

The Tamarack

Our college. Our news. Our voice.

Naugatuck Valley Community College

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Ten Years Ago and More...

Guest Contributor, Professor Kathy Brady

More than ten years ago, when I was an English faculty member at Western Connecticut State University, I was part of something that forever changed me. For many years, an accepted autumn ritual involved men on the football team organizing “panty raids,” in which groups of players literally invaded women’s dorm rooms to steal their undergarments. Over the many years that the tradition existed, women were routinely terrified and assaulted; that year, several women were injured in their own rooms. The administrative response was not swift or adequate; initially, there was no response. It was just “good, clean fun,” a way for the “boys” on the team “to be boys.”

In response to such acts of violence toward women on campus, the **Women’s Coalition** (of which I was a co-founder) galvanized students and faculty, organizing protests and demonstrations culminating in a **Take Back the Night March**. That late October night, more than two hundred men and women, students and community activists (including Danbury’s mayor) held candles and each other as we marched through campus. Afterward, we had a **Speak Out**, and dozens of women came forward to bravely share their stories and to plead for understanding and social change. As a result of that march, those stories, and the light of those candles in the night, panty raids were abolished, and, most importantly, a committee formed to draft Western’s sexual assault and harassment policy and procedures. I was part of that committee. We who served on it agonized over every nuance of many drafts until we felt it was perfect. At last, we thought, this document will change our world.

Some years later, I stood in the cool chill of an April day as dusk descended on a crowd of hundreds in front of the library at Boston College at another **Speak Out**, listening to another group of rape and sexual assault

survivors tell their stories. The Director of the Women’s Resource Center stood at the microphone, reciting mind-numbing statistics of that time, *which are still virtually unchanged*:

- 1 in 4 women in America will be a rape victim
- 1 in 3 college aged women will be sexually assaulted or raped
- Only 10% of rapes are ever reported
- Less than 2% are adjudicated

Then she introduced the keynote speaker, my daughter, Morgan, who was raped in her dorm room during her first year. My daughter Corey and I held each other tightly, stifling sobs as Morgan shared her all-too-familiar litany of horror. When she finished, a dozen other women—all they had time for, we were told—spoke in various stages of shock, grief, and healing. Afterward, holding candles and each other, we marched through campus.

More than ten years and tens of thousands of victims later, our world remains a place where women are not always safe and not often valued. Since it is often men they know or love who commit rapes, sexual assaults, and murders, women are all-too-often not safe in their homes, their dorms, their offices or classrooms. We cannot accept these actions and statistics as part of the wide spectrum of human behavior. Despite disparities of time and place, a commonality of survivors’ experience is denial or guilt: *I shouldn’t have been drinking; we’d been dating for a while; I shouldn’t have let him in my room; I should have been more careful*. Worse still is the common public response: **blame the victim, not the perpetrator**.

Ten years ago at WCSU, we took a small but important first step toward creating a safer campus for women and men, but we know now it didn’t go far enough. **Take Back the Night**

Marches and Speak Outs temporarily highlight what we would prefer to forget. When the crowds and marches disband, so too, does memory. College campuses, in particular, are vulnerable to episodic amnesia because student populations are ever changing. If real social change is to occur, there must be a public repository for times, places and events, an institutional, academic and social *memory* that holds what we long to, as Toni Morrison writes in the novel, *Beloved, disremember*.

More than ten years ago, men broke down the doors in a dorm and assaulted the women behind them. That event catalyzed a flurry of activity and concern that long ago died. To implement real change, there must be lasting commitment to women, especially in colleges and universities. NVCC has a Women’s Center and a fledgling Women’s Studies program that could help foster and effect awareness and change, but too few on campus are aware of either. In her landmark book *Trauma and Recovery*, Judith Lewis Herman argues that the study of “sexual abuse and domestic life becomes legitimate only in a context that challenges the subordination of women” (9). The Commission of Institutions of Higher Education suggested colleges and universities “incorporate the perspectives and contributions of women and minorities and new scholarship about them into the formal curriculum, and into co-curricular activities in order to... achieve goals of inclusion and diversity.” Are we doing enough to achieve those goals?

Ten years from now, the women at NVCC will continue to reshape the world. Their opportunities, their possibilities, their achievements will to a great extent, hinge on our work, our words and our world, created in classrooms and hallways, stages and Centers. Aristotle believed, “The female is the female by virtue of a certain *lack*” of qualities; therefore, we should regard the female nature as afflicted with a natural *defectiveness*.” In a world where too often such beliefs are not only tolerated but embraced, we need to nourish Women’s Studies programs and open doors to Women’s Centers, so the women and men at NVCC can walk through them and into the light. Ten years ago and ten years before that, we held candles and each other as we marched. What and who will we hold ten years from now?

A Troublesome Portrayal

Emily Daly

Sometimes she’s the ditzy blonde who makes everyone laugh. Or the nerdy girl buried in books who goes unnoticed until she removes her glasses. And don’t forget the self-assured woman who knows what she wants, and is therefore called a “bitch.” Thanks to the media, these one-note portrayals overlook women as multi-faceted individuals who can be more than one thing—given the opportunity.

There are too few female directors, writers, or producers creating roles for women, especially women of color. Viola Davis expressed this during her 2015 Emmy acceptance speech, declaring, “The only thing that separates women of color from anyone else is opportunity. You cannot win an Emmy for roles that are simply not there.”

Some women, like Angelina Jolie, do their best to break the mold. Many know her as an actress, or “that evil harlot who stole Brad Pitt” from Jennifer Aniston, but her achievements are far greater. Also a filmmaker, she has produced, written or directed several films, the most recognized being *Unbroken*. Jolie has also received a Jean Hersholt Humanitarian Award and an honorary Damehood from Queen Elizabeth II for her work as a UN ambassador. A promoter of various causes, including conservation, education, and women’s rights, Jolie is most celebrated for her refugee advocacy, as Special Envoy for the UN.

Taylor Swift and Beyonce are among the most influential women in music, writing songs about feminism and loving oneself. Beyonce’s *On the Run* tour grossed \$19 million for just 19 North American dates. Swift’s *1989*, sold over 3.5 million copies, making her one of the only platinum-selling artists that year. Like many artists, she has various endorsement deals and her own perfume.

Oprah needs no introduction. A powerhouse, she’s had her own television show(s), magazine, TV channel, film production imprint—and has jump-started the careers of Dr. Phil, Rachael Ray, and Dr. Oz. Ariana Huffington, journalist, author, political commentator, and founder/editor-in-chief of The Huffington Post was named the 52nd most powerful woman in the world by *Forbes* magazine in 2014.

Countless women helm Hollywood production companies and studios that dominate theaters and influence culture. These include Cheryl Boone Isaacs and Dawn Hudson, President and CEO, respectively, of the Academy of Motion Picture Arts and Sciences; Kristine Belson, President of Sony Pictures Animation; Lori McCreary, President of Producers Guild of America and CEO at Revelations Entertainment; and Megan Collegian, President of Worldwide Distribution and Marketing at Paramount.

These women, running the largest studios in Hollywood, should give us hope. Powerful and influential, they are entrusted with the duty of changing the portrayal of women in the media, so one day we will be treated fairly and equally—as more than just hyper-sexualized beings or one-dimensional cartoons.



Graphic created using icons made by Freepik from www.flaticon.com

Biology + Society = Gender

Nicole Hayes

Although gender is considered a matter of biology, gender roles are sets of standards constructed through stereotypes, behaviors, and appearances based on one’s sex. Society is a controlling force when it comes to assigning responsibilities and characteristics based on one’s gender. Starting at birth, a child is labeled as a girl or a boy. At a young age, children are taught certain behaviors are appropriate within their gender, while others are discouraged.

In *Down So Long*, Robert Maxton describes traditional stereotypes assigned to gender. He writes, “Women are expected to be passive,

deferent to men, and nurturing. Whereas males are expected to be more assertive and contribute more financially.” This traditional belief system promotes a female gender role based on inequality.

Traditionally, women were stay-at-home caregivers, who relied on the financial support of men. Society believed women were not worthy to obtain careers in which males dominated. The options when it came to career choices for women-- teacher, nurse, secretary--were limited. While these remain vital roles, many women sought to move beyond them, and when

the Feminist movement arose during the 1960’s, there was a demand for change within assigned roles for women.

Because of the Feminist movement, women have been able to make great strides, advancing within careers, such as medicine, engineering, and various other fields in which opportunities had once been limited. However, there is still a need for equal pay for women. Parts of society still believe women should be passive; this attitude continues to make it difficult for women to close the gap and succeed in gaining equal pay. Although society is the controlling force when it comes to gender responsibilities, it is imperative for men, as well as women, to reverse the assigned stereotypes to promote equality for women in the workplace and beyond.

