

It's interesting to note most people in Great Britain haven't lived long enough to recall their country before the open market in Europe. When Brexit was proposed, the focus was on the immigration problems caused by open borders, not on the advantages gained through an open market.

Amidst this chaos and public outcry, Johnson suspended, or "prorogued," Parliament for five weeks, starting Sept. 10. The

Scottish Supreme Court almost immediately declared the prorogation illegal, stating it had clearly been made to interrupt the planning and discussion of Brexit. Although the queen gave permission for the suspension on August 28, the Scottish court stated it believed she'd been misinformed about its purpose. As of this writing, Britain's Supreme Court has yet to meet to decide whether to bring the contentious lawmakers back.

This is one of the most intriguing political debates the world has witnessed in years. If you're not following it, you're missing out on a great story—one that could affect us all.

The European Union has been a stabilizing, unifying force in Europe. If Britain leaves the Union, it will affect the strength of the Union itself. Smaller countries are losing a powerful ally in Britain. The US has historically held a strong alignment with Britain and British politics, which has given us some "voice" in the Union. Brexit will weaken our own alliance with the EU.

Sanctions have been one of the most powerful tools in international politics. US-EU sanctions have been effective in holding countries accountable for their actions. Brexit threatens that efficacy.

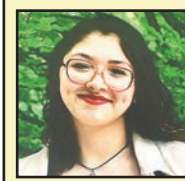
The visa-free travel we've enjoyed throughout the UK and EU countries may no longer exist. Membership in the EU-US Open Skies Agreement, impacting our access to EU airports, will have to be renegotiated.

The Union's fair trade agreement with the European Economic Area has made it cheaper and easier to buy products throughout the world, including in the US. Supply chains for everything from food to energy will be broken by Brexit. Increased production costs mean increased prices. Are you a fan of English Breakfast Tea or Cadbury Eggs? Keep an eye on price tags.

Europe faces a turbulent October. The Union does not want to lose Great Britain and European Commission President Jean-Claude Juncker, Prime Minister of Luxembourg, will meet with Johnson in hope of hammering out an agreement. Unfortunately, Johnson's abrasive, dictatorial style—an echo of Trump's—has not endeared him to European leaders.

As Scotland and Northern Ireland continue to consider independence, it becomes obvious this month could change the face of Europe as we know it. Far more serious are the challenges Brexit will bring to the British people.

SGA PRESIDENT



Fall Features

Happy October! This month means many things to many people and can be a spooky time for multiple reasons. More specifically, October brings midterms, but don't be afraid—because the SGA has got you covered! Look for activities to keep you in the right mindset to achieve academic success.

On October 9th, make sure to swing by Café West to participate in our annual Club Expo! This event is a great way to get to know some familiar faces on campus and join a club or two. It's important that you take the opportunity to get to know some of your peers and find your place here on campus. There will also be free food and a chance to enter in a giveaway; all you have to do is visit nine club booths! For more information on Club Expo 2019, you can visit the NVCC website or look for flyers around campus.

With upcoming elections, NVCC and the SGA will once again provide voter registration opportunities. If you haven't done so, look for information about days and campus locations to register to carry out your civic duty. There are also opportunities to volunteer in the community. For example, stop by Prism Lounge and talk to Lisa McManus about signing up to volunteer at St. Vincent De Paul's Soup Kitchen. Giving back to the community is also a great way to meet fellow students.

At the end of the month, the SGA will host our annual Halloween party. As always, there will be free food, a DJ, fun, games, and so much more. Make sure to come dressed in your most exciting, creative costume for a chance at winning our costume contest! There will be more information posted throughout the month.

As usual, SGA meetings take place every Wednesday from 4:00 p.m. - 5:00 p.m. in room L501. These meetings are open to all, and they provide a good chance to learn more about what's happening on campus. I definitely encourage everyone to come to at least one.

For more information about upcoming activities, and to see photos from events, give the SGA a follow @NVCC_SGA on Instagram. I hope you all have a great October, and good luck on your exams!

Best Regards,
Tabitha Cruz

Campus Beauty

Tamarack Staff



Photo Courtesy of NVCC Website



Photo Courtesy of Tamarack Staff



Photo Courtesy of Tamarack Staff

mix of unique architecture and profusion of gardens, our campus is something special.

This July, beauty became more prominent with the addition of five statues by American sculptor Beverly Stucker Precious. With generous funding from Connecticut's "Art in Public Spaces" program, the works were installed July 15th.

The first sculpture, located near The Poet's Circle, portrays Cervantes' quintessential dreamer, Don Quixote, offering welcome to all whose dreams lead them to NVCC. A second piece, outside Founders Hall, makes a commanding impression as it stretches skyward.

Three of the four remaining pieces line the walkway between Tech Hall and Founders. Each of these abstract stainless steel and blown-glass works, Stucker Precious's "wind words," features a poetic excerpt. The poets are Joy Harjo (America's most recent poet laureate), Maya Angelou, and Aurora Levins Morales.

The passage from Morales' poem, "Child of the Americas," reads, "I am new. History made me. My first language was spanglish. / I was born at the crossroads / and I am whole." What an appropriate reminder that beauty, in all its forms, can often present us with deeply felt truth.

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The Tamarack

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EDITORIAL

Kavanaugh: Round Two

In September, 2018, when Brett Kavanaugh was being vetted for the position of Supreme Court justice, the FBI was charged with investigating sexual allegations that had surfaced during his confirmation hearing. A new book, *The Education of Brett Kavanaugh*, by *NY Times* reporters, Robyn Pogrebin and Kate Kelly, calls into question the adequacy of that probe, while also revealing additional sexual allegations against our newest Supreme Court Justice.

In the uproar that has followed, the FBI has admitted to being told at the time by President Trump to make it a "narrow investigation"; the investigation deadline was arbitrarily limited to one week. While 50 witness names were specified with the original allegations, due to the brevity of time, only nine were included in the investigation. Mitch McConnell, Senate Majority Leader, expressed his belief after these interviews that Kavanaugh had been completely exonerated and called for a vote. Kavanaugh was confirmed, 50 to 48.

In light of the recent revelations, some Democrats, including our own Sen. Richard Blumenthal, have called for Kavanaugh's impeachment. Blumenthal stated it appears fairly certain Kavanaugh lied to the Judiciary Committee. Republicans, replying to the angry onslaught of public opinion, have called for another investigation.

Many Democrats, though, have become somewhat silent on the topic. Senate Minority Leader, Charles E. Schumer, told reporters, "I didn't vote for him. I don't believe he belongs on the Supreme Court," but refused to give any other response to the question of impeachment or investigation.

Democratic Whip, Richard Durbin, has pointed out that Impeachment is rare in our nation's history. It requires a 2/3 majority Senate vote, highly unlikely, given in the current, Republican-led body. He cautions against diverting the energies of our Democratic-led House from more important "kitchen-table" issues facing our nation. Speaker of the House, Nancy Pelosi, when asked if we should seek Kavanaugh's impeachment, simply answered, "No."

How this struggle will play out in the coming weeks remains to be seen. But hopefully two lessons will have been learned from the debacle. In the future, sexual allegations against candidates must be investigated thoroughly before we raise them to a position of great power. The second lesson is that our judiciary branch is becoming extremely politicized, both in its appointments and in its rulings. Our Constitution calls for three separate branches of government. How will we uphold this?

Face from the ACE

Here to Help

Joanne Cole



My name is Joanne, and I've been a math tutor at NVCC for almost 20 years now. I truly love my job and find it incredibly rewarding

to meet each semester's new and returning students and to support them through my work at the Academic Center for Excellence in Ekstrom 500. I came back to school at NVCC as an older adult who wanted to make a career change. Little did I know I would never leave!

Math classes at NVCC were quite a challenge for me, and I needed a lot of help. On the advice of my instructor, I visited the math tutoring center, then housed in a small room on the fourth floor. I was nervous but found the math tutors very patient and supportive, so I spent time there every week.

Sometimes other students from my class would come in, and since I'd been helped by the tutors, I was able to help fellow students with some of their questions. Eventually, this led to my first ever tutoring job as Student Assistant. I found tutoring helped me keep my skills strong, giving me the courage to continue taking math courses. I was still a bit nervous whenever I began a new course, but I knew I had the tutor support I needed to learn anything! A few semesters later, I became an Educational Assistant.

Outside work, I am quite busy! I love to swim, bike, and run and have a wonderful circle of friends I've met participating in triathlons. The most recent challenge I took on was a Half Ironman Distance Triathlon in Old Orchard Beach, Maine this August. That included a 1.2-mile ocean swim, a 56-mile bike ride, and a 13.1-mile run. I'm proof it's never too late to find your inner athlete! I also became a grandmother last year and am thoroughly enjoying spending time with my beautiful grandson.

I'm very proud to represent the math tutors from the ACE. I've learned over the years that, while math tutors need to understand the curriculum they teach very well, it's much more important that they have a desire to help others. So many students don't feel confident about their math skills, and at the ACE, we want them to learn in an environment that makes them feel fully supported, knowing we're cheering for their success! Please drop by the ACE anytime to meet me and ask more about ACE tutoring services!

Look for the ACE web page, www.nv.edu, under Student Resources on the NVCC website.

The Playwright Behind Persephone

Mitchell W. Maknis



Photo Courtesy of Kristen Palmer

This semester, NVCC's Theater Department has the distinct honor of premiering renowned playwright Kristen Palmer's latest original play, *Persephone: A New Myth for a Hotter World*. I recently sat down with Palmer to gain insight on her life and career, as well as her involvement with the college's community.

Kristen Palmer grew up in Stafford County, outside Fredericksburg, Virginia. From a very early age, Palmer was enamored with dramatic storytelling, even arranging an original production when she was eight years old.

The creative fire in her heart continued to burn steadily, but under the tutelage of high school drama teacher, Fred Franklin, it became a passion. Palmer recalls Franklin as not only an "exceptional teacher" but a theatrical visionary. By enlisting kids from all over the school with varying dispositions, Franklin encouraged students to embrace the world's beauty and become active within their civic and educational communities. Throughout Palmer's life, Franklin's distinct vision of theater has remained a driving force and continuous motivation.

After high school, Palmer took her newfound knowledge overseas, studying dramatic arts at Bretton Hall College in England. There, she concentrated on many aspects of theater in a place that supported "the idea of arts and education [being] connected." Although Palmer enjoyed an unforgettable educational experience there, she had to return to the United States when her visa expired.

Upon returning to the U.S., Palmer found work wherever she could, eventually making her way to Seattle. There she reconnected with high school friends, joined their theater company, and created engrossing, affordable productions written by "playwrights in their twenties for people in their twenties." During her five-year tenure with the company, Palmer assumed roles as director, producer, and script reader.

This atmosphere provided Palmer the environment to create plays. With no previous formal experience sharing her writing, Palmer said, "Having the space and a community of peers inspired [her] to start writing and sharing work, and that launched [her] playwriting." Since then, Palmer has gone on to write many scripts that have premiered in successful New York, Los Angeles, and Washington D.C productions.

Palmer has always been inspired by her love of "nature and human nature." With this piece, she innovatively re-invents the Greek myth of Persephone to coincide with our current climate crisis. Palmer depicts Persephone's mother, the Greek goddess Demeter, as a controlling influence on her daughter's life, expertly weaving this thread into a young woman's tale of coming into her own.

When director, NVCC theater professor Sasha Bratt, approached her with the prospect of premiering *Persephone* at NVCC, Palmer was excited for the opportunity. As an adjunct instructor at CCSU, and a mother, logistically, the NVCC college campus fits her life impeccably. The campus also works perfectly with the play's intended audience.

Following the influence of her mentor, Fred Franklin, Palmer wrote *Persephone* in an accessible style to be adapted and shown in a community setting. The playwright hopes to stage upcoming productions for similar spaces in the future.

Bratt and the Theater Department invite audiences to experience the premiere of Palmer's powerful creation, brought together through the talented forces on our NVCC campus. To learn more about Kristen Palmer and her work, visit her website: kristenpalmerplaywrite.com.

Slow-Motion Catastrophe

Sylvia Strong

Weather forecasts in late August could not determine the exact path of expanding Hurricane Dorian, but trackers were in agreement about one thing: the storm was a monster. With record-tying wind speeds of 185 mph, and an eye roughly the size of New York City, Dorian seemed ready to strike somewhere along the Florida or Carolina coasts. U.S. evacuations were in place, emergency preparedness in full swing.

By September 1st, the Category 5 Hurricane shifted slightly east, slamming into the northern Bahamas, flattening Abaco and Grand Bahama Islands. Worse for the area, the storm slowed to one mph, essentially stalling over the decimated islands for two days. Rainfall exceeded three feet, and the storm surge produced a twenty-foot wall of water. Results were catastrophic. Abaco Island had been home to Haitian refugees in

the shantytowns of Mudd and Pigeon Peas, where rudimentary shelters of plywood were reduced to scraps and splinters. It is feared many remain buried under layers of debris.

