

The Tamarack

Our college. Our news. Our voice.

Naugatuck Valley Community College

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The International Arts Festival

Tearing Down Walls, Building Community

Tamarack Staff



Fulbright Scholar, Aguibou Bougobali Sanou, performs in the finale.



Flags line the 5th floor walkway to Kinney Hall. Photo Courtesy of Steve Parlato

In the first days of April, the bustling fifth floor walkway began to flutter and glow with color as flags went on display. Representing the home nations of students attending NVCC, these colorful arrivals were the first sign of powerful events to come, as the College's International Center for the Arts prepared to host its third annual Festival.

The International Center for the Arts Festival was held April 15th - 17th to celebrate "who we are" at NVCC. This year, the festival featured performances focused on the continent



A traditional African mask used in Wednesday's dance performance.

of Africa. A variety of storytelling traditions—including spoken word poetry, dance, theatre, and art—were offered, bringing special excitement to NVCC's already thriving multicultural community.

The three-day celebration began on Monday with a well-attended

open mic reading of African poetry in Prism Lounge. This was followed by "Stories from The Wall," an open mic event; and "DNA for Dinner," an original play by Keyoy Somerville. Terpsichorean Dance Club contributed an improvisation, "What's Our Story? What are our Roots?"

The following day featured documentary films, and special opportunities to engage with Aguibou Bougobali Sanou, our Fulbright Scholar-in-Residence. Sanou is completing his yearlong visit to the College from his home in Burkina Faso, Africa. He capped a very productive year, which included teaching and performing at the College and in the community—and the birth of his daughter—by leading dance, drum circle and masterclasses on Tuesday. The Festival finale was the performance, on the Mainstage, of an original Dance Theatre piece, "A ReBours (Countdown), choreographed and performed by Aguibou, Dance Professor Megan Boyd, and a talented group of NVCC dance students.

The Art Club also contributed, curating an interactive art installation by building a wall of prints that covered the 5th floor walkway. Students were then invited to tear down the prints and write stories of their heritage on them. The bricks were later

reassembled to adorn a more inclusive structure, an arch leading into the Ruth Ann Leever Atrium Mainstage on the final day of the Festival, Wednesday, April 17th.

The Festival, a beautiful and timely tribute to the diversity at NVCC and in the larger Waterbury community, was a great success. This was clear from the enthusiastic and emotional response of students and faculty alike. Particularly for those far from their native countries, the Festival is a reminder of Naugatuck Valley's mission: to be a place of welcome, of community—a home away from home.

Photos Courtesy of Fabian Gonzalez-Rojas



Dance students, Fallon Dignan (top) and Crystle Sadowski, create a powerful moment in the Festival's finale dance.

Moments Pass Quickly, Memories Last



Ana Cruz, S.G.A. Vice President

As I prepare to graduate next month, I have begun to look back on my years here at

NVCC. What sticks out most as I roll back the dates in my head to the fall 2016 semester are the faces and names of the people walking these halls with me. I started out a nervous wreck, with no confidence in my own ability and no clue where I was headed.

If it was not for each professor, classmate, and friend I made along the way you would not be reading these words. Without them, I might have quit and given up the struggle halfway through that first semester, but they believed in me and encouraged me every step of the way. Because of them I can walk across that stage with my head held high,

knowing without a shadow of a doubt that I earned that degree.

These halls contain a million memories for me. It feels as though leaving them will be like leaving an old friend. In so many ways the people here, from faculty and staff to fellow students, have made me who I am today. They went above and beyond with all their letters of recommendation, words of encouragement, guidance, and late night phone conversations figuring out how to write our final papers. To those people I extend my heartfelt gratitude and the promise that I will carry those kindnesses with me for many years to come. You know who you are.

Come graduation, my sister and I will be the last of six brothers and sisters to graduate from Naugatuck Valley Community College. At every turn,

this college has supported and furthered our potential down to the last sibling. As I move forward to the beginning of my new journey at Central Connecticut State University, I feel fully prepared for any of the challenges I may face in the semesters ahead. This is an invaluable feeling, and I know I have the amazing faculty and staff of this school to thank for that.

To those graduating as the Class of 2019 with my sister and me this month, I just want to express my sincere congratulations. I know it was difficult—and at times seemed impossible, but we made it. To those who still have semesters ahead before commencement comes: keep going! When those assignments pile up, and it seems like you will fail, ask for help! If there is one thing I know, it is that at NVCC there is always someone ready to help if you are ready to ask.

A Thank You Letter to NVCC



Whitney Troy

To those who know me, my love for Naugatuck Valley is no secret. As my mother and I were discussing my graduation the other evening, I expressed my excitement to graduate but also acknowledged how sad I am to leave. NVCC has become a second home to me. As I ventured through possible future schools and interviews, I knew none could compete with the support that was given to me at NVCC.

My Women's Literature professor, Julia Pettifre, was always open to my questions; she broadened my understanding of women's struggles and inspired me to create a future that could make a difference in others' lives. My research professor, Dr. Kim O'Donnell, allowed me to explore, stumble, and grow as a way to learn and always grounded me when I began to doubt myself. My advisor, Susan Houlihan, called me on her day off, while her husband was having surgery, to make sure I was okay before my interview at Smith. My constant emails and questions within my classes have never once been shut down by a professor at NVCC.

As my mother and I talked about this, I realized NVCC has a special place in my heart, and I have never experienced such strong support within my education. Honestly, I have never had so many teachers believe in me. It was easy for me to decide which school I would attend next year because of NVCC. During my visits at Mount Holyoke, I was offered the same type of warmth I have received here.

I know I will be holding high standards for my future professors and staff at Mount Holyoke because of my experience at NVCC. I am grateful for everything Naugatuck Valley has offered me, but I am mostly grateful for Naugatuck Valley Community College's ability to ignite my passion for knowledge. Thank you to everyone who has helped me along this path. NVCC has changed my entire life, and I really wanted those who have assisted me to know that.



Illustration by Madeeha Sheikh

Still Shining

This poem, by former SGA Secretary and Tamarack Editor-in-Chief, Christopher Gordon, reflects on his as a member of NVCC's 2018 graduating class. Chris debuted the piece at the March 26th Danbury Confluencia to an enthusiastic audience response.



Time to Shine

Christopher Gordon

I will remember this day forever
I wear these robes of black,
On top, a tassel of emerald and sapphire,
My One last time to shine.

Blinding light and speeches fill
My senses, I fidget due to nerves,
All around inspire me with their calm,
My One last time to shine.

There's the call to stand.
By rank and row, I maneuver to
the podium and wait my turn for
My One last time to shine

The people who helped me get here,
As well as some who tried to hinder,
Watch as my name is called, finally
My One last time to shine.

I hold this heavy leather bound
Cover, filled by my work and study,
And receive this final lesson, this will not be
My One last time to shine.

Editor's Note: A President to President Scholarship recipient, Gordon continues to distinguish himself at Western CT State University. He has maintained an exceptional GPA, and was recently elected President of the Psychological Student Association. Christopher Gordon has, indeed, continued to shine, and The Tamarack staff couldn't be more proud.

EDITOR'S NOTEBOOK



Peace and Farewell

This is my last column as Editor-in-Chief of The Tamarack newspaper, and it is a bittersweet feeling to say the least. Captain Luther of The United States Marine Corps once said, "Praise the hard work and accomplishments of your fellow peers in public; then if there is something which needs to be corrected, do so in private."

From my humble beginnings, having met the previous runners who maintained the extraordinary level of journalistic goals set by the likes of Chris Gordon, Nicole Hayes, and Chelsea Clow, there were doubts that crept into my mind as the new Editor-in-Chief. Doubts about whether future issues would exceed or even maintained the same level of quality.

Like any situation, there were times where it seemed the pages might need to be cut or other actions may need to be taken to meet end goals. In the back of my mind I recalled the African proverb, "Smooth seas do not make skillful sailors." Luckily, through the examples set by fellow current editors such as Gwendydd Miller, Christian Cruz, Mitchell Maknis, and others, it became apparent my woes were frankly those of any person coming into the role of great responsibility.

The Tamarack would become part of our identity. It is a place we came together to talk about conflicts both on campus and in the outside world. It became our haven to grow, to help each other, to ask about prospective classes in consideration of the next semester. Knowing with clear vision this role is going to someone else, I bid them fortune and good faith with the same proverb mentioned above (you are in good hands).

Focusing more keenly on my personal experience at Naugatuck Valley, it is hard not to steal the spotlight from the Thank You All column as it pertains to being grateful to people. Nonetheless, those who have helped me on this journey deserve to be mentioned because, without them, I would not have made it.

To Professors Steve Parlato and Julia Petitfrere, thank you for being my torch and compass for direction and inspiration when reality cast a dark shroud. No words I write here will come to measure the symbolic role each of you has played countless times.

To my colleagues in the café, Phil, Josh, Steve, and others who have given me the opportunity to clear my mind with some ping pong: I will be ready for the next match (btw, tell your friends about me). My loving mother, Mubarick, thank you for your countless sacrifices and perseverance.

I love you, NVCC, and everything you brought with it...in moderation. I will end with a quote, "Seek knowledge from cradle to the grave," from the Prophet Muhammad (peace be upon him).

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

Colorful Truth

Gwendydd Miller



Safe Space members, allies, and advisors at the True Colors conference. Standing from left: Karen Marrero, Melli Viera (Safe Space club VP), Jessica Zuniga, Janet Burton, Lex Wilson, Derek Spearrin Deacon Houghtby, Alexis Levesque
Bottom from left: Chris Rempfer, Nikki McGary, Gwendydd Miller

This March, Safe Space Club members attended the True Colors Conference for the second time. True Colors is an annual LGBTQIA gathering devoted to creating a safe place where everyone feels welcome no matter their sexual orientation, gender, race, religion, or any other aspect that could be a cause for discrimination. The organizers are looking to create a world of equality and acceptance for all. True Colors is a nonprofit which works with social organizations, schools, and other organizations, and their mission is to ensure the sexual and gender needs of minority youth are both recognized and met entirely.

The conference is the largest LGBTQIA event in the nation, hosting over 3,000 people each year at the UConn Campus in Storrs. This year, the event was held on March 22nd and 23rd. Ten students from NVCC's Safe Space Club, along with the two club advisors, Prof. Nikki McGary and Prof. Chris Rempfer, were sponsored by the Connecticut Community Foundation's Pride Fund, and therefore were able to attend this year's conference. The SGA, Student Activities, and the Office of the Dean of Student Affairs also did their part in making the trip to True Colors possible.

Three workshop sessions were featured throughout the day, as well as an hour for lunch. Most who attend the conference find themselves going workshop to workshop, but there are also other ways to spend time there, such as a room full of vendors and booths with opportunities being showcased. TD Bank is a big sponsor of True Colors and also had a table

there. The workshops touched on many different issues, from finding yourself through a story, Christianity and LGBT+ community, understanding what it is to be transgender, and a whole array of other topics geared towards helping LGBTQIA youth (and adults) navigate their identity and mental well-being.

One club member, Heath Ruskowski, also one of the panelists at the Zero Discrimination Day event held in Cafe West this past February, actually hosted a workshop. The topic was Gold Star Lesbianism, though it also touched on non-binary identity and dating, as well as several other topics.

The weather also showed its LGBT spirit at the conference, deciding it would be just as diverse as the people being celebrated. From rain to snow to a tiny bit of sun and back to snow, even though there were no rainbows in the sky, pride flags and other clothing and accessories provided rainbows enough to make it a beautiful day.

The True Colors Conference is an awe-inspiring event; those who host the conference are highly motivational people who seek to spread love and acceptance to the world. The first thing they shared with the very crowded theater at opening remarks was that everyone is welcome and that everyone in the theater belonged where they were, no matter who they were. There are not too many places where people can be met with that kind of greeting, but as the mission continues for True Colors and other LGBTQIA organizations, maybe one day there will be.

SGA PRESIDENT



Take Care

Happy May, and congratulations to all who have completed a full academic year at Naugatuck Valley! I just wanted to thank everyone who has allowed me to have a successful year and offers a special thank you to the SGA for allowing me to be your president. I have learned so much by being SGA President, and I am so grateful for all the opportunities I've been given.

Of all the things I learned this semester, the most important thing is to put myself first; by "myself," I mean my mental health. As students, we have so much going on and so much to worry about. We worry about whether we will pass a class, or if we will land that dream job. There's so much to be worried about apart from school. We focus all of our time and energy on making sure everything else is okay, and we sometimes forget to check up on ourselves. Being so stressed all the time can result in some unwarranted consequences.

For a long time, I've struggled with anxiety, yet I've put my feelings of anxiety on the back burner. Despite the fact that I've found myself constantly worried about everything, I continue to not address how I feel. I find it funny that we sometimes find it easier to take a day off for the flu or cold, but taking a break for our mental health is unheard of. Your mental health is just as important as your physical health. Needing a day off because you need some time for yourself is as valid a reason as needing a day off for the flu.

I think it's important that, as students, we take the time to assess when we need a mental health day. It should not be embarrassing to say you need a day off because you've lost the motivation to do your work. It shouldn't be embarrassing to feel overwhelmed by everything and need a moment to yourself. It's easy to feel overworked when we have so much happening in our lives. It's important to put ourselves first at times, and there's nothing selfish about doing so. I encourage everyone to take the time this summer to really take care of themselves and their mental health.

Thank you again for allowing me to be your SGA President. I hope you all have a wonderful summer. And I hope to see you all again next year!

Best Regards,
Tabitha Cruz

A Fitting Tribute

Nicole Zappone



Photo Courtesy of Munson Lovetere Funeral Home

It was Marcus Tullius Cicero said, "The life of the dead is placed in the memory of the living."