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No experience necessary!!

Meetings: Monday 1 p.m., S519 // tamarack@nv.edu

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Find Your Way

Some of us choose the paths we do because we are in fear. Fear our foundation in the future will not be as concrete as that of a doctor or an engineer. We tremble, afraid our salaries will not resist the bracing winds of the economy. We fear one day we will be unable to support our families--our parents or children. We don't take the moment to step back and say, "Why am I going where I am going?"

I want you to take a moment out of your job schedule and class life to really ponder your direction. I'm one to testify that at times I felt rushed to pick my major. To decide at this point in time what you will be pursuing for the rest of your life is a tremendous decision. You are saying you'll fully commit your body and sacrifice hours to whatever major or certificate you've chosen. That's inspiring, but it's also okay to say, "I don't know what I will be doing with the rest of my life."

When we don't know the answer to something, we're unsatisfied. This leads us to pull up our search engines and look up what we have yet to learn. Life is a journey; knowledge doesn't come at once at age 20 or 50. Every single day we wake up, we're on a path to learning something new. We grow from who we were yesterday, and we are able to continue building ourselves up as people.

Pull out your compass and examine it. If you're lost, find your own way; don't wander the paths of others. If you're firm in your direction, cultivate it. Make the most of this life. And always remember, not everyone can afford compasses and someone could always use your sense of direction.

Katherine Abreu

Let's Talk About It

James Chatman



Photo Courtesy of James Chatman

In my view, starting conversations is the vital role of a student senator, and as senator, I have a responsibility as the voice of the Danbury student body. I also have goals I intend to accomplish, such as starting new clubs and helping orchestrate fun student activities. I'll do everything I can to make Danbury feel more like a community.

James Chatman, Senator for the Danbury campus

Introductions, I usually make them much more complicated than they need to be, but this time I think I'll start with the basics. My name is James Chatman, and I'm the new NVCC Student Government Association's Senator

for the Danbury campus. *breathe* First, I just want to express how grateful I am for this opportunity. I look forward to serving the admirable and inspiring collection of people who make up the Danbury student body. Okay, now that I've got you all buttered up...

Talking about myself isn't something I'm used to doing; normally, I like to show and prove my truth. However, when I was asked to write an introductory article, I was excited. Then, suddenly I was nervous. I absolutely love having the opportunity to connect with people I might never meet, but it's also nerve-racking to think *this* is my chance to make a good first impression.

Making a good impression is vital to starting any conversation. It takes mutual respect and interest to keep the conversation going. How often have we found ourselves trapped in a conversation desperate to escape? "Yes...I know, mom...I did...I won't forget...I love you too, mom." No? Just me? Fine, I'm a terrible son! I'll call my mom as soon as I'm done here. Mutual respect *and* interest. My mother and I respect each other, we love each other, but our conversations aren't very interesting.

In my view, starting conversations is the vital role of a student senator, and as Danbury senator, I have a responsibility as the voice of the Danbury student body. I also have goals I intend to accomplish, such as starting new clubs and helping orchestrate fun student activities. I'll do everything I can to make the Danbury campus feel more like a community.

However, in order to do this, I have to start conversations among the Danbury students and find out what you want and need. That's my top priority. I'm always reaching out, talking to new people. So, if you recognize me after reading this, and have thoughts to share, or you just want to shoot the sh—breeze, please, introduce yourself and...let's talk about it.

EDITOR'S NOTEBOOK



In this issue, you will find thoughtfully written articles on a topic celebrated each March: women. Many of our stories celebrate and honor women, while some discuss the real struggles women

today still face.

I took a step back before writing, to recognize how women have exceeded societal expectations and how those women truly inspire me. At NVCC, several women in leadership positions represent professionalism and excellence, and remind us of the evolution of the modern woman. I applaud them all and am extremely grateful for their courage, strength and progress.

As a current freshman in NVCC's Physical Therapist Assistant program, I was delighted to learn my first week of classes that a woman initially led today's thriving organization for physical therapists. In 1946, Mary McMillan, considered the first physical therapist, was elected President of the American Women's Physical Therapeutic Association, known today as the American Physical Therapy Association—an organization that protects and lobbies for physical therapists and PT assistants.

It's important to recognize those who fought for women's rights and equality as the foundation of the contemporary woman's success. There are key factors in any person's success—many relate to people in one's life—family members, friends, co-workers, and fellow students. A society that builds women up and helps them attain dignified, necessary roles in our communities will significantly strengthen and enhance our culture and provide new heights for women of all ages to strive for—and to achieve.

Warmly,
Chelsea Clow, Editor-in-Chief
Tamarack@nv.edu

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Vital Matters

Emily Daly



Photo Courtesy of The All-Nite Images

On Tuesday, February 23rd, the Black Student Union hosted a forum in Cafe West on the Black Lives Matter movement. Moderating the discussion was Black Student Union President, Savannah Green. Among the speakers were Prof. William Foster III; BSU Advisor, Prof. Elma Solomon, and Kathy Taylor, Prof. of Business Law.

Among topics of discussion, the main underlying theme was students and our power. Discussion is one of the greatest tools we can use; discussion and education are the keys to progress. Professors Taylor and Foster both attributed many issues attributed to society's view of the Black Lives Matter movement to the rarely discussed issue of slavery in America. Where there had once been talk of reparations, the entire ugly history is swept under the rug—a blemish America doesn't want to rehash. It's this history of oppression that led to unrest, this perpetual feeling of being slighted, being oppressed.

During recent times—and currently—as Black lives are taken with impunity, the Black Lives Matter movement has gained momentum. Like many before it, the movement is a

continuation of the Civil Rights movement. The Civil Rights Movement, Black Panthers, Grey Panthers, Pink Panthers, each group inspired another—gaining more progress, calling for social change.

This incarnation is a healthy, modern embodiment of the Civil Rights movement, but without a single charismatic leader. Significantly, BLM involves groups coming together for a cause, rather than relying on one exclusive mouthpiece. "There is no 'white leader'; having one leader makes it easier to be dismissive," Dr. Foster said in regards to Black Lives Matter "not having a Malcolm X or a Dr. Martin Luther King".

The movement is not a campaign against the police. However, the media's use of positioning—pitting one side against the other, making one side seem superior—has been dominating media coverage since people started speaking out about Black Lives Matter. While media can help shed light on abuses of power, it also plays a role in how issues like Black Lives Matter are portrayed. It all depends on the filter through which the movement is shone. "Use a critical eye about how you're being fed," Professor Taylor said, regarding media influence on the portrayal of the movement.

Taylor made an observation that was constructive for the movement—lawyers play a much larger role in moving social change forward than they realize. Lawyers could be soldiers of change—by choosing the right cases and plaintiffs to carry forward new laws Like *Obergefell v. Hodges* that led to the Supreme Court to ruling in favor of same-sex marriage.

A student in the crowd asked an excellent question at the forum's conclusion: "How can we talk to people about this cause, without disregarding their opinions, which may differ from our own?" We must have courage to ask and engage in conversation. Community organization, voting and participating are vital to change. We must change our leaders from the top, in order to create justice reform from the bottom.

The Tamarack

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

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EDITORIAL

Act Like a Man

To all the men in the hallways who like to make it publicly known you find a woman attractive: Please stop! You aren't showing very good judgment loudly voicing your opinion about a woman's looks. This behavior, known as "catcalling," is a form of sexual harassment, and it is serious. If you think it's hard to draw the line between what's acceptable and what's harassment, you should err on the side of keeping your mouth shut. And you should realize the law will always err on the side of caution.

When you boisterously call out to a passing woman in rude fashion, as if it's your testosterone-given right to comment on her looks, that is a problem. When you ignore the fact that a woman is studying hard—working diligently to improve her life—you suggest her looks are her only value. That is insulting, and not just to those women, but to men like me who value women as individuals. As people. The attitude that a woman's appearance represents her only value is, well...really stupid.

Let me be clear, approaching a woman you find attractive and respectfully introducing yourself is fine. After you introduce yourself, though, if she shows no sign of finding you remotely worth talking to... leave her the hell alone! Stalking is one of the worst things you can do, even accidentally. You might not mean any harm by your behavior, but the woman you won't leave alone doesn't know this. Neither does the law.

Women are not objects; they deserve (and should receive) the same respect as any man. Treating a woman as if you only value her for her looks is bad. How would you feel if she only judged you by your looks? After all, aside from myself, I have yet to see anyone on campus who looks even vaguely like Brad Pitt. Please guys, for the sake of equality, for the sake of common decency, and for your own self-image, treat women with respect.