As of September 18th, the official death toll on the islands of Abaco and Grand Bahama stood at just 51, but with more than 1,000 people missing, that number is expected to sharply rise as recovery efforts continue. The storm displaced 70,000 residents, with the government funneling survivors to tent cities in the capital city of Nassau on New Providence Island, which sustained lesser damage.

The Bahamian government has been criticized for lack of preparedness and slow response to the crisis. As capacities overflowed, citizens were turned away from the camps in Nassau. However, given the scope of the storm and its uncertain track,

preparedness seems beside the point. Relief organizations have had difficulty distributing aid in affected areas. Lack of food, shelter, clean water, sanitation, and medicine continues to stir fear of disease outbreaks. Prime Minister Hubert Minnis characterized the damage as "generational devastation."

Those who could, fled to Florida either temporarily, or to start life over—an enormous task in the face of utter loss. Besides donations, officials have shared one surprising way to help: visit those islands not affected by the storm. These include major tourist spots, such as Paradise Island and Nassau. Because tourism is crucial to the nation's economy, travel just might be the best way to help. In a *NY Times* interview, Dionisio J. D'Aguiar, Minister of Tourism and Aviation, stated, "More than ever we need you to come on vacation," adding, "That's the only way we can help our brothers and sisters in the north."

Honoring Adjuncts

Musical Multitasker

Kirsten Peterson



Photo Courtesy of Kirsten Peterson

I'm beginning my 20th year as an adjunct in NVCC's Music Department. Some of the many reasons I love teaching here include the diversity of the student body, the supportive learning community I witness daily, and my music colleagues. All of them represent a broad array of skills and experience and work tirelessly devoting themselves to helping students thrive.

The students in the Music Department are all pretty special as well. They are inquisitive, respectful, and have a sincere desire to learn. I have a passion for

One thing that both attending and teaching in college has taught me is there is no end to education... and many times that involves things my students teach me.

teaching, and the opportunity to share my knowledge in areas such as music theory, ear training, and world music with them is truly a privilege.

Many adjuncts I know divide their time between multiple schools, and I'm no exception. I have also been teaching at UCONN Stamford since 1998, and on occasion—this semester included—I teach in the Music Department at CCSU. When I'm not teaching (or in my car commuting between schools!), I am making music as a bassoonist with the Waterbury Symphony Orchestra, which is in residence here at NVCC. I'm also a choir director/organist/pianist/synth player/sometime singer at St. Paul's Episcopal Church in Brookfield. Did I mention I also have good time management skills? Plus, I think I know just about every way to avoid construction on Connecticut's highways.

Originally, I'm from Georgetown, Texas—not too far from Austin—and I came up to Connecticut to attend Yale School of Music. After that I headed to the University of Connecticut to get a doctorate in music history and theory (Go Huskies!).

One thing that both attending and teaching in college has taught me is there is no end to education. I feel like I'm learning something new every day—and many times that involves things my students teach me. And although my life may be centered around music, my own interests are pretty broad. I always try to allow time for lots of reading, foreign films, hikes, and art museums.

If you ever walk by the Music Department—and I'm sure you do, because the 5th floor walkway is like NVCC's highway—be sure to stop in and say "Hi!"

Center for Teaching

Food Insecurity, Barrier to Academic Success

Kathleen Leblanc

Professor Kathleen Leblanc, Human Services/Pre-Social Work Program Coordinator, longtime CFT member and former Teaching and Learning Consultant, was a major force in establishing NVCC's Food Pantry.

You may have noticed signs across campus, or heard from a fellow student, that NVCC has a pantry service for students. The NVCC Student Pantry opened on 02/14/2018; over the last five semesters we've expanded services and continue to make changes based on student and faculty feedback. Our pantry is staffed by student workers, faculty, and our new AmeriCorps member, Patty DeLaCruz. Our goal: providing a welcoming, respectful, confidential environment.

The pantry is open Monday – Thursday, 9:00 am – 5:30 pm and Fridays, 9:00 am – 1:00 pm. We have a "grab & go" snack table, where students can select one hot and one cold snack per day, and a limited grocery service. Students can select ten take-home items twice per month, and if they bring their own bag, they can select an extra two.

Some common questions.

Why do we have a pantry; does it really

belong on a college campus? *There is a nationwide trend to offer pantries on college and university campuses because food insecurity impacts college retention and success. Food insecurity is defined as a lack of reliable access to sufficient quantities of affordable, safe, and nutritious food.*

Can any current NVCC student use the service? *Yes, it was developed to address food insecurity, but any student who is hungry can receive services. Some students need to use it often, and some have an occasional need because of unexpected financial issues, or not having food on a specific day for one of many reasons.*

Where does the food come from? *"Grab & go" snacks are purchased through a community grant and donations. Groceries are from the CT Food Bank (CFB) and donations from NVCC faculty, staff, and students. We also depend on fundraising efforts.*

Why can't student have snacks more than once per day and only a limited amount of groceries? *We have limited financial resources and food received from donors and the CFB varies by month, in number and variety. However, our AmeriCorp member, Patty, is available to meet individually with any student to share information about community*

pantries and resources, and even help students to complete a SNAP application.

Why is the pantry way over in Ekstrom? *We selected that location because it offers privacy, a nearby microwave on the 6th floor, and easy exit to bring groceries to their car, or a bus stop.*

Do I have to fill out any forms to receive services? *Yes, there is a registration process and information the CFB and our funders require. However, your name is never shared with anyone at NVCC, or with any outside agency. We collect this limited data to demonstrate our need, tailor our snack purchases, and hopefully increase our funding.*

How can I help? *If you're a faculty club advisor or campus club member, explore a fundraising activity with your members. Suggest a fundraising activity to community groups you belong to, or involve your family. Last year, several NVCC employees asked family members to bring food donations to Thanksgiving family gatherings. Many people drop off a few items picked up during weekly grocery shopping. Every bit helps.*

If you have further questions, want to learn about community resources, or have a suggestion, contact Patty DeLaCruz at nv-pantry@nv.edu or Kathy LeBlanc at kleblanc@nv.edu

E-sports Excellence

Jason Hesse

When it comes to competition, it's hard to beat the spectacle and excitement of a World Championship, especially when \$30+ million is on the line. On August 15th, The International 9 (TI9) kicked off in Shanghai, China, sporting 18 of the world's top Dota 2 teams and a record-setting prize pool: \$34,330,068 (\$15,620,181 to be split among first-place finishers)—the largest e-sports prize pool to date.

This is only the 9th International, and before this year there had never been a repeat winner. No team, no organization, not even a single player has managed to win The International twice. Last year saw a Cinderella story with team OG's win: a roster sundered by players leaving for other teams two months before the year's largest tournament fought their way through open qualifiers, smashing the upper bracket, not dropping a single series all the way to victory. Following every International, many teams make roster changes; some swap in only one player. Others change their entire roster.

After TI8, OG made no roster changes, and after a lackluster year, looked to face a tough road if they wanted to win another TI. Multiple teams were expected to outperform OG at TI9, and any win by one of these would see one or two players become the first ever to win a second International. But somehow, OG once more topped their group, once more ravaged the upper bracket, and once more beat tournament favorites to win the Aegis, the International's trophy. OG became the only team to win multiple TIs; their roster of five became the only players to win multiple TIs, and they did it together.

On August 23rd, the second Counter-Strike: Global Offensive Major of the year kicked off. CS:GO doesn't have world championships; instead, twice per year, they hold a massive tournament with the best teams in attendance, called a Major. The prize pools don't hold a candle to The International, of course, but they're the biggest CS:GO has to offer. Consequently, winning multiple majors is difficult, but doable. A handful of players have won multiple majors in CS:GO history, but very few have won two in a row. When a team is in top form, winning

two tournaments six months apart isn't impossible; however, by the end of last year it had only happened once.

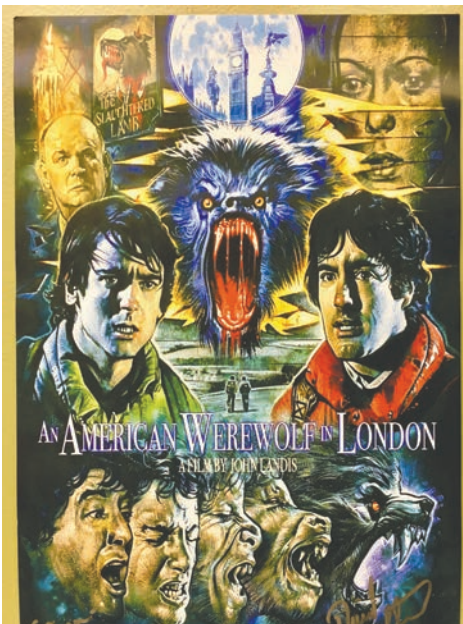
But 2018 was also the rise of Astralis as a near-unstoppable juggernaut that continued to dominate the Counter-Strike scene. No one was really surprised when they won the first major of 2019 at the end of February, but the team fell off after that, and their rivals, Team Liquid, became dominant. Thus, with Astralis on the downside, Team Liquid were the obvious favorites coming into the September Major. Astralis had had an era, sure, but they no longer looked like the greatest CS:GO team of all time.

However, facing off against Team Liquid in quarter finals, they secured a win and fought all the way through the playoffs to another Major victory. Three Majors in a row, a feat unheard of, and they didn't drop a single map in the nine best-of-three matches they played in all three playoff runs. Additionally, they only lost 41 rounds across all three Grand Finals in a game where the first to 16 rounds wins the map—that's an average map score of 16-7 in the most competitive matches of the Counter-Strike year.

If 2018 was the year of the underdog, 2019 is shaping up to be the year of domination.

Homegrown Horror

Gwenydd Miller



Wilde from *Hellraiser*; David Naughton from *An American Werewolf in London*; Tobin Bell and Shawnee Smith, from *Saw*; Sean Patrick Flanery of *Saw 3D*, and many, many more.

I had the pleasure of meeting David Naughton while getting an autographed poster for my friend. Naughton was a really wonderful guy, born right here in West Hartford, CT. He even had a panel on what it was like making *An American Werewolf in London*, which stood out to me even though I've never seen the movie.

The longest line in the whole building was to meet Doug Bradley, *Hellraiser's* Pinhead. The line went around the room and zigzagged twice. One of my two companions, Dawn, waited in that line for over an hour.

Vendors from around the state came to sell their products. Some of the most faithful, who've been there since the first ever CT HorrorFest, are Deadly Grounds Coffee from Norwalk, and Watertown's Hardcore Sweets Bakery. Other wonderful vendors—too many to name—were selling all kinds of products, from baked goods, jewelry, and figurines, to posters and books. One vendor had handmade stuffed bat-like creatures and flying eyeballs, with a percentage of profits donated to save actual bats.

CT Horror Fest is an annual convention hosted at various locations. This year it was held at the Naugatuck Event Center and featured an array of different vendors and famous guests. Some of these included actors such as Doug Bradley, Simon Bamford, Nicholas Vince, and Barbie

It was really a surprise, considering it was a horror festival, to see so many fantasy characters surface in the merchandise. Several references to *Labyrinth*, *The Lord of the Rings*, and even *Doctor Who* were present in available merchandise. This year, there was also a big emphasis on Tim Burton's *Beetlejuice*, technically a hybrid, horror/comedy.

One thing to look forward to every year at HorrorFest are the two costume contests, one for kids, another for adults. Unfortunately, I missed the kids' contest, but I can say the adult contest this year brought a lot of amazing costumes to the stage. There were many IT costumes, as well as many Michael Myers. One woman wore a prom dress drenched in blood; that one satisfied a lot of Carrie fans. Even though there were many other wonderful costumes, there was only one first place winner. This year's was a wonderfully crafted, handmade version of Pyramid Head from the horror game franchise, *Silent Hill*.

CT HorrorFest takes place every year, either at the end of August or in early to mid-September. Entry fees are usually \$25 either online for tickets or in cash at the door. Ticket holders are usually able to enter the event an hour before anyone else. Check out their Facebook page for more details. If you're in to horror, it's not too early to start planning for next year.



CAPSS CORNER

All in the Planning

I'm 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. Traveling 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'll find many articles addressing the time it takes students to complete their degrees. What were once considered "two-" or "four-year" degrees, now take students three, six and sometimes eight years to complete—if they're completed at all. This is why I'm so excited about Degree Works, a comprehensive tool students can use to navigate through their NVCC education.

This online tool is accessible through myCommNet and helps you understand the courses and requirements you need to graduate. Through Degree Works, advisors will help students create a plan, clearly laying out which courses to take in order to graduate by a particular goal date. Degree Works enables you to track your progress by updating your worksheet in real time as you register for and complete classes.