On the morning of Tuesday, March 26th, Professor David Clough, advisor of the Legal Studies Department, sent an email to the Real Estate Law students of Professor Peter Chepya. The message read: "I have just received some news and it is with deep sadness that I am notifying you that Professor Chepya passed away last night. He was a dear friend of mine and colleague and great contributor to our program at NVCC.

I know that you also respected him as your teacher."

The loss of the Professor seemed to happen so suddenly, but Chepya's memory will always go on. By the end of the day, word of Professor Chepya's death had spread, and with it, sadness darkened the campus. Student Iesha Stroud was one of many affected, saying, "Although I have only known Professor Chepya for the duration of this semester, he was someone I continually wanted to milk for information. It was quite evident how passionate he was about the subject-matter of real estate, and law in unison."

Throughout the years, Chepya had been known at both Post University and NVCC for teaching Legal Studies. He served at Post for nearly 30 years, working as Academic Program Manager for Legal Studies, and he had been a crucial member in the early development of Post University Online. He had also started an online journal, *Digital Life and Learning*. Professor Chepya recently wrote and appeared in digital shorts called *Pete's Law*. *Pete's Law* can be viewed at <http://www.coursematerials.net101/index.html>. In addition to those colleges, he also taught at University of Bridgeport, Housatonic Community College and many more.

"[Professor Chepya] having been a great conversationalist, instructor, and most importantly, a great human being, I will truly miss our before-class hallway conversations," said Stroud.

Chepya had been known to by many students for sitting out in the hallway before class discussing various law topics and his experience as an attorney. He also told one student how he wasn't even initially interested in law, saying he was a literature major because he enjoyed books. It wasn't until a friend had persuaded him to go to, a meeting that he became interested in law and decided to become an attorney.

Another student, Marissa Deganis, said, "One of the most accommodating and understanding professors here at NVCC. His enthusiasm for teaching the subject material and working with his students is and was profound. He will most definitely be missed." Professor Chepya was a man filled with knowledge who enjoyed sharing stories of his experiences. He will certainly be missed by not only his co-workers and friends, but also many of his students. The knowledge he had shared will surely be put to good use. A celebration of life given by his family and friends was held at the Munson Lovetere Funeral Home on Sunday, March 31st.

SPEAK UP

Are you interested in where your Student Activities Fees are spent? If so, voice your opinion at NVCC's Student Government meetings held every Wednesday, 4-5 p.m. in L501, across from the Library.

For more information call 203-596-2185, stop by S516, or emailSGA@nvcc.comnet.edu.



The Tamarack

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

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EDITORIAL

The Hate that Kills

Stochastic terrorism is sometimes referred to as "lone wolf" terrorism. It refers to those incidents in which an individual, incited by the normalization of hate and discrimination directed toward a particular group, then commits acts of violence toward the people of that group at an indeterminate time.

This violent hatred resulted in the murder of African American people in the Charleston Church Shooting, of Jewish people at the Tree of Life Synagogue in Pittsburgh, of LGBT people in the Pulse shooting in Florida, and most recently, of Muslim people in the Christchurch mosque shootings in New Zealand.

The commonality between the massacres of these various groups was intolerance. Social media profiles of the shooters behind these attacks—and attacks carried out by many others—often reveal they were open about their hatred toward the groups they would later target. They were also supported in their beliefs by a community of their peers online and in real life. The man behind the two consecutive attacks targeting the Muslim community in Christchurch, New Zealand, on March 15th of this year, even went as far as live-streaming the mass-killing on his Facebook profile.

This intersection of violence and intolerance needs to be discussed. How many of you have never heard of some (or any) of the shootings I mentioned? Now think, when was the last time you heard someone say something racist, anti-Semitic, homophobic, transphobic, or Islamophobic (Even if it was "just a joke")? What did you do?

Too often, the answer is "Nothing." However, the opposition to the normalization of these ideologies can be as simple as saying, "That's not okay," or "That isn't funny." I don't advocate for you to start an entire dialogue unless you feel safe doing so, but we need to start somewhere.

Public Safety Department



Routine Number, Ext. 58113.

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

Running for a Purpose

Tamarack Staff / NVCC News Release



Photos Courtesy of Christine Cocchiola-Meyer

March 24th brought more activity than a typical Sunday to the NVCC campus. Close to 100 runners—community members, students, faculty, and staff—took part in the second annual NVCC Food Pantry Run. The event was a great success, raising over \$3,000.00 for the Food Pantry.

The pantry, staffed by one AmeriCorps Vista Worker as well as various student workers, opened just over a year ago. It provides "grab and go" service—featuring granola bars, and warm items, such as individual-serving size ramen noodles, soups, mac & cheese, or pasta—Mondays through Fridays, for students needing a quick snack or meal. The pantry's grocery area allows students in need to pick up 20 items monthly. The pantry provides nutritious options for nearly 20 students each day.

With a 10:00 AM start at Founders Hall, the Pantry Run course allowed runners or walkers to complete a 1.55 mile loop (2.5K) or complete the course twice for a full 5K run. Trophies were awarded to the top female and male runner, and first, second, and third place medals were awarded to runners across different age divisions.

One of the organizers, NVCC Professor of Social Work Studies Christine Cocchiola-Meyer, thanked President De Filippis for her support,

along with Obdulio Plaza, Jonathan Curns, and their staff, who handled setup and breakdown for the event. Joanne Kokorus and her Greater Waterbury and Greater New Haven Pageant participants were also thanked for their participation and support. Finally, Cocchiola-Meyer expressed her gratitude to the students, faculty, and staff volunteers on hand.

NVCC President Daisy Cocco De Filippis called the run "one of many very generous events at NVCC that speak about the value of community and the generosity of faculty, students, and staff." Generosity was clearly a community effort as Subway donated free lunch to runners, and additional sponsorship came from Naugatuck Valley Gastroenterology Consultants and St Mary's Hospital, as well.



Paris Disfigured

Tom Conte

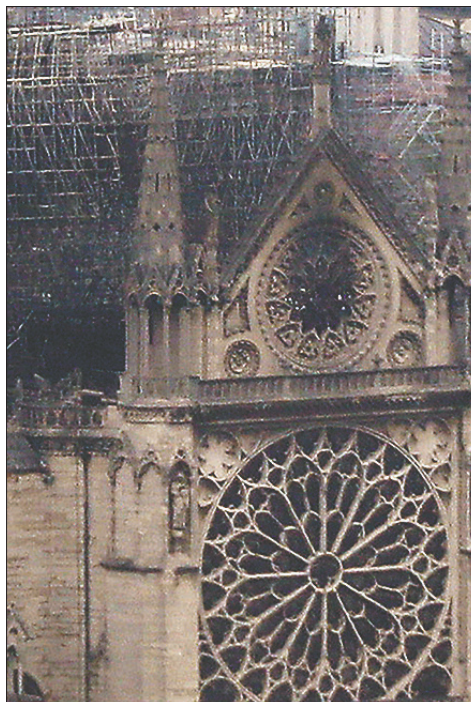


Photo Courtesy of abc7chicago.com

On April 15, 2019, fire engulfed the iconic Notre Dame Cathedral, the pinnacle of French faith. Its majestic spire, fallen, is no more. This inspiring historic site, seriously damaged, is now just a shell of its former glory.

I remember, as a child, watching the Disney movie, *The Hunchback of Notre Dame* and wondering if there really was someone with a disfigurement living in the real Notre Dame. Needless to say, as I got older and wiser, I learned it was a story of fiction. But the actual Notre Dame was still a fantastical site for those able to visit the cathedral in person.

Nicknamed "The Forest" due to the interior of the cathedral being built from hundreds of thousands of planks of wood, the cathedral was undergoing renovations when the fire

began. Although the full extent of damage was not clear at press time, the famous twin towers of the front façade, as well as the remaining stone exterior surrounding the former roof and spire, remain.

Many firefighters battled the flames from both inside and outside the structure, with several others running in and out trying to save the works of art and artifacts from within the scorching building. Bystanders watched and wept as the cathedral glowed with flame. The devastation was clear, with one individual stating, "Paris is disfigured."

Notre Dame can trace its construction back to the 12th century; with the cornerstone being placed in 1163. It was the place of coronation when Napoleon Bonaparte became Emperor. The cathedral survived the French Revolution and the Nazi occupation. Whether you are religious or not, Notre Dame rivals the Eiffel Tower in being the symbol of France.

Watching the news, I heard someone say, "Not only is Notre Dame a symbol of the Catholic Church, but also a symbol of lower case 'catholic,' meaning all-encompassing." The term Catholic means all inclusive, which is why the Catholic denomination of Christianity called itself such.

I have family who live in Paris, and I cannot imagine how they must feel seeing this happen. Any sacred place, whether Notre Dame for Catholics, or the Dome of the Rock for Muslims, any loss of a historical/religious structure or work of art or literature is a tragic loss for humanity as a whole.

Mankind has labored for years to create amazing monuments only to have those efforts erased within hours, minutes, seconds. We must appreciate these iconic achievements and work to preserve them for future generations; otherwise they will only be faded memories lost to history.

Honoring Adjuncts

Sharing Nature's Spirit

William (Chris) Brown



Photos Courtesy of William (Chris) Brown

William (Chris) Brown, born on the East Coast, and raised in New England, has always had an affinity for nature and all its wonderful inhabitants. As a boy, he could often be found combing the local streams and wooded areas, trying to catch any reptile or amphibian. After moving to California for college, he discovered a love of the ocean and all its amazing creatures.

Chris took his first ceramics class at NVCC (then Mattatuck Community College) in 1989,

sparkling a passion for art that led him to earn a graduate degree in ceramics. Now, Chris has returned to his roots at NVCC to teach ceramics, in hopes of spreading the creative enthusiasm and passion that began his lifelong journey as an artist.

Chris received a Bachelor of Art degree, focusing on sculpture, at San Diego State University. During this time, he spent a semester in London and traveled throughout Europe, and India, exploring spiritual communities and practices. He then completed a Master of Fine Arts in Ceramics at the University of Hawaii.

Chris's love of animals is clearly reflected in his art. As Chris's work transformed and matured, from sculpture, painting, ceramics, and mosaics, one theme remained throughout—his love and joy of sculpting all nature's creatures. Frogs, turtles, lizards, and any other animals that catch Chris's attention are found in his artwork.

However, Chris's deep respect and sacred treatment of nature's creatures reaches far beyond his skill for figures. Chris's art and teaching focus on spirit, honoring the inner world, and our connectedness with nature.



Happenings @ Other Colleges

Alyssa Katz



Boston College

May 2nd, BC undergrads will have the opportunity to “Lunch with a Leader”.

The event “offers opportunities for students to meet with leaders in close quarters for lunch and informal conversation.” This particular event, of special interest to leadership and ethics majors, features Andrea Lisher, a 1996 Boston College alum, and currently Managing Director at J.P. Morgan. In her role at JPM, she oversees investments through broker-dealers and insurance companies and banks. In addition, she is Chair of the North America Funds Operating Committee and serves on other committees regarding management and leadership.

http://events.bc.edu/event/lunch_with_a_leader_andrea_lisher_96#.XKo2KIVKiUk



Converse College

From May 1-4, South Carolina’s Converse College will stage *1776, the Musical*. Along with plenty of show tunes, this witty, insightful

retelling of the birth of our nation features the pages of American history textbooks come to life. In 1776, the colonies were fighting to gain independence from Britain. The play dramatizes the challenges of creating a new nation and the uncertainty the founding fathers faced. The musical attempts to show our nation’s leaders as they were: “proud, frightened, uncertain, irritable, charming, often petty and ultimately noble figures, determined to do the right thing for a fledgling nation.”

<https://www.converse.edu/event/1776-musical-theatre-converse/>



King’s College, London

May is awareness month for a number of medical conditions, such as Allergy

and Asthma Awareness, Cystic Fibrosis Awareness, Hepatitis Awareness, Lupus Awareness, Melanoma Skin Cancer Awareness. With that in mind, London’s King College is having multiple events and seminars catering to medical topics. These include: “Department of Medical & Molecular Genetics Seminar” on May 3rd, with visiting professor, Dr. Sergey Nejentsev from the University of Cambridge; “Dementia Research Open Day,” May 10th, featuring demonstrations and discussions of the latest research on dementia; “Epithelial Cell Extrusion and Its Misregulation in Disease,” May 21st, with Professor Jody Rosenblatt describing her findings on epithelia extrusion. These are only a few events the college will host throughout the month.

<https://www.kcl.ac.uk/events/events-calendar?date=2019-05&page=5>



Sarah Lawrence College

May 14th, “Fairy Tales—An Approach to Story

Structure, Form, and Tradition” gives writers a different take on delving deeper into writing fairytales. Sometimes the details can be glossed over to make room for a handsome prince and a fire breathing dragon, but writer Collen Ennen will provide tips in deepening the structure, not only when writing fairytales, but also for any prose writing. Ennen is a writer of horror/fantasy/surrealist fiction, who also contributes as a reviewer of works for Lit Pub.

<https://www.sarahlawrence.edu/news-events/events/detail/8272>

Transfer Advice

Alam Khan



Photo Courtesy of Susan Houlihan

Wednesday, April 17th, a Student Transfer Panel was held in Café West from 4:00 – 5:00 PM. Moderated by CAPSS Academic Advising & Retention Specialist, Susan Houlihan, and Psychology Professor Kim O’Donnell, the panel offered an opportunity for current students and upcoming graduates to learn from others’ experience as they prepare to transition to the next educational stage. Having a chance to gain information from those who’ve already gone through the transfer experience helped remedy anxiety over the unknown.