CAPSS CORNER

March is Advising Month

We hear a lot about being prepared during the winter months. Weather reporters tell us to have water and provisions on hand in case of power loss. Insurance companies and auto clubs tell us to have our cars serviced and have emergency items on hand in the event of an accident. Anyone who's been stuck roadside in winter or has had to wait for a bus that never comes knows how important it is to have a charged phone and warm clothes.

And now that most of the winter is behind us, it's time to get prepared for fall semester. Think it's too early to think about fall? Think again. March is advising month. Registration starts April 1st for summer classes and April 5th for fall classes. What can you do to get ready? Apply for FAFSA. (Seriously, apply for FAFSA *right now.*) See your advisor; plan your schedule as soon fall classes are visible online, and most important, register early for best selection of instructors, classes, and times.

If you don't like waking up early for 8:00am classes, or you work and can only take classes certain days or times, you have register early. Although not planning early for fall semester won't leave you on the side of the road or without power, it will leave you with fewer class choices and may even result in you taking longer to complete your degree.

Does all this planning sound like too much? Come to the Center for Academic Planning and Student Success (CAPSS) in K520. We're here to help!

Really want to be prepared? Come to the transfer fair on March 2nd in Café West. Over 30 colleges and universities will be here to answer questions and talk about their programs. Come check out what's next after NVCC.

Erika Carrington

Happenings @ Other Colleges

Kimberlyn Hernandez



Lending a Hand

Before arriving at University of Southern California, Alison Glazer had never heard of 3-D printing, a process that can print any 3-D object. Three years later, Glazer, a senior mechanical engineering student, is co-founder and president of USC's 3-D club. This club is making an impact through the Freehand Project, creating prosthetic hands for children with limb loss. To build a prosthetic hand costs between \$30 and \$50, far less than traditional prosthetics. Still, the effort requires funds, and in order to boost their budget, the club requires members to pay \$30 in dues. The club has already built 50 prosthetics—with three of them going to patients at Children's Hospital Los Angeles. This semester, the club plans to design a device to relieve the symptoms of brachial plexus injury (BPI), paralysis of some or all of the muscles of the shoulder and upper limb. Glazer says, "Now that we have great...interest in the club we really want to push students to push their personal limits and what they can create... we want to enhance their skills." While this club's journey only began in 2014, they've already made a remarkable difference giving back to the community.



Taking Flight

The students of Pennsylvania State University have built a human-powered airplane. The single propeller craft was designed by John Byrd, a graduate student in aerospace engineering. The plane was built over the past four years through the combined efforts of the university's student-run club, Sailplane, and students in two aerospace classes. Weighing around 200 pounds, the plane can fly 20 to 30 feet above the ground. The team expects to test it again by the end of the semester after the plane crashed while attempting to turn a year-and-a-half ago. "I love flying ... it's an amazing class because you get to build something with your own hands and then you get to see it fly," Patel, a sophomore in aerospace engineering, said. This wonderful project is a perfect collaboration of two groups turning a plan into a reality.



Art Speaks

Texas State University student and performance artist, Monika Rostvold, is no stranger to presenting performance pieces. Last year, Rostvold shocked the campus when she sat on the steps of the library wearing nothing but a blindfold, headphones, and underwear to bring awareness to sexual assault. This year, the senior studio art major created another performance in which her outfit consisted mainly of Chick-fil-A fries and ketchup. This piece was intended to bring awareness to the negative effect of dating and hooking up. "I decided to relate [the piece] to food [to compare] the satisfaction we get with food to the satisfaction we get with hooking up," said Rostvold. Given the attention she received last year, she believes people will look for the meaning behind her art. This performance is a unique example of the different ways to raise awareness.

Making It Work

Robert Wilson

If you're new to running a club, or being an officer in one, things can be confusing. You may have big ideas on events or fundraisers you would like to plan but have no clue what the procedures are to get the job done. As president of NVCC's Otaku Club, I have gone through times where I had no idea how to get the club's plans off the ground.

An invaluable tool for any club officer is their predecessors, who will have dealt with any paperwork and planning questions you may have. Your club's advisor is also experienced in dealing with proper forms and requests, and should be able to help in the event you cannot get in touch with past officers.

Student Government Association staff are also here to help with any questions a person might have. Their office, S516 in the Prism Lounge, is easily accessible from almost anywhere on campus. Karen Blake, Director of

Keeping the members of your club happy and involved will result in a club that thrives

Student Activities, can answer any procedural questions regarding how to make budget requests and what kind of paperwork you'll need to complete in order to successfully submit those requests. Blake will also help navigate these often complex forms.

With all these valuable resources, remember not to overlook one group who will help the most: your club's members. They are the ones who ultimately benefit from all of the preparations, and without them, no event or fundraiser will be successful. In my experience, rallying club members around a common cause is the most important part of planning any event.

Keeping the members of your club happy and involved will result in a club that thrives, one that is productive, helping you accomplish any goals you may endeavor.

One of Many

Katherine Abreu

On February 10, 2016, NVCC students had the opportunity to voice our testimonies at an Appropriations Committee hearing on the Governor's proposed FY 2017 budget for higher education. We were able to highlight the vital need for a stable budget. Like every student there, I had a story.

At age seven, I experienced domestic violence. I was sleep-deprived, emotionally and physically hurt, and conflicted. To wake up and know I had life was a gift from God because tomorrow was never promised. Within the prison I called home, school was my safe haven. I would go with bruises and scars, yearning for a drop of knowledge because I knew that it was where one day I would find myself. Where one day I would find the Katherine that stands before you.

This semester I will graduate with my associates and go on to Western for my Bachelors. I plan on holding a position at the college once I achieve my Ph.D. I want to show women who have stories similar to mine that anything is possible. But how will they succeed if the same resources I took advantage of will not be available to them in the future?

I know I didn't make it this far on my own. Like many, there were times where I wanted to throw in the towel and give up. And women who are dealing with what I dealt with need people at schools, such as advisors and counselors, to guide them. To be a light in the darkness.

We say money can't buy happiness. In my case, it didn't, but what it has given me is a future, a hope, education, a chance, and an

opportunity. I don't speak just for myself, but for many out there who are trying to build themselves up as students, as single mothers or fathers. People like me, who will be the first in their family to graduate.

We all go through life-changing experiences for a reason, and something we learn from them is to value education. It is important we as students make our voices heard, so I encourage you to tell your story.



Get Happy!

Kayla Mueller

In 2012, the United Nations designated March 20th as International Day of Happiness.

Beyond simply promoting happy thoughts or actions, the day is intended to be a reminder of the global effort required to create public policy that improves the lives of all people. Initiated by the Himalayan country Bhutan—whose citizens are considered among the happiest in the world—International Happiness Day supports the concept of happiness as a fundamental human goal. The UN designation is a call for countries to consider issues of social and environmental wellbeing in fostering economic growth. On a personal level, the day is a call for each of us to remember that happiness goes beyond just a simple emotion. True happiness has more to do with looking outward, focusing on others, than with simply staying wrapped up in self. Each of us has the potential to lift people up and make the world a better, brighter place to live, so on March 20th, make an extra effort. It may start with one day, or even just a moment, but let's all spread some kindness, spread some love. Spread a little happiness.

Tamarack Edit Meetings

**Fridays, 11:30 - 12:30, S519
ALL WELCOME!!**

An Artful Eye

The Tamarack is pleased to introduce staff photographer, Noah Hulton. Photography has always been an interest for Noah, who “looks for expression in a shot and tries to take a picture that almost tells a broken story.” Noah prefers photographing people “before they even notice...to keep things more honest in a way.” He shoots traditional film rather than digitally “for a natural and expressive quality.” To keep up with Noah’s work, follow him on instagram: @noahhulton

Noah “looks for expression in a shot and tries to take a picture that almost tells a broken story.”



Abandoned An abandoned brass mill in my town makes for some nice walks through now and then. This building caught fire at some point. The film gave a nice array of colors with the exposure.



Grass Last spring break, on a road trip with two English friends, I took this photo at a gas station. The area was apparently gang-controlled; the station clerk was concerned for me.

Noah prefers photographing people “before they even notice... to keep things more honest in a way.”



Trio In this image, three friends explore a typical neighborhood. Though it’s an ordinary scene, the contrast of the dark overcoats, the white houses, and the sunlight through the trees creates a somewhat somber, mysterious mood.



Chelsea In this picture of my friend at CCSU, her wild persona stands out against the typical New England winter background.