This software also helps ensure you don't take any unnecessary classes. If you sign up for a class that's not part of your program, Degree Works clearly demonstrates that the course is not counted towards your degree. If you're considering changing majors, you can perform a "What If" scenario to select different majors and see how your completed or in-progress coursework fits into the new major. This way you can determine if changing majors will increase the length of time needed to complete a degree.

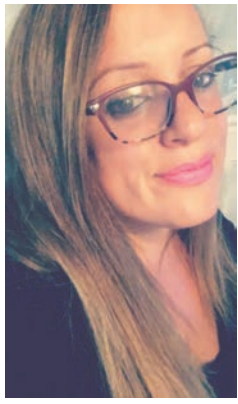
Registration for Winter 2019 and Spring 2020 will open in late October, so make sure you set up an appointment with your assigned academic advisor soon. If you're not sure who your advisor is, you can easily determine that by entering Degree Works and looking below your major. You can even email your advisor, directly from Degree Works, to set up an advising appointment.

As the saying goes, "The early bird catches the worm." In regards to advising and registration, the earlier you set up an appointment, the better prepared you'll be to build and register for a schedule that meets your personal and academic goals. It's also not too soon to consider life after NVCC. If transferring to complete a bachelor's degree is in your plans, make sure you attend the Transfer Fair, October 15th, from 10:00 AM – 1:00 PM in Café West.

Regards,
Bonnie Goulet

Between the Bookends News from the NVCC Library

By Jaime Hammond



Jaime Hammond is the Director of Library Services. She loves being a community college librarian and wants you to ask her obscure questions.

The Fulbright Visiting Scholar program allows professors from around the world to apply and be granted a one-year position at a college or university in the United States. Naugatuck Valley Community College has had the honor of hosting several Fulbright scholars in the arts, and each of them has brought something unique to our college community.

Last year, NVCC hosted our fourth Fulbright Scholar-in-Residence, Aguibou Bougobali Sanou, a dance professor from Burkina Faso. During his time here, the college purchased seven djembe drums for use in his classes. Now, the drums are available to borrow from the library! They can be checked out for one week, like our acoustic guitars. Stop by the Checkout Desk on the 5th floor to borrow one.

This isn't the first time the library has purchased new and interesting materials in support of the Fulbright Scholar-in-Residence program. When our visiting scholar was a music professor, the library added new music scores and CDs from South America. These scores, along with sheet music, can be found on the Mezzanine level of the library in the "M" section; the CDs are located on the 4th floor, in the Group Study Area. When the scholar was a literature professor, she helped select new books from Caribbean authors, which can be found on the Mezzanine level in the "PR" section. All of these items can be checked out for three weeks at a time.

The NVCC Library also purchases new fiction from authors all around the world. New titles can be found in the library's Reading Commons, which is on the 4th floor. Stop by to see what's new!

And don't forget to sign up for your free *New York Times* subscription at <http://nvcc.libguides.com/nyt> The NVCC Library is open seven days a week and help with research papers is available in person, by appointment, and via email, phone, text, and chat. Don't hesitate to ask us for help—that's why we're here!

FACE IN THE CROWD Moving up

Mark Ortiz

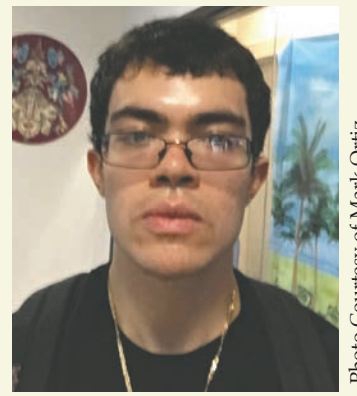


Photo Courtesy of Mark Ortiz

This 2019 fall semester, I prepare for my last year at NVCC. Initially, I did not plan on attending college at all, when I was younger. My grades in high school were average at best, and I already had a decent job in retail. In addition to these factors, only two people in my family previously attended college: my aunt and uncle. My aunt dropped out after the first year, to work and take care of the family, while my uncle left after one semester. Learning that, I didn't see college in my future, but my dad pressured me to go, so I did, despite my self-doubt.

My first day in college, I entered classes with doubts about myself. Among them were, *What if I flunk out? What if I'm not cut out for this kind of stuff?* and *Maybe college isn't for me.* I faced challenges that every freshman college student faces: finding time to study while also working full time, trying to keep my grades from slipping, even making it to an 8:00 a.m. class on time. From here my courses carried on, but got tougher. I failed my second test in Math 095 and, unfortunately, missed the next two classes due to a family issue. With my confidence hurt, I contemplated dropping out of college.

My grades didn't improve because I opted not to show up for my other classes, deciding to stop attending college altogether. Then my dad was notified what I'd done by a family friend. He confronted me and had a stern talk with me about my actions. He stated how much he believed in me to be the one in the family to go to college. He claimed I needed to get my priorities straight about school and made me determined to do so.

From there I began to manage my time between school and work more efficiently and studied harder to pass the next math test. My grades improved, and I wound up having a 3.4 GPA my first semester. Logging into Mycommnet approximately one week into the next semester, I was shocked to see my GPA. My mom and dad were proud of me and told me they knew I could do it. I thanked them for motivating me. They were happy, but my dad asked, "What do you

"My first day in college, I entered classes with doubts about myself... Logging into Mycommnet approximately one week into the next semester, I was shocked to see my GPA. My mom and dad were proud of me and told me they knew I could do it."

think your major will be?"

Although I overcame my first-semester challenges, I was still undecided about my major. At that point, the only courses I'd taken were math and English. I was unsure what I planned on doing with my life. My advisor suggested an intro course to help decide on a major. After seeing intro courses listed for Early Childhood Education, Criminal Justice, and Fire Technology, I thought hard about my next move. I chose Intro to Criminal Justice. My grandfather worked as a police officer for 25 years, so I thought, he could help me if I needed it.

Beginning with my first Introduction to Criminal Justice lecture, I became fascinated with the class and participated frequently. By the time the semester ended, it was clear I'd choose Criminal Justice as my major. After evaluating how far I've come, I see I've grown not only as a student, but as a person. Though I faced tough challenges, I overcame them and will soon graduate from NVCC. Knowing I did it has given me true confidence.

FACE IN THE CROWD Shane the Brain

Shane Artis



Photo Courtesy of Shane Artis

My experiences at NVCC so far have been pleasant. I've enjoyed each class thus far. I like my professors, and I enjoy learning the subjects of the classes I am in. Those are Field Biology, Intro to Computer Software and Applications, Literature and Composition, and U.S. History.

My absolute favorite part of the school is the scenery and the landscape of the campus. I like the biodiversity of plants and trees; my appreciation of the campus falls in line with my interest in Field Biology.

When I'm not studying or admiring the grounds, I have outside interests that are related to my major of environmental science. I have been planting trees. I enjoy reading magazines and articles on health, wellness and science-related subjects.

I want to say I've experienced a delightful learning environment and interacting in class discussions. The chance to expand my knowledge and understanding of the information that is taught makes for an interesting experience.

When it comes to my passion around learning, I'd have to say this would include being aware of subtle truths that we are surrounded by in many aspects of our lives. Education is preparing me for the events in life for which—if I hadn't known about them—would make life's obstacles more difficult to overcome.

I would definitely give my NVCC experience five stars, because the environment for learning is comfortable. The professors

"I would definitely give my NVCC experience five stars, because the environment for learning is comfortable. The professors and instructors also clearly care about the students."

and instructors also clearly care about the students. They care about each student's education.

Outside of school, I try and be with family as much as possible. I balance my work life and academic life in a reasonable manner. I make time for meditation when I can. Honestly, I'm always trying to stay on top of my schoolwork.

Skateboarding is one of the ways I fill my time away from school. I have been getting into yoga, too. I do my own crash courses. Yoga definitely goes side-by-side with meditation. I have friends here and outside of school with whom I like to spend time. I plan on graduating in May 2020. After NVCC, I would like to get my bachelor's degree in Environmental Science at one of the state schools.

Only One Fall Coffeehouse!

Christian Soto

Don't miss out on this semester's Music Society Coffeehouse in Founders Hall on October 17th at 6:00 PM. The evening will include performances ranging from Renaissance music to modern pop songs, performed by students and staff, along with instrumentalists, choruses and bands. There will be something for everyone and free refreshments for all. As always, our coffeehouses are free and open to the public.

This year's program includes the NVCC Chorus; the a cappella group, Fermata the Valley; the video game band, Sol Fa So Good; along with some performers from our jazz band, and a possible performance of songs from *Rent* by the musical theatre group. The program will be filled out by solos and duets. There will even be a bass trombone solo.

Music Society started its coffeehouse tradition in December 2016, as a vehicle for showcasing the music majors and giving music students a chance to hone their performance skills. The idea expanded under Dr. Harel's direction to include performances by the whole student body at several coffeehouses a year. Past events have been enthusiastically received; we've hosted drummers, rock bands, dancers, a xylophone, flute, ukele, chimes, melodicas, and

several pianists, along with traditional singers and guitarists.

If you'd like to showcase your musical talents, sign up at the music office, Room A504, before October 3rd. No previous experience is required. Only live music is used, provided by Dr. Harel's significant accompaniment skills. If you plan on singing, get the sheet music to him in advance, and he'll be happy to rehearse with you.

Music Society always welcomes new members, and the a cappella group is always looking for singers. We meet Mondays at 4:00 PM and Tuesdays at 3:00 PM. Stop in and see what we're about.

Since there's only one coffeehouse this fall, you don't want to miss it. If you're new to the campus, come experience the supportive camaraderie that always marks these events. Give us a chance to welcome you to the NVCC family. If you've been on campus a while, but never attended a coffeehouse, come find out what you're missing. If you're among our faithful attendees, no encouragement is needed, but be sure to bring your friends and family to Founders Hall, October 17, 6:00 - 8:30 PM. If can't come, join us in December for Cocoa and Caroling!

alumni SHOWCASE



Lisa Boyko

Forging Paths

Our paths are never simple, never straightforward. Full of sharp corners, potholes, even unexpected cliffs, it's no surprise how easy it can be to lose one's footing. I once wandered aimlessly on such a path. It seems like a lifetime ago, but I was actually a high school dropout. I never planned on attending college, either. However, eventually I grew tired and frustrated of working a dead-end job with no future. And my wandering? I grew tired of that too. So I took a chance and enrolled at NVCC.

Making that decision was the easy part, but putting words into action can be a little more difficult. I spent my first semester here on pins and needles. Was it excitement? Was it anxiety? Truth be told, it was a mixture of both! I really did not know what I was doing. I remembered what it was like to be a student in high school, but I hated high school and did not want to repeat that experience. So I stopped thinking about the "acceptable" behaviors from those teenage years and started making an effort that was grounded in a desire to learn. For the first time in my

life, I raised my hand in class. I studied hard. And at the end of that first semester I was so proud of myself. I'd earned good grades, and I wanted to chase that feeling.

Granted, the next two years were not easy. We all know that one person who just "gets it," and everything at school is effortless. That was not me. I had to work for it. But NVCC did not make me go it alone. I had the help

"For the first time in my life, I raised my hand in class. I studied hard. And at the end of that first semester I was so proud of myself. I'd earned good grades, and I wanted to chase that feeling."

of dedicated professors and staff who challenged and inspired me every day to do my best. They helped me discover my potential and realize I was capable of much more than I'd previously given myself credit for. For example, English was undeniably my favorite subject, while Science was my most dreaded. However, I have to give a shout-out to Professor Rachel Sackett for one of the most challenging yet rewarding classes (Human Biology) of my undergraduate years. To this day, I remember the 100+ notecards I made to help me study that material. But by the end of that semester, I knew it all forward and backward. I truly earned that grade.

NVCC laid the initial groundwork for my new journey, and I took the reins upon graduation. This may sound cheesy, but when I graduated, I made a promise to myself that I would come back one day, so I could pay it forward. I didn't know the capacity in which I would return, but I knew my time on this campus was not finished. And here I am today, one of the "financial aid ladies." My journey has come full circle, and every day I have the privilege of helping students lay the foundation for their own paths.

Woodstock 50 Should Have Happened

Robert Pinto

This past summer, there was supposed to be an event held in Watkins Glen, New York to commemorate the 50th anniversary of Woodstock. For those who don't know, Woodstock was a monumental concert in Bethel, New York that spanned three days back in 1969. It featured legendary performers, including Jimi Hendrix, The Who, Janis Joplin, The Grateful Dead, Santana, and many more legendary acts.

Woodstock 50 would have heralded a new era for music festivals. Of course, there were the critics who opposed the festival. Some said it would've been a disaster, like Woodstock 99. I disagree. Listening to the list of bands that would have been there, it really makes me feel this event could have been something substantial.