The panel featured voices with different

perspectives, covering a wide net of diversity—from soon-to-be NVCC grads to those finishing bachelor’s degrees or studying toward advanced degrees—to help attendees understand what to expect from the transfer process. Panel members: Jenny Sprung, Pedro Silva, Brittney Romagna, Javen Harris, Nicole Hayes, and Whitney Troy (pictured l to r), eagerly answered prepared questions as well as audience questions.

Topics included when to start applying to different institutions and whom to ask for help. With calm demeanor and insightful input, the

panelists urged students to talk to someone in the CAPSS office. Every student recounted how CAPSS had helped in the transfer process. These successful transfer students also recommended relying on trusted faculty members for guidance. The Center for Job Placement and College Opportunity was also frequently mentioned as a helpful resource.

Panelists also urged students to visit schools under consideration to determine whether they’ll be a good fit. There was other useful information on everything from writing application essays to securing scholarships and considering applying for resident assistant positions to help defray the cost of living on campus.

Events where current students can learn from those who have gone before them can bring awareness on how to successfully prepare for the future. SGA clubs should consider applying similar paradigms, bringing in a panel of people to provide similar insight in their own areas.

Thank you to the coordinators—both staff and faculty members—for providing excellent resources such as this and investing their energy time and again to keep NVCC students driven to meet their respective degrees. Thanks also to the student panelists who generously shared their time and insight. With such key information available, I encourage students to look out for upcoming student panels—or to stop in to CAPSS and make an appointment with a transfer counselor.

Nipsey Hussle *Legends Never Die*

Imani Stewart

Nipsey Hussle was an astounding Black man who went above and beyond to make his community of South L.A. as safe and supportive as possible. He was an entrepreneur, community organizer, activist, and mentor. In addition to all this, he was able to be an important member of the rap community.

Hussle was a community builder who tried to make the very place that raised him safe for those who live there currently. He was very successful at this, even though, he’d been in violent situations from the time he was young.

Sadly, Nipsey Hussle died on Sunday March 31st, 2019 in front of his South L.A. clothing store, *The Marathon Clothing*. He was gunned down in broad daylight by suspect, Eric Holder. LAPD’s Chief of Police, Michel Moore said, “The police believe the shooting stemmed from a dispute between Mr. Hussle and Mr. Holder” and that “We believe they were known to each other.”

As he’s still a suspect, they do have Mr. Holder in custody trying to get more information. The L.A.P.D. are trying to charge Eric Holder with “murder and malice aforethought” meaning essentially that the murder was premeditated. “Holder had allegedly approached Hussle and engaged in conversation before returning with a hand gun,” explained Chief Moore. The L.A.P.D. Chief also mentioned that, once the suspect shot Hussle multiple times, he ran into a back alley and drove away, so the murder is unfolding as a planned operation.

Nipsey Hussle was laid to rest on April 12th, 2019, leaving behind two children: his son, Kross Asghedom, and his daughter, Emani Asghedom, as well as his longtime partner and mother of his children, Lauren London. This is a tragedy not to be forgotten. Another great influential Black advocate is gone. May he rest in peace, and I add my condolences to all those extended to his family.

A Bright New Opportunity

Tamarack Staff



Photo Courtesy of Casee Marie Clow

May is a time to renew our faith in manifesting bright and beautiful things, one of which is NVCC’s new three credit course, HUM 231: Teaching Yoga I. The course is now on the schedule for the fall 2019 semester. It will be taught by Associate Professor Kate Pelletier, who is herself a registered yoga teacher, E-RYT 200/RYT 500, and owner of Little Wave Yoga in Southington, CT.

This course will serve as an introduction to teaching vinyasa yoga, a style of yoga that links breath to movement and flows from pose to pose. Students will learn about the postures from both anatomical and energetic perspectives and ultimately design, sequence, and teach effective practices for ALL bodies. Meditation, breath-work, and embodied teaching presence will also be explored.

Any student who has previously taken HUM 130: Philosophy and Practice of Yoga, or who practices yoga regularly, is eligible to take this course! It’s a great chance to explore yoga more deeply, whether you’re considering teaching yoga in the future or are simply interested in making yoga more central to life. Please contact Professor Pelletier (kpelletier@nv.edu) if you have any questions regarding the College’s upcoming yoga offerings.

Fellowship and Fundraising

Christian Soto

As SGA Secretary, I have had the privilege to attend many events at NVCC. All of these activities have always served the cause of bringing people together to help the needs of our communities. Some of the recent events have included the International Festival of the Arts, the Music Society Coffeehouses, and the St. Patrick’s Day gathering. At each of these events, people came together, shared fellowship, got acquainted, and socialized. It seems like we always have the greatest food. I don’t want to leave that part out.

The International Festival allowed us to experience and understand the cultures of different countries, their histories, and the lifestyles of the people. The Coffeehouse is a showcase of musical talent where people perform songs—both by singing and playing musical instruments—allowing people to share their gifts, socialize, and meet new friends with common interests. Parties, like the recent St. Patrick’s Day celebration, in honor of St. Patrick, a missionary to Ireland, also allow people to come together and have fellowship.

As for me, by going to these events, I have learned an awful lot about people. I have been able to understand people better, make new friends, and I have been able to relate better to people. For these reasons, I encourage everyone to take part in the events remaining this semester—and to get involved again in the fall.

Another important aspect of the SGA’s events is that, often, we also use these events to raise funds for area charities. This semester, we are focused on the St. Vincent de Paul Society, which provides support for Waterbury residents struggling with poverty and homelessness. They address these issues with the Soup Kitchen, and they also have a shelter for individuals and families who are homeless. At this present time, St. Vincent’s is working to establish an educational room for children, and the SGA’s fundraising efforts this semester are dedicated to helping them. They are currently accepting books and toys for the new room. Anybody interested in donating can bring their donations to the Student Activities office.



CAPSS CORNER

Engagement Empowers

Learn. Engage. Advance. As a member of NASPA, the professional organization for student affairs professionals, I wasn't surprised to find these three words posted as a tag line on their website. But, when thinking more deeply about these words, their meaning and importance, I realized that while they are relevant to us as professionals, they actually demonstrate the student experience even more effectively.

If a student fully embraces learning, actively engaging both within and outside the classroom, they will most certainly advance. This progression and movement forward isn't simply limited to expanding one's mind by learning new material, but also results in personal growth and development. I'm a true believer in the power of education, how it changes our minds, our viewpoints, and our connection to the world.

Two of my favorite quotes support the premise that learning changes us as individuals. Oliver Wendell Holmes Jr. said, "A mind that is stretched by a new experience can never go back to its old dimensions," and Dr. James Corner stated, "No significant learning occurs without a significant relationship." Both quotes resonate with the concepts Learn, Engage, and Advance.

They reinforce the importance of engagement and personal connection to move us forward. They demonstrate that when students learn deeply, not just memorizing facts and figures, but truly striving for and grasping new knowledge, they are changed at their core. This change is not easily reversed because the new knowledge allows them to see the world differently, through a new lens.

Through this new lens our world view is changed; we also develop the ability to see differently the worlds of those around us. By engaging with others and trying to learn new perspectives on a topic, be it an academic, personal, or political issue, we begin the process of moving forward to positive change.

As college students, you're at a point where you can use new knowledge and personal growth to become agents of change in your own lives, in the workplace, and in your local communities. These small changes will radiate outward, making a positive impact on the larger world community. Now that's an empowering thought! Remember, though, it all begins with true engagement, so I challenge you to consider how deeply you're learning and whether you can positively change not just your life, but the lives of those around you. Because, when you truly advance, we all do.

NOTE: This "CAPSS Classic" first appeared, in its original form, in the April 2018 issue.

Bonnie Goulet

Tamarack EDIT MEETINGS

Tuesdays 2:30 pm, S519
ALL WELCOME!!

Between the Bookends News from the NVCC Library Tackling Procrastination

Jaime Hammond



Photo Courtesy of Max Raul Egusquiza

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

A few weeks ago, I was reading an article in the *New York Times*, "Why You Procrastinate (It Has Nothing to Do With Self-Control)". According to the author of a book, *The Procrastination Equation: How to Stop Putting Things Off and Start Getting Stuff Done*, the real reason people procrastinate isn't laziness or a failure to manage their time—it's because they choose to deal with short term emotions instead of longterm productivity. In simpler terms, it's because they have negative feelings about the task, such as insecurity or fear.

As a librarian, I see many students dealing with feelings of stress and anxiety when it comes to writing research papers. Students often feel overwhelmed when choosing a topic, unsure of where to start their research, unprepared to decide on a resource to use, and afraid of citing incorrectly or accidentally plagiarizing. Think about the words I just used: overwhelmed, unsure, unprepared, and afraid. Those are really negative emotions! No wonder many students choose to put those tasks off in favor of less stressful ones.

So, what can you do about it? For starters, you should know everyone feels that way when tasked with writing something. Writing is like training for a race—the more often you do it, the easier it is to get started and to maintain your pace until the task is complete. You will have hard days, where you can't think of anything to write, and days where the words come as fast as you can type them. This is normal, and it gets easier!

Secondly, you should use the tools available to you to get past those scary feelings. Talk with your professor, make an appointment with a librarian, visit the ACE, even read your draft aloud. All of these strategies will help. Trust me on that.

If you'd like to read more about procrastination and how to avoid it, stop by the library to check out the book I mentioned today!

And don't forget to sign up for your free *New York Times* subscription at <http://nvcc.libguides.com/nyt>

An Uncommon Commons

Tamarack Staff

Responding to students' inquiries about a dedicated fiction section, the Director of NVCC's Max L. Traurig Library, Jaime Hammond, and her devoted staff, have created a reader's oasis. Located on the 4th floor, adjacent to the computer classroom, the new "Reading Commons" is an inviting space dedicated to browsing and quiet reading.

On April 9, NVCC's President, Daisy Cocco De Filippis; Dean of Academic Affairs, Dr. Lisa Dresdner; and Interim Dean of Administration, Dana Elm, joined Hammond and her staff, to welcome students and faculty to the newly-designed section of the library. The Reading Commons includes new books, popular fiction, newsmakers and books on

personal growth, graphic novels, comics, manga, and more.

At the ribbon-cutting ceremony, Hammond announced the new Commons was created using funds awarded to NVCC's Library as winner of a 2018 Excellence in Academic Libraries Award from the Association of College and Research Libraries (ACRL). The ACRL awards recognize an outstanding community college, college, and university library each year, providing a \$3,000 gift to each winner.

Hammond went on to thank her staff for their tireless efforts in answering students' needs—both on a daily basis and in creating this new addition to the library's many resources. President De Filippis also praised the NVCC Library and its staff as some of the real treasures of our campus.

FACE IN THE CROWD Art Witness

Jordan Antrum

My name is Jordan, and I'm a Visual Arts student here at NVCC. As my time here comes to an end, I plan to continue my education by transferring to a four-year university, and acquiring a Bachelor's Degree in Illustration.

The time I've spent at NVCC has been a memorable. I have made great friends with whom I've made long-lasting memories. I have a job in the campus library as a student worker. I'm a member of multiple clubs, such as the Terpsichorean Dance Club, and the Digital Arts Technology (D.A.T) Club. I am also the current president of the Art Club.

Art Club organizes art-related events on campus open to students, faculty and alumni. I encourage anyone who has any interest or curiosity in the art field to stop by and join in our discussions and activities. This semester we collaborated with the Theatre Department making the masks for their production of *Mr. Burns, a Post-Electric Play*. Furthermore, the Art Club will begin work soon on a mural project for the ACE.

The artwork I produce does not revolve around one true central topic. The subject matter of my art represents a variety of feelings, thoughts, social wrongs, or societal struggles I witness or feel. The aesthetic of my art is darker, more detailed, with ranges of value to convey the feeling or message I am trying to portray. This semester, I was honored to have



Photo Courtesy of Jordan Antrum

"The subject matter of my art represents a variety of feelings, thoughts, social wrongs, or societal struggles I witness or feel."

two of my pieces included in the Hartford Art School Community Exhibition.

The Art Department here at NVCC has become like a second home for me, staying late and coming in on the weekends to finish projects. It's very encouraging creating among other like-minded individuals working towards a common goal, pushing each other up in the artistic world. The head of the Art Department, Amanda Lebel, has been a supporting backbone to all us artsy kids. She's taught us many things both inside and outside the classroom. Her contribution to the department and dedication to her students is unimaginable, and she deserves the utmost respect.

PTK Column Updates

Irisa Hoxha



Pictured (l to r) Current PTK Officers: Vice President Egzon Dauti, Treasurer Irisa Hoxha, Advisors Prof. Lisa Kaufman and Prof. Greg Harding, President Erika Crabe, Five-Star Officer Anthony Rosa.

Hello, everyone! I hope you're keeping up the good work and enjoying the last weeks of the semester. Phi Theta Kappa officers and advisors have been working hard these past three months to make the Honor Society more recognizable to NVCC students. It's time to be recognized for all the effort you put into classes and assignments by standing out as an honors student.

After a couple successful PTK fundraisers, the four current officers: President Erika Crabe, Vice President Egzon Dauti, Treasurer Irisa Hoxha (me), Five-Star Officer Anthony Rosa, and their advisor, Prof. Greg Harding, were able to attend the New England Region Spring Awards Conference at Asnuntuck Community College, Enfield, CT, March 23rd. For NVCC's PTK officers, this was our second time attending a regional convention, and we felt more motivated to invest in ourselves as future leaders and to continue being active on behalf of the society.

March 27th, was our general meeting with all PTK active members, including those who have joined the honor society recently. Officers shared information from the conference, reviewed our bylaws, and nominated possible candidates to fill officer positions for the following academic year 2019-2020.