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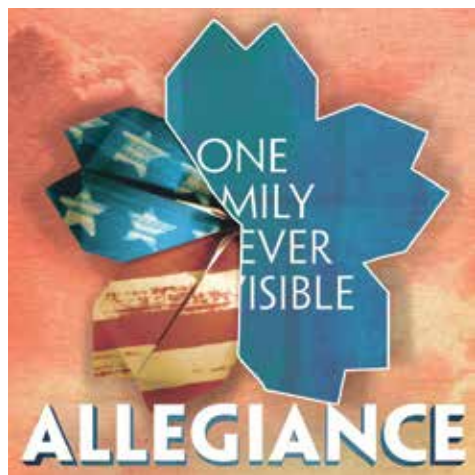
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Broadway's *Allegiance*—A Review

Prof. William Foster III



Let's ignore the fact that I'm a big fan of *Star Trek* and George Takei, and also a fan of American history. Finally, as a playwright, actor and director, I am a lover of Broadway musicals. So imagine my excitement when I discovered Mr. Takei was bringing to the stage the story of his family's imprisonment in a Japanese-American internment camp during World War II. My attendance at a November performance was a theatrical experience I enjoyed very much and will not soon forget.

The title, *Allegiance*, is a concept we all must deal with; sometimes as loyalty to country, and sometimes loyalty to family. Defining our personal commitment to this concept is the play's theme. Imagine tomorrow, you and everyone who looks like you are charged by the government with treasonous behavior and imprisoned. After the bombing of Pearl Harbor, that's what happened to Japanese-Americans. This dark and not very well known chapter of our country's history has finally found its way to the Broadway stage.

Before the lights rose at the play's beginning, I wondered, *How do you share how you, your family and friends survived such an experience?* As the story unfolded, the answer appeared. You do it, apparently, with grace, intelligence, and an appeal to the basic humanity in everyone. Key to reaching the audience was stressing the personal.

The production's evolution was slow and methodical, working towards maintaining audience interest without centering on guilt and blame. Mr. Takei and the play's production staff have done so in what appears to be

an effortless manner. I was spellbound as I watched it unfold.

The action opens just before the Pearl Harbor bombing, and rushes headlong into the nightmare of racial hysteria that followed. Suddenly people who appeared to be Asian were treated as collaborators with the new "enemy." Longtime neighbors cut ties and shunned people with whom they had dealt for years as business partners and friends, treating them like convicted traitors. Then the government stepped in with the official order that Americans of Japanese ancestry were to be relocated to internment camps.

How did they survive this infringement of civil liberty and betrayal of trust? "Gaman" is a word shared by Takei as the inspiration and guiding light of this production. It's the Japanese expression for "endurance with dignity," a principle that sustained Mr. Takei, his family, and the 120,000 other unjustly incarcerated Japanese-Americans. The play allows the audience to see that even in the worst conditions, there were efforts to retain civility and normalcy through social activities and gatherings. Today, when our country's commitment to fair treatment of all citizens is still important, this is truly a timeless issue. I encourage

The title, *Allegiance*, is a concept we all must deal with; sometimes as loyalty to country, and sometimes loyalty to family.

everyone to attend this fabulous production. I believe you will find it as transforming as I did.

Want more information? In *Citizen 3660*, a 1946 graphic novel, Mine Okubo tells her heart-breaking story of being herded into protective custody in two relocation centers shortly after Pearl Harbor was bombed. In dramatic drawings and brief text, Ms. Okubo documents the episode with objectivity, humor, warmth, and understanding.

Read *10 Shameful Facts About Japanese-American Internment* at <http://listverse.com/2014/10/25/10-shameful-truths-about-japanese-american-internment>.

Christian Bale's Not the Only Batman

Robert Wilson



When you ask most people about the Batman films, their first thought is usually the Christopher Nolan trilogy (*Batman Begins*, *The Dark Knight*, and *The Dark Knight Rises*), starring Christian Bale. While there have been plenty of live-action renditions of the comic-book superhero, including film and television versions, there are also animated films people may not know about. In particular is a trilogy of films based around the Damien Wayne story arc of the comics (*Son of Batman*, *Batman vs. Robin*, and *Batman: Bad Blood*). This trilogy brings to life what makes the comic books so captivating: dynamic characters, interesting story arcs, and audience relatability with the protagonists.

The son of Bruce Wayne and, one of his many adversaries, Talia al Ghul, Damien Wayne is raised by Ra's (Rash) al Ghul, his maternal grandfather, as an assassin meant to

take over for him after he dies. Instead, Damien ends up taking on the mantle of Robin when Talia brings him to Bruce to protect him from the men who murdered his grandfather. As Damien works alongside Batman, he has conflicting emotions over how criminals should be handled—he debates whether to kill, as Ra has instructed, or to reject killing, as Batman has taught him. Damien's development as a young man revolves around answering to these moral questions, thereby finding himself.

Damien Wayne's journey through the trilogy is something everyone can relate to and understand. It is a story of self-discovery and perseverance. With that in mind, I would rate the movie 8 out of 10 for its emotional content and strong vocal work, but also rate it 2 out of 10 for lack of originality. The animated trilogy may not be perfect, but as a fresh visual take on Batman, it is well worth a look.

FACES IN THE CROWD

Slices of Life

Elaine Mennillo

There was a time when all women could think about was graduating high school, marrying, and having children. Back in the 60's that was the thing for women. Some chose to stay at home, while I chose to work part time in the evening, and during the day I was a wife and mother.

I found myself feeling stifled and bored, and could not tolerate being dominated. Eventually the marriage ended in divorce. The change in me was undeniable; before, I was quiet, withdrawn, amenable to whatever someone wanted. Living on my own made me resilient, and may I say, this woman was not quiet anymore! In the ebb tide of everyone's life they experience a variety of storms. The intensity of these storms makes them the universal teachers. Without them, our journey would be to exist, not to live life to the fullest.

What happened next seems a predestined path for me. With my children grown and on their own, it was my decision to move to Virginia. It was a passageway, and a slice of life, bound for me to explore. I accepted a paralegal position at an Intellectual Property Law Firm.

The aesthetic scenes in Virginia, where Civil War history thrives, seemed almost surreal, and the adventure was worth



Photo Courtesy of Tina Mennillo

every second. While living there, I took a course in creative writing, finding magic in letting my mind go to places I'd seen only in dreams. I love to let my journey through life flow onto the pages I write. After an incredible 16 years in Virginia, family obligations forced me back to Connecticut, to help care for my 96-year-old mother.

I looked into Naugatuck Valley Community College, and the program it had for senior citizens. Professor Parlato was my instructor for ENG063. The same aspiration I had for writing was found in his class. Presently, I continue my education in ENG102, once again inspired by Professor Parlato's teaching. My interest and passion in writing is headed in the direction of publishing my first book. On a daily basis I surrender myself to the creativity of the pen.

An Extraordinary Evening



Photo Courtesy of Chelsea Clow

NVCC faculty, staff, and students attended a beautiful fundraising gala for St. Mary's Hospital last month. Pictured in the front row are NVCC students Alex Achlioptas, Chelsea Clow, Katherine Abreu, and Brian Soto, accompanied by Arthur J. DuBois, Jr. and Dean Sarah E. Gager, Mr. & Mrs. Dan and Eileen George and Mr. & Mrs. Frank and Lisa Oliveria. With the theme *An Evening of Extraordinary Things*, the gala was a spectacular event with St. Mary's Hospital's doctors, nurses, and staff along with various Waterbury community members gathered to raise money for St. Mary's Hospital Foundation.

Spring Break Blues?

Alyssa Katz

Not going anywhere exotic this month? Don't fret! there are plenty of activities close to home during our week off from school. If you're from New Haven County, here are some, solely in Waterbury. First, there are Extreme Paintball for you paintball enthusiasts, and Laser Planet, which has an arcade as well as laser tag for you gamer types. Mattatuck Museum, a gem for art and history lovers, even offers NVCC students a discounted admission rate. On March 20, at 6:30 pm, the Palace Theatre will feature Motown legends, *the Temptations* and *the Four Tops*. So, go buy your tickets! You could also head to Yale Art Gallery in New Haven to see some magnificent art, or catch a show at New Haven's Shubert or Yale Rep.