Even the original Woodstock faced several setbacks. There were plenty of well-known bands slated to perform, who weren't able to because of scheduling conflicts. These included The Doors, Led Zeppelin, and The Rolling Stones. But it isn't the lineup that makes the music festival; it's the fans attending the festival that share their enthusiasm with the bands there.

Some bands and artists who were supposed to perform at Woodstock 50 were Miley Cyrus, Akon, Cage the Elephant, Jay Z, Chance the Rapper, and The Black Keys. There were Woodstock originals, including Santana, John Fogerty, and Melanie. There were also lots of up and coming bands like Cherry Glazerr, Young the Giant, and Reignwolf. One band, Greta Van Fleet, literally sounds like Led Zeppelin. This was a chance for these artists to make an impact on the public and bring people together across generations, sharing their love for music.

Woodstock 50 could have been New York's rival for Coachella, the extremely popular festival every year out in Palm Springs, California. Coachella always has legendary bands playing. Over the past few years, Childish Gambino, The Weeknd, Eminem, Lady Gaga, and Radiohead have played Coachella. Woodstock 50 could have been the festival that led to more festivals each and every year.

Woodstock, historically, was more than a music festival, but a movement for a generation.

Woodstock 50 could've been this generation's time to shine. I've had the privilege of seeing many bands play live over the years.

The time is due for my generation to have a monumental moment in music history. Of course, there will be notable festivals and music events in the foreseeable future. I just know Woodstock 50 could have been my generation's moment to make an impact in music history.

Holiday Spirit

Gwenydd Miller

October is here, and with it my favorite time of year. I love autumn: the colorful trees, the smell of crisp air, hot apple cider, and corn mazes. Of course, the best part doesn't come until the end of the month...specifically the last night of October, Samhain (pronounced sah-win, not sam-hane like they butchered it in *Supernatural*).

Samhain is the Pagan holiday that gave Halloween its roots. I should say Celtic Pagan, considering "pagan" can apply to many people and beliefs, as it simply refers to a person or belief system that doesn't follow an accepted major religion. I won't claim to be an expert. While I haven't examined Samhain's long history, I grew up celebrating it, and listening to people who have studied it. So, even though I might not know all the strict facts, I have some authority to discuss it.

Samhain could mean different things to different people. Some believe it's a day when we're visited by relatives who have passed; some call it Witch's New Year. My family celebrates it as the last harvest of the year. After harvest, plants are dead or dying, and evil spirits roam. This is why we give offerings, to appease these spirits, and burn a fire all night to keep watch. Jack-o'-lanterns—traditionally turnips, now pumpkins—with scary faces carved into them are meant to ward off evil, sort of like temporary gargoyles you can eat. I want to be clear, Samhain has absolutely nothing to do with devil worship. We don't even believe in the devil, so it would be kinda hard to worship him.

Samhain wasn't always on October 31, mainly because the Celtic people didn't use the same types of calendars as are widely used today. The holiday dates back at least two thousand years, and there are many versions of it, including the Christianized version that is Halloween.

Trick-or-treating has so many origin stories it's hard to know what's real. Some believe the kids dressed up as their future profession to get their ancestors' blessing. Others believe, by dressing up as something scary, early pagans hoped to blend in with the spirits avoiding their tricks. Yet another theory—my favorite—is that costumes originated when people disguised themselves as evil spirits in order to steal the offerings people put out. This would explain the candy.

Whatever the origin of all these different aspects, it doesn't change the fact that Samhain is my favorite holiday, and a religious holiday I should be able to get off from work and school...but that's a different article. Samhain, scary as it seems, has always held a place in my heart. Maybe it's staying up all night with the watch fire, or the feast where we leave an offering for the spirits. Either way, it's the holiday I love most, and I wouldn't change a single tradition.



NVCC FALL TRANSFER FAIR




TUESDAY, OCTOBER 15TH – CAFÉ WEST – 10 – 1

ALL STUDENTS WELCOME!

COME MEET REPRESENTATIVES FROM OVER 30 COLLEGES & UNIVERSITIES

Food and other surprises will be available to students who stop by and visit with individual schools

Brewing up a Hobby

Stephen Price



Price working on a batch of homebrew. His equipment—and investment in the process—clearly go beyond the beginner stage.

A few years back, a friend introduced me to the joy of homebrewing, or making my own beer at home. From the recipe design with all the different ingredients, to sharing the finished product with friends and family, I knew I had

to learn more. There was just something about the fermentation process I found incredibly interesting. If you've ever wondered what goes into the making of beer or wine, I suggest checking out Maltose Express in Monroe, CT. Located only 30 minutes from NVCC via I-84, it's where I honed my knowledge through many visits. It didn't take long to feel like part of the Maltose family—and fear not: you don't even have to be 21 to make your own beer or wine!

The process of making beer may initially seem like a daunting task, but it's actually rather simple. If you can make mac and cheese from a box, you can make your own beer or wine. Making beer requires four ingredients: water, grain, hops, and yeast. The basic idea behind the brewing process is you're converting starches in the grain to sugar that the yeast will then eat to produce alcohol. Hops are the flowers of the hop plant, and different varieties lend different flavors and aromas ranging, from earthy to fruity. In addition, hops act as

a preservative.

A standard brew day starts with the mash; in this stage, you'll "steep" the grains in a kettle full of hot water. The temperature, which varies depending on the style being produced, allows the starches in the grains to convert into sugars. After "mashing" for an hour, you'll move your newly made sugar water or "wort" into the boil kettle. There, you'll boil the wort for sixty minutes, adding in bittering hops, flavor hops, and aroma hops as needed.

Adding hops at different times during the boil will produce varying outcomes; an early addition will provide the bitterness desired, while later additions will provide the flavor and aroma qualities in the beer. After the boil, you'll chill the wort to yeast "pitching" temperature as quickly as possible. Pitching is a homebrewing term for adding the yeast to the wort. Between 68 and 72 degrees is the required temperature for the typical ale yeast to thrive. With the wort

cooled to pitching temperature, it's time to move it into the fermentation vessel, where it will transform from wort into beer.

Now you're done...well, almost. Once you've finished the brew day, it's time to wait. For most ales, fermentation takes about two weeks, at which time you'll bottle the finished beer—along with some extra sugar to provide carbonation. Two weeks later, it's time to open a bottle and try your first batch!

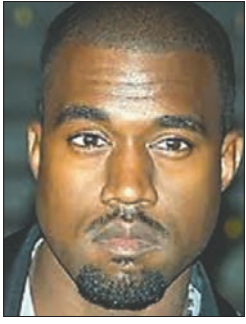
I hope I haven't lost you. If you're still here, that was just a basic rundown of the brewing process, but there's so much more to learn and try. My suggestion to any would-be homebrewers? Grab a copy of *The Complete Joy of Homebrewing*, by Charlie Papazian, or *How to Brew*, by John Palmer, two great beginner books to help you get a grasp on the basics. After that, it's time to get a beer kit and start brewing. Cheers!



A gravity reading taken with a hydrometer on a sample of almost finished fermenting beer. All photos courtesy of Stephen Price

Artists Grow

Matthew O. Spence



As artists continue their careers, connecting with people around the world and reaching many demographics, it's safe to say, no matter what, art is subjective, and they can't please everyone—in

"the old vs new" topic when it comes to fans, with tweets such as:

'i miss this i miss old ___' - you know, legit everything you like from whatever time period (interviews, photos, videos, and most importantly music) is legit still available haha. how you missing something that you can access at any moment u dumb haha

He also shared a post that read:

why cant i share my joy with the world? ohhh, it was cool when i was raping girls and telling you how sad i was on records, but when shit changes and im feeling great and i f**k with myself you cant deal with it? cause you cant relate? is that why?...

later stating:

when you have a favorite artist, you tend to grasp onto an era, trust me i do

that with artists that i love but i also know they grow and see new things and change and mature and all of that. im sorry that im not in the same place to talk about those things that were happening in 2011.

This leads to a valid point: we tend to latch on to our favorite era of an artist, mainly due to those works defining our lives, but it's easy to forgot art is a reflection of our own reality. When your favorite artist made your favorite album, they were in a different space. Eminem isn't an angry 27-year-old fueled on drugs anymore. Chance the Rapper isn't a 22-year-old taking acid, and Kanye isn't a 26-year-old up-and-comer trying to earn respect.

This topic actually spans several genres. So, your artistic heroes have all grown and had new experiences, and are at better places in their lives than before (or, at least, they're perceived to be in a better place). Granted there are times when a musician's artistic growth could, in fact, be them "selling out," but that's another topic. Sure, change can be tough—but it's tougher if we aren't open enough to accept it.

Revolutionary Rhythms

The Mamas and the Papas



Most known for their song, "California Dreamin'," the Mamas and the Papas became somewhat of an overnight sensation during the mid- to late-60s. Even during the British Invasion, and in the midst of the hippie era, with their own harmonious songs, they often landed in the Top 40. What made them stand out more was their folk/pop sound and skillful mixture of male and female vocals. The group was made up by The Mamas: Cass Elliot and Michelle Phillips, and The Papas: John Phillips and Denny Doherty. Before they came together, John Phillips was part of a folk band, while his wife Michelle was an actress. Doherty was also in his own band before joining with Elliot. Once the quartet came together in 1965, they briefly called themselves the Magic Circle before changing their name to the Mamas and the Papas.

Their first album, *If You Can Believe Your Eyes and Ears* (1966), had their most famous single, "California Dreamin'," which became an anthem for Western migration during this time period. Michelle Phillips recalled, "I can't tell you how many people have told me over the years that the reason they were in California was because they heard the song 'California Dreamin'...It changed their lives." Additionally, *Life* magazine called them "the most inventive pop musical group and first really new vocal sound since the Beatles." Other hits included "Monday, Monday" (1966), "I Saw Her Again" (1966), and "Creque Alley" (1967).

After recording their album, *The Papas & the Mamas*, the group broke up in 1968, due to various disputes over romantic jealousy, drug abuse, alcoholism, and Elliot's constant struggle with her weight. They briefly got back together in 1971, but soon broke off to pursue solo careers. "Mama Cass" Elliot became the most successful, though her rise was cut tragically short when she died of heart failure in 1974.

Born Ellen Naomi Cohen, she had pursued acting before becoming a folk singer in the early 60s. Elliot first gained notice in 1963, in a band called the Big Three, which split after releasing two albums with little success. She then started a new band including Doherty, but their collaboration met with the same fate, so she started working as a solo artist.

In 1965, Elliot rejoined former bandmate Doherty to collaborate with his new band that included both John and Michelle Phillips, thus forming the Mamas and the Papas. While their career was short, the band was inducted into the Rock and Roll Hall of Fame in 1998. They certainly made an impact, and their music continues to captivate fans and dreamers alike.



Alyssa Katz

Trick or Treat!

Heather Ruszkowski



Image Courtesy of vecteezy

I sit on my porch every year. The light remains on—always on. I sit on my porch and wait for trick-or-treaters to come. It's always the highlight of the season, seeing young children so happy, so full of life. Though—with my old age—I'm beginning to realize candy isn't too great. So, this year I'm serving some sweet treats with less sugar. I'm sure their parents will thank me.

It's quiet at first, just rocking by myself, singing a sweet song my dear husband sings time and again. It's a bit chilly, but a blanket wrapped around my shoulders fend it off.

Oh! There's the first group.

A spider, a ladybug, and a little soldier. How cute.

"Trick-or-treat!" they chime together. Chuckling, I give them treats, and they're on their way. I don't pay much attention to them showing their parents the goodies to make sure they're alright. More groups come and go, and I'm so gleeful to put a smile on their faces. Oh, how excited my little Annise would get during this time. With her big toothy grin. Of course, now she spends the holiday with her own little ones. It would be nice if she visited.

But, that isn't the spirit of the holiday, to get so sad about the past. I fix my curls—thinner in recent years—and look around. All the other houses have their lights off. Where has their festive spirit gone? Just a decade ago, everything would have been lit up, but now... So silent.

Hogwash! They're probably too invested in watching TV or some social media to get up and give out candy to the kids. Theirs are all grown up now, so why should they care? Pushing back my cranky old thoughts, I look

out at the new group. Oh, a new group!

Let's see here, a cat, a princess, a fairy. How lovely!

I wait patiently for the high-pitched words asking for sweets, and with no dilly-dallying they come. "Trick-or-treat!!!"

Reaching over, I grab the treats I'd made earlier: my absolute favorite recipe. Invested in my own memories, I don't initially recognize the panic written on some of their faces. Suddenly, one of them—I think it's the cat—screams bloody murder. High-pitched, glass shattering, it almost makes my ears ring.

I drop the tray, absolutely shaken. What have I done wrong?

There isn't much time before the three run off, and I'm left with so many questions. The girls swing on their moms' arms, and I can't quite make out what they're saying. Something about "Stranger danger?" and "Drugged sweets?" I'm stuck in bewilderment, mainly because—Who would even think of such a thing?