On April 18th, the 38th Annual Induction

Ceremony for new members was held in Mainstage. Lisa Kaufman, Professor of Communications and PTK Advisor, welcomed everyone. There were opening remarks from President Daisy Cocco De Filippis, and Dean of Academic Affairs, Lisa Dresdner. The keynote speaker for the event was Professor of Legal/Paralegal Studies, Kathy Taylor.

Two invited speakers shared their experiences with PTK. First was Michelle Magnuson, NVCC PTK alumna, followed by Jenn Huntress, PTK New England Region Vice President. After this, new officers for the following academic year were presented to the audience. They are: President Frank Mejia, Vice President Joanne Saalfrank, Vice President for Communications James Pretty, Treasurer Salma Akter, and Five-Star Officer Antonio Quiles. New inductees for Fall 2018 and Spring 2019 were also honored.

Prof. Greg Harding, faculty advisor, made some closing remarks praising the effort put in during this academic year by all the active PTK students. As the evening came to an end, honored students and family members enjoyed refreshments prepared by the PTK officers.

Public recognition is quite a motivator for all students who push themselves out of their academic comfort zone. Cheers to another great semester!

Stop, Don't Shop!

Alexander Wilson



Photos Courtesy of Alexander Wilson.

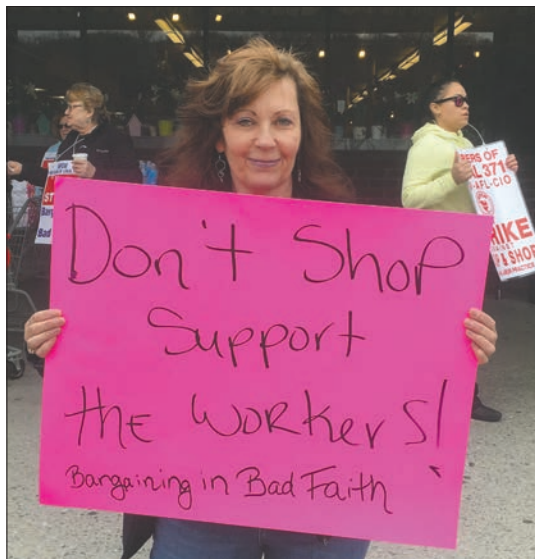
Thursday, April 11, at 1:00 PM, 31,000 workers across Connecticut, Massachusetts, and Rhode Island walked off their jobs at Stop and Shop New England. After three months of contract negotiations, the United Food and Commercial Workers Union had had enough. The proverbial straw breaking the camel's back came when Stop and Shop executives voted to give themselves an 11% pay raise, while their workers are barely making ends meet.

Pictured are Stop and Shop workers from the Chase Avenue location in Waterbury, covered by Local UFCW 371 ("fresh food" departments, such as meat, deli, produce) and Local UFCW 919 (cashiers and front-end workers). Spirits were high during this photo op, as people had been standing outside for mere hours. As I write this, workers from over 240 Stop and Shop Supermarkets have been on the line for nine full days.

Local 919 President Mark Espinosa has issued several videos and statements encouraging employees not to give up hope. However, with no end in sight, this remains a difficult task. The full list of what the company wants to take from its employees is public knowledge and can be found circling Facebook. It includes reducing raises and holiday pay, increasing healthcare costs, and replacing pensions with 401k plans.

None of this is fair. Employees have worked hard to earn these benefits. They aren't asking for more; they're simply trying to keep the benefits they already have. Though you may feel inconvenienced by the strike, imagine how these workers feel. They're fighting for what's right. Understand that, someday, it could be your fight, too.

Editor's Note: As of press time, the strike has been resolved, with upper management essentially agreeing to renew employees' original contracts. Workers' peaceful demonstration has won them the right to keep those benefits that had been in dispute.



Colonialism's Reach

Gwenydd Miller



From left: Fulbright Scholar, Aguibou Bougobali Sanou; Social Justice Series Coordinators Professors Kathy Taylor and Nikki McGary; and musician, Moussa Sanou, Aguibo's brother, visiting from Italy. Photo Courtesy of Gwenydd Miller

April 2nd, NVCC's Fulbright Scholar-in-Residence, Aguibou Bougobali Sanou, led the discussion at the most recent Social Justice Series event, "Colonialism: Did it End?" Professors Nikki McGary and Kathy Taylor hosted, with L501 so filled with participants not everyone had a seat!

As with all Social Justice Series events, lunch was provided, though it was hard to focus on food when Aguibou was so captivating. Aguibou's brother, Moussa Sanou sat beside him, providing musical accompaniment on his Kora, a West African, 21-string lute-bridge-harp. His playing created a wonderful atmosphere for the event; he even let some students—me included—take a turn playing it.

After everyone had settled into their seats, Aguibou asked the participants to repeat four words in his native language. Once everyone had mastered the words, he then asked everyone to sing it. It was a sentence giving praise to his hometown in the West African country Burkina Faso.

The topic of the event was colonization. Aguibou's main point being that when people hear the word colonization, they usually only think of the colonization of America. However, Africa, as well as many other areas of the world, have also gone through colonization and still feel the effects—even though we in America do not see them.

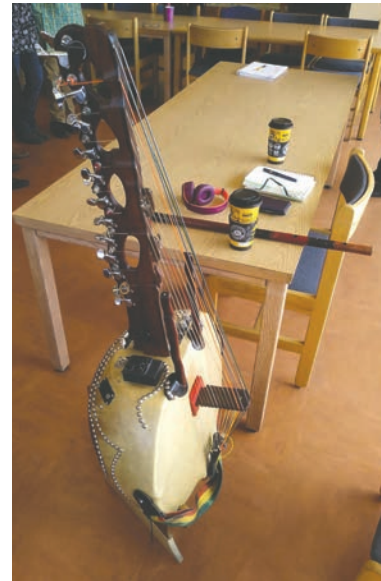
Burkina Faso, for instance, was colonized by France. Aguibou explained how colonization began with the French bringing their religion and teaching the word of God. The majority where he is from are Muslim, but

many still believe in their old religion and traditions but practice them only discreetly. He said many are ashamed to practice their traditions, thinking, if they practice them, they will not get into God's Kingdom, or Heaven.

One way France has kept its influence in Burkina Faso, is through the distribution of money. The currency used, the African Colonist Frank (CFA), is exclusively made in France. One American dollar is equal to roughly 600 CFA. Not only are CFA not accepted outside certain countries in Africa, they are not usable in France, where the currency is made! Along with this dependence on France for money, Burkina Faso's citizens also pay taxes to France. These are examples of the continued tradition of economic and cultural exploitation of colonized nations and peoples at the hands of the colonizer.

In regards to solving his country's problems, Aguibou stressed the importance of education. Namely, he believes their dependence on France would change if their educational system were to begin teaching the truth about their relationship with France—and perhaps more importantly, teaching the history of their

own country, rather than focusing on European and American history. Near the beginning of his presentation, Aguibou stated there is no one truth; he said "Just because I believe in my truth, doesn't mean yours isn't just as true." This was a major takeaway: the keys to progress and self-sufficiency lie not just within the individual, but in opening oneself to others.



Moussa Sanou's Kora, a West-African, 21-string lute-bridge-harp

Center for Teaching

Prevent Brain Atrophy

Professor Lisa Kaufman

Lisa Kaufman, Professor of Communications, has been a CFT member since starting as a fulltime faculty member in 1999. She is also an advisor to the Phi Theta Kappa Honors Society.

Do you have spring fever? Are you mentally and physically exhausted from the completion of another semester? You may need to take a break, take a step back. Summer is the perfect time for that, BUT don't let your brain stop working. Otherwise, you could develop brain atrophy. Brain atrophy is a condition whereby you stop thinking and forget to use your newly gained knowledge. There are three ways to avoid this condition: apply

information you've learned; read a novel; smell the roses.

I teach communication courses, so applying knowledge to real life situations is easy. In my relationship class, COM 172 Interpersonal Communication, we learn how to maintain relationships. Making relationships better is hard work! You and your friends, family members, or romantic partner must continually open up to one another, spend time together, and talk about your relationship. When conflicts crop up, you both must compromise. An angry, dissatisfied partner does not make for a positive relationship. Wasn't

Brain atrophy is a condition whereby you stop thinking and forget to use your newly gained knowledge. There are three ways to avoid this condition: apply information you've learned; read a novel; smell the roses.

that easy to apply?

How much reading have you done this semester? I'm not talking about textbooks; I'm talking about reading for pleasure. If the answer is none, pick up a novel that would interest you. I read historical novels that remind me of history classes I took years ago. Think of reading a novel as an escape plan.

Let the novel transport you; allow it to help you transcend your current time and place. Reading can refresh your spirit and mind.

Psychologists say the sense of smell triggers memories. Remember the aroma of your grandmother's house when she was cooking something you loved? Anytime I smell lamb roasting, I remember my grandmother. That familiar smell brings me back in history. I can remember a lot of things: who was president, what famous bands were popular, what sports teams were doing well. Smelling the roses—or other favorite scents—can help you to remember past events and get you comparing how similar or different times are now

So, don't let the summer go by without a thought in your head. Brain atrophy can be devastating. Remember to apply knowledge, escape into a novel, and stop to smell the roses. Have a restful—and thoughtful—summer!

Interview

Mother Dolores Hart

Robert Pinto

On a beautiful winter day in Bethlehem, CT, I met Mother Dolores Hart. At 80, the former Hollywood actress is lovely, witty, and a very kind soul. Mother Dolores, originally Dolores Hart, began her career making films with legendary performers including Elvis Presley, Anthony Quinn, George Hamilton, Connie Francis, and Karl Malden. Hart made just 11 films before deciding to become a nun and joining Bethlehem's Abbey of Regina Laudis in 1963. I was thrilled to interview her.

When I asked what it was like working with Elvis, Mother Dolores replied, "It was a joy making the films *Loving You* and *King Creole* with Elvis. Elvis sang the mystery. He made music a loving, intense, and beautiful thing. He was not a man who sold out his body; he was a good man with a lot of faith. Elvis would take out the Gideon Bible; I would choose a page, and he would read aloud. A lot of our conversations were built on earthy and simple things."

Her reminiscence made me think of Graceland, and Mother Dolores described her visit there. "I visited Graceland five years ago. I prayed at Elvis' grave; we were given a private tour. The reception was lovely. I was not able to keep in touch with Elvis Presley after making *King Creole* because things were very different back then; most actors were under the discipline of the studio and did not have the freedom actors do today."

I asked what motivated her to get into films, and she responded, "My mother and father lived in Hollywood. My father was scouted by MGM, but immediately afterward, World War II broke out, so he dedicated his life to serving in the military instead of acting. I worked on Broadway until I was exhausted, and when

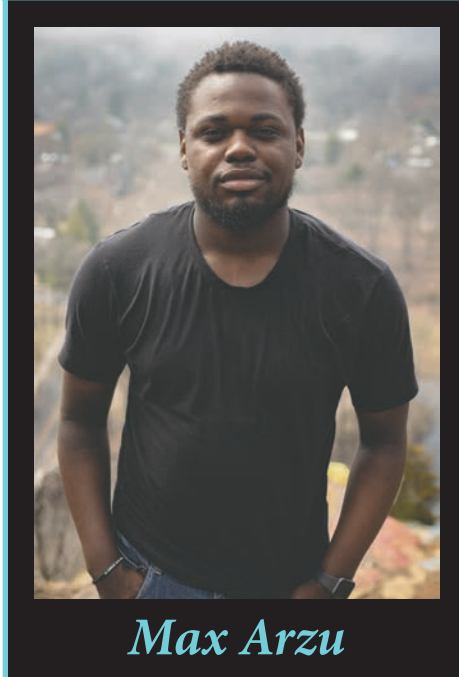
I first came to the Abbey I stayed for a few weeks. Mother Benedict said I should go back to the movie kingdom and do my Hollywood thing. I was so delighted to hear that I just left in a heartbeat. Mother Benedict felt, since I was only 19, I was too young to join the Abbey at that stage in my life."

When I asked whether she has visited the Vatican, Mother stated, "I have visited the Vatican a few times. When I first visited, I met Pope John XXIII. I informed him I was interpreting the role of St. Clare for the film, *Francis of Assisi*. He then said, "You are not interpreting her. You *are* Clare!" I was absolutely astounded when he told me that. I was awestruck. That moment was a turning point for me and gave me inspiration to reconsider joining the Abbey.

On God's inspiration, Mother Dolores said, "It is my belief that finding God is finding what you love in life. I am vowed to my community; that marriage is to God through a community relationship. My role here at the Abbey is that of educator. I am guided to find meaning in the community, finding and interpreting a platform to achieve happiness in life and help others find what makes them happy, too."

I ended with a return to movies, asking, "Do you watch modern films?" Mother Dolores answered, "One of my favorite films is *The Sound of Music*. That is a beautiful, lovely film. [Recent] films I enjoy are the new version of *Mary Poppins*, *The Wife*, and *Roma*. I am blessed to receive films from the Academy before they are released to the public. I think films are a wonderful resource for educating people of all ages." My interview with this amazing woman was definitely an education—and a total pleasure.

alumni SHOWCASE



Max Arzu

Motivated to Motivate

My name is Max Arzu, and I was honored to be invited to share my story in this month's Alumni Showcase. A 2014 graduate of NVCC, I earned an Associate Degree in Digital Arts Technology with Audio/Video Option.