Now, if you're from Fairfield County like I am, here are some destinations close to home you can visit during spring break. There's

Norwalk's Maritime Aquarium to observe marine life--and penguins! You could go to the Discovery Museum and Planetarium in Bridgeport to gaze at the stars. If you're into hockey, you could buy tickets to Webster Bank Arena. On March 19, at 7:00 pm, the

Bridgeport Sound Tigers will be playing against the Portland Pirates. Then, on March 20, at 5:00 pm, the Tigers will face off against the Albany Devils. Another fun option is Bridgeport's Beardsley Zoo. Rochan the Red Panda is now

a permanent addition to the zoo; go see him! In addition to those destinations and activities, there are loads of state parks where you can go hiking, biking, and create all sorts of outdoor memories. And the fun doesn't stop here in Connecticut. Grab your friends and take a day trip to Boston or New York City. There's plenty to do during Spring Break, even if you're not putting on your shades and sunscreen.

there are plenty of activities to do from home during our week off from school

FACES IN THE CROWD Man of Many Words

Joseph R. Adomavicia

At twenty-four years old, Joseph Adomavicia is a Waterbury resident. His full time occupation is as a licensed CNC (computer numerical control) lead man Machinist at Edward Segal Incorporated. Joe is currently a part-time student at NVCC, where he has been enrolled since 2011. He is pursuing dual Associate degrees—one in Mechanical Engineering and another in Liberal Arts and Sciences.

Aside from being one of the student editors of Naugatuck Valley Community College's literary journal, *Fresh Ink*, the past two years two of Joe's poems, *Cerulean Wings* and *On Average, America* were selected for publication in the journal. *Fresh Ink* has been a motivator for Adomavicia and has served as a great way to communicate with others. Working within a group has been a valuable learning experience. Along with *Fresh Ink*, another of Joe's poems, *We, Americans Refacing the Nation*, was recently featured in the February issue of *The Tamarack*.

Poetry is vital to Joe beyond his role as a member of the *Fresh Ink* committee. In fact, he says, "Poetry has been a way of life." Adomavicia's first book of poetry, titled, *A Step into My Heart*, published by Underwater Mountains out of Los Angeles, California,



Photo Courtesy of Joseph R. Adomavicia

"My poetry is diverse and stylistically intrinsic to the subject matter."

was released this February and is available through both Amazon and B&N.com. Joe calls his poetry "diverse and stylistically intrinsic to the subject matter." As a writer, his means are to portray generosity and inspiration—and to be inspired by others.

Within his words are glimpses of various aspects of life, varying from love in its many faces, to politics, poems of motivation and inspiration, and works centered on the natural beauty of the world. Adomavicia writes with the undying purpose to tell his times through his story. He strives to write evocatively and inspiringly, his words flowing free for the world to see.

Final Flight

Steven DelValle



The past months have been exceptionally unkind to musicians. First, the world lost Scott Weiland, then David Bowie. As if that weren't enough, Eagles leader Glenn Frey joined the procession. The media has made touching tributes to all these legends, and it's clear their range of impact was immense. There is one other musician, Jefferson Airplane's Paul Kantner, I would like to focus on in the wake of the others passing. I feel Paul was overlooked. But his contribution to music was, in a way, more significant than the others.

As part of the quintessential psychedelic rock band, Kantner gained recognition in the mid-1960s as leader of the Airplane while singing, writing, and playing guitar. The Airplane was hugely influential, and as headliners, they were surpassed in popularity only by talent such as The Beatles and the Rolling Stones. Personally, I am of the conviction that the 60s was the best and most groundbreaking era for popular music. Kantner, an essential figure in that time, is in my opinion one of the most important musicians ever. Groups like Jefferson Airplane and their contemporaries were an integral step in music and culture that set the stage for musicians like Bowie to rise to stardom in the 1970s.

Singer-songwriter Marty Balin, determined to be a successful musician after witnessing the phenomenon of the British Invasion, founded Jefferson Airplane in 1965. Kantner was the first person selected for the group after his talent left a lasting impression on Balin. The original lineup was rounded out by bassist Jack Casady, drummer Spencer Dryden, lead guitarist Jorma Kaukonen, and vocalist Signe Toly Anderson. They released only one record with this lineup, the moderately successful 'Jefferson Airplane Takes Off', before Anderson

quit to raise her child (By extraordinary circumstance, Anderson passed away the same day as Kantner).

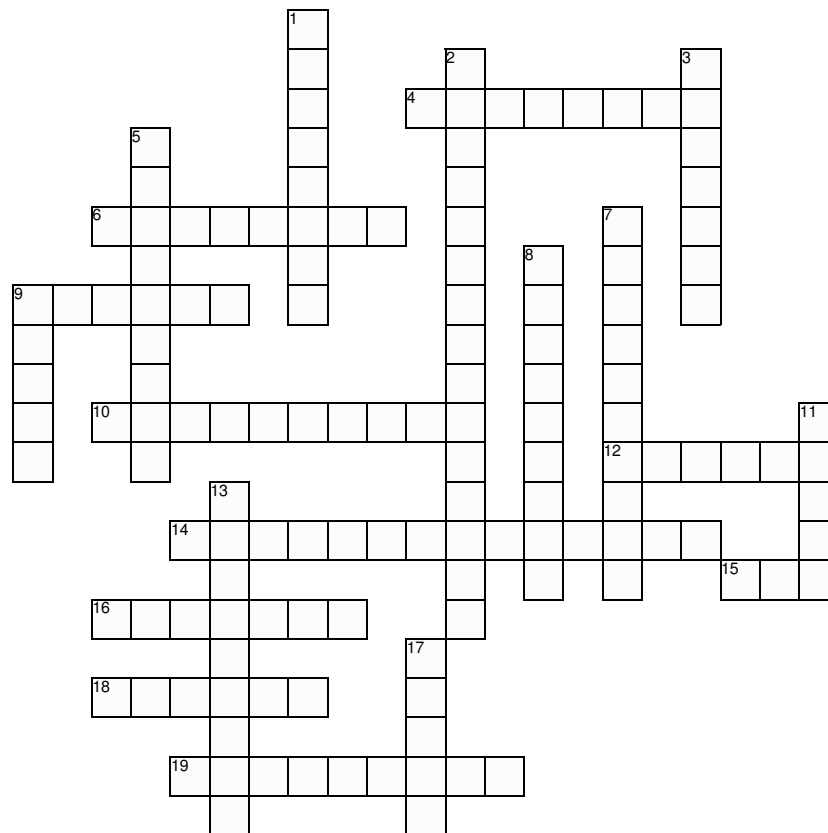
After replacing Anderson with Grace Slick, the Airplane gained international recognition with the album 'Surrealistic Pillow,' and skyrocketed to fame as pioneers of the San Francisco sound. Alongside local groups like the Grateful Dead, they helped create a scene that impacted culture more than any since. The group would go on to play legendary sets at the Monterey Pop Festival, Isle of Wight, Woodstock, and at the notorious Altamont Free Concert (where fighting amongst the crowd and Hell's Angels security guards ended in a murder) alongside icons such as The Who, Jimi Hendrix, and The Rolling Stones.

Airplane rose to fame and fell back down with the 60s. The end of that era coincided directly with the end of the band. Internal tension split the band, starting in 1970 when Dryden quit citing years of touring wearing him down, and Balin followed suit in 1971 after the traumatic death of his friend, Janis Joplin. Remaining members went on to find more success in the 70s, but they would never recapture the magic of that main era from 1965 to 1970. The breakup of The Beatles, the deaths of Jones, Hendrix, Joplin, and Morrison, and then the disaster at the Altamont concert all spelled the end of the counterculture movement.

It seems society has never been quite as socially aware or creative since. I'll leave Hunter S. Thompson to capture the feeling of the time as he does so eloquently. "You could strike sparks anywhere. There was a fantastic universal sense that whatever we were doing was right, that we were winning. And that, I think, was the handle-that sense of inevitable victory over the forces of old and evil."

March Puzzle

Answers to crossword clues can be found in this issue.



Created with TheTeachersCorner.net Crossword Maker

Across

- 4. Face in the Crowd, Elaine Mennillo, spent several years in the state of _____.
- 6. Steve Delvalle shares his thoughts on the band Jefferson _____.
- 9. The Tamarack welcomes new staff photographer Noah _____.
- 10. Broadway play _____ is reviewed by Prof. Foster.
- 12. Nicole Hayes's article discusses the factors that determine _____.
- 14. SGA President, Katherine Abreu, spoke in Hartford at the _____ meeting.
- 15. Emily Daly is inspired by 1890s journalist Nellie _____.
- 16. New SGA Senator, James _____, has big plans for Danbury.
- 18. Bruce (Batman) Wayne's son is named _____ Wayne.
- 19. Editor-in-Chief, Chelsea Clow, is a student in the Physical _____ Assistant program.

Down

- 1. USC's _____ Project creates prosthetic hands for kids.
- 2. Racial _____ is a serious issue explored by Kristie Richards.
- 3. The March editorial calls out guys who _____.
- 5. Extreme _____ is one activity suggested by Alyssa Katz.
- 7. This month's CAPSS Corner is written by Erika _____.
- 8. Jessica Ney discusses Chimamanda Ngozi Adichie's book, *We Should All Be _____*.
- 9. *A Step into My _____* is Joe Adomavicia's new poetry collection.
- 11. Professor Kathy _____ writes about the need for Women's Studies.
- 13. Rona-Ann Nickerl is featured in the Alumni _____.
- 17. The _____ portrayal of women is on Emily Daly's mind.