In that moment, I decide to head back inside. Maybe I should make some more, or well...maybe I shall just head to bed. Passing by a mirror—unreflected—I make my way up the creaky attic stairs. I'll awake again as the moon rises once more. But for now, darkness beckons.

HISPANIC HERITAGE MONTH

September 15 - October 15
Celebrate and Educate

Cooking Class

Make Enchiladas, Salsa, Guacamole, and Restaurant Style Tortilla Chips.

Instructor: Alejandra Hassenplug, Personal Chef and graduate of NVCC Food Service Program

Tuesday, October 1 5:00pm-6:30pm
Location: Tech Hall Dining Room/Kitchen

ALL EVENTS ARE FREE



Taste of Latin American Food & Music
Thursday, October 10
11:30am-1:00pm
Location: Café West

Registration required; maximum of 20 participants!



Registrations required!
To register, please e-mail
Karlene Ball, HSU Advisor
at kbball@nv.edu by 9/30



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On the Field Luck Departs

John Williams

It was a chilly night, week three of the NFL preseason. The aroma of charcoal, barbecued chicken, brats, and beer filled the air. Fans by the thousands came to see the Indianapolis Colts square off against the Chicago Bears. There was the typical fun banter over which team would have a better season.

About halfway through the game, the unthinkable happened. Social media platforms began reporting that Indianapolis Colts quarterback, Andrew Luck, was retiring just two weeks before the season started. This news shocked fans around the world. Those at the stadium showed an array of emotions. Little children were crying; some fans took off their Luck jerseys, and others started yelling profanities. At the end of the game, fans booed Luck as he walked off the field.

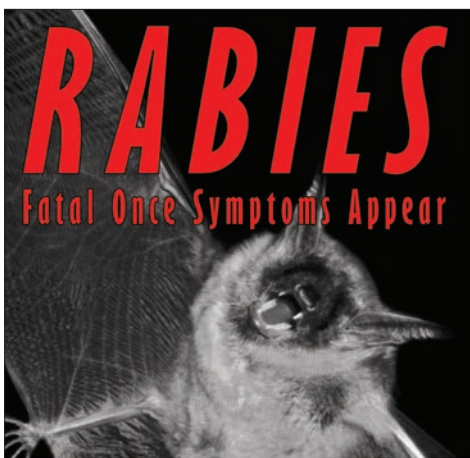
During his postgame conference, Luck expressed his frustration about leaving the game. Through his years as franchise quarterback for the Indianapolis Colts, he sustained multiple injuries. The 4-times pro bowler battled through a high ankle sprain, lacerated spleen, calf strain, and shoulder injury that sidelined him for 26 games. Luck told the media, "I'm in pain." After spending so much time in rehab recovering from injuries, that pain, mental and physical, wore him down.

Luck also stated, "I've been stuck in this process. I haven't been able to live the life I want to live. It's taken the joy out of the game. The only way forward for me is to remove myself from football. This is not an easy decision. It's the hardest decision of my life. But it is the right decision for me." Luck knew in his heart: it was time to say goodbye.

Luck received the NFL Comeback Player of the Year Award, from the Pro Football Writers Association, for his fantastic play in the 2018-2019 season. After missing the entire 2017 season, he threw for 4,593 yards, scored 39 TDs, and led the Colts to a division title and a playoff berth. This is why so many people were confused by his decision to leave the game.

Some believe he would've eventually won a Superbowl. In 2014, he had the second greatest comeback in NFL history. Luck and the Colts overcame a 38-10 third quarter deficit to defeat the Kansas City Chiefs 45 - 44. That victory led the Colts to the AFC Championship game, where they fell to the New England Patriots. Luck was just entering the prime of his career. It's hard to believe he was only in the league for eight seasons; he accomplished so much in that time.

Andrew Luck wrote a thank you letter in a full-page ad published in the IndyStar. In it, he thanked Colts Nation for an incredible eight years. I know NFL fans all over the world will miss watching #12 on Sundays, but I look forward to seeing what he does off the field. Do the Indianapolis Colts have a chance of making the playoffs this year without him? Hmmmm...



RABIES
Fatal Once Symptoms Appear

Did you know?
Bats are now the major source of human rabies deaths in the Americas, as dog-mediated transmission has mostly been broken in this region. Most victims didn't even realize they had been bitten. But don't panic over every bat sighting. Less than 0.5% of all bats in North America carry rabies.

What are the signs and symptoms?
After a bite or other rabies exposure, the virus must travel through the body to the brain before it can cause symptoms. This incubation period between the exposure and the appearance of symptoms may last for weeks to months. The first symptoms of rabies may be very similar to those of the flu.

Remember that rabies is a medical urgency but not an emergency.
Decisions should not be delayed. See your doctor for attention for any trauma due to an animal attack before considering the need for rabies vaccination. After any wounds have been addressed, your doctor — possibly in consultation with your state or local health department — will help you decide if you need treatment known as rabies postexposure prophylaxis (PEP).

Visit cdc.gov/rabies/index.html for more information

Downtown Earthship

Dora Sambuco-Ahmed



All photos Courtesy of Dora Sambuco-Ahmed.

The Downtown Waterbury landscape has changed a lot over the last few years. Formerly empty storefronts are new bars and restaurants; a once abandoned building lives anew as housing for students from any of the city's colleges. With food fests, a beer fest, and farmer's market, the city is more alive than it's been in a while. The ladies at Earthship Studios are happy to be part of it. This private tattoo studio, in a little green building on the quiet, one-way, Brook Street,



Heather Wiik

nestled between old industrial buildings, is hidden in plain view.

Owner and tattoo artist, Dora Sambuco-Ahmed, and tattoo artist, Heather Wiik, create all-custom tattoos for their clientele. The studio operates mostly by appointment, but walk-ins are welcome if time allows. The artists have over 20 years in the tattoo industry between them. Dora and Heather each show a lot of versatility in their portfolios, both with their own specialties.

Heather's skillset ranges from bold, clean traditional work to soft portraits, ornate designs with intricate line work, and anything in between. She's also available for custom fine art commissions. Dora's illustrative style translates well into both color and black and grey tattoos, blending bold and delicate linework. Both love to tattoo anything feminine, floral, plant, animal, or of the natural

world. Dora is a printmaking student here at Naugatuck Valley and enjoys bringing that influence into her tattoo work.

The interior of the shop is pretty festive and funky, serving more purpose than just tattooing. The front counter and lounge area act as a small retail space where a few local artisans sell various wares. The studio sells their own (organic, of course) aftercare balm. Whipped up in the kitchen upstairs, it's full of essential oil goodness to promote healing. A friend screen prints tee shirts for them in a range of rad designs and colors.

Past the front counter is an open floor tattoo studio, made private with dressing screens when need be. They do offer fully private sessions for those who prefer it. Dora and Heather's stations are decorated in their own art and other eye candy and separated by a seafoam green 1926 Roper stove, repurposed as a stencil station.

Upstairs serves pretty much any purpose you can think of. It's the perfect space to accommodate friends of the shop during parties, tattoo flash events, or for local art-



Dora Sambuco-Ahmed

ists and artisans to set up shop for a vendor fair. There have been local music acts, art shows, full moon circles, fundraisers, spa nights, movie nights—sometimes hosted by the shop, sometimes by others. After a small renovation to install a shower, it will even be available as an Airbnb.

Yoga and meditation classes and workshops are fairly regular. Reiki and intuitive card readings are also available by appointment with Susan Greene. Check their website, EarthshipStudios.com, or add them on Instagram or Facebook to see what they've got going on.

Following a September 27 Craft Night, next up is a Halloween Flash Day, Saturday, October 26. Starting at noon, it will turn into a costume party at 6:00. Halloween tattoo designs start at \$40.

This woman-owned, woman-run shop definitely takes pride in its Girl Power energy. All are welcome, good vibes only. Though Dora and Heather would each be overjoyed to live in an earthship, the name actually stems from the idea that Earth is just a big ol' ship careening through the universe. Here we all are, on this big rock, careening together... And that's pretty cool.

RECENTLY READ



Sula, by Toni Morrison

The last book of Toni Morrison, *The Source of Self-Regard*, was meant to be the focus of this column, commemorating the passing of a great author, educator, and award-winning African American woman. But I discovered this is not a book to be read in an evening, or even a week, but one to keep on your bedside table, where you can luxuriate in the wisdom,

“This is a deeply reflective story for those who enjoy studying character and the circumstances that shape its development. The poetic language invites readers to move slowly and thoughtfully through its pages.”

exploring one idea at a time, much the way one reads poetry. It is a book for those already indebted to the warm and wonderful insights contained in Morrison's words and in her life, not an introduction, for those who have yet to discover her.

Sula, a small novel set in a rural Ohio town at the turn of the twentieth century, offers an engaging, more approachable story, replete with Morrison's style of storytelling, her poetic language, her knowledge of the Black experience in a northern town that has never known slavery or segregation, yet had never know equality or freedom. The story focuses on the friendship of two young girls, both Black, both poor. Nel is the demure, respectful rule-keeper, while Sula is the wild, say-what-you-think, do-what-you-feel, dreamer.

They meet at twelve, and share everything: ideas, perceptions, judgements, adventures, becoming like one person in a relationship so tight they each help fill the empty spaces in the other's personality. Morrison's story explores the special nature of abiding friendship between women, reminding me of those in my life who were Nel, to my Sula, and Sula to my Nel. In the process, she shares the culture of Black family life in the family's own language during a period of blatant discrimination and hardship.

Nel grows up to do the expected, marrying at eighteen, while Sula runs off to explore the world. The story breaks at this point, allowing the reader to imagine the ten-year span until Sula returns. The girls-turned-women no longer understand each other. Nel has become a patient mother and devoted wife, the one who belongs, who helps out at church suppers and cares for others. She survives, like so many women, by burying her own dreams and longings to follow those of her family.

Sula has grown into a strong, independent woman who will never accommodate herself to the needs of others, who has no desire to care for others, only to use them. The women's attempts to revive their friendship leads to brutal betrayal. While one is the victim and one the perpetrator, Morrison invites us to explore the meaning of those terms, forcing us to recognize in every fractured relationship in life, there is betrayer and victim within each person, regardless of the role each plays. The story ends with the paradox of the power of evil to challenge and draw forth goodness in a community.

This is a deeply reflective story for those who enjoy studying character and the circumstances that shape its development. The poetic language invites readers to move slowly and thoughtfully through its pages. Those looking for a more action-filled storyline might opt for another Toni Morrison novel, *Paradise*.

Kathleen Chesto

FALL 2019 TRANSFER COUNSELOR VISITS

Please Contact The
**CAPSS Office To Schedule
An Appointment
Kinney Hall - Room 520
Phone: 203-575-8025**

<p>CENTRAL CT STATE UNIVERSITY TUES—OCT. 8 TUES—NOV. 12 WEDS—NOV. 27</p>	<p>SOUTHERN CT STATE UNIVERSITY TUES-OCT. 10 & 22 TUES-NOV. 5 & 19</p>
<p>WESTERN CT STATE UNIVERSITY MON—OCT. 21 THURS—NOV. 7 OR FOUNDERS HALL BY APPOINTMENT</p>	<p>UCONN WEDS-OCT. 2, 9, 16, 23 & 30 WEDS-NOV. 6, 13 & 20</p>

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Voice of a Generation

Mitchell W. Maknis



Photo Courtesy of Maile Flanagan

The *Naruto* franchise was initially released in the late 90s, propelling the series' protagonist, Naruto Uzumaki, into a universally loved and recognized fictional figure. In 2002, *Naruto* erupted on the anime scene with the dubbed voice talents of actor Maile Flanagan in the titular role, expanding its popularity to international markets. Renowned for portraying *Naruto* in multiple iterations of the franchise, Flanagan tailored a distinctly iconic voice performance which can't be emulated.

Flanagan's unique career has spanned a variety of professions within the entertainment industry. Her vast credits include voice-work, live-action, as well as involvement behind the scenes. Her creative endeavors began in college, straying from the common path of theater courses. Instead, Flanagan decided to hone her craft through improv comedy. She formed a comedy group with university friends who traveled together wherever opportunity presented itself. After performing in a multitude of shows throughout the Midwest, Flanagan decided to start the next chapter in her life.

Relocating to Los Angeles, she was thrust into the complexities of Hollywood. Flanagan's agent said she had "a great raspy voice," advising her to take classes to enhance her voice-work. Upon completing a voice demo, Flanagan landed her first voice-over jobs on hit cartoon shows, *Men in Black: The Animated Series* (1997-2001) and *Jackie Chan Adventures* (2000-2005).

Eager to work, Flanagan never limited herself to one artistic field, for a time serving as a professional researcher for Final Justice with Erin Brockovich. Here she was tasked with

producing crime recreations; to accomplish this, she cast her friends as criminals, as well as innovatively altering her home with inventive camera angles and prop placement to provide proper settings.