There were many people at NVCC who were essential to my success. Several who really helped me along the way were: Yvette Tucker of CAPSS; Professor Ray Leite, head of the DAT Program; David Celotto, Bridge to College Director; as well as Liana Cunningham, Blayre Milo, Rhonda Morgan, Elvis Vazquez, and Steven Alexandrou

In 2017, I graduated from Central CT

State University with a Bachelor's degree in Communications. Currently, I'm at Sacred Heart University in Fairfield, CT. I'll be finishing my studies there this summer, graduating with my Masters in Film Studies this August.

Since graduating from NVCC, I've been producing a ton of short films, traveling to different states, and doing photography as a side job (through Lifetouch, and doing it independently). I've definitely kept busy, and have met many great people along the way.

The biggest challenge for me, in pursuing my higher education goals, has been having to balance my personal life, on top of trying to go to work, make time for friends, and to maintain good academic standing. The key has been keeping focused on my goals and building a strong support system.

So far, the biggest success in my career was being able to be a role model to the students I worked with in the City of Waterbury. Because of the time and efforts I put in, and what I've shown them through my past experiences, a few of my students have gone to college to study what I studied. With everything that's been happening in Waterbury these past few years, it's a great feeling to hear they want to pursue something because of what I've done. Even so, I feel that I've yet to reach my full potential.

Overall, NVCC helped me get to where I am because of the knowledgeable staff, the great resources the school offers, and the low costs of the school. This community college gave me a great start toward achieving my goals.

The vision I have for my future is to produce short films and music videos, and to simply be around people who respect my time and energy. With everything going on in this world, we need to learn to love one another and to only put positive energy out there.

My advice for current students is to "Hustle & Motivate". Anyone who's keeping up with what's been going on, will know what this means. It's a very simple statement, but there's a lot of meaning behind it.

Musical Matters

Kathleen Chesto

The April 11 Music Society coffeehouse was an enjoyable evening that provided a variety of memorable acts, from individual instrumentalists, to groups and soloists.

The music selections ranged from Renaissance: "Il Bianco, e Dolce Cigno," to contemporary musical theatre: "Candy Store," from *Mean Girls*.

As always, the atmosphere was relaxed, supportive, and fun. The Music Theory IV jazz band, Sol Fa So Good, played the contemporary "Main Theme from Chrono Trigger" and were followed by the Shackspeare Singers with some Thomas Morley

Renaissance music. Then it was back to a contemporary tune, Lorde's "Royals" with the a cappella group, Octatonix.

The program began with the NVCC Chorale, then tripped through the centuries

with solo acts rounded out by a beautiful piano rendition of "Liebstrum," played by Music Department adjunct instructor, Chris Dabbo. The evening ended with a

three-song set by Fermata the Valley, the music society a cappella group.

Entertainment was complimented by the usual side of cookies and coffee. Of course, hearty applause was also served

up by the enthusiastic audience. The last coffeehouse of the year will be on May 9 in the Playbox Theater. The event will take place from 6:30 PM to 8:30 PM. As always, it will be free and open to the public. There was a packed house at this one, so come early and join the fun.



All Photos Courtesy of Fabian Gonzalez-Rojas

Revolutionary Rhythms

Motown's Greatest



Motown Records started as a small record label, then exploded into one of the biggest names in the music industry. With the slogan "Hitsville, USA," it was the label of legendary artists like Stevie Wonder, the Temptations, Martha and the Vandellas, the Supremes, Diana Ross, the Jackson 5 and later Michael Jackson. It's no exaggeration: Motown changed America.

Time magazine states, "Arriving at the height of the Civil Rights Movement, Motown was a black-owned, black-centered business that gave white America something they just could not get enough of — joyous, sad, romantic, mad, groovin', movin' music." A former boxer, automobile worker, and songwriter, Berry Gordy was urged to start the record company by Smokey Robinson, at the time, singing with a group called the Miracles. "Shop Around," released by the Miracles in 1960, became Motown's first hit, and "Please, Mr. Postman," by the Marvelettes, was their first number one hit. It would not be the last.

Throughout that decade, Motown took control of the music scene—you couldn't turn on the radio without hearing a Motown artist's song. Other 60s hits include: "You've Really Got a Hold on Me" (1962), and "The Tracks of My Tears" (1965), by Smokey Robinson and the Miracles; "Heat Wave," by

Martha and the Vandellas (1963); "Where did our Love Go?" (1964), "Baby Love" (1964), and "Stop! In the Name of Love" (1965), by the Supremes; "My Guy," by Mary Wells (1964); "Reach Out, I'll Be There" (1964) and "I Can't Help Myself" (1965), by the Four Tops; "The Way You do the Things You do" (1964), "My Girl" (1965), and "Get Ready" (1966), by the Temptations.

Another legendary singer, Stevie Wonder, signed to Motown at 11 years old, did not break out with his most famous hits until the late 60s and 70s, after the height of Motown's success. Marvin Gaye and Michael Jackson, who had success during this peak period, again, did not gain the bulk of their success until the end of the 60s and into the 70s. This aligned with each of them taking more creative control.

With all this success, however, came pitfalls as well. Motown was independently-owned and solely an in-house production, which caused financial struggles due to the owner being so invested. Specifically, producers Eddie Holland and Lamont Dozier shared a huge part in the success of some Motown artists, such as the Four Tops and the Supremes (especially Diana Ross).

Around 1967, due to the level of success and lack of monetary compensation, Holland and Dozier left Motown; their departure came at a major cost. Additionally, a new wave of talent was growing, with artists such as the Jackson 5 and Marvin Gaye, abandoning the classic blues and R&B sound for something more edgy (Gaye's "What's Going On?" in 1971, for instance).

Regardless of Motown's gleam eventually dimming, the label clearly shaped a vital decade in American music. Though Motown's influence flagged somewhat, and its artists struggled to churn out hits and remain popular, the music still remains iconic. There was really no other sound like that Motown sound.

Alyssa Katz



Supernatural Journal

Gwenydd Miller



In the journalistic tradition of serialized fiction, The Tamarack occasionally features a multi-part story by one of our staff. We hope you enjoy the final installment of Gwenydd Miller's paranormal fiction.

Entry 4: This is the journal of Ellie Smith, age 20. My goal was to document any supernatural encounters. It's been three months since I began these entries. The evidence recorded here has been more than I admittedly expected to find.

April 6th, 2019
2:15 AM EST:

I did some research, and hey, maybe Luna really is psychic. Yew trees were traditionally planted in cemeteries to help the dead travel to the next world; it's therefore commonly used in necromancy...pretty scary stuff. St. John's Wort is a medical herb used for protection. Sage is for cleansing evil, and quartz is used for channeling energies... I got most of this info from the book in Becca's room. Even creepier is the fact that the atlas being used as a bookmark had the location where they found Becca's body circled in red. It would probably be really stupid to go there and investigate. After all, who knows what shady things go down at a place like that?

Entry 5
April 19th, 2019
3:15 PM

So far, it just looks like a shack to me. I was worried, but it's pretty much just an empty shed. I put down the crystals in a circle on the floor

with a candle next to each one. The yew is piled in the center of the circle and the St. John's Wort is in a pouch around my neck. I have the sage burning in a dish off to the side.
4:50

"Becca?" I ask, "I'm not sure what I'm supposed to do, but you wanted to tell me something didn't you?" There's a gust of wind outside, and, with the rustling of leaves, I hear a whisper call my name. When my eyes focus back on the circle, I see her: Becca, standing there, looking almost like a sunbeam cast through the window. It's like she's there, but not quite there.

Entry 6
April 20th, 2019
10:55PM

A lot happened yesterday, most of which is fuzzy. I saw Becca. She stood there for what felt like a long time without speaking. Then I got a weird sensation, like pressure building around me and the tingle of adrenaline. A shadow moved and I heard a faint whisper: "She's mine." After that, I can't recall much. I woke up inside the crystal circle I had set... a mile away from the shack. Later, I found out the shack had burnt down. When the authorities investigated, they found the body of a man buried underneath the floor.

There are still so many questions, like who was the man? Who cast that shadow? What happened with Becca? I suppose I'll never get an answer.

Entry 7
April 29th, 2019
3:11AM

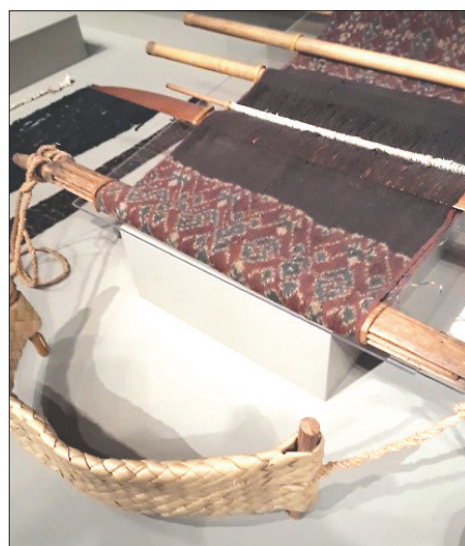
It's Becca's birthday; she'd have been 20 today. I had a dream about her just now. We were in a field; she smiled at me. Just smiled, and said thank you. It was rather uneventful, but it felt...calm. All of a sudden, I didn't care about finding answers. I'm just glad my friend is at peace.

Fiber Arts in the Museum

Brenda Miller



1000-1400 year-old hat of cotton and camelid fiber, design techniques unidentified



Backstrap loom

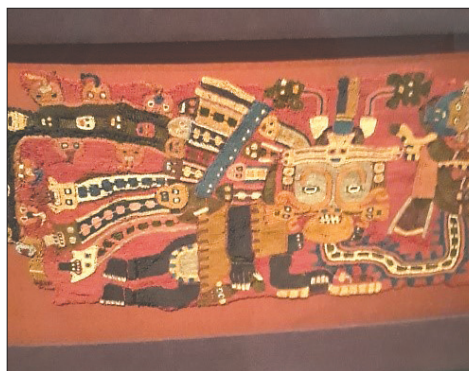
Picasso, Monet, and Van Gogh in person!—I was struck by fiber arts portrayed in many of the paintings.

While the painted portrayals were lovely, the museum's textile and textile-making artifacts were more mesmerizing to me. These included carved wooden weaving shuttles from Malaysia that were about a hundred years old and an original cotton gin. The shuttles were about a foot long, and the gin was also about a foot wide and tall.

Textiles that were 1,000 years old—and some even older, from the central Andes—had me in awe over the thin, even threads and the intensity of the colors! There were also more modern examples of fiber arts, items made and used in the 20th century by indigenous people, the Lamaholot, in the Indo-Pacific area. Even though these works were not particularly old, there was wonder in seeing techniques from the other side of the world. It was



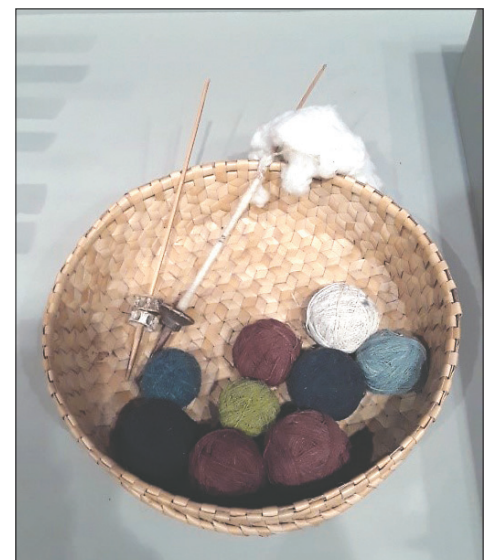
Close-up of a portion of "Spinning By Firelight – The Boyhood of George Washington Gray," 1894, by American Henry Ossawa Tanner



100 BC to AD 200, identified as stem-stitch embroidery on plain weave, cotton and camelid wool



600-800 year-old doll of same fibers

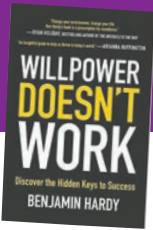


Spindles and plant-dyed spun cotton
All photos courtesy of Brenda Miller

interesting to see this link to what we do today in America, albeit as recreation, not from necessity as in the case of the artifacts' creators.

An afternoon at the art museum took an unexpected turn after discovering these wonderful artifacts. I wish I could better share the detail, to make readers feel as if they were with

me as I leaned in towards the glass, entranced by the thread structure. Still, I hope this glimpse provides some wonder, nonetheless.

RECENTLY
READ

Willpower Doesn't Work
Benjamin Hardy

Sometimes an outside perspective into our lives gives us the clarity needed to develop our character. The wisdom possessed by those who have endured similar ordeals can highlight where we are blind to our own errors and help us fast track a solution. In *Willpower Doesn't Work*, the author, Benjamin Hardy, shares personal journeys that can help readers in their own situations.

Not only does the author's elaborate language help relate a sense of real scenario. He also uses thorough analyses to focus on areas where readers may find themselves in ruts, places where habitual mistakes are made. For anyone who feels they have had enough of the constant pressure of the current 21st-century lifestyle—wasting days on binge-worthy shows and constantly scrolling social media to pull the metaphorical blinders over the eyes, to avoid the disarray of their own life—this book is for you.

This is a great book for self-development. The problem many in our generation face is the inability to maintain a level of motivation and charisma after giving in for so long to the apathy of doing nothing. What Hardy teaches through his journey and methods is how to create a lifestyle where, not only the mind, but the daily things around us, can be deterred from straying off the path to becoming something more.

If you have goals, such academic excellence, but find yourself halfway through the semester not caring as much, there are chapters dedicated to this exact aspect. A certain area of the book focuses on what keeps us so driven to accomplish what we originally set out to accomplish. The examples are high consequences for poor performance, high difficulty, novelty, high investment, and social pressure. These forces contribute to what the author refers to as periods of mental flow.