Answer key on page 8

**Naugatuck Valley Community College Women's Center
invites all students (women and men) to submit entries in its**

Writing Contest

Entries must be either essays or poems focusing on a woman in your life who has inspired you in some way to strive to make a difference for the betterment of your family, the community, or the larger world. Essays should be 2-3 pages in length. Poetry may be up to 5 pages. Judging will be based on creativity, style, content, clarity, supporting and descriptive detail, and grammar and mechanics.

All entries must be submitted no later than 4 pm on Thursday March 17, 2016. Submissions may be turned in in hard copy or via e-mail. E-mailed submissions must use MS Word documents to send attachments.

Winning submission receives \$150 prize!!

Prizes to be awarded for second and third places.

Send submissions to:

Karla Ekquist-Lechner (K602)

kekquist-lechner@nv.edu

or

dropped off in the Women's Center (K405)



Thank You All

Christopher Gordon

Spring semester has begun. It's time again to explore our world, to begin an exciting adventure, both for students and professors. For some, this adventure takes on a whole new world of meaning when combined with struggles of the personal kind. I am one such student, one of many with a condition that can make social interactions difficult. To those who share similar hardships, we are in good company. College is the place to explore new ideas; we all have our unique views; sharing them makes our world grow brilliant. Thank you for sharing yours with all of us.

Lost students are once again wandering NVCC's halls, looking for the bookstore or that elusive classroom. Having been in this situation, I always take time to help anyone who happens to ask. In this way, I show thanks for the kind stranger who pointed me in the right direction, and help school start on a pleasant note for new students. Hopefully, we'll all take time to help new arrivals find those out-of-the-way locations that have become second nature for returning students to locate.

Walking the corridors here it is common to find dropped food pressed sadly into the tiles; worse is finding other waste in the bathrooms. To the cleaning crew who works swiftly to clear out these messes, I say thank you, and I hope others will make a habit of doing this. To the ones leaving messes behind, we need to treat NVCC as *shared space*, knowing others have to deal with what we leave behind. If you wouldn't leave food, or other waste, on the floor of your home (or even if you would), please, don't do so here. Remember the immortal words of animated FX super-spy, Sterling Archer: "Do you want ants? Because this is how you get ants."



Frances Barsevich is the woman who taught me I can do anything I put my mind to. She may not have saved me from stumbling and falling; those lessons I had to learn on my own. However, she was always there to pick up the pieces. She supports me in everything I do, even if she doesn't think it is the best thing for me. Mom is my constant rock, providing encouragement, a shoulder to cry on, an ear to listen, and stability when there was none. She is always proud of my accomplishments, no matter how small or large. A first generation American, Mom would have liked to have gone to college, but had no one to encourage her. When it was my time to go, she suggested I go for art because it was what I liked! Thanks, Mom, for helping me become the woman I am today.

~ Janice Bielawa, Creative Director



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"Tiny" Hurts, Lasting Scars

Kristie Richards

I went to a predominantly white high school senior year. I was in class talking to the teacher (a white woman) when she interrupted me to say, "You are so well spoken. I just did not expect that from you." I always participated in class, so she knew I was able to communicate effectively. In that moment, I realized what had occurred. I had just experienced a racial microaggression.

According to *Psychology Today*, microaggression is "...the everyday verbal, nonverbal, and environmental slights, snubs, or insults, whether intentional or unintentional, which communicate hostile, derogatory, or negative messages to target persons based solely upon their marginalized group membership."

Some examples of racial microaggressions are:

- Asking a person of color where they are *really* from
- A white person authorizing him or herself to touch a black person's hair
- A person of color (usually black/Latino) being followed around a place of business
- Complimenting a person of color on being articulate or able to speak English without an accent
- Telling a person of color he "talks white" when he speaks eloquently (having an exceptional grasp of syntax and diction is not a white trait)
- A person of color being told by a white person she is not seen as the ethnicity/race she is, followed by negative stereotypical behaviors she does not exhibit

Racial microaggressions are not easy to brush off, nor do minorities get a crash course on the matter. What is important when talking about microaggressions are mental health and relationships. How do you deal with a friendly professor who sees you through stereotype-stained lenses? How do you confront a friend who "doesn't see you as a [insert ethnicity]"?

The first step is not stripping white people of accountability. People of color are socialized to coddle white people and disregard microaggressions, for fear of making whites uncomfortable. Realizing a relationship should not be salvaged if the white counterpart refuses to listen to what you have to say on the matter is important as well.

Lastly, confronting the person accountable is imperative if this is a valued relationship you don't wish to discard. You do not need to provide sources or be eloquent, either. This is not a political argument; these are experiences that shape people's quality of life.



A woman who has impacted my life significantly is a beautiful, strong and inspiring woman: my sister, Casee. My sister has greatly influenced me in so many ways. She has had a massive impact on my writing as well as my own belief in my writing ability. She has pursued her many talents on her own; self-guided and self-taught she has fostered her creativity and beautiful spirit while exploring her own writing. And while the art of writing is a subjective and also vulnerable one, Casee has always encouraged me and has assisted me in trusting my writing and my voice.

~ Chelsea Clow, Editor-In-Chief

Five More Years

Steven Delvalle



Anyone who relies on *The Howard Stern Show* to get through sitting in traffic or a boring workday can officially rejoice. The self-proclaimed "King of All Media" has re-signed for five more years with Sirius Satellite Radio. Howard, Robin, Fred (who graduated from WestConn), Gary, and the rest will return for what may be the final years of the show. Stern, now 62, began working in radio in 1976 and has built an unrivaled media empire since that time. It's no wonder his most recent contract is speculated to be for an incredible 80 to 100 million dollars each year. That's not a bad paycheck for working three days a week, even though having that job is surely as tedious and frustrating as it is rewarding.

Stern has hinted at having big plans set to unfold under the new contract. These could well include the return of the beloved television show. Or perhaps the release of an anthology of the 30+ years of broadcasting excellence that has been recorded and compiled. (I mean, what Stern fan wouldn't want to hear that bit with Donald Trump and AJ Benza fighting again?) It's known in the new contract SiriusXM has gained access to all the show archives, which can only mean good things for viewers.

A fantastic way to get into the show is watching Stern's movie *Private Parts*. It's guaranteed to change your opinion of the man. To Stern's critics, I say, give the guy—who could be called the most hated and the most loved man in the world—a chance. Love him or hate him, there's no one else quite like him.

Stern's radio show has changed focus significantly in recent years, with more interest in interviews and less on pushing boundaries. It may not be as hysterical as in its heyday on terrestrial radio, with Jackie Martling, Billy West, KC Armstrong, John Melendez, and Artie Lange, but it's still funny. Stern has definitely changed directions as he's grown older, and—all morality debates aside—no one can argue he isn't one of the most brilliant interviewers in the world. Where else are you going to hear Paul McCartney talk about Yoko Ono and John Lennon so candidly? So whether you're a faithful Stern fan or a novice listener, buckle in; the ride continues.

RECENTLY READ

Student Jess Ney on Adichie's *We Should All Be Feminists*

For ALL Our Sakes

When I first picked up "We Should All Be Feminists" I was a bit skeptical. Was this going to be a book nay-saying the government and society? I was worried that this little book would leave me feeling uncomfortable, not emboldened.

Thankfully, I was wrong. This little book is based off of a TED talk given by the author, Chimamanda Ngozi Adichie, an author from Nigeria. The book begins with an anecdote from Adichie's childhood, where her best friend calls her a feminist. Growing up in Africa, a woman with an opinion and the capacity to defend that opinion, was scorned and ridiculed. Women are second-class citizens. She tells many stories in her book that show despite all the changes we've made in the world, gender has remained stagnant.