Flanagan described her early film auditions as "nerve wracking." She was fortunate to cross paths with a casting director who "was a big advocate." Their teamwork paved the way for a major break in her career, securing a role in Joel Schumacher's acclaimed motion picture, *Phone Booth* (2002). This role ensured future auditions and led to more work, eventually leading her to an unforgettable acting challenge on the John Cusack produced film *Never Get Outta the Boat* (2002). Flanagan's role required her to cry on camera for the first time. She explained how, though she had to put herself into a bad state of mind, the experience remains a good career memory.

She's used this experience to provide poignant performances that carried over to her portrayal of *Naruto*. Flanagan shared that the emotional scenes where *Naruto* meets his long-departed parents were recorded a week after her own mother had passed away. She explained that, even though the experience was heartbreaking, "it's some of the best vocal work [she's] ever done in her life."

While Flanagan has dealt with tribulations, her career has had many rewarding experiences. Flanagan fondly recalled portraying Principle Perry on the television show, *Lab Rats* (2012-2016), considering it her most enriching role. She confided that having the opportunity to play a part written specifically for you is a dream come true. Flanagan continues to revel in this dream through her bountiful stage career. For instance, she's worked with playwright, Justin Tanner, who, well-acquainted with Flanagan's talents, has written parts expressly for her.

In addition to her copious acting career, Flanagan recently worked with collaborator, William Butler, as producer on *My Babysitter the Super Hero* (2018) and the upcoming holiday tale, *The Three Bears and the Perfect Gift* (2019). To keep up with her creative exploits, follow Maile Flanagan on her social media outlets—and listen closely for her distinctive voice in TV and film.

Veteran's Voice Give to Those Who Gave

Rick Bellagamba



The Veterans Ticket Foundation, VetTix, is a national non-profit organization providing free event tickets to veterans and service members.

A non-governmental tax-exempt organization, VetTix reports a 95% charity rate, meaning 95 cents of every dollar received goes to veterans and military members. Tickets are available for sporting events, concerts, performing arts venues, and educational and family events. VetTix recently announced passing the 7 million tickets donated mark.

Over 400,000 veterans and service members have sent pictures of amazing experiences: smiling families, happy couples, and close friends embracing in front of stages or inside stadiums. Mike Focareto, VetTix CEO, said, "When our veterans go to an event for free, we want them to enjoy, relax, spend precious time with their families, and feel a part of American life." VetTix provides free tickets with the aim of reducing stress, strengthening family bonds, building lifelong memories and giving vets a chance to be part of local communities. 'VetTixers' can sign up online to request event tickets; paying just a small delivery fee, they'll receive their tickets.

The VA, recognizing the positive feedback from veterans and their families, they signed on as a partner; the focus is on improving vets' lives. The official agreement, called a Memorandum of Understanding, centers on increasing awareness of resources offered by both organizations. "The VA is thrilled to move forward on this official agreement with VetTix," said Dr. Lynda Davis, Chief of the VA's Veterans Experience Office. Focareto added, "...we're excited to partner with the VA to bring positive experiences to more—not only veterans—but their families as well." Having received veterans' feedback about the positive impact on quality of life VetTix has made, the VA is reaching out to Veterans via social media, e-mail outreach and at local facilities to promote activities. Visit www.vet-tix.org for information.

VetsAid is another national non-profit, founded by rock legend, Joe Walsh, to raise and disperse severely needed funds to veterans services groups. VetsAid will have its 3rd-annual benefit concert this November in Houston. The inaugural show took place in Fairfax, VA, featuring Walsh, Zac Brown Band, Keith Urban, and Gary Clark Jr. Having distributed nearly \$1.2 million in grants to veterans' services organizations, one region at a time across our nation, VetsAid's 2019 show will be presented Sunday, November 10 at The Toyota Center in Houston.

A large portion of proceeds will be widely allocated to Houston-area veterans' organizations. Walsh has been an advocate for VetsAid since its birth; he has a strong connection to veterans, as a Gold Star son. His father, a flight instructor for the first U.S. jet-powered fighter, the Lockheed F-80 Shooting Star, was killed while on active duty in Okinawa, when Walsh was just 20 months old.

Walsh will be joined this year by ZZ Top, Brad Paisley, Sheryl Crow, and Jason Isbell & the 400 Unit. Walsh said, while it hasn't always been so good for men and women who've served this country, he continues to do his part with VetsAid. He promises "yet another historic night of incredible music for our vets." As in previous years, all net proceeds from the concert will go directly to veterans' services charities.

Through the establishment of VetsAid, and this annual benefit concert, Walsh aims to give back to those who've given so much in sacrifice for this country. "This is a night where all are welcome to celebrate the things that unite us as Americans: good friends, open hearts, and great music," he said.

Rick Bellagamba, US Army: 1971 - 1974

It Chapter Two: R + E; A Review

Andrew Robinson



Photo Courtesy of Andrew Robinson

Stephen King's 1,100-page tome, *It*, published in 1986, follows a group of friends facing their worst fears to save themselves and the town of Derry, Maine, from a mysterious, shapeshifting monster terrorizing the town and its children. The book's first adaptation, a 1990 TV miniseries, sanitized the foul-mouthed teens and their adult selves, with the eponymous monster played by the unforgettable Tim Curry.

When the remake, *It Chapter One*, released in 2017, fans were skeptical Bill Skarsgård could follow in Curry's massive clown shoes. Skarsgård's Pennywise combines the actor's unique talents (such as making his eyes move in different directions) and 21st-century CGI to make his *It* just as memorable for different and equally valuable reasons.

The adaptation is split into two parts. In the first, the main cast (Mike, Bill, Beverly, Ben, Stan, Richie, and Eddie) are 13 years old. The second part picks up 27 years later, revisiting the characters at age 40. In the book and miniseries, the teens make a vow to return to Derry, should *It* awake from its cyclical 27-year hibernation. This vow provided the 2017 movie's dramatic finale. Viewers might find both films feature as much comedy as horror, considering the chemistry of all of the actors, and their constant banter; however, one duo's relationship stands out most to LGBT viewers.

Bill Hader plays love-struck Richie Tozier, class clown turned stand-up comedian, in the new film. In both the book, published 33 years ago, and the miniseries, King's subtext hints that Richie's feelings for his neurotic, hypochondriac best friend, Eddie, played here by James Ransone, may be more than platonic. In the new movie, that subtext is finally realized as text when young Richie carves his and Eddie's initials into Derry's kissing bridge.

The past comes back to haunt each of the seven friends, as they split up to find artifacts representing their childhood. Bill's childhood stutter is back; Eddie is taunted by his own cowardice and inability to protect his friends if it means putting himself in danger; and Richie grapples with internalized homophobia and fear of telling Eddie his feelings.

Homophobia is prevalent in another scene, as the movie opens on a gay couple in Derry, beaten by a group of hateful teenagers. Pennywise, smelling their fear, feeds on one of the injured men, widowing the other. This triggering scene in the book was omitted from the 1990 adaptation, like much other infamous, offensive content King wrote in the 80s. The scene can be read as a framing device, mirroring the one-note victims ruthlessly terrorized by *It*—and the fate of two of our heroes, Richie and Eddie.

While most of the friends—Bill, Mike, Ben, and Beverly—get happy endings, Richie is left heartbroken. It seems almost crueler in retrospect that LGBT fans are given canon representation just to have it end tragically. The LGBT audience has to wonder whether the cycle of violence ever ends in Derry, especially if the monster isn't the only one perpetuating it.

Café Europa

Gwenydd Miller



Photos Courtesy Cafe Europa FB Page

Stop by 135 Main Street, Oakville, and you'll find a small café serving food with big flavor. It's called Café Europa, and owner, Tony Mena, is probably the friendliest guy you could meet, always happy to see new faces. The café specializes in NYC-style Mediterranean food, such as lamb, chicken, or beef gyro, mixed gyro, or falafel served either in a pita, over rice, or on a platter. When served over rice, it comes with a side salad, and the rice is wonderfully flavored. This is just one section of the menu; signature sandwiches, soups, salads, and specialty pastries are coming soon.

The restaurant also features an array of very unique smoothies, such as the Chai Tea Smoothie, The Energizer, and many more. There's also a menu section called the Coffee Lab, which consists of six different types of hand-pressed or poured coffees. They also have a regular coffee menu with tea and hot chocolate. Cappuccino and macchiato

drinks are also superb, especially with cinnamon. Coffee is served in a really cool glass with a metal handle wrapped around the base. This is one example of the impressive presentation of drinks and food items.

Café Europa was originally a restaurant in Waterbury; Tony said he and his friends loved it and its name so much he purchased it from the previous owners. He later moved to Oakville and officially opened on September 24, 2018. After closing for a while, they have reopened fairly recently.

It is possible to eat in or have food delivered. My personal preference (street parking aside) is to eat there. The aesthetics of the room are very calming and somewhat homey, with inviting warm golds and browns. Decorations abound in the form of ornate teapots and the like. The coffee menus, both the Coffee Lab and regular offerings, are engraved onto two mirrors hanging behind the counter, making the place feel all the more majestic.

Prices are rather reasonable too; sure, you could get cheaper coffee elsewhere, but it wouldn't be of such good quality or have as much care put into it. This is a place



I would recommend to anyone looking for a unique hang-out with great menu items. If I had to rate it, I'd give Café Europa five stars for quality and a winning atmosphere.

Earth Matters

Amazon Ablaze



Alyssa Katz

This year, like never before, we've witnessed the Amazon Rainforest in flames. According to Brazil's National Institute for Space Research, over 100,000 fires were recorded this year, a 45% increase from last year. While the area's dry season is a factor, millions of acres have been devastated by excruciating fires—the chief cause of which is human greed. These are not typical wildfires, but rather, the result of intentional clearing and burning of millions of acres, profoundly impacting the vast region known as "Earth's lungs".

As a result, air pollution is reaching catastrophic levels. The rainforest, covering the majority of Brazil, is twice as large as the country of India. The fires have become so enormous they can even be seen from space, according to images from NASA. In addition, the smoke is so thick it obscures some space images, which show only an elongated, thick, black cloud where Brazil and its neighbor, Bolivia, should be.

While the rainforest is usually wet and humid, its dry season lasts from July through November. Opportunistic farmers take advantage of drier conditions to clear massive tracts of land—using heavy equipment and chains to uproot and topple trees. After ripping them from the soil—essentially obliterating the ecosystem—they leave the trees to dry before torching acres of the fallen giants. The goal? To create grazing land for beef cattle—an industry already impacting the climate terribly.

Unfortunately, Brazilian President Jair Bolsonaro, has done little to fight the fires, aside from declaring a 60-day ban on setting any land-clearing fires in August. He did send troops in to fight some fires, but has declared he is in favor of deforestation for profit, even allowing licenses to be issued to burn forest land. Bolsonaro has gone as far as to refuse foreign aid in fighting the fires. His eyes on profit, he seems content to let the forest burn, ignoring the obvious environmental damage.

When forests burn due to natural wildfires, ash can be beneficial to soil; however, given the sheer number of trees knocked down and left to die, the very life of the Amazon—and the rest of Earth—hangs in the balance. Trees absorb harmful toxins such as carbon dioxide, using it to produce oxygen (hence the term "lungs of the Earth"), but the deforestation, and magnitude of these fires, creates a decline in the ability to absorb those toxins.

These fires also continue to release unprecedented levels of harmful pollutants—carbon monoxide, formaldehyde, aerosols—into the atmosphere, causing huge spikes in air pollution. Mixed with heaps of smoke, the enormous harm to the climate, wildlife, and human health should be clear.

The larger impact to the ecosystem has to do with projected changes in rainfall and weather patterns. In simple terms, the elevated carbon dioxide levels from the burning of the Amazon could add to the warming of the Earth's climate. This in turn will likely worsen the current climate crisis, increasing the speed of glacial melting and rising ocean levels.

It's unsure whether these fires can be controlled or how much of the rainforest will survive. So far, more than 2.5 million acres of rainforest have burned, and the flames keep spreading. It's not just about some trees. The rainforest comprises amazing biodiversity. Saving it is vital.

Readers Respond

Dear Editor,

Robert Pinto's article, "Environmental Activist, Bill McKibben," is a very interesting and informative read. Climate change is a very alarming topic, and it is important for people to be informed and help in any way they are able. Pinto reaching out to Bill McKibben is very moving because it shows not only how he and others are interested to learn more about the topic and act on it any way they could, but how easy it is to find someone who can inform them. Author and activist, Bill McKibben, is aiming to save the planet by reducing carbon. He, along with many others just like him, work to inform people about how they can help too. I'm happy to see climate change is actively being talked about and that people are working to prevent further issues and spread the word.