During such periods, the mind is completely submerged in performance. These simple examples seem like common sense, but what's hard to grasp from personal reflection are the aspects Hardy covers in depth. When understanding these concepts, which are explained in full depth, readers can quickly bring forth these tools in the future.

In academia, spending hundreds of dollars on textbooks that remain closed after one semester can leave a bitter taste toward books. Conversely, spending roughly \$20 - \$30 on a book such as this pays a reader back dramatically because of the ability to refer to the book each time new problems arise in our lives. Having the ability to access direct, useful information like this can be the symbolic handrail most of us require in life.

If you crave positive change, if you yearn to become a more alive and disciplined version of yourself, consider reading Benjamin Hardy's *Willpower Doesn't Work*. It's a good book to have on hand as we hit roadblocks on the path to growth. Once we reach those areas requiring reflection, books like this can help mitigate us getting stuck there for too long. Finally, if you dislike reading traditional texts, consider the Audible version for those long drives on the road to success.

Alam Khan

Review

Mr. Burns, a Post-Electric Play

Kathleen Chesto

I was fortunate to attend the April 4 opening of *Mr. Burns: A Post Electric Play*, the story of the abrupt, unexplained destruction of civilization, and the efforts of a small group of survivors to preserve communal memories. It spans three time periods: the weeks immediately following the apocalyptic event, seven years later, and seventy-five years later.

The greatest strength of the performance manifested itself as the actors took an extremely implausible storyline and made it totally believable, investing their roles with honest emotion. It may have been difficult to understand what was happening, initially, but there never was a doubt it was really happening. Those on stage—Amber Ajro, Teagan Gavin, Tony Lacerenza, Lilliana Lopez, and Kevo Somerville—babbling almost incoherently, were in shock. The scene was poignantly charged with profound anxiety and disbelief.

These strangers, trying desperately to distract themselves from terrible reality and struggling just as frantically to connect with one another, found commonality in the storyline of an old *Simpsons* episode, one they'd all loved in a different, happier time. Arguments about the story became lighter and more animated as they struggled to sort their differing memories of the plot. With the hysterical edge to their excitement and inadvertent cracks in their armor, the story of their shared reality broke through, and they never allowed the audience a moment's respite from their plight.

The introduction of another stranger, Gibson, (Sean Patrick Gorman), exposed fear below the surface, the cast conveying it clearly with their rigid stances and intense focus. The gradual acceptance of Gibson moved the small group into a tangible sadness. But it was the somber reading of names of those missing that struck most forcibly. Gibson's increasing hesitation as he responded with a gentle "No" or head shake to each name, the actors, each with their own book of names, looking so pathetically isolated and abandoned, brought tears to my eyes.

Act II, while equally well-acted, lacked the strength of storyline maintained in the first. The actors made it apparent they'd moved well beyond fear and loss, had even created some small level of comfort for themselves, but I didn't particularly care. We weren't given a chance to know or understand Edna Krabappel (an engaging Catherine Dignan), and I felt cheated. The dancing and singing were thoroughly enjoyable, well-choreographed and well-performed, but the frivolity overruled any sense of danger or fear. Even the discussion of rival theater groups came across as a business issue: big conglomerates eating up independents, people disputing copyrights and plagiarism. The end of the act took me totally by surprise; nothing had led me to expect anyone would be hurt, let alone murdered. My issue here was with the playwright, not the cast.

The playwright regained her stride in Act III. The ensemble act opening the operetta was incredibly moving. The reading of names of the missing, bits of storyline we heard develop in the first two acts, and elements of fantasy introduced to the story, all demonstrated the passage of time and efforts of a remnant population to retain identity. Act III made us care again. The music, by far the most important element of Act III, was beautifully executed with precision, enabling the audience to follow the story. The farcical elements in this act became secondary to the reality the actors (including Jen Beveridge and Jalon Copeland as Bart and Homer, respectively) infused into their characters. I was rooting for Bart Simpson, and I didn't even like him the first time around.

This was a thought-provoking play. An exceptional cast kept us intrigued and engaged throughout. Added to all that, excellent music direction, choreography, costumes, and scenic design made it thoroughly enjoyable. The audience was quite vocal in expressing extravagant approval.

FACE IN THE CROWD

Fashion Forward

Mavel Ortiz Reyes

I'm Mavel, and I've recently started attending NVCC, majoring in Liberal Arts and Sciences. Before arriving, I graduated from Kaynor Technical High School, specializing in fashion merchandising, marketing, and entrepreneurship. Within the four years of high school, I got to develop a foundation which provided me the essential preparation within marketing and management. Kaynor bestowed on me the practical and technical skills needed for career success, exposing students like me to the real demands and practices of the fashion world.

When I reflect on my upbringing, with parents who were raised with strict family values in the Dominican Republic, I can't help but think about the sacrifices they made to open new possibilities for my sibling and me. Looking back, I often realize how my parents have had a strong impact on my desire for fashion design. Partly because of them, I've had the chance to live up to my aspirations and proceed to achieve my future goals.

During my childhood, my father was very influential in the way I see art. As I observe my father's admirable creations, I always wonder how he constructs such an elaborate masterpiece so effortlessly—questioning if I can ever live up to his mighty talent. Through his unique art and assuring guidance, I got to finally find my own passion and further express myself as a creator.

As I continue my education at NVCC, I've had the pleasure of being accepted by the Fashion Institute of Technology in New York for the Fall 2019 semester. NVCC has



Photos Courtesy of Mavel Ortiz Reyes

provided me great support regarding my transition to FIT. Therefore, I feel ready to explore other areas related to the fashion world, such as modeling, styling, and cosmetology, which will empower me to proceed with my dream as a designer.

I intend to explore new art media to perfect and enrich my creative vision, by transmitting genuine and authentic confidence to trigger connectivity to something bigger than myself. For all the reasons mentioned, I know I'll become a scholar fashion designer, fulfilling my deepest ambitions and exceeding my current capability as an artist.

I have endless faith I'll have an opportunity to flourish in my full potential, achieve the resources at hand, and reach my goal. The sky has no limit, and dreams do come true, but it starts with the initiative and ambition to obtain success.

Join the Club!

Gwenydd Miller



At the Creative Writing Club meeting on April 18th, members began construction on their new bulletin board in the hallway between the

Arts building and Student Center. The Creative Writing Club was organized as an official SGA club in May of last year, and they're now taking steps to expand their activities on campus. Look to the board for meeting times, events and contact information. Now is a great time to share your creative energy, and meet fellow writers by joining. We hope to see you!

Pictured from left: Professor John (Greg) Harding (club advisor), Holly Chapen, Heath Ruzzkowski (secretary), Gwen Miller (club vice president), and John Ryan (treasurer). Some members who were in attendance that day are unfortunately not pictured in the photo, namely Jenifer Galloway, and club advisor, Professor Chris Rempfer.

Reverse Sweeps

Christian Cruz

Regardless of the event or sport, we're fans of extraordinary happenings. However, we all have a tendency to count the extraordinary out, if the obvious seems inevitable at times. Men's and Women's College Basketball are beloved for March Madness with its winner-take-all, one-game-to-advance-to-the-next-round style. In the pros, we have series, consisting of the first team to earn three or four wins taking the series to advance to the next round. Both have their appeal, but nothing can match the exhilaration of a reverse sweep.

The other day, League of Legends was hosting their sixth year of the LCS Championships, featuring a matchup between America's most decorated star in Bjergsen versus America's most recognizable star in Doublelift. The analysis leading up to the game was fascinating, as the analysts agreed Doublelift's team was the better team. Yet, Bjergsen's team was up two to nothing in

a three-game series. Doublelift's team had their backs against the wall. Knowing that, it was essential to minimize mistakes. Miraculously, though, Doublelift's team was able to successfully perform the reverse sweep, as they won three straight games to earn their third ever LCS Championship.

Reverse sweeps are so improbable. It is hard not to just give in. Look at the Red Sox versus the Yankees, back in 2004. In that Series, the Yankees were up three to nothing, and Boston came back to win four straight games to take the Series. Granted, in baseball, there are homefield advantages and stage differences that can help shift morale either way. Still, there is always this impression that, if you're one game away from elimination, you should wave your white flag and just give up.

Reverse sweeps are the embodiment of the lessons we are given throughout life, though. The lesson is: no matter the obstacle, no matter how impossible it may seem, if you just keep a level head and continue to push forward, you can achieve what you're seeking in due time.

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 line READERS RESPOND. Letters may be edited for length and grammar.

From Walls to Arches

Madeeha Sheikh



Photo Courtesy of Madeeha Sheikh

The Art Club's contribution to the International Center for the Arts Festival was a true community effort. The Club curated an interactive art installation by building a wall of printed bricks that covered the windows of the 5th floor walkway, representing the divisiveness of walls.

Students were then invited to tear down the prints and write stories of their heritage on them. These bricks were later reassembled to adorn a more inclusive structure, an arch leading into the Ruth Ann Leever Atrium

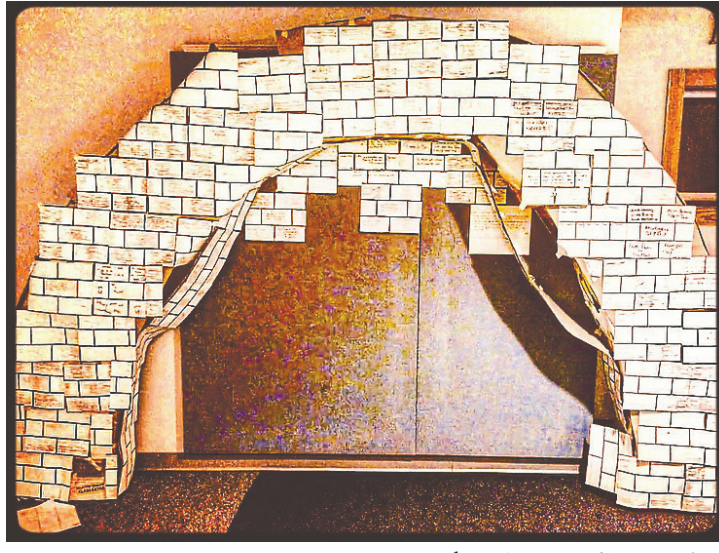


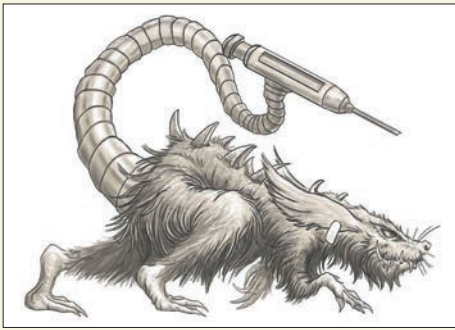
Photo Courtesy of Steve Parlato.

Mainstage on the final day of the Arts Festival, Wednesday, April 17th.

Art Professor Amanda Lebel explained, "The art installation referenced the history of monumental prints, where artists pieced together multiple prints to create a larger work. One famous example is Durer's *Triumphal Arch*, which is one of the largest prints ever made." Along with its reference to Durer, the Club's piece also referenced the philosophical difference between walls that divide and arches that embrace.

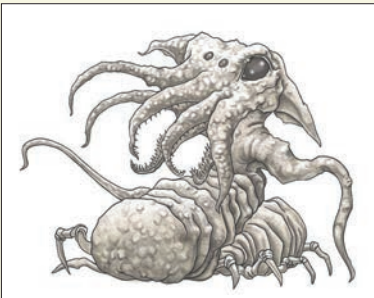
The Art of Michael Lavoie

Mitchell W. Maknis



Life is a journey imbued with history and tradition. Veiled within, are unnatural entities waiting to be unearthed. Every culture has a boogeyman lurking in the shadows, hoping to imbibe itself in the minds of the next generation. Artist and educator Michael Lavoie has found inspiration in these monstrous narratives. Embracing his childhood terrors, Lavoie has developed them into a conduit to share with others as his tribute to these undying apparitions.

Lavoie's work as a freelance artist goes back to his high school years, when he began utilizing his creative niche to produce his own brand of unique and innovative artwork. Inevitably, his talent caught the eye of renowned gaming company *Fantasy Flight Games*, who commissioned him to illustrate works for the *Game of Thrones* card set in 2004. His illustrative aptitude led Lavoie to



multiple positions as a graphic designer at local Connecticut companies. However, with ninety-hour work weeks and overwhelming production loads, Lavoie found little time to pursue his own creative ambitions.

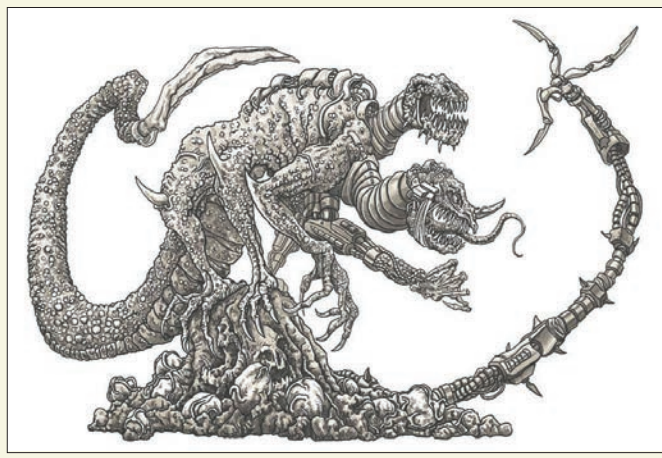
Wanting change, Lavoie eventually procured a teaching position at Manchester Community College, where he encountered an eclectic group of students, each with various experiences and illustrative backgrounds. Lavoie believes he's found his place in the academic field, helping guide young artists in honing their skills. He shares that many of his students are haunted by an innate fear of failure which impedes them from completing projects. Confronting their insecurities, Lavoie encourages his students, letting them know he has faith in them and teaching them not to be afraid to explore the unknown. In fact, Lavoie looks forward to seeing more cool, original artwork brought into the world and believes his role mentoring art students is one way he can help make that happen.