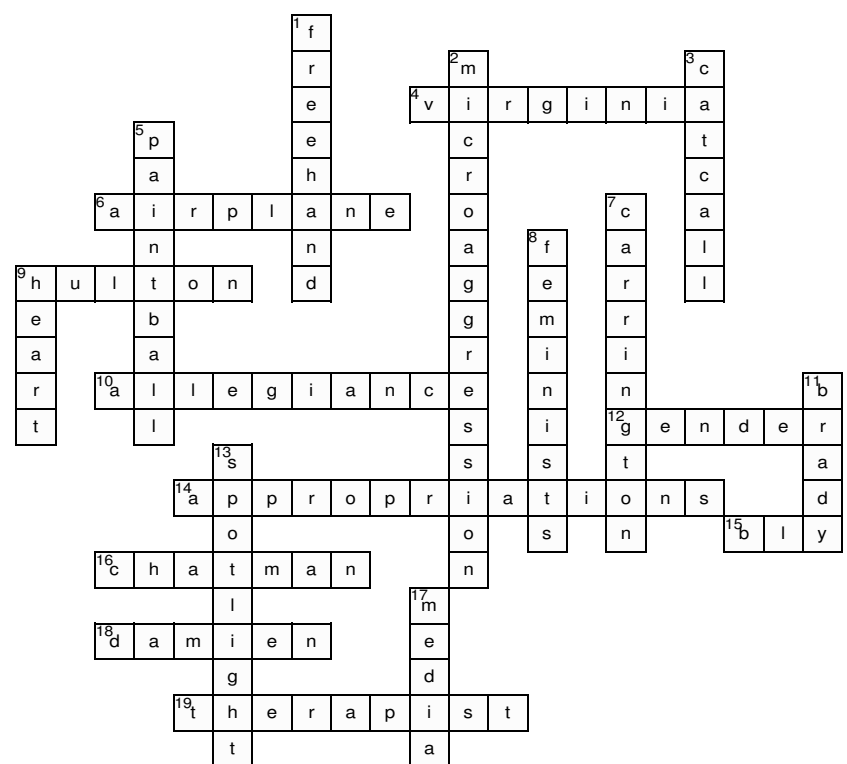
Girls everywhere need feminism. And if you are wondering why, then you should take a deeper look into the world you're living in. Adichie writes, "We spend too much time teaching girls to worry about what boys think of them. But the reverse is not the case." Why is that? Think about the trending issues in America; rape, domestic abuse, eating disorders, mental illness. Girls see edited photos of their idols on magazines, so they stop eating. They cake on makeup, they wear clothes that are short and tight, all for the attention of men. And then, those men use and abuse us, claim we were "asking for it".

All these poor girls are asking for is a moment where they aren't hating themselves, a moment where they feel beautiful, worthwhile, and important. The concept of feminism in our society is skewed in all the wrong ways. A feminist believes in *equality* for both sexes. Women are not trying to take over the world, we just want to live in it. The work of feminism will not be finished until I can walk down the street at night with peace of mind.

This may seem impossible. But Chimamanda touches on this subject as well. To change the world, we have to start from the beginning. We need to teach children, girls and boys, to respect each other. And that everyone is truly equal. Gender roles and gender discrimination are lessons we need to learn long before we are adults or enter college. We are not born with hate in our hearts, it is learned. You may not identify as a feminist, and that's okay, but you should raise your child as one.

March Puzzle

Answers to crossword clues can be found in this issue.



Created with TheTeachersCorner.net Crossword Maker

alumni
SPOTLIGHT



Rona-Ann Nickerl
Degree: Legal Studies

Photo Courtesy of Rona-Ann Nickerl.

Believe it, achieve it!

Here is an example of the many opportunities available at NVCC. I was a displaced worker, looking into the possibility of going back to school for a new career. A little daunting, truth be told. I hadn't been in school for 30 years. I bit the bullet and started at NVCC as a student in the paralegal program.

As a paralegal I would be able to work in a law office and possibly even a courthouse. I always had an interest in the law, and to be able to pursue a job doing something I was interested in was a great opportunity. After my first semester I had a 4.0 GPA and was enjoying the challenges and hard work.

As part of the legal studies program, NVCC has internship opportunities available, so you can check out the career before successful completion of the program. Working with the Center for Job Placement and College Opportunities, I was able to get an internship with the Corporation Counsel of Waterbury. This was an amazing opportunity!

As there are many attorneys in the office and each practices a different type of law, I was able to get a good look at all the different aspects in one place. Upon completion of my internship, I was asked by the Corporation

Counsel, if I would be interested in working there as a paid employee. I was thrilled and accepted a position. I worked at the Corporation Counsel in the morning and continued to attend NVCC at night.

While preparing to graduate from the paralegal program, I was approached by Bonnie Goulet from CAPSS who suggested that, after completing the certificate program, I should pursue my associates in legal studies. This meant I would be earning a college degree, so I signed up for the core classes needed to earn the required credits and went for it.

During one semester I was invited to apply to the President's Circle, the highest honor a student can achieve while attending NVCC. I was thrilled just to be invited to apply, not to mention how honored I was to be chosen as a member. I also joined PTK and ABG Honor Societies while attending NVCC. These are amazing opportunities. The mentors you meet along your educational journey at NVCC are just an added bonus to the knowledge and life skills you can gain here. I have made lifelong friends, solid networking connections, and have had a great time doing it.



As a person on the autism spectrum, Temple Grandin is unarguably one of the most inspiring, impactful people in my lifetime. A highly accomplished woman who has overcome adversity, she is the face of advocacy for the rights and welfare of people with autism. Grandin gained global recognition for her crowning achievement: the invention of a more humane livestock handling process, to improve the well-being of animals sent to slaughterhouses. A visual thinker--this key trait is shared by many on the autism spectrum--Grandin has authored numerous books, and is the subject of an award-winning HBO-produced biographical film starring Claire Danes.

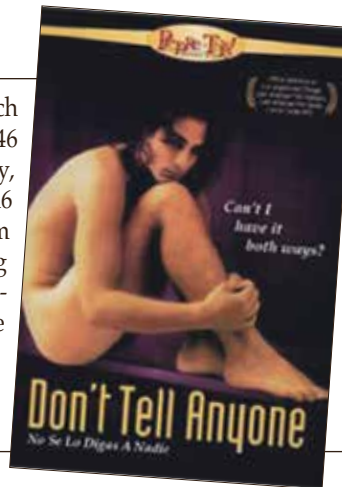
~ Mark Kacyrat, Staff Writer

International Women's Day--once called International Working Women's Day--is here again on March 8th as it is every year! This year's theme is "Pledge for Parity." To celebrate International Women's Day, The Women's Center at Naugatuck Valley Community College will be showing the film *Don't Tell Anyone (No Le Digas a Nadie)*.

"Since the age of 4, Angy Rivera has lived in the United States with a secret that threatens to upend her life: She is undocumented.

Now 24 and facing an uncertain future, Rivera becomes an activist for undocumented youth with a popular advice blog and a YouTube channel boasting more than 27,000 views. She steps out of the shadows a second time to share her story of sexual abuse, an experience all too common among undocumented women. *Don't Tell Anyone (No Le Digas a Nadie)* follows Rivera's remarkable journey from poverty in rural Colombia to the front page of *The New York Times*."

Join us in Tech Hall Rm. 646 on Tuesday, March 8, 2016 at 11:15 am for viewing and discussion. All are welcome.



The Complete Works of William Shakespeare (Abridged) [Revised]

March 31- April 3rd
Thurs- Sat evening at 8 pm;
Sun matinee at 2 pm



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In recent letters to the editor, two *Tamarack* readers expressed concern over the December article, *Know Your (Human) Rights!* by Richard Bosco. Both Pat Conway and Carla DEsposito shared the opinion that the rights of the unborn should have been mentioned in the piece. Conway alluded to the millions of lives lost to abortion in this country, stating, "The right to life is our first human right and, without that, no other rights exist." DEsposito also took issue with the "omission" of the unborn from Bosco's article, expressing the opinion that "life is vested in each Human Being at the moment of their own individual conception." Given that the article addressed the 30 universal rights recognized by the United Nations in 1948--and that the unborn are not specifically addressed in the Declaration--we stand behind the content of the article. We do, however, want to share these opinions in an effort to reflect the voice of our broad spectrum of readers. In this way, we hope to avoid becoming what DEsposito called "a propaganda tool upholding bits and pieces of perversion." *The Tamarack* intends to maintain journalistic integrity by doing our small part to protect our readers' right to express themselves. We pledge to honor those opinions by including them in this Readers Respond column as space allows.

~ *The Tamarack Staff*

Dear Editor,

The article, "Her Light Shines On," has made an impact on the NVCC campus. On January 6th, my life changed when my dear friend died in a terrible car accident. I met Casey [Giannone] fall

semester...my first semester here at Naugatuck Valley. She was one of the first to befriend me. Your article celebrates her greatest moments at NVCC and what the future held. Casey was so excited about the Disney College Program... Your article celebrated her life as a student and much more. It makes us, her friends, feel more at peace knowing even people who did not know her personally [understood] what a kind soul she was. Thank you for putting her nickname in her article. We all called her Casper due to how pale she was. Her light does shine on and will be remembered greatly.