~ Sincerely, Brooke Normandin

Dear Editor,

Alexander Wilson's, "The New Nazis?" was eye-opening. Reading about the hidden secret conditions that undocumented immigrants are being kept in is devastating. Wilson describes the lack of basic hygiene in holding centers. A judge had to order access to toothpaste, soap, and showers, which is truly distressing and completely ridiculous...

Reading this article, I felt a huge sense of sympathy for families being torn apart and anyone dealing with deportation...I now have a new perspective on undocumented immigrants and hope others can realize we are handling immigration the wrong way, as well as hope for families during such a tough time. Your article was not only informative, but very heart touching.

~ Sincerely, Nicole Prater

Dear Editor

Alexander Wilson's article "The New Nazis?" definitely caught my attention and immediately made me reference back to Anne Frank's story. The United States has chosen to vote for our own dictator, who prefers our nation to be anti-immigrant just like Hitler and his antisemitism. Wilson wrote about concentration camps and how inhumane ICE has become. Trump has singled out the Latin community. Mexicans are not committing a crime. They're doing the right thing requesting asylum. They are coming to America because of fear. The increase of violence in Mexico has led them to look for protection in America. We, as Americans, talk so highly about how United we are, but have no compassion for those who are suffering.

The Shimmering Revisiting Violence

Kathleen Chesto

When I heard the news of another shooting in Texas, the word "enough" from Tabitha Cruz's moving article last month, resonated deeply in my own heart. Originally, this was meant to be a further exploration of the seeds of violence in all our lives, but Tabitha's article forced a long-buried memory to the front of my mind.

In the aftermath of the 1996 Columbine massacre, I was discussing the tragedy with my teenage daughter. "Why is violence so powerful when there are really so many more good than evil people in the world?" It was a rhetorical question, but my daughter had an answer: "Mom, it's because violence is so *focused* and goodness is *diffused*. Violence grabs our attention, and we miss the goodness shimmering all around us."

It stopped me in my tracks, then and now. Yes, we are a violent people, who continue to

We have to stop trying to build a wall to divide ourselves in order to feel superior. The "trump wall" illustrates how closed-minded we are becoming. It's cliché, but more love less hate. Wilson said it best: "Immigrants just want to live in peace."

~ Sincerely, Joann DeBarros

Dear Editor,

I enjoyed *The Tamarack* newspaper a lot, especially "A Real Train-Wreck". I feel it brought some perspective towards where we are right now when it comes to politics. Some things I would improve upon is that certain sections/pieces are too long and take up more of the paper than others. I would also like for there to be a section for student activities/events happening, especially since we only get them from emails which may or may not be checked. Also, there should be a preview of selected topics, so that way, there won't be such a hassle to figure out where to find a certain column you enjoy.

~ Sincerely, NVCC Student

Dear Editor,

I have heard about immigration inequality on the news, but I never knew the serious depth of it. After reading your article, "The New Nazis?" by Alexander Wilson, I realized this is a serious issue. Many immigrants who came to America for "freedom" and "a better quality of life" have been given the exact opposite...

The sad truth is while our country is filled with immigrants, it seems mainly the Latin American community is being targeted. In the article, Wilson explains one man's situation. Francisco Galicia had clear documentation of being a U.S. Citizen, his Texas state ID, yet he was still held for three weeks in one of these "modern concentration camps."

This one case struck a new interest in me, and I did some research. In my research, I found this is something that happens every day. GEO Group and Corrections Corporation of America/ CoreCivic together detain on average 15,000 people per day. Knowing this information is online, and anyone can access it, shook me even more.

It's crazy that this information is so accessible, yet not many know about this issue and how serious it is. People shouldn't be afraid to talk about this topic especially since our community is filled with people who have many different ethnicities.

~ Sincerely, Angelina Singh

feed the violence with our fast-paced lives. But we are also good people who can consistently overcome our violent rushing and often do. Perhaps we need to focus a moment on the "shimmering."

Several years after Columbine, I was waiting in an airport for the shuttle that would take me to my connecting terminal. It was running very late. Most of those delayed with me had tight connections, getting tighter by the minute. Our agitation grew exponentially as minutes crawled by. Desk attendants had stopped placating us and were blatantly ignoring the complaints. They had no control over the situation.

When the shuttle finally arrived, we raced from the building. As we boarded the shuttle, several passengers loudly announced the minutes left before their flights. Some people angrily tossed carry-ons on adjacent seats, oblivious to the fact this left some of us standing. The driver, intimidated by the belligerent hostility, started quickly.

As the shuttle pulled away from the terminal, there was none of the casual conversation I'd come to associate with those times

Thank You All

Feeling Safe

Kathleen Chesto

To most of our student body, Public Safety Personnel are those people who look like policemen whom we meet as we move around campus. If our cars were improperly parked, they might have left a ticket under our windshield wipers. I suspect there are students who complete their time at NVCC without ever knowing the many ways in which Public Safety has been supporting them beyond their comforting presence in our halls.

I called the emergency line my second day on campus. I was taking a summer class and the halls were deserted. As I stepped from the elevator, I met a young student in a total state of panic. She had been taking a placement exam in the CAPSS office, made a quick trip to the restroom, and got locked out. No amount of knocking produced any results. The test was timed, and she was growing frantic. Deceived by my gray hair, she thought I could help, but I was as new and clueless as she was. There was an emergency phone near the elevator. We wondered, does this qualify as an emergency? We called. The dispatcher who answered calmed the student, and an officer came within minutes.

When I started picking up a student after late-night play rehearsals, I discovered an officer would be willing to meet me in the deserted garage and escort me to the theater. A public safety officer was there when I fainted in the hall and stayed with me until an ambulance came. When I lost my glasses, sure enough, public safety had them.

I am responsible for picking up my grandchildren if one of them gets ill at school. When one of my classes was in a cell service "dead spot," I considered changing my schedule—until I discovered campus security would take a call and alert me if they knew where to find me.

Public Safety Services on our campus amounts to so much more than handling snow cancellations and responding to accidents, fires, and crimes. The live their mission statement to place "prevention above response and planning above reaction." We can turn to Public Safety for help, at any time. Someone is available 24 hours a day/365 days a year.

For all they do, we take this opportunity to thank them. For the sense of security they provide, and for the kind and generous way they do so, we are grateful. Next time you meet one of our officers in the hall, you might want to say, "Thank you for your presence." Even if you never need to call on them, this is one department that makes life at NVCC better for us all.

when a group of strangers are briefly brought in close proximity on their journey. Some people continued mumbling their flight times, some swore, but there was no conversation. We'd traveled about a hundred yards when someone in back spotted two women exiting the terminal, running after us. She cried, "Wait!"

The beleaguered driver slowed, but didn't stop. Once a few people spoke up, the single voice becoming a chorus, he stopped. It took a few moments for the women to reach us. Jumping on board, red-faced, panting, they looked directly at each passenger as they spoke. "Thank you, thank you so much," one said. Breathless, the other added, "It was so kind of you to wait."

The atmosphere on the shuttle relaxed, shifting palpably. Suddenly there were enough seats for everyone, despite two more passengers. The usual gentle conversations began as we started moving.

"Where are you headed?"

Gratitude changes things. It is part of the shimmering.

That's What She Said



Represent!

Jessica Ney

Unless you live under a rock, you've probably already heard of Lizzo. She is a new hip-hop/pop artist and she is taking the world by storm. If you aren't familiar with her work, Lizzo is a plus-sized, Black woman, and she is proud of it. Her latest album, *Cuz I Love You*, is full of positive messages for the girl world. She is encouraging women to remember that they can run the world. One of her biggest messages involves self-love, and it is spread throughout her album.

Lizzo is on a mission: to show women they can be loud, they can be confident, and they deserve much more than they've been getting. She's representing women of color and plus-sized women, both groups who have been historically pushed to the side—ignored, vilified, berated—by popular culture. There are millions of women and little girls who generally don't see themselves represented in the media, but Lizzo is a pioneer for them, proudly defying thin white standards.

I hope Lizzo will continue to use her platform to launch even bigger campaigns, much as Taylor Swift has begun doing with politics and LGBTQ rights. Musicians have such an important effect on our culture; they can pass messages on to the masses in their lyrics, their performances, and how they present themselves in public. Everything they do is under a microscope, and many young people will follow them blindly.

This is why it's so important that messages of positivity and confidence are coming through the airwaves. With women like Lizzo, the OG Missy Elliot, Beyoncé—and let's not forget pioneers like Aretha Franklin—women of color have made huge strides in the arena of freedom and representation. That being said, the "truth hurts," and many of these women still fall short in getting equal pay, equal respect, and equal opportunities. That's a big deal.

We all need to support each other and learn to use our voices, not just to exercise our rights, but to ensure the rights of others. Fingers crossed that Lizzo follows through with this "Like a Girl" lyric: "Woke up feelin' like I just might run for president / Even if there ain't no precedent, switchin' up the messaging / I'm about to add a little estrogen."

Checking In

Tabitha Cruz

With the semester full steam ahead, it's easy to get lost in the hustle and bustle of the school year. We're all focused on a hundred different things, trying to keep our heads above water. College is difficult to deal with alone, and we sometimes end up feeling we're the only one struggling. But most of us are balancing jobs and busy personal lives on top of all this. Another thing we're all trying to balance—whether or not we recognize it—is our mental health.

Quite often, we forget our mental health is just as important as our physical health. When we get the flu, we take a day or two to try and nurse ourselves back to health. We go home, we take medicine, maybe we throw up. Why don't we take care of our minds the same way? It doesn't hurt to take a day for yourself if you need one. Maybe go home and take a nap, take a shower. Maybe be alone for a bit if you need it. School will always be there in the morning.

Another way to sustain strong mental health this semester is by reaching out. Reach out to a friend; it's likely they're feeling the same overwhelming sensation you are. Talking to someone who's going through what you are can reassure you you're not alone. It also doesn't hurt to check in on a friend and

Procrastination

A Waiting Game

Jillian Parlato

Procrastination, to many, is a curse, seemingly without any means of reversal. We count ceiling tiles, go on walks, maybe even blast music, all in an effort to drown out the nagging truth of the matter: an assignment is due soon, and we're wasting our time. I have many personal

"Taking things one step at a time... soothes the stress of any task."

experiences with procrastination, being a sort of aficionado of the trade myself.

One particular instance comes to mind, chiefly for the amount of distress it brought about at the time: taking the math Accuplacer for high school. Of course, there were few consequences for not acing the series of questions; this test was only to gauge my comprehension of the subject and place me accordingly.

I, however, have never been a fan of math, and no matter how beneficial I told myself finishing the packet would be, I felt a strong sense of apprehension: math had brought me unhappiness and confusion in the past, so I felt it was a given that I would spend the entirety of the process in agony. Naturally, this led me to explore more pleasant options with which to spend my time; I specifically remember watching bad Netflix movies on end, scribbling doodles on notebook pages, and generally avoiding the task at hand.

Rather than feeling any true sense of relief, however, I felt guilt, anxiety, and a twinge of nausea: I was putting off something that was already causing me anguish until some unidentified time; all the while, the deadline drew ever nearer. Finally, after a long time of feeding the vicious cycle of retreat and regret, I came to my senses and did the work.

This being said, fending off procrastinatory behaviors is still not an easy task; even upon writing this article, I felt the old habits creep up on me. Instead of bowing to them, however, I now know it is better to think deeply, and let these ruminations lead me to the next course of action. Taking things one step at a time, whether it be compiling small bits of research for an essay, or even just writing one's name, soothes the stress of any task.

As for the urge to flick on Netflix movies, I have learned to compromise: if I do my work first, I can then reward myself with mindless entertainment, instead of diving into distraction and disorder. It isn't easy to discard familiar tendencies, but now that I have learned alternative methods of coping with an awaiting workload, I feel better equipped to deal with completing assignments.

make sure they're doing all right, too. We all have similar goals, so we should try and help one another to the best of our abilities. We

"When we get the flu, we take a day or two to try and nurse ourselves back to health... Why don't we take care of our minds the same way?"

should encourage our friends to take time, slow down, and ground themselves for a little bit. Unplugging from the world could be all we need to feel better.

No one should feel ashamed of needing a mental health break. We all have difficult days, yet we refuse to admit it. It's okay not to be okay all the time. We don't always need to put on a brave face. We should be able to be honest with each other about how we're feeling without being stigmatized. So please, this semester, take a minute, an hour, or a day for yourself to check in. Pay attention to how you're feeling—and check in with your pals. A simple "How are you?" goes a long way.

Queer Code

We Can Do Better

Alexander Wilson

This is kind of a sequel to my column from last year about proper LGBTQIA+ representation. Unfortunately, it's not good news. This isn't for the faint of heart. It covers transphobia, lesbophobia, and rape.