Now in his third semester at MCC, Lavoie said, as an artist, he's learned more in the past two years teaching than he did in the past ten years. He further elaborates that, when educating students, one is "forced to go back, to look at your own process and to find

a way to explain it to your students." This rewarding position not only has given him the opportunity to assist a new generation of artists but has also given him time to pursue his own artistic aspirations.

In 2017, Lavoie started developing an ongoing *Monster Menagerie* exhibit on his social media platforms, showcasing monthly themes of his eerie illustrations. Lavoie intends to cultivate these pieces into monster manuals starting with *Derelict 715*, described as a compendium of abandoned cybernetic extraterrestrials assembled in an alien space lab. Lavoie is also in process completing prints and other products in preparation for the upcoming convention seasons.

To inquire about commissions and upcoming appearances, contact Art of Michael Lavoie on his social media platforms.



Photos Courtesy of Michael Lavoie

Thank You All

Behind the Scenes

Did you get to see NVCC's spectacular performance of *Mr. Burns, a Post-Electric Play*? As you may have read elsewhere in this issue, I was fortunate to be at the opening. I would like to take a moment to thank some of the unsung heroes. Every theatrical performance requires a host of them.

In plays with elaborate scenery, the backstage preparatory work is obvious. This was a play with minimal scenery, but the barren set drew all of us quickly into the emptiness and loss the actors worked to convey. Kudos to Anne Washburn, the playwright, and our own set designers who thoroughly captured her intent. Subtle semi-darkness enveloped the stage, conveying bleakness, but offering "night vision" to observe the action, a masterful accomplishment. A kaleidoscope of pictures of *Simpsons* characters flashed as we settled into our seats, preparing us for the opening dialogue. Many thanks to the lighting crew and to Sarah Martello for her work as operator.

Thoughtful props played a large part in my enjoyment of the play. In Act I, worn backpacks strewn around the floor, warned us the cast had been traveling. When Jenny said, "Wait. We have to do this right," I had no idea what she meant. But when the actors dug out beautifully bound notebooks, it was evident immediately. These books were sacred; they held names of the missing. Had they been spiral bound, it would have taken dialogue to clarify the conversation.

While thoughtful props contributed to pathos in Act I, comical ones appeared later in the play, giving us permission to laugh at the implausible storyline. Prop mistress Brianna Mattingly and her assistant, Emily Collins, deserve much of the credit for this. Thank you.

Costuming also added to the story and fun of the play. Completely believable in the first two acts, and over the top hilarious in the third, it left no doubt as to what was happening on stage. Thank you, Lisa Bebey, and all who contributed to the effort—including Art Club members for the wonderful masks.

A veritable army of others helped make *Mr. Burns* a success. To mention all by name would take more words than this column allows, so thank you, stage managers, sound designers, production assistants, building, painting, lighting crews, house staff, and those responsible for posters and programs. A special thanks to Kate Kelly, whose background research on storytelling provided actors and audience alike with a helpful understanding of the play's themes.

Thanks to Kira Mason and Fallon Dignan for wonderful musical direction and choreography, and to the actors for amazing performances. And, although he could hardly be considered an unsung hero (many sing his praises all the time), thanks to director, Sasha Bratt. Heartfelt thanks to the whole team for giving us a thought-provoking and thoroughly delightful theatrical experience.

Kathleen Chesto

Earth Matters



NASA's Aqua Satellite

Alyssa Katz

Orbiting our planet are many satellites—American and foreign—that have been part of research acquisitions since the launch of Sputnik 1 by the Russians in 1957. Some of these satellites have included Explorer 1 (1958), the Lunar Reconnaissance Orbiter (2009) and the Mars Reconnaissance Orbiter (2005), Skylab (1973), and also the International Space Station (1998).

These and several other satellites are either active or no longer active. Even if their current status is "inactive," some still orbit the atmosphere; others crashed and fell out of orbit. In

particular, there is one currently active satellite, launched by NASA in 2002, that monitors Earth evaporation, precipitation, and water cycles. In other terms, it monitors the effects of global climate change.

The Aqua Satellite is part of the Earth Observing System (EOS). This is an international project involving satellites that observe global changes in land, oceans, and atmosphere.

Aqua collects data using six different instruments: The Atmospheric Infrared Sounder (AIRS); the Advanced Microwave Sounding Unit (AMSU); the Humidity Sounder for Brazil (HSB); the Moderate Resolution Imaging Spectroradiometer (MODIS); the Advanced Microwave Scanning Radiometer for the Earth Observing System (AMSR-E); and the Clouds and Earth's Radiant Energy System (CERES). Currently, only four of these six are in use, for AMSR-E now provides low quality

images and HSB failed after one year.

AIRS and AMSU record detailed images of the Earth's atmosphere which provide more accurate short-term weather predictions including severe storms such as hurricanes. After its first year, scientists were able to track snowstorms in the Arctic that were previously untrackable due to underlying ice and snow surfaces.

MODIS is able to view weather patterns such as intense flooding or fires—including the eruption of Mt. Etna in 2002. AMSR-E, while not used as much anymore, is able to record sea surface temperatures. CERES detects the amount of outgoing heat and reflected sunlight leaving the planet as well as radiation levels. While the HSB instrument is no longer active, it was able to record humidity through the atmosphere.

Aqua, in fact, is not the only satellite

monitoring various environmental activities. AURA and PARASOL were launched in 2004 with CloudSat and CALIPSO launched in 2006, and then GCOM-W1 in 2012. PARASOL completed its mission in 2013 and was replaced by OCO-2 in 2014.

For over 15 years, Aqua has been able to "collect data on global temperature variations, the cycling of water, global precipitation, evaporation, ocean productivity, land vegetation, sea ice, land ice, snow cover, and how clouds and surface-water processes affect climate," according to NASA. It was originally developed for a six-year mission, but has surpassed its expectancy and is likely to continue recording data into 2020. Its data is available on NASA's website and is updated frequently. The information it has collected has been used to help scientists better understand Earth's ecosystems and how they are being affected by climate change.

(Mis)Perception and (In)Equality

Gwenydd Miller

For a sociology student, one thing that keeps coming up is inequality. My particular field of interest usually deals with gender, sexual orientation, race, and religion, and it's easy for me to view things from the perspective of someone who is disadvantaged. However, I've found it's also very important to see from the view of the so-called oppressor in order to understand why inequality happens in the first place.

First, inequality is everywhere. When we put people into categories, it's hard for us to break out of them. These categories are limiting—like all stereotypes—even those with good intentions. We must understand just because someone holds ideas we disagree with, it doesn't mean they are a bad person. If we went by that reasoning, 99.9% of all people might fit the “bad person” category (of course, this is a rough estimation). My point is everyone categorizes, even if they have good intentions—actually, especially if they're good-intentioned. Often, people don't see how their *good intentions* hurt others.

A common idea in sociology of deviance is Labeling Theory, essentially states that when we label someone a certain way, they will come to fill those shoes (we treat someone like a criminal, therefore they become a criminal). So, what if people we see in a bad light are only that way because we cast that light upon them? Plus, when we think of someone a bad light, we become biased against them, seeing everything they do, even if it's a neutral action, in a negative way.

No one thinks of themselves as a villain. Most people don't want to offend others; often, it's a clash of perspectives. I've had someone pull something out of my hands, and when I jumped back in surprise, they called *me* rude for pulling it out of *their* hands. It's all a matter of perspective. The message I'd like to express is that people may not be what they seem at first glance. If someone disrespects you, they may not even realize they did; they're not seeing the situation through your eyes. And it's possible their seeming disrespect is really a reaction to something you inadvertently did to offend them.

People's opinions and ways of thinking are shaped by their own experiences, which we can't possibly understand—we're not them. Remember, in a different time, many prejudices were considered normal and even just. Obviously, to us, they aren't, but what makes a perspective right or wrong are the ideals and values of society.

Systemic inequality has a long, complex history that cannot be erased. If we burned all the history books, we'd still have bias; in fact, ignorance of history only increases these problems. Fixing inequality will take time, forward thinking, effort to connect with others, but also—and this may seem obvious—real action. In that area, though there's much to be done, we've come a long way.

Graduation Tips

Christian Cruz

Graduation is a grand and welcoming time for those who are about to walk the stage towards their new future. As someone who has already walked that stage just last year here are some tips and things I wish I did differently.

First off, I wish I'd been more organized, although that comes with the territory. Particularly since it is the end of the semester and we are all scrambling just to get there already, my tip to you soon-to-be graduates is give yourself time to breathe. Focus on how you're going to prepare for graduation.

This means getting your times correct and knowing when events like ticket pickup occur. Ask questions about where you must park, how to get extra tickets, and if you're an honors student, make sure your sashes are all there. Get organized early, and you won't feel exhausted by the time you get to the finish line. If you have questions, you can always ask anyone in Student Activities or the Student Government Office in the Prism Lounge for guidance.

Second, school is still here, guys! We still need to pass all our classes. We cannot just

Summer Plans

Alam Khan

Summer is a great time for pursuing activities, but to see it as an arbitrary list that needs checking off should not be the goal. Instead, the time we have between now and the next semester is a great opportunity to develop our weak points and strengthen our ties to others.

Usually, the amount of work involved in attending college, while juggling extracurricular activities, puts the mind in a zone that spends far too much time focused. Although working hard in academia and building a strong resume are integral aspects most should stride for, this also inhibits us from taking a moment to develop an interesting list for future reference. This could be due to an overload of assignments or procrastination, in the sense that summer can be worried about when the time comes.

What eventually happens is summer shows up and—if you're anything like me—you find yourself unable to come up with anything on the spot because whatever situation you are in has already started. Then, suddenly summer has passed, opportunity gone by, and you find yourself sitting in class during the fall semester.

You reflect, Oh man, I wish I had spent more time hanging out with friends. Year in and out, it is as if you keep repeating some self-hating, subconscious joke that feels too much of a burden to crawl out of. Still, none of this should make anyone feel they are unable to come up with interesting ideas because the time for summer events is coming. In fact, there is a trick to combat this madness and hysteria. It's okay...read closer because I'm going to let you in on the secret to a good summer in this fine May issue of The Tamarack. You ready? Here goes.

The ploy is to trick yourself into thinking you'll be responsible for taking on more classes or responsibilities during this approaching period of relaxation. It's as simple as that! Similar to how we'd rather be doing anything else when constrained by responsibility, imagining the same context for summer can motivate us into making plans.

Don't believe me? Next time you have a hard time falling asleep, imagine having to do some monotonous action you dread. Then consider coming to the realization that you're only five minutes into an eight-hour shift. Watch how quickly you become drowsy.

See, as students, we get so caught up with our responsibility, we sometimes forget to provide ourselves respite. Yet, we need those periods of absolute peace of mind and tranquility to recharge our creativity and development. To become more adept, we need to relax equally—if not more so—to the level of vigorous engagement we deploy when driving toward our goals. So, before summer is upon you, make serious effort to schedule some truly empowering downtime.

neglect them. This is why this last month leading up to graduation is so mind boggling. You may feel like you're just bouncing off the walls, but you need to get that paper handed in, right? Start these things early if you can. You do not want to feel rushed as you reach for the pinnacle. It may feel like a chore, which leads me nicely into my last point, which is:

Enjoy this special time! I wish I'd taken the opportunity to enjoy it more than I did. Many of us have been at this college for two to four years, and there have been tons of challenges. Coming from a recent graduate, you should really take the time to enjoy yourself in that moment.

I remember I only took off that one day, and I had to go back to work the next day. I wish I took the time to really enjoy my accomplishment and at least had a weekend off afterwards to reflect. Of course, it's important to understand this is not the end of the road, but any monumental accomplishment should be celebrated—even if that accomplishment only represents the beginning of a new stage.

Queer Code

Let's Be Clear

Alexander Wilson



I think the best way to round out this year is to discuss the word “queer”. It has a complicated history. First off, it's commonly used in an academic sense. Queer studies, queer literature, things of that sort. However, it's also been used as a slur, meaning it's been used against many of us in a derogatory way. Because of that, some want to rename the academic field something less “offensive”.

I can't speak for everyone, but let's be realistic. Queer has been used to describe gay and lesbian people since the early 20th century. In the eighties and nineties, the word queer was part of our rallying cry—“We're here, we're queer. Get used to it!”—in response to many issues during the AIDS crisis. It's almost more offensive to say people can't use it anymore.

It's an identity like any under the LGBTQIA+ umbrella. I personally call myself queer, mostly because it's way easier than saying “I'm a gender non-conforming transmasculine nonbinary person who identifies as panromantic and asexual, while also polyamorous.” Yeah, that's a mouthful. That's why, on several social media platforms, I call myself Lex the Queer. It's got a nice ring to it, if I say so myself.

I also respect others who aren't comfortable using the word. I think I have an easier time using it to describe myself because it was never used against me. No one's ever walked up to me and asked, “What are you, some kind of a queer?”

There's a distinct modification there. When people use it as an insult, they often turn it into a noun, reducing us to a narrow identity, one

that's “out of place,” “abnormal”. Queer's origin, its textbook definition, from dictionary.com, is: “of a questionable nature or character; suspicious; shady.” Some think, because we're different, we aren't to be trusted. When we describe ourselves as queer, it's used as an adjective. That makes all the difference in the world.

I urge you to read this more carefully than almost any article I've written over the course of the year. I am essentially arming you with a word you could use to hurt people. I beg you not to do anything of the sort. It's easy enough to forget words hurt others already.