~ *Sincerely, Emily Belury-Matos*

Dear Editor,

"Proposing Good Sense," by Eron Ramadanov, provides information about what Barack Obama is doing about gun control and the gun laws. I agree with what he wants to do. He is trying to make it so every citizen of age should be able to carry a gun to protect themselves, but they have to pass through various requirements to be able to get a gun...with all the shootings taking place recently, everyone who deserves a gun should get one to protect themselves. Although there are negatives, as it says in the end of the article, I still feel this is a good idea. If everyone is able to protect themselves from intruders...lives will be saved.

~ *Sincerely, NVCC student, Colin Marchesseault*

Dear Editor,

The article that stood out to me most was "happy, healthy hearts," by Kayla Mueller,

because I have seen someone go through two heart surgeries and recover...My mother now has a valve in her heart that you can hear ticking even if you are standing a couple of feet away...This article is great on raising awareness of problems you can face with your heart... My peers in school should take notice and realize your heart is what keeps you functioning throughout your entire life; take care of it while it's young and strong so you may live comfortably without hearing a constant ticking.

~ *Robert Douglass*

Dear Editor,

Christopher Gordon's "In Anxious Company" is important to me because I've been suffering with severe anxiety for seven years. It took me five years to decide I was going to try to go back to school on top of raising two young boys and learning to deal with ways to cope with my anxiety, so that it wouldn't interfere with what I wanted to do for myself, and mostly for them. People who don't have to deal with anxiety sometimes don't understand how much of an impact it can have on a person's daily life... having anxiety makes...simple things seem impossible. Imagine trying to get...things done while feeling like you're going to pass out, or feeling nauseous from all of the built up nerves that sometimes come on for no reason at all...The tips and advice on how to manage in this article are very helpful, although there are many different types of anxiety and... Some people suffer from severe cases...that result in counseling, or medication being the only options to help. It's good to know NVCC sees this as an issue and is willing to help out people in need, another option mentioned in this article that can be used by people reading it. This topic isn't talked about enough, yet so many deal with it day to day. Anxiety being acknowledged with ways to cope is very comforting for one to know they are not alone. Sometimes that simple fact is enough to start on the road to overcoming what you thought was the impossible.

~ *A very thankful reader, Brooke Fama*

Dear Editor,

Alyssa Katz's article, "Jam-Packed Month," stuck out to me because...February...does not get enough credit nor appreciation. The first line states "February is the shortest month of the year." I like to say great things come in small packages as I can relate, for I am only 5'2. One holiday I have never heard of is February 11th, Don't Cry over Spilt Milk Day, to promote positivity...this day is important because there are many things that can bring you down. I will definitely be spreading positivity not just on February 11th but continue to and hopefully it will create a domino effect.

~ *Thank you, Jessie Geremia*

Dear Editor,

I am writing about «Eternally Grateful," by Samantha Capaldo. I believe people sometimes go through rough bumps in life before they figure out what they want to do with their lives. Often, losing a loved one...make[s] us realize our next step, and how to manage on our own... The truth is that nothing lasts forever, and we have very little time which we should use carefully.

Thank you, Ameena Gaffar

Virginia "Ginnie" Lee Gordon: Science teacher, college administrator and professor, reading teacher across the world, lawyer and activist for immigration reform, and pretty cool older sister, is dedicated to bringing together the world through learning and respect. No matter the obstacle, my sister has always shown she will work hard to overcome it. She even takes time to read anything sent to her and offer advice to make good writing better. Ginnie has also been known to out eat a younger brother who out masses her by a hundred pounds. Watch out for your burritos around her!

~ *Christopher Gordon, Staff Writer*



Elizabeth Cochrane Seaman, is more commonly known by her pen name, Nellie Bly. Pen names were customary for female writers of the 19th century. Bly was a daring, influential investigative journalist who wrote groundbreaking stories about political corruption and poverty. Most famously, she once faked madness in order to report undercover from a New York City mental institution known for abusive treatment of patients. Her work led to outcry and reform. Bly's jealous peers referred to her investigations as "stunt reporting", but Nellie didn't let it deter her. Oh, and she once travelled around the world in a record-breaking 72 days, just because.

~ *Emily Daly, Staff Writer*

This poem, by staff writer, Nicole Hayes, asks us to consider how far women still need to go in the quest for true equality.

All men are created equal.

What about Women
(suffering illegally,
enslaved in trafficking,
affected by
poverty,
discriminating
laws facilitating
traffickers exploiting
eyes hiding in shells
affected by
supply/demand -
sex-trafficking)
what about Women,
falling victim
individually?



Out of the sea of inspirational women, it becomes so difficult to point out just one. The actions of many influence our viewpoints, perspectives and goals in one way or another. My typical response would be my mother, and she will always be my number one. Someone else who has really made a change in my life recently is my sister-in-law, Bianca. She is a strong, virtuous woman who stands her ground and pursues the desires of her heart. She is also good at hiding emotions—something I definitely need to learn. I can be bawling my eyes out watching *Finding Nemo* because I'm so emotional. I've learned how to be direct and strongminded from her; how to not pay attention to the opinions of others and love myself for who I am. Cheers to you, Bianca; you're my inspiration.

~ *Katherine Abreu, SGA President*

COLLEGE TRANSFER FAIR

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Wednesday	10:00am-2:00pm	4:00-7:00pm
Thursday	9:00am-5:00pm	
Friday	7:30am-3:30pm	

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- stair climber
- stationary bicycle
- treadmills
- universal machines

Facility:

- single-use lockers
- changing room
- showers

Naugatuck Valley Community College

Don't Miss

SGA Meetings – Wednesdays, 4:00-5:00pm L501 – All are welcome at weekly Student Government Association meetings to discuss important topics and issues.

BSU Meetings - *The Black Student Union* meets Tuesdays @ 2:00pm in Prism Lounge. Join us!

Otaku Club Meeting – *The Otaku Club* meets Mondays and Wednesdays from 2:00pm-3:00pm in S518.

Newman Club Meeting – *The Newman Club* meets Mondays from 2:00pm-4:30pm in S502.

Agro-Bio Club Meeting – *The Agro-Bio Club* meets Mondays from 3:30pm-4:45pm in E317.

Health & Nutrition Club Meeting – A new club, the *Health and Nutrition Club* meets Tuesdays from 1:00pm-2:00pm in the *Tech Dining Room - T531*.

Pride Ally League Meeting – *The Pride Ally League* meets Wednesdays, 12:00pm-1:00pm in S518.

HSU Meeting – *The Hispanic Student Union* meets Wednesdays, 1:00pm-2:00pm S518.

Interactive Media Club Meeting – *The Interactive Media Club* meets Wednesdays, 1:00pm-3:00pm S502.

College Transfer Fair – Wednesday March 2nd, 10:00am-2:00pm; *Café West*

Resume and Cover Letter Workshop – Wednesday March 2nd, 2:00pm-3:00pm, L501. Hosted by the Center for Job Placement and College Opportunities sharpen your resume skills at this informative workshop.

Waterbury Symphony Orchestra – Sunday, March 13th, 3:00pm-5:00pm. Come see the symphony perform *Dvorak: To the New World; Main Stage*

Spring Exam Cram – Monday, March 14th, 5:00pm-7:00pm *ACE Center; The Library*

LOVED IT? HATED IT? Send us your letters in response to articles, features, and profiles in The Tamarack. Limit them to 200 words and email them to tamarack@nv.edu with the subject like READERS RESPOND. Letters may be edited for length and grammar.



Can you find it?

Each month, we'll feature a picture of an area or object on campus you probably pass by countless times each week. But can you identify it? Submit your answer to tamarack@nv.edu for a chance to win a \$10 Dunkin Donuts gift card! Winner will be chosen randomly from correct entries received.

Choosing one feels like picking favorites—and I'm terrible at that. See, I work with the *most astonishing* women. Colleagues and students inspire me daily to be a better teacher, friend, a better man. I've also had incredible mentors, like Edwina Trentham, the teacher who changed my life; every day, her nurturing spirit enriches my classroom. I also look to figures like Malala Yousafzai, and yes, the Virgin Mary, for inspiration. I mean, who tops Mary for faith and strength? At day's end, I'm blessed to return home to two truly inspiring women: my wife, Janet, and my daughter, Jillian. Janet has provided nearly thirty joy-filled years of unwavering love, support and belief, and Jillian's brilliance, kindness, and humor give me hope.

~ Steve Parlato, Faculty Advisor





Did You Even Try?

No one correctly identified this image, so there's still a \$10 Dunkin' card up for grabs. Email your guess to tamarack@nv.edu Hint: Go outside!

SPEAK UP

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





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5th Floor, Café West, Waterbury Campus

Danbury: Tuesday, March 8 • 3:00 pm - 6:00 pm
Administrative Offices, Danbury Campus



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