I recently heard about a movie, *Adam*, directed by a trans man. Curious, I did a little research. It turns out, the movie is based on a book of the same name, by Ariel Schrag, a cis lesbian. Then I uncovered the plot: a cisgender man, Adam, pretends to be a trans man in order to sleep with a lesbian.

Where the hell do even I begin?

First off, why would anyone pretend to be trans? Our struggles are just that, struggles! Most of us wouldn't wish them on anyone. And to engage in gender deception in order to sleep with a lesbian? Lesbians are women, or women-aligned people, attracted to other women or women-aligned people. They're not likely to sleep with men, cis nor trans.

Then there are all the underlying implications. If you're saying a lesbian would sleep with a trans man because he has a vagina, therefore "female" anatomy, you're following the logic of TERFs (trans-exclusionary radical feminists). This makes you blatantly transphobic. People, regardless of gender, are not defined by genitalia. There are men with vaginas and women with penises. Get over it.

Digging further, I found a description of a scene where Adam and Gillian, the female lesbian love interest, have sex. Adam uses a strap-on to hide that he was born with a penis. This could easily be seen as an instance of corrective rape, which often happens to women identifying as lesbian. Some men try to "fix" a

woman—make her attracted to men—by forcing her to have sex to show her how "fantastic" straight sex is. It's a huge problem, one definitely worth covering, but not like this.

In the end, Gillian figures out Adam isn't trans, and instead of confronting him for lying, she waits for him to confess. Um, seriously? This relationship is already messed up enough, and you mean to tell me Gillian just forgives this giant lie? I call bullshit. Not to mention she decides, that, after having sex with a cis man, she could be bisexual after all. There we go, the trifecta: transphobia, lesbophobia, and biphobia, all in one movie.

As a trans man, I'm appalled this book made it to publication, then to screen. There's so much wrong with this narrative I really just want to break down screaming. The fact that this horrible product comes from people within the community who know the issues trans and lesbian people face all the time—being queer themselves—just breaks my heart.

Adam is called "awkward" in just about every plot synopsis I found, but he's not awkward. He's a creep, a rapist. He fetishizes both lesbians and trans people, forces himself into a community and culture that don't belong to him, and tricks someone into sex. This is the exact opposite of the LGBTQIA+ representation we need. It encourages people to think this kind of behavior is okay, when it's not.

If you've already heard of the movie, I urge you not to support it. If you're hearing about it from me, the same applies, but I'm sorry to be the one to describe it. I'd hoped for better, too. I've said it before; I'll say it again. If I have to create better representation myself, I'll do it.

A very disappointed Alexander

The Unsustainable Costume Unmasked

Anjelika Rodis

In the wake of unprecedented temperature spikes, anomalously powerful storms, and the recent fires devastating the Amazon, we face an intimidating future that begs us to change common consumer habits. Recycling, renewable energy, and added charges for paper bags take the foreground of media conversation for the average American, but one mostly overlooked aspect of global pollution can be attributed to what we wear, and, with Halloween approaching, what we choose to throw away.

The fast fashion industry is one the largest global polluters, utilizing major resources: agricultural products, oil, electricity, and chemical processes to mass-produce diluted runway trends right at the cusp of their fall from grace. While we aren't bold enough to add rubber masks or a plethora of knock-off costumes as wardrobe staples just yet, Americans, in 2018, were projected to spend about \$9 billion on Halloween shopping—approximately \$3.2 billion in costumes alone—according to the National Retail Federation. Their most recent surveys show 69% of Americans planning to buy costumes from in-store and online retailers whose textile commodities primarily fall under the gamut of fast fashion production. In the past decade, these numbers have risen steadily.

The issue of American consumerism during Halloween lies not only with the materials used to make costumes, but in the illusion that the cost of these garments stops at the transactional stage between consumer and cashier. Halloween costumes, like many clothing articles, are primarily made of polyester, a synthetic polymer created with a chemical reaction involving coal, petroleum, air and water.

Polyester is non-biodegradable, and these textiles are the second highest plastic pollutants in the ocean according to the 2014 United Nations Environmental Programme Report. Prolonged exposure to aquatic environments causes these fibers to fragment into pieces

called microplastics, which are ingested and subsequently accumulate in the bodies of marine organisms. Dyes and colored spray paints applied to Halloween masks, costumes, and apparel made in China contribute to the country's alarmingly high statistic of chemical pollution and water waste.

Throwing away costumes is environmentally taxing. The UNEP's findings concluded that 2.12 billion tons of waste is attributed to the fashion industry. Millions of dollars are spent to stave pollution off U.S. shores for what is mass-produced by underpaid labor, but what is the average consumer to do? In a perfect world, the remedies would be 100% clean and sustainable, but environmentally friendly options exist locally and nearly instantly with social media.

Besides scrounging around the house, thrifting presents a most accessible, eco-friendly option, allowing buyers to re-use donated clothing. And re-donating items not terribly tarnished after a night of candy and ghoulish frivolity ensures they could be re-purchased by, ideally, someone in need of clothing, for example, warm garments for the upcoming winter.

Handmade costumes benefit the environment, especially those made from recyclable materials such as cardboard. Handmade or otherwise, disposing of costumes may present an issue for many Americans this month. Luckily, viable alternatives exist apart from re-using the same costume. There is even help from online companies determined to promote sustainability.

Fabric remnants from sewing hobbyists and designers can be donated to FabScrap.org, an online store reselling discounted fabric bundles. Local Facebook costume sale and trade groups also exist, providing another option for those craving creative costumes without time for making them. These groups should also appeal to users wishing to make a few dollars off a costume they no longer need, knowing it will be appreciated by another trick-or-treater looking to be festive—and eco-responsible—this Halloween.



Using psychology... to study?

Heather Ruskowski

Studying: something most people say they're "gonna do"—then never get around to doing. Maybe they open their book, skim the chapter, and call it a day. I can personally say I've been guilty of both these behaviors. This month, though, most of us have midterms to worry about, so here's a tip to avoid these worrisome, halfway-decent forms of studying, and ace your exams.

What's the magic trick? Positive Reinforcement. In this context, positive reinforcement means giving yourself something

“Try changing the area where you study; absorbing information in different locations helps reinforce it.”

to reinforce a behavior, i.e. studying. So, start by mapping out your schedule. When do you work? When do you have classes? Remember to schedule time for things you enjoy—not to imply you don't enjoy work or school!

I'm talking about a show you watch every week, an activity or a hobby you like, or just spending time with people you enjoy. Now, right before those activities, write in time to study. Soon, your brain will associate studying with these activities. This can even be even quicker. You can use snacks you enjoy, rewarding yourself with them after you finish studying, or maybe even after getting a question right. These small treats make studying less tedious.

Now, the actual act of studying. Reading the book over and over is not active studying, though reading is a good thing to do. What works better? If you have time, rewrite your notes. The act of writing them out is a good way to remember. If your notes were typed, hand write them, because typing isn't best for encoding information. You can also recite your notes and information in conversation, while applying the concepts. For example, with psychology homework, you might talk about a case study with someone, pointing out the disorder and symptoms.

Flashcards can be helpful for vocab-heavy content; have someone test you. The process of reciting information in different forms, using multiple types of media, is good for long-term retention. Also, try changing the area where you study; absorbing information in different locations helps reinforce it.

Hopefully, this advice from a reformed poor studier helps. Remember: if you invest your time effectively, you're more likely to succeed on exams. Good luck!

The Friendship of Wisdom

Chris Gordon

friend•ship
/ˈfren(d)SHɪp/
noun

Friendship—what does that mean? Not the dictionary definition. That's boring...and too easy! What we need is to understand friendship as a philosophy. Don't make that face; philosophy isn't so bad. Fortunately, you have me to give you some boiled down philosophical verbiage, some first steps into deep wisdom. I'm not really this arrogant, but if we're discussing philosophy, I figured I'd act the part.

Back to friendship, something discussed as long ago as 2400 years by Plato. I'm pretty sure it was called something different then; *philia*, I think. Wait a second...*philia*, philosophy... I lost the thought, sorry! Socrates, in his wisdom, wished to understand the nature of friendship, and he sort of failed. Not really. He just got distracted, and that's where the dialogue ended, but the result is the same. No clear definition was accepted.

Words such as good and evil are bandied about, even used to reject some really nice logical arguments, but these two ideological concepts don't really apply, at least as far as I can tell. With few exceptions, no one is all good or all evil. We live in a world where the schoolyard bully needs friendship as much as the teacher's pet. Will these two extreme examples become friends? If my personal experience in grade school is a generalizable guide, then probably not, but one can hope.

Good and evil must simply be concepts that apply only tangentially. Consider this quote from the dialogue titled *Lysis*: “We maintain in that in the soul and in the body and everywhere, that which is neither good nor bad itself is, by the presence of evil, a friend of the good.” Can you see what I mean? It looks good, but something is missing. Maybe if we change good to helpful, and evil to harmful? It's a slight change, but it has a profound effect.

I think this might be a serviceable start to defining friendship: “that which is helpful when in the presence of something harmful.” I know, when I'm being helped, I certainly think of the one helping me as a friend. And when I'm being harmed intentionally, I think, Wow, what a jerk! Someone who wants to see me grow—and celebrates my growth—must definitely be a friend. One who wants to see me hurt and celebrates my pain? Well, to them I say, “Not today, buddy!”

So, perhaps finding those who help us, and avoiding those who harm, is a good start to identifying friendship. And that's the end of this little bit of philosophy. Not so bad right? If you disagree with my claims, I look forward to learning how you might choose to define friendship.

Lack of Adaptation

Christian Cruz



As someone who's worked two jobs for the past two-going-on-three years, I feel middle management is failing the incoming workforce. As a millennial who does his job well on multiple levels, I feel a lack of recognition for the things I do well. This is what holds back someone like me. I can use my own jobs as an example.

At Home Depot, I'm obviously working retail; these jobs come with unexpected pressures. There's this once-I-put-an-apron-on-I'm-this-all-knowing-figure expectation, like I'm supposed to know everything, even if I don't. Home Depot markets itself as a home improvement store with knowledgeable staff who help explain how customers should use their products to get their project done right. This sounds reasonable; however, Home Depot doesn't provide enough necessary training for their staff.

Home Depot recruits tend to be either young employees, new to the workforce, or older workers, often retirees. This contrast sometimes leads to miscommunication and requires different motivational tactics of managers. Granted, they're under a lot of pressure, and everyone's management style is different. I just can't shake this feeling that middle management is not trained well enough to fully embody company values. The result is not everyone on staff feels they're on the same page. I recognize it's hard to juggle what motivates a 65-year-old versus a 20-year-old. However, managers should be skilled at adapting to different employees' needs.

I still feel I've learned more from my fellow associates and customers than I've ever learned from management. If I were running a business, I'd at least want a manager who is flexible and understands how to motivate workers across different generations. As Baby Boomers begin to retire from the workforce, it's time for managers to adjust and learn how to motivate the next generation. In this new era, technology is constantly advancing; management should make an effort to keep up with the pace of change.

That Awkward Silence

George Ramirez

The elevator—an enclosed box of metal used as transportation between the ground level and all the floors above and below, using endless belts with gears attached. The inner confines of that metal box enclose a plethora of human beings. They attempt to squeeze, to shuffle, to breathe, to exist awkwardly for the long seconds it takes to reach their destination, despite the massive backpacks taking a fourth of the space, the sound of ice shaking in someone's Starbucks coffee, or the loud music coming from someone's headphones.

The elevator is one of the most awkward locations for a person to find themselves in their daily life. Yet, despite such a clear burden, there are many people who unknow-

“They attempt to squeeze, to shuffle, to breathe, to exist awkwardly for the long seconds it takes to reach their destination, despite the massive backpacks... the sound of ice shaking...or the loud music coming from someone's headphones.”

ingly—or possibly knowingly—make those 20-30 seconds worse, not by simply existing, but by engaging in small behaviors that can really just rub you the wrong way. Yes, I did push the button, and I am waiting patiently right in front of you, trying to get to my next class. Yes, I understand it is hot in here, and the drive here was terrible. I am clearly expressing non-verbal signs I do not want to have this conversation with you. Or yes, we are having good weather. You do not need to remind me of that.

Despite this setting of discomfort, however, there is a great lesson to be learned from those moments of quiet as some of us attempt to achieve mental solitude during our rides up and down. And that is key: everyone is simply trying to go about their day as best as they can. Although many may really wish all our classes were online, or regret not skipping out this one day, the bottom line is everyone is trying to go through their own separate motions one day at a time.

A person may be having troubles at home, possibly finding it hard to go on each day. Another might be experiencing the burnout that comes from attending semester after semester. Or maybe it's your first day, and you're just trying to get through, so you can go back home and fall into bed. Regardless, please remember, in the short span of time in which our paths cross, we're all just trying to exist. It'll be better for us all, when the waves of 8:00 a.m. students come hurtling into that metal box, late for class, if you'd just stand still like I do.

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