Now, I've taught you the history of a word that's had varied and troubled use. There are a lot of other words I could mention, too, that have been used against us, but I feel weird typing them all out, for many reasons. Some do not apply to me, so it's not right for me to use them. Many have been used against me and others like me. It's also unfair for me to offer ways for us to be dehumanized further.

There have already been enough issues with this column. If people want to find ways to hurt me, and others, they won't find them here. Those other slurs aren't nearly as important to know; they've fallen in and out of fashion, so to speak. Queer is something that will always pop up. Like I said, it's used academically and socially.

I leave you with this quote from Marsha P. Johnson, early advocate for LGBT rights, a wonderful trans woman of color. “How many years has it taken people to realize that we are all brothers and sisters and human beings in the human race?”

Too many years. Rest in peace, sister.

**Signing off one last time this year,
Lex the Queer.**

Readers Respond

Dear Editor,

I found the article, “Socialism and Americas Youth,” by Ryan Martins, both interesting and disturbing. I was hopeful the piece would dispel the popular notion that millennials are attracted to the idea of socialism; unfortunately, that was not the case. As the writer of the article points out, “...nearly 55% of millennials showing little to no trust in capitalism...”, which supports that they do indeed support socialism. The danger people seem to have forgotten is socialism leads to fascism; this in turn leads to dictatorships. Evidence of this happening is that of 1930's/40's Germany. By adopting socialist ideals, the younger generation will open themselves to more social strife. I understand they believe the capitalistic system needs improvement, which is does, and that it's unfair. The problem they don't seem to realize is: just because something is unfair, doesn't make it wrong/immoral. Capitalism gives everybody the chance to make it big financially, even if you fail. Socialism, in the end, dead-ends all of us.

**Sincerely,
Kyle Couture**

Dear Editor,

Something caught my eye in the latest issue, a picture of a live Fleetwood Mac show in *Revolutionary Rhythms*. The author, Jillian Parlato, clearly is passionate about Fleetwood Mac, for “crafting a paradigm shift” (7) is a bold statement. The author gave me no choice but to keep reading; the word choice and structure had me reading a mile a minute. I love that Parlato gave some history about the band and some of their hits to encourage readers to look into the band and further their reading. Keep going, and keep exposing readers to new music and new ideas.

**Sincerely,
A happy reader**

Dear Editor,

Jane Courlet's article, “Youtube's Shapeshifting Dominion,” caught my eye. It makes one realize how Youtube has advanced over the years. Courlet states, “There we can yet see, for free, livestreams of solar eclipses, as well as coverage for pressing terrestrial and socio-political events” (8). As this article introduces, Youtube may become a platform with a monthly subscription like many others. This will change the online world, because not everyone can afford—or will want to—pay for a platform that used to be free. I can relate...if Youtube becomes [a paid service], I will discontinue using it. This article was important to address.

**Sincerely,
Brittany Greenleaf**

Dear Editor,

In the article, “Love/Hate,” an anonymous writer explained her personal story of a really terrible part of her life. I thought this article was very powerful, and it was brave of her to write about it. Sexual assault can mean different things to a variety of people. The writer states, “Every time someone talks about sexual assault, people think of a violent crime, but that's not always the case. For me it wasn't violent” (8). The comparison of two words that are so opposite makes this article extremely impressive. I cannot personally connect with the experience, but I felt the hurt from the words. She finally found her breaking point, and set herself free. [I hope] she continues her growth and positivity.

**Sincerely,
Gina Barbieri**

Veteran's Voice Every Hero Sweats.



Gillette Deodorant, in partnership with Operation Homefront, has launched a campaign titled, "Every Hero Sweats, Some Never Show It."

Their purpose is to showcase lesser known challenges retiring service members face when separating from the military and reentering private life. To celebrate everyday heroes experiencing that stress, while balancing demands of job, family life, and any number of challenges, the company has pledged \$2.5 million in product donations for Operation Homefront.

The Hidden Heroes campaign, an initiative created by former Senator Elizabeth Dole, is a non-profit organization showcasing awareness for the over 6 million military caregivers. Actor Tom Hanks has joined the campaign to help raise awareness for our Hidden Heroes.

What type of person becomes a defender of rights? There are those who vote for peace and those who fight for peace, invariable rights. It seems to me, no matter what we do, there's always consequences.

Men fought and died for our freedom in the 1700's, and we won the war to become an independent nation. Men fought and died for freedoms in the 1800's, to either retain or abolish slavery. To say it was the common man who fought our battles, to me, is a cheap, ignorant statement. It seems to me, the men and women who die on the battlefield, no matter which side they're on, fight for the end game, the trophy. I don't believe those who vote or lobby for peace are wrong. But I do believe politicians and the bureaucrats have had ulterior motives for either peace or war.

Wars are fought by men and women dedicated to country or cause. Most anywhere in the world, each country has its own patriots, people who are willing to put their lives on the line, for the sanctity of their freedom and that of their neighbors. Not every military position revolves around combat, such as the front battlelines.

Men and women serve in the military in every aspect of life imaginable. The stigma that serving in the military is just about killing is another falsehood. The men and women serving in the military are heroes and should be held in highest regard. There are no common people just common heroes, including those who care for our wounded warriors both physically and mentally.

Rick Bellagamba

The Ludicrous Debate Persists

Christopher Gordon

In early March there was a news story concerning a woman and a transman in a relationship. The quick details are before the man came out as man they were living together as a lesbian couple. The fact that they are now happily living as a hetero couple seems to have ticked a few people off, including the paragon of intelligence Ben Shapiro (sarcasm intended).

Mr. Shapiro's masterful argument boils down to basically this. He believes that because sexual orientation largely does not change throughout life this couple is not a hetero couple, as they identify, but instead that the man must now obviously be gay because he started his current relationship in the gay status. As you might have guessed from my word choices and salty attitude, I believe Ben Shapiro is full of sh*t.

His arguments make blatant use of the straw man, an example of the "missing-the-point" category of informal logical fallacies. Thrown in is a touch of the red herring, with inclusion of information he wants his audience to overlook due to irrelevance—yet attempts to use to further his own false argument. Specifically, he equates sexual orientation to gender orientation, trying to debunk one with arguments against the other, because the other, in his mind, is easier to tear apart.

The red herring comes in when he starts talking about information that has no bearing on either argument but sounds compelling when paired with his irrelevant counterargument. There are a few other fallacies involved, but they are not important for this brief discussion, so I will save them for rebuttals for future discussion of this topic.

Intentionally missing (or misinterpreting) the point of news stories is far too common, yet extremely effective against the bulk of an audience who are not fully informed concerning the issues being discussed. One fact is that sexual orientation and gender orientation ARE NOT THE SAME THING. First, the transman in this story did not at any time change his sexual orientation despite his gender status being updated. He was attracted to women from the beginning to the end. Second, this man was a man for a long time before he was finally ready to live openly as one.

By simply confusing the issue at hand, and hiding the flawed premise behind a deluge of unimportant information, people like Ben Shapiro demonstrate the major flaw in our current debate structure. There needs to be more education on topics not widely understood, so the flames of intolerance cannot be so easily stoked by a bunch of hot air being blown over misunderstood issues.

OCDemon

Austin Toscano

When people think of OCD, it usually conjures up images of focusing on little details and constant handwashing. You or a friend have probably said, "I am SO OCD!" about such and such. This casual use of the term has warped many peoples' perception of the disorder. In reality, OCD is a monster that steals from the lives of millions across the globe every day, including yours truly. I hope by sharing my experience that others will begin to realize how serious this disorder can be.

OCD is characterized by unwanted repetitive thoughts, feelings, and sensations a person experiences. To relieve the anxiety caused by these recurring sensations, the person performs various ritualistic behaviors. Obsessions and rituals vary wildly, but all of them are rooted in the fear of something happening. My initial fear was having thoughts of Pokémon characters having sex because I believed it was wrong. Whenever these thoughts popped up, I would do things like hit my head, or imagine the thoughts being destroyed.

Unfortunately, the relief tricks the brain into believing this is the only way to feel good, so my brain kept producing more thoughts, looking for the relief provided by rituals. Over the past decade, my obsessions have diversified into not thinking about horror movies, Nazis, and other uncomfortable subjects. I ritualized all day long, leaving me tired and angry at myself for devoting so much energy to maintaining these rituals. Vacations and holidays passed in an instant. Yet despite knowing how this was affecting my life, I still chased that sense of security the monster in my head promised.

I hit rock bottom in 2017 at the beginning of sophomore year at NVCC. A new obsession, the details of which I won't discuss in this article, had consumed winter break and wanted more. I found myself leaving class to go cry in frustration, and spending hours watching Netflix hoping to distract myself. At that point I knew I needed to seek professional help if I wanted to get my life back on track.

I began seeing a psychologist and doing my own research on OCD. Early on I was told the only way to deal with these thoughts was by accepting them and not putting them at the center of my life. That meant no rituals to block out the anxiety I dreaded. It sounded incredibly difficult, but I was ready to do anything to be free of this demon.

The OCDemon is still in me today, though it is starving. As long as I remember to live by healthy values, it won't be able to do anything. To anyone also plagued by OCD, I urge you to seek resources and confide in your loved ones. They'll be the support you need to get through this. You don't have to feed this demon any longer.

That's What She Said



Jessica Ney

It's Natural. Period.

Worldwide, there are 800 million women and girls menstruating every day. What's that got to do with me, you ask? Of these 800 million, only a small percentage have access to menstrual products, clean water, and social acceptance.

Women and girls do not choose to go through the pain, inconvenience and stress of a period. What's worse, due to lack of health education, many never understand this is a natural, normal, and necessary process, a part of creating life.

Imagine being a young girl and being ostracized, degraded and insulted for something out of your control. Being called "dirty" or "sinful," being forced into isolation for a week. This is only the tip of the iceberg. Women all over the world must use dirty rags, rip up their own clothing, or scrounge together toilet paper or whatever else they can find.

According to an article in the Global Citizen, "2.3 million people live without basic sanitation services, and in developing countries, only 27% of people have adequate handwashing facilities at home." This leads to infection and embarrassment, and it is completely preventable.

In the US, we're making strides to finally acknowledge menstrual products are as necessary as toilet paper, and they're beginning to be offered in public schools. As of right now, however, New York is one of the only states to pass this law. This is obviously a huge positive effort, but it's not addressing the worldwide need for female health and equity. Imagine: menstrual products have only been offered as free items in prisons since 2018—just last year.

This is a call to action! If you have access to sanitary products, buy extra. Donate them to women's resource centers or to prison systems. Start with a Google search; then make an online donation to organizations like period.org or Always. Call your local government official.

If change is to come, we must be vocal, active agents for that change. Educate your friends and family. Have those uncomfortable conversations. It's time to recognize the simple, everyday privileges we have that should be universal rights. We need to be the axis all women lean on to succeed. Let's support girls all over the world. Together, we can make a difference.

The Foster System Can It Be Fixed?

Imani Stewart

Since I was very young, I've had the ambition of adopting an at-risk child. I have a lot of love to give, so why not give it to someone who needs it? Looking into the U.S. foster system, I find it to be very flawed and inconsistent, which is ludicrous because these are children they handle on a regular basis.

Social workers are supposed to help mentally and physically abused children, those displaced from their homes, or abandoned. I wish this was the way it worked, but many kids in foster care, end up in a worse situation. More than 400,000 children are in foster care currently in the U.S. Only a small percentage actually get adopted or put in stable environments.

According to theconversation.com, "Foster care harbors its own threats to the safety and well-being of vulnerable children. The average length of time children spend in foster care is just over a year and a half. About 30 percent

remain in temporary care for more than two years." These kids are lucky; children who age-out of the system are not as fortunate.

In 2014, an estimated 64,300 children had been stranded in foster care for over three years; 28,000 stayed longer than five years. This treatment weighs heavily on the mental health of children while in the system, but also, severely affects them when they go into the real world as adults. According to theconversation.com, "Languishing in foster care harms children's well-being in a number of ways. The longer they spend in temporary care, the more likely [they] will experience multiple placement changes and the disrupted relationships caused by such things."

Though I am not personally a foster child, nor have I ever been in the system, I know many people who have been. They all have different stories—some bad, some better—but

all have a common denominator: their foster homes were terrible.

Two of my very best friends agreed to share their foster experiences. Shanelle Banks was in a foster home social workers referred to as "a safe house." She was only five years old. "My time there was rough. The workers wouldn't do my or my sister's hair. They said, 'We don't know how to do your type of hair,'" Banks said. Her sister, only nine at the time, had to learn not only how to do her own hair, but her little sister's as well.

I asked about structure at the "safe house," since kids need rules to stay on track. Shanelle explained, "There wasn't any order, no rules, or discipline. I got punched in the face every day by this little boy, and when I told the staff, they said to stay away from him." Foster parents are supposed to provide a safe environment for displaced children, but Banks elaborated on why she never felt safe. "I felt like I was in danger every day, I was a five-year-old, ripped

away from her mother while getting off the bus."

Knowing the foster system takes a toll on mental and physical health, I asked Shanelle about this. She stated, "Thank God I've only been in one foster home, but it affected me in many ways. Anywhere that feels foreign gives me flashbacks because I had never been so uncomfortable." This made sleepovers terrifying for Banks as a child.

Jewel Nieves is another best friend, who has been in the foster system since she was eight. Though Jewel had a better experience, she did point out some disturbing memories, saying, "One family was abusive to a girl I was with, but never to me." Improvements must be made to the foster system now. When dealing with children, carefully creating a process that benefits them is essential. I asked Jewel how the foster system could create a better experience for these children. Her response: "Better background checks! Why are bad people getting kids?"